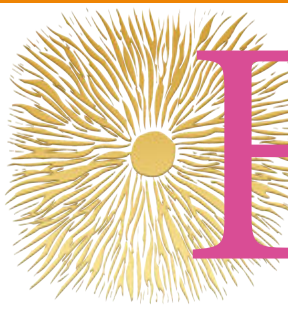


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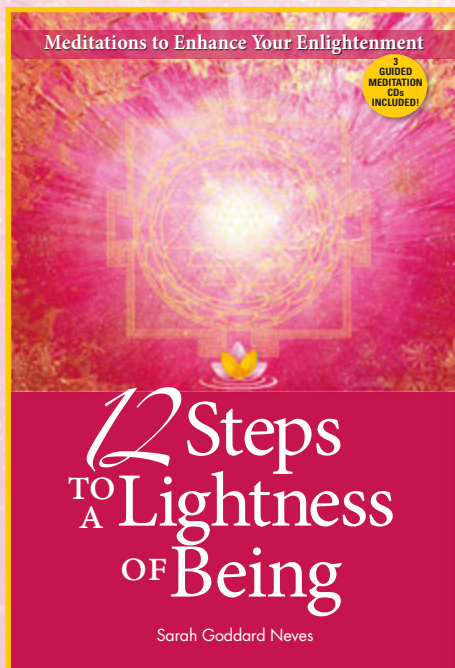
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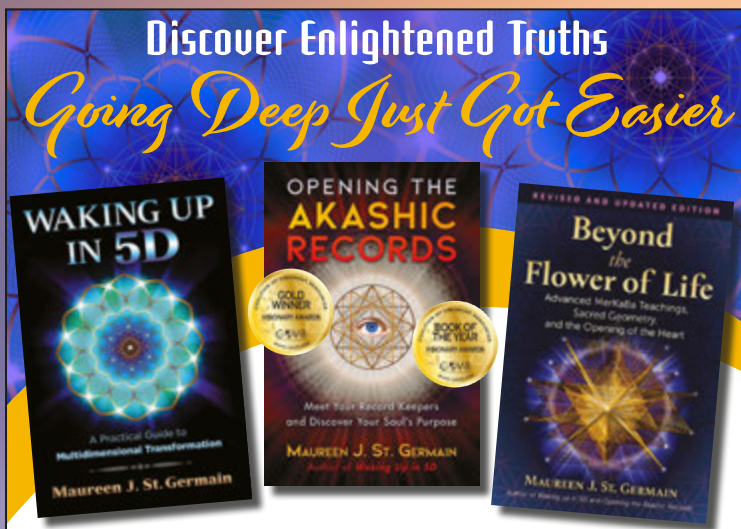


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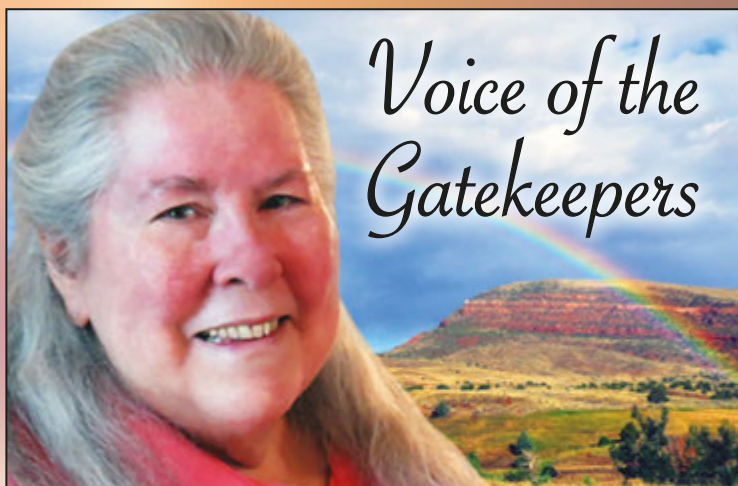
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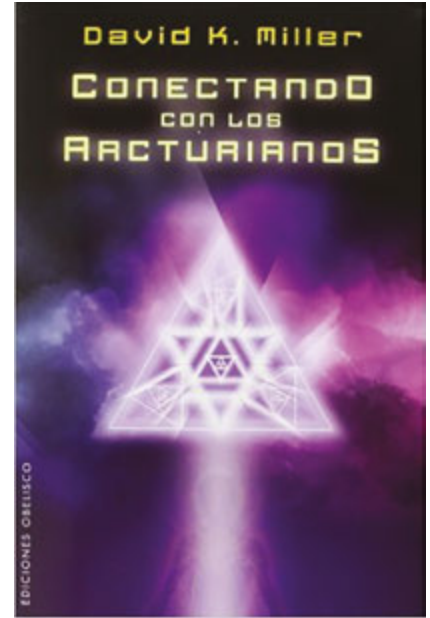
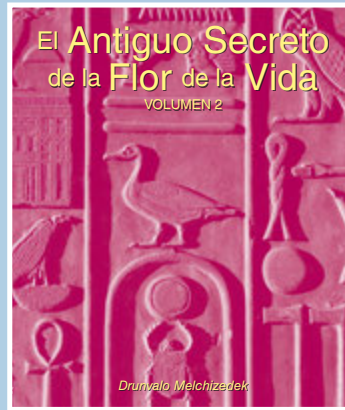
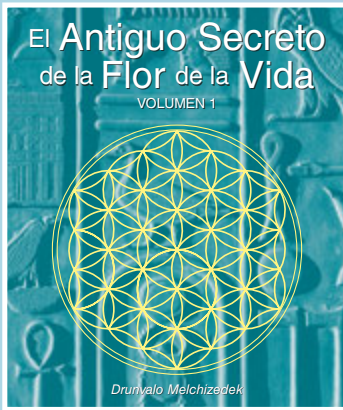
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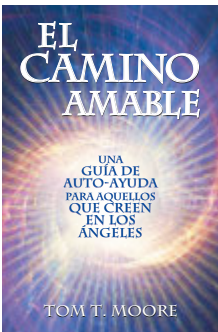
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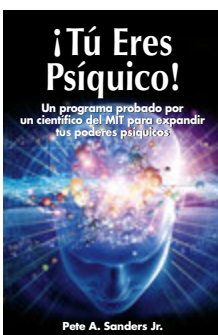


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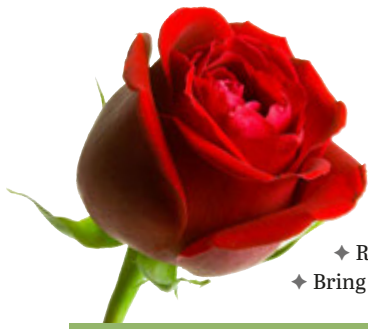
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## Self-Identity: Where Do You Stand?

The 144,000 through Kenton David Bell

Much is going on in our channel and all of you in the world at this time. Some of you see the world as if it's in crisis, which is not wrong, but we would like to frame it a little differently. You could see what's going on as crisis or opportunity or as breakdown or breakthrough. It all depends on where you're standing. More importantly, it depends on your self-identity — the construct you have created of who you believe you are and who you are not. We will also talk about how this all weaves together into the process of ascension and enlightenment for the species.

What is happening right now on the planet (and has never happened before) is the question of identity — your identity, the identity of others, and how you relate. What wheelhouse you put your identity in and where you stand in your wheelhouse determines how you see others and their identities and how you judge them as right or wrong, allies or enemies, and so on.

Getting into the fundamental process of this, we'll start with the emotional self. The healing key for the emotional self, the emotional body, is unconditional love for self. Take a moment and ask yourself, "What is my relationship to my emotional body?" Emotions are not necessarily the same as the deeper feeling of your well-being, which is your true core energy.

Deep inside, you have an incredible spirit of well-being. This well-being is not necessarily reliant on the emotional body. When you are in alignment with the emotional body (and by "in alignment," we mean when you truly love yourself unconditionally), that emotional body begins to take on less significance. You graduate, in a sense, from that lower aspect of self. Emotions are important, but we do not want to overemphasize them here. In the high expression of this alignment, you relate to your essence and not to your lower emotional self.



When you do not have unconditional love for yourself, that tints the lens of how you see the world at large. How you judge yourself is usually unconscious and subconscious. You project it onto the outer world and begin to see things that are not of love. Let's take it a step further: You create an identity that is not your true self.

You might say, "Well, let's go ahead and heal that." Stop the need to "fix" yourself. You could spend decades trying to heal aspects of yourself that happened in the past. The current energies on the planet are not as conducive now to long, arduous evolutions of trying to figure out what's wrong and how to fix it. When you see something as wrong that needs to be fixed, you stand on a platform of the false self. The true self doesn't see anything wrong. Take this in again: The true self, when you are in relationship with your true nature (essence), does not see anything wrong because there is nothing wrong. So if you see something wrong with yourself, it's because you're standing on a platform of a false identity that is making it up, for whatever reason.

### Explore Your Emotional Body

Now we come to the emotional body and your relationship with it. The part of you that is essence (consciousness) can look at this aspect of the emotional self. For instance, some years ago our channel discovered that he could feel incredibly good on a particular day and still sense a depression coming on. But he didn't identify with the depression; he identified with his true core self, his essence. By identifying with his essence, he could see that the depression was there, but he didn't identify with it. Within a period of time, a sense of depression (or any other underlying emotion you consider unfavorable) can



disappear, because you focus on the core energy of who you are in your essence, which is love.

Love and consciousness always want to expand and grow. If you look at yourself through the lens of being broken — you were traumatized as a child, beaten, abused; you abused and beat others; or you feel bad, guilty, wrong, or cheated, whatever it might be — these feelings are, in a sense, completely arbitrary and have almost nothing or very little to do with the truth of what's happening in any given moment. The more meaning and attention you give them, the more you create a sense of reality that does not work for you.

You might make decisions based only on your emotions. That can be dangerous in certain ways, especially when talking about the process of evolution and ascension of the species. But there's a deeper place we call the feeling/knowing place — a combination of knowing and feeling — and you get there from a different place from where your emotions stem. You get there from your core self, your essence embodied, your core-center aspect itself.

The emotional body is only one layer of your field. You also have the astral, mental, celestial, etheric, and others, each with different qualities and aspects that want to align so that you can align with your true self.

If you look at just your emotional self and think, "Oh, I feel depressed; I feel down. My parents beat me. My partner doesn't love me. No one loves me," or whatever it is, all of that is non-truth, I promise you. Anything that tells you it's not love is a lie. You're a divine being of great love, possibilities, and potential at all times. If you know the lie right off the bat, you don't have to go on a long chase down some rabbit hole doing healing or transformational work. Instead, realize that you are God's source energy, period. Then you can generate the emotions you desire instead of the emotions that generate that aspect of you that you don't desire.

Look directly at your relationship with your emotional body. (We have a reason for talking about it in this way; we're giving you a progression to follow.) Your emotional body is about creating an unconditional love relationship with yourself. If you think about it logically, why wouldn't you want to do that? Or better put, aren't you really in a great love affair with yourself? If you peeled away all the imprints and layers of "shoulds" and "could haves" and who you think you are — all the false identities — this is what you would be left with, because that's who you are: love.

Start with who and what you are right here: love and consciousness having a human experience. It's quite that simple, really.

### **Work with Your Mental Body**

With the mental body, which is the next layer and

correlates with the third chakra, we work with a different dynamic. The mental body is structured, a template. The key to its healing is creating positive thought forms. Think about that in your relationship to your mental body, about your relationship to creating positive thought forms. A quick test is to honestly ask yourself, "Am I thinking my thoughts, or are they thinking me?"

What is your relationship to what you see happening in the world? What positive thought forms are being created? If you watch a lot of mainstream media or are influenced by fringe groups, few positive thought forms are likely being created. This is when it's necessary to find your center. Connect and align with your higher mind and higher self. Ground yourself in the knowledge that you alone can change your world and influence the outer world by creating and sending out positive thought forms.

In relation to your mental body right now, are you creating positive thought forms, or are you creating thought forms influenced by outside forces? It's time to get really clear and understand that truth comes from within, from the place of love and pure essence.

Many of you have lost your sense of power and selfhood. You don't even know you have the ability to create positive thought forms or that you can create your world that way, regardless of what's going on around you. Instead, you become sponges and absorb the negative thought forms that influence so many others. I'm not talking political sides, even though you could lay this transparency over that and see what I'm talking about. We're focused here on helping you find your platform to access your truth.

The healing key to your relationship to your emotional body is unconditional love. The healing key to the next layer, your relationship to your mental body, is creating positive thought forms. Think about these two before we go on. There are many other layers, but we want to ground this concept.

### **Create a Love Affair with Yourself**

Begin to create a love affair with yourself. What does that mean? It means that love attracts goodness, health, prosperity, and well-being. Loving yourself stimulates your inspiration to move forward, evolve outward, and have courage and inspiration on the growing edge of where you stand. Wake up and see that growing edge.

As you know, emotional and mental components are often discussed in teachings about manifestation, deliberate creation, and the law of attraction. Gaining mastery over these two aspects of self helps you move into what we call "creator status." You recognize that your emotions and thoughts together create a manifestation template that can take you very far if you choose to work with it and allow it.



As you read these words, notice how you're shifting from being a victim of things bombarding you from the outside, from your outer world coming at you, to standing in your solidarity — your sovereignty — and allowing yourself to radiate your world outward.

You create it all; you create your reality. If you believe you create your reality, that's what you get; that's the experience you have. If you don't believe you create your reality, then that's the experience you have. If you think about what we just said, that proves you create your reality.

Your sense of self will begin to emerge — the true self. We are moving into a time now when old ways of healing are coming to an end. Healing is now based more on realization or actualization of the self. Every time you sense that a part of you is broken, that something needs to be fixed — “Oh, I need to nurture myself. I need to help myself because I'm hurt; I'm victimized” — think about what platform you're standing on. Think about what you're identifying with in that moment, because it's not whole. You're not identifying with your true self. You're identifying with the false self that is telling you that you have to do all this work — spend time, resources, and money on workshops, classes, and healers — to heal something that's not real in the first place.

Be still, dear one. This is a time of great reckoning and emergence. This is the first piece of many we're

going to give you to paint a fuller, more dynamic picture of who you truly are. Remember the following:

**The healing key for the emotional body is unconditional love for self.** If you feel anything other than that in your emotional relationship with yourself, I guarantee it's affecting all your relationships. It's creating separation and division within you and with your outer world.

**The healing key for the mental body is creating positive thought forms.** When a lot of negative thought forms come at you and you're not in grounded alignment, you take them in like a sponge. But when you're in alignment, you know who you are, and you have unconditional love for yourself. You don't doubt; you trust yourself. You trust those you love. When you come into that alignment, the false self falls away. But when you stand on the platform of the false self, all you get is more falseness, and you build a bridge further from where you want to go. It's as simple as that. Create positive forms and focus on what you want. Do this gently — not with effort, but with intention.

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## The Embodiment of Higher Power

Alison David Bird, the Fully Integrated Avatar Grace Elohim

Spirituality, faith, and even the belief in God are not confined to religious constructs. Spirituality can be attained without any formal religious doctrine or religious belief system through the embodiment of higher knowledge pertaining to wisdom and evolution. When a nonbeliever challenges a believer to explain faith, it is a contradiction in terms and cannot be done. That is not the nature of faith.

True faith comes from a knowing in the heart, a truth that cannot be expressed through the linear mind. When asked to explain, believers would have to move from their heart space into the analytical brain. There are no words or framework of expression in this paradigm. Faith is trust in a higher power in the absence of evidence that this higher power exists.

Faith is necessary for evolution because science

has not yet devised a way to measure the existence of a benevolent force that supports, observes, and guides us through our daily experiences. That said, all of us, when pressed, can recall at least one moment in our lives when something happened that was beyond our ability to explain or even understand and could have been described as divine intervention.

No amount of proof is enough for a nonbeliever, and a true believer needs no proof at all. Those who call themselves atheists have at times been inexplicably moved toward altruism, which, when viewed through the lens of duality, is not in human nature. Some have displayed overwhelming acts of self-sacrifice and even extreme heroism on behalf of strangers. This defies





logic. Isn't this evidence of the spark of divinity pulsing through us?

You might answer, "Well, no. It was just the decent thing to do." But by whose definition and whose judgment is it the decent thing? Most of us might choose to be compassionate, loving, and caring most of the time, having attended weekly services in churches, mosques, tabernacles, temples, or chapels to be reminded by a third party of what is considered decent. If we followed religious instruction to act from that place, then our actions are sponsored and not genuinely embodied. This matters, as sponsored actions are not indicative of higher evolution but of programming and enslavement through fear.

Everything in our human subconscious minds drives the urge of self-preservation at all costs. The ego-mind rarely suggests that we should see anyone's needs above our own. Why, then, do most of us at some time instinctively or empathically act on behalf of another? It's not because we attend places of worship each week but because we embody higher minds that instinctively move us to know what is decent.

True evolution is when we instinctively choose compassion, love, forgiveness, and acceptance while striving for the highest expression of ourselves in all things. This is the God particle within us at work in our human consciousness matrix, whether we are believers or nonbelievers. It is still undeniable evidence of a higher power.

## Manage Your Ascension Symptoms the Head

As we rise into higher vibrations, we activate levels humans have not previously attained. The physical body is severely restricted in its ability to evolve and keep pace organically. But ascension with the body is necessary, to a certain point, to preserve our consciousnesses — our memories and experiences over many lifetimes on Earth. The mission is to ascend with consciousness — our memories of all we have been and all we have become. A little discomfort is part of the deal.

Greater distortions causing a negative spin in the lightbody templates are beginning to be corrected. As crucifixion implants continue to release, the crown-of-thorns configuration around the head can become very uncomfortable, as though a metal band is tightening around the skull. This is quite the reverse of what is actually happening as the implant releases. It is like taking your foot off a garden hose: The restricted flow suddenly releases, and surges of vibrational frequency emanating from the electromagnetic spectrum of the cosmos flood in through the newly wired neural network.

We naturally create resistance to sudden changes

in environment, atmosphere, and air pressure. This is the body's early warning system that tells us to resist changes that can result in further tension, stress, and discomfort. If we are still harboring fear frequencies by association, these can manifest in the physical body as disease.

The brain has been rewired to integrate the left and right hemispheres, which blends male and female attributes and energies and allows modulation in a sudden influx of higher frequencies. Room has been made in the skull to activate the pituitary and pineal glands as they "plump up" into fully functioning organs and begin to work in unison the way they were originally designed.

At the back of the head, just below the crown in the area of the visual cortex, is the well of dreams, where we visualize what we wish to manifest into reality. It can become very tender to the touch, particularly when lying down. Sinus pressure increases throughout the face — jaw, teeth, ears, nose, and throat — as energy forces its way through newly developing channels. We might experience the re-emergence of old allergies.

Activation of the eighth galactic chakra in the thymus syncs with the ninth galactic chakra in the occiput, causing discomfort in the occipital ridge. The energy moves between these two chakras in a figure-eight motion (infinity symbol), and the crossover point is just behind the eyes. This can cause pressure and visual disturbance: blurring and the appearance of floaters.

We are changing the way we draw in and assimilate energy and light-encoded information as dormant layers of the multidimensional holographic body come online for the first time. We are clearing up, clearing out, and making room for the embodiment of higher consciousness.

Pressure, tenderness, and even painful points on the skull leave us feeling unlike ourselves. We feel spacey and "crunchy," lacking attention or focus. Sounds and lights might also be disturbing, because we are seeing another spectrum of light. Simple tasks involving body mechanics can become complicated. Memory is wiped as the old electromagnetic system for recording our experiences gets striped away by increasing solar activity.

As the thorns release, our crowns open up like receivers — genuine crowns — to receive energy from the Galactic Core in 8D, or Source (via Divine mind thought waves or light). It steps down in frequencies of sound in 7D (causing high-pitched sounds in the ears). The 7D level is the energetic torus of vertical light highways containing the entire Milky Way galaxy. Incoming frequencies take the form of electromagnetic waves (radio waves) at the highest frequency (extremely high frequency — EHF) emanating from the black hole (9D) at the center of our galaxy.

Symptoms range from all those mentioned in previous articles, and also include: singeing, burning,



electrical pulsing, nerve-gnawing pain in the head (or pressure bands around the skull), high pitched sounds, watery or blurry eyes, and dizzy spells.

With each download, the energy is forced through the activated ninth chakra. It jars and sticks wherever we have distortions that set up genetic or emotional resistance. As it moves through the body to be anchored, it repeatedly follows the same pathways, so blockages that have not been cleared the first time will stick in the same places with each incoming wave of energy. But if we are making progress, it will seem less severe each time. This is evidence that we are climbing to the vertical axis of time.

### Symptoms and Remedies

In our pasts, anything out of the ordinary was a warning sign that something might be wrong. These possible new symptoms could heighten our anxiety:

- unusual headaches
- feeling as if the back of the head and neck are in a vice-like grip
- tenderness over the tops of the ears and sides of the head, over the brow, and at the crown
- sensitivity to noise (sounds translate differently or are hard to triangulate)
- high-pitched sounds (at the extreme, can feel like knitting needles being inserted into the eardrums)
- light sensitivity and visual disturbances (as multidimensional sight kicks in)
- normal body mechanics feel uncoordinated
- disturbed sleep patterns (from being brought out of sleep while traversing dimensions and shifting vibrational frequencies)
- exhaustion, feeling burned out (can be an indication

of adrenal glands and nervous system being pushed to new limits)

- hair feels as though it hurts
- inflammation of teeth and gums (pain, soreness, aching)
- tongue swelling or blistering
- jaw pain
- ear pain

The following are suggestions to gain relief:

- Get out in nature as much as possible.
- Get in water (as water breaks electrical circuitry).
- Apply pressure to the center of the crown, occipital ridge, and third eye. (Alternately press and release for a count of eight.)
- Massage the head and scalp with your fingers.
- Apply cold packs to affected areas.
- Take salt baths with sea-salt crystals.
- Use topical pain relievers, essential oils, or medications, if necessary.
- When symptoms are extreme, visualize a frequency fence opening above you like a large umbrella, and say, "No more today!"
- Exercise.
- Use acupuncture with gold needles or craniosacral therapy.
- Remove jewelry.

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## Feel the Rush of Life

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

**Grandfather Shaman of Mesa Verde:** Beloved children of the Creator, it is time to move from inside the winter storytelling to the world outside reemerging from the depths of snow, wind, and ice. You carry the full oral tradition shared during this dark time of the year. Your family and tribal histories have been relived through the storytelling so that you can carry them inside your heart and soul.

When you go into Mother Earth and nature once again, you will feel the new beginnings of life coming forth all around you. The rapidly flowing waters

descend from the mountains to the valleys bringing forth plants, flowers, and trees in the rush of life.

When you come together in the early spring with your sisters and brothers, the Creator, sacred elders, and ancestors will guide you and lead you in the spiritual rituals and ceremonies that you will naturally perform to make peace and keep balance within creation.

You carry the story of Eagle within your heart as





you perceive and move in the world with incredible insight and wisdom. When you walk like Bear across the warming landscape of Mesa Verde with her cubs, you sense all the world with keen hearing, sight, and smell to delight your way.

You feel the intensity and beauty of life unfolding within and around you as you unite and merge with the burgeoning spirit and healing life energy of the Creator. Allow yourself to know the presence and being of this eternal part of you and the creation coming forth. It is time to plant the seeds of your deliverance, well-being, and mobility to grow, develop, and share with those you are called to serve.

Through your relationship with the Divine energy, you can see what is perfectly needed to help others come into their gifts and blessings. You have gained great knowledge and understanding from your elders, ancestors, and families this past wintertime. What you have come to know will serve and guide you as you work with others for justice, peace, and equality. Being safe and practicing the CDC guidelines have helped you to make others safe and diminished the impact of the pandemic.

Some of you have lost loved ones, neighbors, and colleagues so unexpectedly and tragically that you cannot quite comprehend the overwhelming loss, suffering, and despair. You know in your heart that you can continue to help and serve those who are in need and suffering.

You have suffered too and given up much so that you and your families can survive, live, and thrive in beauty and love. As sacred vessels of the Creator, you have given reassurance and helped those in great need to heal and transform. Your presence and love have permeated the loss, heartache, and suffering and brought joy and relief. Know that I walk with you as you work together to make a difference during this challenging yet life-abundant spring.

## Be Instruments of Light

**Mother of Light:** Beloved children of light, your steadfast commitment to your gifts and dreams has brought you to this sacred place of knowing and being. You are ready to bring forth exactly what is needed now in your ongoing efforts to make the world a better place to live in. The healing energies abound as you work with others to make fundamental shifts and changes for equality and justice.

Know in your hearts that you are embarking on an extraordinary journey as you find yourself moving and living in the world in a new way. You are called to utilize your gifts and blessings in the most beautiful and substantial ways to help others struggling in their lives to realize and make possible their dreams.

When you come together with like-minded people

to make magnificent, positive changes in the structure and foundation of society, you are all pioneers working to make a new world possible. You are led by the highest energetic frequencies to become pure and clear instruments of the light and to effect transformation and healing.

You have already given up things and opportunities in the world that were once so important to you that you could not even consider living without them. You came to a significant crossroads in your life, where you had to carefully choose and prioritize what was true to you. You realized that you could no longer continue in the same way or go back to the old ways that did not work for you.

Precisely because you looked deeply into your current situation and saw how it hurt you and hindered you from achieving what was most important to you did you then give it up. Being present in your daily life circumstances has served you well in discerning what is truly yours and what you have just learned to deal with in your family to cope and get by. You understand that what you learned from your family did not serve you and kept you from fulfilling your life and dreams.

You undertook your own spiritual searching and initiation to find out what exactly is yours as a holy child and how to give up what does not serve you and replace it with what is absolutely essential and nourishing for you and your health and well-being. You might have undergone an astounding and extraordinarily challenging symbolic death that put you so on the edge that you felt and experienced it as nearly an actual death. You were forced to come to yourself through pain, mourning, and loss to realize that you must save yourself.

Through your heartache of mixed emotions, emptiness, and isolation, you are able to plant and grow the seeds of your deliverance, mobility, and freedom. You slowly find your way through offering yourself the best possible care and nourishment. As you meet your personal challenges in the midst of universal obstacles and evil, you come to a significant divine wisdom and understanding. You can slowly heal and make headway working with others for the incredible healing change. I hold you lovingly within my embrace as you heal yourselves and make headway together for the larger scope of justice and equality.

## The Promise and Joy of Unity

**Shockara Starbeings:** Beloved Earth beings, there is a wonderful healing energy penetrating the darkness that has threatened to create havoc throughout the universe. All of you together working for light and love have given hope again to the promise and joy of unity.

Working together with beloved sisters and brothers, you have committed to the highest good and well-being to bring forth through your being and actions the healing



power of the cosmos. You come together to finally bring peace, joy, and equality to reign on Mother Earth.

We are close by supporting you in your efforts to make this miraculous and fundamental change of heart and being in the world. We assist the angels as they come forward to help you bring about these healing changes through you as instruments of the universe.

The Divine energy has called you to be part of this vast, growing network of intuitives serving others with their gifts, blessings, and wisdom provided through the holy ones. Completely trusting your deepening relationship with the Creator, you know all will be perfectly provided.

Your mind's eye and crown chakra are wide open to receive the guidance and assurance that are needed by the people you are serving and working with. You understand and know in your heart, soul, and being that you are truly an instrument of the Divine and will provide through Spirit what is needed for nourishment.

Earth is beginning to reawaken, and all Mother Earth's children come alive in bounty. The waters flow and stream from the melting mountaintops to once again fertilize and renew life. It is an astonishing time of new life and commitment to new birth. With ongoing care for others to keep them safe, well, and healthy in their lives, you gather in unity of spirit and being so that greater transformation can occur within the steadfast discipline

of the World Health Organization's protocols and vaccine applications for the pandemic.

Always remember that you are called to serve in the most important way through your gifts and presence, yet you cannot put yourself or anyone else in any danger. Be mindful to take the best care of yourself as you take the best care of those you serve. Notice how the Sacred Feminine manifests within the scope of what is now needed in the world for healing. The Divine energy accelerates its powerful presence in the universe so that it can bring forth the renewal, transformation, and re-birth essential at this time.

Stay truly focused on what is most important for you to share in your service to others as social, political, and economic justice are addressed to help all people. Your place and service in the whole picture of what is evolving is absolutely critical for the healing that will occur. Know we are present en masse to see you through and help you together to bring forth exactly what is needed for fulfillment and joy for all people.

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# The Secret in the Room

Kryon through Lee Carroll

27 September 2020, Livestream

Greetings, dear ones. I am Kryon of Magnetic Service. You were taught that your intellectual awareness is information-based and not consciousness-based. In other words, you were taught that the more you learn about things, the better off you will be. This, of course, is the reason for school. But where was the profound information that consciousness is the key to self-awareness, health, long life, and personal relationships?

Your linear life is like a house with many rooms. Each room has what you need for survival: love, spiritual and non-spiritual awareness, your basic beliefs of how things work, and your perception of what is real or not. But is it possible that something is well-hidden in the room of your reality where all those ideas and emotions you call awareness are stored? Welcome to a concept that starts to go beyond the 4D world you grew up with.



As I give this message, the planet is going through a major shift. Years ago, I told you that this shift would bring uncertainty to some and distress to many. I told you that you cannot take what you call Human Nature and have it shift without these kinds of things occurring.

When you feel the core of your reality start to become different from what it was, your first reaction might be fear. This is because most of humanity is invested in wanting things to stay the same. This even goes to those of you reading this article who call yourselves lightworkers or healers. This is from the energy of your healing processes starting to change, and your reactions are creating much uncertainty.

The uncertainty so many of you feel leads to more uncertainty, anxiety, and worry. How many of you

continue to awaken at three in the morning, those magic hours when spirit often invites you to meditate, and you think, “What is it that I should worry about?” Dear ones, we know you so well. That seems to be one of the first reactions you will wish to change — allowing new loving energies to arrive in your life. Do not automatically give fear the upper hand.

The changes for you might be subtle, but you feel them. Many of these changes are not things you can linearize or put your finger on, as they say. Maybe these things are simply changing energy, and you’re picking it up. Indeed, that is happening on this planet at the moment. You’re feeling what is different — things you haven’t experienced before, paths you’ve not walked before.

### Things Are Hidden

There are several ways you can treat this change. The first reaction is often fear, and many of you will go to the worst possible scenarios and then actually develop them. Did you hear that? As a Human Being, you have the ability to take an idea and build any “house” you want. It can be a fear-house or a lighthouse. Humans like to extrapolate everything. You take what is before you and develop it into a conclusion based only on what you have seen before. Fear begets more fear.

Instead, some of you will look at this and recognize that it was foretold. You will actually admire it and say, “This is the energy the ancients spoke of. This is what Kryon spoke of. This is what so many of my teachers have spoken of. I’ve felt this in my bones. I’ve felt this in my persona. We are starting to see a changing Earth.”

Some of you will actually go a step further and celebrate this strange new energy. You will say, “I know that it is difficult, but here it comes. Here comes opportunity. Let me see it all so I know which way to turn.”

Again, I will say that if dark, horrible things seem to be crawling out of the cracks of this planet and you’re seeing them for the first time, remember that they were always there. It’s time to see them and decide whether or not you wish to have them continue. This is an indication that light is starting to increase, metaphorically, on this planet. In an older time, these things that would have stayed covered are now starting to show.

What’s going on in your house, your room, of reality? Are things starting to show up that you perceive as ugly or worrisome? Did you ever think this might be on purpose so that you can take a look at what has always been there? That multidimensional broom is always there, dear ones. It’s the broom of a higher consciousness that always asks if you want it to sweep out old things. It would help sweep away all these things we have spoken of that are inappropriate for your magnificence, including worrying about the future — feeling anxious when you awaken early. Something is hiding in your room, and

the broom can expose it. What is hiding is a major gift from spirit. Your broom is a metaphor for your ability to sweep away old ideas and expose this secret.

Again, you tend to linearize everything. You might say, “Okay, how much work will it take to sweep these things up or to change my life?” Many of you love to make lists, don’t you? You tend to linearize action items in your lives because that’s what you were taught in school. But there is another energy hiding here. There is a secret. It’s one of the best secrets I could give you.

Almost all of you believe that you are pushing that “life ball” up a hill to get to the place where you want to be. Even a spiritual place will take more work, you believe. This is a linear metaphor that says whatever happens is an effort and will be difficult. Question: What if that’s actually not the way it works in this new energy? What if I tell you that on the other side of the ball you’re pushing uphill, hands are grasping it and starting to pull it up with you? Are you getting this?

### Here Is a New Secret

Spiritually, Humans have always had free choice. You can do whatever you wish with your lives without judgment. We have told you this for years. Love is this way. We are in love with you, and we let you be. In addition, we give you signs and hints, but we do not do this with intervention that would force you to do anything. Free choice is that way. It’s a loving hands-off.

Here is the secret: A new and profound energy is starting that you need to know about. When you get into a certain realm — a certain energy of compassion and willingness to see a grander truth — when you start that path, your consciousness changes. Consciousness is energy, and when energy shifts, things happen.

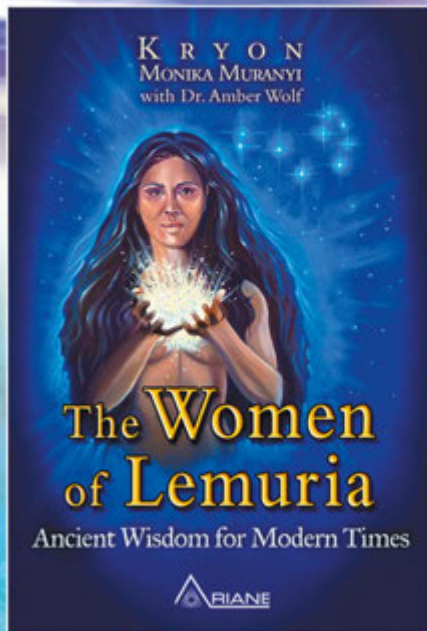
Even though you have free will, your consciousness starts to give messages to the other side of the veil of “permission to help.” It’s almost as if a light goes on in your soul and shines very brightly in a multidimensional way. Imagine something with me: You start to change the way you perceive things, and your awareness begins to light up. Suddenly, all those guides, helpers, and angels (whatever you wish to call them) are alerted.

“Look! Look at what she/he is doing. Look at the light. Now we can help, because this magnificent Human has made the choice to change. Wow! This soul has made the choice to look. The light of this consciousness has given permission for intervention.”

Once you’ve made the choice to look, your perception alters as well: Is God bigger than you were told? Are you bigger than you were told? Are processes appearing that might change your sense of reality? Are you intuitively aware of processes that might even be multidimensional? Is it possible you are being guided and you might not have to push that ball as much? For



# The Women of Lemuria: *Ancient Wisdom for Modern Times*



*Were you a woman in Lemuria? Is it even possible that a place called Lemuria existed? What about the missing continent of MU? What about Atlantis? What does being a Lemurian actually mean for you today?*

The answer to these questions and more is the purpose of this book. Authors **Monika Muranyi** and **Dr. Amber Wolf** have compiled everything that Kryon has ever channelled about Ancient Lemuria, and the role of women in that mystical place. Since 1989, the loving messages of Kryon, as given by Lee Carroll (*the original Kryon channel*), have become known worldwide. The author presents material never before published, and has also posed over twenty new questions to Kryon. In addition, there is a special chapter from Dr. Amber (*Mele'ha*) Wolf, who is the creator and facilitator of the Lemurian Sisterhood. Thanks to Monika and Amber, we now have a greater understanding about our Divine Origins and how we can implement this ancient wisdom and knowledge in today's modern world.

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some of you, that seems counterintuitive: A higher level of awareness can only be created by pushing the ball harder. Welcome to the secret. It's *not* that way.

The way you perceive this message is like a light switch. Do you believe it? If so, know this: When you start to activate these new ideas of your new consciousness, you get help — lots of help. Lightworker, there is enhanced light when you start to understand that you are an amazing lighthouse. You might even say, when you start understanding this, that it spreads your soul light in a logarithmic way. It amplifies itself in a way that is not linear, and you can see results that help in your daily life almost instantly. Love is that way.

When I first came to this planet, I gave you a basic Kryon metaphor: When you're in a dark room and you light a match, interesting things happen. First, everyone can see just a little better — everyone. Most of you might not even know the match bearer or where the light is coming from, but by having just a little light, you all benefit.

This metaphor means that what you do for yourself is often grander than you think and not just for you. Is it too grand to say that all the souls of humanity might know when you light that match? Remember, consciousness has a very large, multidimensional footprint. It is not linear.

## Love Changes All

Some of you are receiving a large awareness of this secret right now and saying, "I want to hear these things again. I want to start practicing some of these ideas." If that is you, then you've just thrown the switch of intent. For over thirty years, we have given you information about the power of pure intent as an axiom to enhance your life.

That life ball you are pushing uphill to get rid of your fears and anxiety is starting to be pulled uphill as you push it. Do you feel it? This is the hidden secret. Free will includes the freedom to now grasp consciousness as an actionable energy that can change your entire reality. Can you start compassionate action in your thinking toward everyone, including those you don't want anything to do with? Can you love a soul no matter what? Can you float around your home, or are you weighed down with fear, challenge, and so much more?

Love changes all. Dear ones, it's more than just a hand pulling that ball, helping you. It is your old-soul destiny. Indeed, when you start to examine what you never examined before, you are not traveling an unknown path at all. Instead, you're on a beautiful path that you have felt belongs to you. You are correct.

We give you these things now because we can. But most of all, we give you this message because you

“decided to look” and read this today. This will not be the only time we present this information, for this is core information we came to give if you made it as a civilization past the precession of the equinoxes. You did!

You are bigger than you think and more magnificent than you know. We know your name. And so it is.

## Twin Flames Merge

Creator through Rae Chandran

My dear children, welcome home. I hold your hands. You might ask, “Why is Creator holding my hands?” I am the counterpart for Isis. I am the other part of her soul’s essence, her soul’s fabric. We hold your hands, for I am you. I am your twin flame. I am your soul mate. We are divine lovers.

We join in oneness: me, Isis (and Moon Goddess Isis), and you. When you pray, your right and left hands represent these two aspects within you. That is why people say Father-Mother God. Join with us today. The two goddesses have joined with you. I now join my essence with you. Breathe it in. See half of your body, from the bellybutton to the top of your head, in gold. See from the bellybutton to the bottom of your legs in turquoise.

Breathe in and let these two colors join within you. See the two colors fully blend in you. Visualize this image and breathe in. Now say, “I marry myself. I am within myself. I am complete within myself. I am the Father. I am the Mother God within me.”

Open your palms. I put a ring on your right palm. You place this ring on a finger of your left hand. I place a ring in your left palm. You place it on a finger of your right hand. You are marrying yourself now through these rings of light. This is the holy union of yourself.

Look at the rings you are wearing, and say to yourself, “We are one. We celebrate love as one. We love our truth as one. We are the flames of love, truth, and oneness.” In the physical world, rings represent marriage or union. You are marrying yourself, the highest union in the world.

Isis and I, Creator, now touch your pineal gland. We draw a line from your pineal gland to your feet. A gold line is on the right, and on the left it is turquoise. Breathe it in. This is one of the ascension initiations. You have joined with yourself. In the small gap that exists between the gold and turquoise lights, visualize many

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



miniature, golden pyramids. Through this gap, you experience oneness.

If there is no gap, you are unable to experience oneness. With this gap, you know that you are part of the One. The infinite and the finite exist within you now. This is your true reality, my children. Imagine you are kissing your partner and your partner is kissing you.

### Awaken Your Kundalini

Now we will awaken the kundalini within you. Visualize two snakes coming from within you and joining in a golden form through this gap. This understanding, this energy, and this love of the sacred within you will be encoded in every cell of your body in its fullness.

Every day, visualize this within you. You will fall in love with yourself. Your loneliness will vanish. You will feel good to be with yourself. This contains love and knowing. This eternal love will always be there as part of you. It is encoded within you.

I, Creator, along with Isis, place a golden boat between your heart and the other heart. Through the golden boat, you travel into each other in fullness. My dear children, I welcome you to the oneness within you.

Human love cannot compare to this love. Human love is limited and needy, and you are bigger than that. This was the seventh level of initiation in the King’s chamber — accepting a Divine Feminine love within you and joining to become one in its fullness. In this love, you will find fulfillment, joy, and oneness.

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



# The Role of Family in Your Life

Amma through Cathy Chapman, PhD

Good day to you, dear ones. I am Amma, the Divine Mother of the divine mothers, and I am so much your mother. You are within my womb. You have grown within my womb, and you continue to be within my womb. You are surrounded by the nourishment of my love.

We are going to talk about family and the role of family in your lives. You were born into a family for a reason. Now, some of you might not have been born into the family that became your family. I'm talking about those of you who were adopted or lived in foster care as well as those of you who grew up in your biological family. As you grew and developed, you left home and eventually discovered your family — the group of people who gave you nourishment, supported you with their love, and acknowledge you: "Yes, this is who you are, and we support you in who you are. In fact, we love you so much that you can change. We love you as you change. We love you with each change you go through." Those people are your true family, are they not?

We're going to talk, however, about the family you were born into. Some of you were born into very loving families. Others were born into very loving and dysfunctional families. Some of you were born into families who did not recognize you as who you were, and in many cases, you felt they didn't care about who you were. They only cared about themselves and how you reflected on them. People are born into many types of families. So let us talk about the role of family. The role of family is your first ground, if you will, of discovering what types of issues and experiences you will work on in this lifetime. If your family abandoned you in some way, abandonment is your issue. If your family rejected you in some way, rejection is your issue. If your family tried to mold and form you into a person you were not, your issue is to be true to yourself and push against those who try to make you who you are not.

Think of the things your family has done that you object to and that hurt you. These are the things you chose to experience in this lifetime. If you were sexually abused within your family, you chose, in this lifetime, to have that experience and learn how to overcome that experience or transmute it into something else. If you grew up in a family of physical or emotional violence, your task was how to learn not to be violent, as many people who grow up that way are violent of word or action. Your family shows you what you have chosen to

learn, experience, and overcome in this lifetime.

## Earth Is Your Reality Show

It is a game. You might not think of it is a game, but before you came here, you thought it was a game. You set up challenges for yourselves. If you who watch these extreme games or reality shows on television, you might wonder why anybody would ever want to live naked with somebody, a male and a female, in a jungle where all kinds of things could kill you. Yet people make that choice to maybe win a million dollars or prove to themselves they can do it. And they are on television for everyone to see. You might not have chosen that earthly game, but you did choose this game, your personal reality show.

Just as your television reality shows are not the real world for those people who are participating (because they go back to something else when it's over), this reality show you have created on your third-dimensional world of Earth is not real. You will finish this reality show here, and you will come away with your badges and challenges. You will come away with your successes.

Many of you will not know or understand what you've done until you leave your body and sit and look at your life review. It's like putting a video on fast-forward: You see all the things that happened, even those you don't remember when you were on the planet. At times you hurt others with your words even though you did not intend to. You will see those things. You will see how every part of your life, every action and every word, led to your growth and development and your gathering of wisdom: the wisdom of loving, thinking, and action.

All the wonderful wisdom from knowing who you are comes to you. I am speaking of knowing who you are on a different level than being love incarnate (because, yes, you are love incarnate) or different from being the power and presence of God (you are that; that does not change). I am speaking of knowing yourself as the microcosm of *how you express* being love incarnate or the power and presence of God. This lifetime is an important journey of your soul. It fits with the other journeys of your soul, the other lifetimes you have experienced.

No matter what you have or have not done, it all works for the good of yourself and the planet and for your benefit.



Let's expand that comment. All the people you see or hear about, no matter what they have or have not done, have chosen to do things to gather knowledge and wisdom and to contribute to the expansion of the planet, even the people you do not like. Everyone has a role. And when you leave your body, you will come back to the same love, life review, and examination of discovering how this all fits in. How does this fit in with the world, the galaxy, and your soul growth?

Your family of origin begins that process. Now, here you are, in different stages of your life. Some of you are more toward the end of your lives, some are toward the middle, and some of you feel like you're just beginning.

Those of you toward the end of your lives are gathering wisdom and knowledge and being aware. You are also releasing what you no longer need — pain and resentments. That's what forgiveness is. Those of you who believe you are at the beginning of all this, the sooner you release pain and resentment, the deeper you will go in discovering what it means to be love incarnate and the power and presence of God. You will also discover that when you let go of all those pains — no matter what they were or how terrible you might judge them — you have more energy to do what you came here to do in a grander way.

Those of you who are younger came with a different awareness of who you are than those who are older. If you have children and grandchildren, they have come in with an even greater awareness. Those of you who are older have been their guides. You have given them ways of looking at things. It does not matter if you had your own children or not.

### **Release What You No Longer Need**

Now is the time to release what you no longer need so that you don't have to deal with it or even think about it. It becomes like a book you finished reading. You close the cover and set it on a shelf. Maybe one day you look at it and think, "Oh, I remember that time, but I don't remember the details." You pull the book out and open it. "Oh, yes. This was the time when I believed no one loved me. And here is the time when I felt I was never going to succeed." When you let go of all the pain, you close that book; it is over. You go into the new book of your life and discover those gifts and talents waiting for you to use. You discover how you can love more and teach others by your example to love more. You discover what it is to be the precious being in my womb I love so much, because you will then communicate that love to others.

Your overarching job as the power and presence of God, as love incarnate, is to be the one who can love those who are unlovable by others. Think of the ones you dislike the most. They could be in your political arena, the entertainment industry, or in your family.

As you come to know who you are as love incarnate, as the power and presence of God, you are called to allow that love to radiate to those you do not like, you would rather not be with, and who need love more than anyone else on this planet.

It is a difficult job to come to this planet to do things that result in you not being liked by anyone. All are love incarnate. All are the power and presence of God. When you come to that place of being able to release all the pain of the past, you accept others as they are. That is crucial in your growth and development.

It does not matter who they are or what they have done. Amma and Abba, the masculine and feminine of God, never — let me emphasize *never* — reject their children. They never reject those who are deeply wounded or who deeply wound others. In fact, when they return to us (and we do it now before they return), we hold them in our hearts, in my womb. We soothe their pain. Most will not allow us to do that until they come Home, because they cannot see what is there.

Your job, as it were, my precious love incarnates, is to love yourselves and grow and develop into all that you are. Love your families, your friends, all those around you, and learn to love the unlovable. This does not mean you choose to be who they are or join in what they do, but you love the unlovable. And then you become more like me and Abba.



### **HEAL FAMILY INJURIES**

Now here's the healing part. Go into the back of your heart center, into your sacred space. Go deep within. Feel the wonder of that expansiveness. A door there leads you out of your sacred space. There are many doors, but we're going to investigate one. Notice what that door looks like. For some of you, it's an ordinary door. For others, it's hidden. For still others, that door looks very ornate. You are invited to open that door, and when you do, you move into a room filled with many colors.

You see in front of you the jade chair of healing. You also see wonderful beings of love and healing: Archangel Raphael, Hilarion (the chohan of the fifth ray, the green ray of healing and transmutation), Yeshua, Mary of Magdala, and Mary of Nazareth (beings associated with other rays), and other wonderful healers you might or might not know from other traditions.

You are invited to come in and sit on the jade chair. As you sit, it adjusts to your exact form and comfort level. We have invited some very special people to be here with you. We now invite them, on their soul level (some are still



on Earth and some have already passed on) to come into the room. These are people who have hurt you in some way — inadvertently, deeply, or intentionally. They stand farther away from you, as they do not want to disturb you with their energy. The soul selves of those who are still on this planet come in, the ones who know why you have chosen your life.

We now ask for your family of origin: those you might know well or have never known. These are your biological parents, their parents (your grandparents), their grandparents, and their siblings. As you sit in the chair, you are covered with love. We ask you now, if you are so willing, to call forth from your spirit, your being, your energy field:

- “I call forth all the pain, anger, and resentment that I hold toward these who are before me. I now ask \_\_\_\_\_” (you can use the name of whoever you wish — a spiritual being or simply the energy of green healing love) “to dissolve and transmute all this pain, anger, and resentment into love.”
- “I now send this transmuted energy, this love, to those I have held in low-vibration energy, into high vibration energy. I send it to surround them.”
- “I call on Archangel Michael with his sword to now sever any and all attachments of pain, anger, resentment, and low-vibration feelings, and to sever my connection to these people so that only love is left.”

These people, these souls to whom you have just sent love, return their love to you, as they have transmuted their energy into love. The roles they played in your life were done with great love even if it did not seem like it. As they get ready to move away, they might send you some kind of greeting.

They leave the room and another group comes in. This group consists of people you knew in your life who hurt you. They were not family, or they were short-time family, like ex-spouses or partners. Again declare:

- “I call forth all the energy within me that holds anger, resentment, pain, bitterness” (whatever word you want to use) “that is still within me.”
- “I now ask that this energy be transmuted into love. I send this transmuted energy to those who played those roles in my life.”
- “The time of pain is over, and I now call for Michael the Archangel to sever all attachments.”

The people in this group leave, sending great love to you from their hearts. You might be surprised at the next group that enters. You might have already seen some of them here. These are people you harmed, unknowingly, by your words, actions, or choices. You did not intend to cause pain, but you did. Say to them: “I humbly offer my apologies to you. I played a role in your life in a way I didn’t know. I send you my love, and I thank you for your role in my life.”

You feel the love they return to you. They send you goodbyes and leave this wonderful sacred room. You’re still in your wonderful jade chair of healing.

In comes the last group. These are the people you intentionally hurt. You might have intentionally said words that were painful. This could be your child, a spouse, a partner, a friend, or the checker at the counter who was working too slow. Say to them:

- “I offer my request for your forgiveness, which is the release of all of this, that I might not hold this in my body any longer and that it might not affect you any longer.”
- “I request that we both be healed of what I said or did to you, or did not do, and whatever caused that reaction in me. May we truly be the love that we are with each other.”

Feel the wonderful light of the jade chair, the green chair of healing, dissolve all the pain and wounds within you, as it does for them. All the light comes down on them. Ask Archangel Michael to sever all attachments to them, your pain, and your guilt and shame. These people leave, sending you their love as they go.

Now coming into you, surrounding you, feel the energy of your angels, guides — those who love you so much — and the many other beings you might not be aware of who also support you. They extend their hands and send energy from their hearts to you, filling you with love.

As they fill you with love, they send you the knowledge of what a good job you are doing in this lifetime, how you have been a catalyst for others to grow, and how others have been a catalyst for your growth. They applaud you for what you have learned, the struggles you have had, and the joy you have experienced. One of them steps forward and places a beautiful cloak around your shoulders. Notice how the cloak looks, feels, and smells. They either drape around your neck or place on your head beautiful energy. Notice what form it takes. They say to you, “What we have

given you is meant to activate all the encodings of who you truly are. As you continue your life on this planet and before you return to us, know that we are always with you, loving you and caring for you. We will listen and share our wisdom with you.”

They begin to fade away. The others who first stood around the jade chair of healing bow to you in honor and love. It is time for you to get up. Offer greetings or thanks to whomever you wish in whatever way you desire. Move toward the door and then into your sacred space.



Let us, Amma and Abba, remind you again that you are wrapped in our love, and we honor you. If you do not have parents who have ever told you how proud they are of you, let us tell you how proud we are of you.

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

# The Gift of the Ancestors

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

Greetings! We are the Galactic Council of Lightbeings. We are here to support you in this time of great transformation of all living systems on Earth. Humans are a group species. When they are not awakened, their biological family is their primary group. When they are awakened, they choose a biological group before conception that either resonates with their soul's chosen journey and purpose or that they have been incarnating with over many lifetimes. Regardless of where they come from in the universe, souls become part of mixed Earth soul groups according to the soul themes of exploring power, understanding emotions (especially love), and being part of the grand Earth adventure of life transformation, free will, choice, and so on.

Most souls have been incarnating in and through the same ancestral lineages. If souls are not part of a lineage and reincarnate too quickly into the wrong lineage or try to hide from persecution in a former life or a different dimension, it is as if they spend their lives wearing shoes that do not fit.

## Connect with Your Original Lineage

If the theme of lineage resonates with what the soul chooses to work on, then the ancestral lineage can be an enhancement to the soul even though the individual might feel alienated or alone within a family. There is a way to energetically connect back through generations to the group that the soul originally incarnated with and alleviate the sense of aloneness and not belonging. People don't have to accept all the lineage and can choose traits that most align and support their purpose on the planet.

Most ancestral lineages move forward and build on

their successes. Each generation is expected to move the ancestral group forward in all dimensions outside time and space. Just as DNA is a spiral, this forward movement creates a positive spiral. Some ancestral groups expect children to send energy back in time to heal and care for them. This creates a negative spiral and drains the youngest generation of much-needed vital life force energy.

As each individual soul masters an Earth theme, information is passed into the ancestors' akashic records located in the DNA and available to all. The soul has the opportunity to master Earth lessons through a group in an accelerated way.

Some souls resist this immersion in human ancestral DNA codes. They fear losing connection to their galactic family. However, the blending of energies from the Earth family and the galactic family is necessary for people to reach their highest potential and purpose. Being able to receive the gifts of the ancestors does not entrap you in that lineage or make you more beholden to your Earth family. Through forgiveness of the ancestors, a soul can send purpose into the ancestral lineage to heal group karma. This will change the past and thereby the present and future.

## Transform Your DNA's Origins

The crystalline souls of the past twenty years are an exception. This group of souls, who has come to usher in the New Earth energies, doesn't identify with the ancient human lineages of the planet. Many of them are just here





for a one lifetime. As they are a force to themselves, their sense of family and belonging comes from Earth herself. Their ancestors come from the future, and their DNA has encoded information needed for the future and is being downloaded onto the planet now.

Crystalline souls might become independent at a much earlier age than is common, as they don't need decades to remember who they are or what they are here to do. They don't always identify with the human biological container and need guidance about how to use their high vibrational energy to support it.

All souls need to be able to blend their vibrational frequencies with human DNA at this time in order to transform their ancient (but no longer appropriate) origins for the New Earth energies. We will continue this

theme in next month's lesson and then introduce you to the next wave of lightbeings coming to work with all races and cultures in 2021.

**gia:** This month's healing meditation addresses many of the challenges mentioned in this channeling. You can access it for free at [ScienceofEnergyHealing.com/sedona](http://ScienceofEnergyHealing.com/sedona).

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

## Mother Earth Is Resetting

White Buffalo Calf Woman through Therese Dorer

**Therese:** The vision I see is an expansive prairie. Wind sweeps across the land, rippling the grass. Leaves on the trees rustle, and clouds swirl in the sky. On the horizon, I see a rainbow that shape-shifts into the figure of a woman. Then, striding toward me, dressed in white buckskin and surrounded by rainbow light, is White Buffalo Calf Woman. She holds out her palms, and a beautiful white light flows from her hands that she sweeps over our bodies, surrounding us with a halo of love.

**White Buffalo Calf Woman:** Greetings to all who choose to read these words. You are in the month of March, enveloped by the winds of change. The opening vision is intentional, depicting the wind on the open landscape — the movement and fluidity of change and flow. You are being called to embrace change, release the past, and die to the old stories that no longer serve you. When you truly release your positions, judgments, sadness, worry, and doubt, you are available for rebirth.

Mother Earth is going through a time of resetting and change. As you are a child of Earth, you experience these changes as well. I encourage you to have no fear of change. Create opportunities to connect with Mother Earth in an intentional way, honoring your love for her and supporting her in her time of transition. When you pause in the busyness of your day and take time to reflect and give gratitude to your Mother Earth, it calms your body, mind, and spirit, and you move in reciprocity with her.

Let me guide you to feel the energy of right relationship. Imagine you are standing on the prairie. Feel the

wind sweep over your face and toss your hair, clearing your body, mind, and spirit with the winds of change. Connect to your breath and inhale deeply. Allow your

body to feel the sweet connection of your spirit through the power of your breath. Pause in this place of reverie.

Begin a ceremony of unconditional love, and offer your prayers to Mother Earth. Speak your prayers aloud, as your voice is unique and your throat is the bridge from the head to the heart. The power of your voice and prayers will be heard. Thank your Mother for the food you eat, the clothes you wear, and the body that houses your spirit. Feel her love as you pray. Connect to her benevolent energy, and allow it to stream into your awareness. Imagine you are called to go down onto the earth and touch the soil. Offer your mother the sweet kiss of your unconditional love and gratitude.



### You Are a Child of the Earth

As you and Mother Earth experience changes, I encourage you to not focus on the future but to embrace the present moment. Take time to visit your beautiful, benevolent Mother Earth. Forming a relationship with someone you love takes attention and intention. Your Earth Mother is one of your primary relationships that will sustain you through all the changes and challenges you are experiencing. You are in this together. While you walk, play, or sit on the earth, release your old stories that no longer serve you. The reality you

are creating is incumbent on the thoughts you think about yourself. Your thoughts and beliefs create the story of your life.

A lifetime on Earth contains many mini-lifetimes: childhood, teenage years, young adult, middle age, and elder. Each of these junctures is an opportunity to learn and grow and experience what it means to be human. The glue that holds all this together is your spirit, which is eternal. Your spirit is connected to unconditional love and to the vast oneness from which you came.

When you intentionally connect with Mother Earth, you remember the bigger cosmology to which you are connected. It is important to remember who you are from a different perceptual state. To support you with this, I ask you to call on the Eagle who sits in the east on the Medicine Wheel. The Eagle will allow you to fly wing to wing with her and be the observer, showing you

the bigger picture of your life. This will take you out of micromanaging and give you Eagle vision.

At this time on the planet, it will serve you well to embrace the teachings and perspective of the Eagle. I leave you today with this prayer of love:

To the winds of the east, land of the rising sun, teach me to fly with the Eagle and see my world from a different vantage point with no judgment or fear, sourcing to the highest love, light, and truth.

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

## Side-by-Side Realities

Angel Ariel through Adria Wind Horse Estribou

*I have a question about COVID. Is the real tipping point in our human experience of this going to be people just deciding that life has to go on and they're going to live it? I don't want to strike fear into the hearts of several people close to me who really love me and want me to be safe. But I also believe we've borne as much as we can of this isolation and separation and the possible untruths and messaging that gets more overwhelming with time.*

**Angel Ariel:** This is a good demonstration subject for what will begin to happen more and more in your world and your understanding of it, because it's very real for most of you. We'll speak at some length about how this works.

When you create your individual world, what you believe most strongly shows up around you. Some of you don't believe this virus exists at all, and that belief is so strong that you have not seen a single person in your world who's been sick with the virus. Some of you strongly believe this virus is a physical threat to humanity, in the sense of death, and it is a plague of great magnitude. You have seen people around you get sick and die. Both beliefs are true.

You shape your reality moment to moment. Your worldview or belief system is not like your star chart — something you came in with that's fixed. It's quite mutable. If you believe this plague is at its height or the worst it's ever been, you're probably seeing that around you. If someone you know is not sick right now, you're probably hearing stories of friends' children who are dying, or something like this. If you believe this virus

doesn't exist or that the statistics surrounding it are false, then you're probably seeing studies coming out confirming that view.

This is a very apt demonstration for how, in a collective, you can still have exactly what you want. We're saying this cautiously, because we know many of you will say, "Wait a minute. I didn't want the plague. What are you talking about?" But when you believe in something, it is true for you. And when it's true for you, that is your world, plain and simple.

Let's use a less metaphysical way of looking at this. You're aware that Earth has many different religious and spiritual traditions with very contradictory beliefs. Yet people walk side-by-side on the streets of Manhattan believing very different things about humanity, sin, God, or whatever it is. You have this ability to live in a world that's completely, 100 percent real for you and never wavers, but you can see someone who lives in a completely different world. You can sit across the table from each other or see each other on video (if you're not meeting with people these days because of your beliefs about COVID). Both are true.

### Your Personal Worlds Coexist

Here are some clues about how the two worlds coexist. In your case, let's say you think, "I'd like to not have this much distance between me and other people. Is that





allowed?" It's your blank page, so, yes, it's allowed. When you make that declaration, "This is what I want now. This is what I believe now in my life," then you'll suddenly be surrounded by others. You might find a grocery store that allows shoppers to not wear masks or a job that allows people to sit in close proximity. You get to choose that; you really do. And for those whose reality is unquestionably true that this specific virus exists and there must be a way to conquer it, the grace in this moment with COVID is that the vaccines are now available.

Let's say you decide, "Okay, I just want to start being close to other people and not feel so afraid." Perhaps you start taking actions, such as not wearing a mask. Someone else might say, "We have a tool against the virus now, and I finally get to have the vaccine. Schools can open again. I can go back to work. I can stop wearing my mask." Legislators might come up with different ideas around masks, and so on. So these different viewpoints might come to the same conclusion, which is that at the end of the month, or at the end of some time period, we're going to start standing close to each other again and not wear masks.

But you arrived there with very different reasonings, right? If you were to ever talk about your internal landscapes, you might be in very sharp disagreement. This is how all of you can compassionately live in complete freedom to create your own worlds at the same moment and not need something like divine intervention or different metaphysical ways of seeing things. The world shapes, evolves, and changes as you believe it will.

The beauty of those of you who are more conscious or "present," we would say, to participate in shaping your destiny is that you're more aware of your ability to do this. This doesn't mean that you necessarily have to drop all sense of reason, common sense, or logic. Here again is the grace in this: If you're not ready to believe that COVID doesn't exist, no one's forcing you to stop wearing a mask or be close to someone, right?

For a different topic area, let's say you are a light-worker or something on the more positive or creative end of this. You have no rush to figure out how to go from nothing into a place of exploration and growth and creativity. You get to do that at your own pace because you fully create your world, and you create it side-by-side with people creating their worlds. This is an amazing, incredible thing about humanity, especially at this time.

It has always been true for humanity that you had, let's say, a 70 percent (just to give this a little more concrete structure) ability to create your world. (There were some constraints we've talked about recently, such as mind controls and so on, energetic constraints.) Now you're at 100 percent capacity to create your world, so it becomes even easier to navigate. But that doesn't mean you have to use 100 percent capacity to change and grow all in the same

moment. If you have \$3 million in your bank account, you don't have to spend it all tomorrow. You can look at your abundance of wealth and know that anything you want is possible. That's what we're saying to you.

## Choose Your Gifts and Timing

Let's go back to the COVID example. Let's say you believe very strongly that this is a real virus, it's been scientifically proven, and it's at a height right now. You'd like to go back to normal life, but you'd like that to happen in a way that's measured, scientifically proven, feels safe to you, and so on. You can create that over the next six months. Maybe it's a gradual thing for you. Again, the timing is up to you. If you don't believe it, or you half believe it, it doesn't quite work. So take it at your pace. That's the compassion in this. The beauty of creating your world is that you don't have to live in anyone else's.

People have spoken negatively about the polarities right now, let's say in politics, but you can choose people to relate with who have similar worldviews and belief systems to you. That makes it easier, right? We also call that friendship. If your worldview is different from that of some of the people in your neighborhood or on your street, you're allowed to find people who think more like you so that you can feel more at ease together.

People have talked about the dangers of being on opposite sides of some kind of intellectual warfare. But it's all right to surround yourself with people who believe the same things so that you don't feel as if you're struggling all the time. It's all right to influence each other, to demonstrate what you believe in and why. Demonstrate to each other that it's real, because it's largely new to be faced with so few constraints where it happened so fast for you. Because it can happen fast, you now have multiple open doorways, and you get to come and go as you choose and take it more at your pace. For some of you, that will be very fast. For others, that will be, "Hold on now! I'm not ready for COVID to disappear tomorrow. I need three days or three months to really believe it and walk ahead."

You have multiple ways to come out of this COVID experience. This feels like a critical turning point, when so many people believe it's time: "It's time. Thank goodness the vaccine's finally here. It's time to move on," or "It's time to come out of this sphere and just live life and not worry about disease at all." Some of you will come through this never fearing getting sick again. So you get to choose your gifts in this and your own timing.

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



# Channel Schedule

Experience the radiant love energy of the spiritual beings through live channelings!

**NOTE:** We at the *Sedona Journal* want to bring the spiritual teachers we present in these pages and the people who want to know and become more of their natural selves together for mutual benefit. Please send your speaking, touring, or workshop schedule to us when you submit your monthly article, and we will publish it here.

**In light of the coronavirus pandemic:** Please check each channel's website for updates about events, as some may be canceled, postponed, or moved to online only.

## **Blue Turtle** 215-256-8481

**Videos on YouTube.com** | "Blue Turtle: Discover Your Intuitive Self!"

## **Lee Carroll** Kryon.com

**10-Day Indigenous Healing Experience** | May 5–15 | Monument Valley, Arizona & Utah

## **Cathy Chapman** drcathyphd.info/Ceremonies

**Sunday Ceremonies: Hear from Amma, Melchizedek, Mother Mary, Yeshua, and others** | Sundays | Online, Free

## **Adria Wind Horse Estribou** WingSound.com

**Angel Conversations: Live Angel Channeling** | March 27 | Teleconference, Online

## **Natalie Glasson** OmNa.org

**Live Channeled Webinars** | Three Sessions a Month | Online  
**Channeled Capsules of Wisdom** | Two per Month | Online  
**Free Channeled Messages** | Weekly | Online

## **Sri Ram Kaa and Kira Raa** SRlandKIRA.com

**The Voice of Passionate Action** | Sundays | OnenessTalkRadio.com, Noon PT

**Explore the Mysteries** | Sundays | OnenessTalkRadio.com, 6PM PT

**Soul Mirrors: What Is Your Life Reflecting?** | Tuesdays | OnenessTalkRadio.com, 9PM PT

**Monthly Ascension Energy Forecast/Revelations** | March 1 | YouTube.com/OfficialSriandKira

**Personal Mastery Ascension Retreats** | March 1–17 | YouTube.com/OfficialSriandKira

**WWAGLOBAL Summit for Humanity** | March 19–21 | WWAGlobal.com, Live, Online

**WWAGLOBAL Summit for Humanity post-summit workshops** | March 22–24 | WWAGlobal.com, Live, Online

**Mastery Mentorship Miracle Gathering and Ceremony** | March 6 | Live, Online

**Personal Sacred Ascensions Journeys & San Pedro Retreats** | March 25–31 | TOSA Blue Mountain, Ecuador

## **Kimberly Marooney**

GatewayCommunityOfHigherConsciousness.com

**Live Spiritual Teachings** | Monthly | Online

**Gateway University Degree Programs** | GatewayUniversity.info

## **Karina Nielsen** KarinnaNielsen.com

**"Healing Moments with Karinna Nielsen" video webinar**

| First Saturdays | Live, Online, 11AM PST

## **Miriandra Rota** Miriandra.com

**Powerful Channeled Teachings and Classes** | Monthly | Online

## **Steve Rother** Espavo.org

**GlobalLight Healing Earth** | March 9 | Online, Free, 11AM PT

**Releasing Density — Lightbody Templates** | March 12, 16 & 17 | Online, 11AM PT

**The VirtualLight Broadcast** | March 27 | Online, Free, 11AM PT

## **Robert Shapiro**

**Blogs** | explorerrace.com/explorer-race-blog.php, mysticalman.blogspot.com, benevolentmagic.blogspot.com & robertshapirochannel.blogspot.com

## **Jaap van Etten** 928-707-9873

**Weekly Crystal Skull Meditations** | Every Wednesday | Sedona, Arizona

## **Sarah Weiss** SpiritHealOnline.com

**Earth Love Spirit Podcast** | On demand | Online

## **Sara Wiseman** SaraWiseman.com

**Spiritual Psychic Podcast** | On demand | Online

**Intuition University Certification Training** | Quarterly | Online

**Divine Oracle** | On demand | Online

## **Maria Yracébûrû** Yraceburu.org

**We Are a Miracle** | March 21 | Online, 6PM PT



# What Luck Really Is

## Azzaman Flow and Asr through Farali

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

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

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

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

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

Prayers serve as pathways for your thoughts to

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



### A Healthy Lifestyle Creates Balance

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

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

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

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

## Your Inner World Sketches Your Outer World

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

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

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

## Focus Inward for Contentment

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

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

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

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

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

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

## How to Live a Spiritual Life

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

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

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

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



# Cocreate the New Now

## The Collective Soul Consciousness through Carolyn Gervais



Humanity on your planet has endured a year of seemingly unbearable pain, suffering, and loss. The scourge of a once-in-a-lifetime global pandemic has taken away many joys, people, places, and things you once loved. The memory of this time on your Earth will be forever seared into your hearts and minds.

Many of you wonder how to resurrect yourselves from such tragic and crushing circumstances. There are no easy answers, but perhaps from this devastating experience, valuable lessons will be learned. New paths open for what will eventually renew and instill hope through human regeneration and evolution of consciousness, heart-love, and the human brain. To accomplish what you are to do and become on Earth, you will need to work on upgrading the human mind for 2021. As the normal brain/mind evolves, new thoughts bring new talents, creations, abilities, and innovative tools that help all people re-create their personal inner and outer worlds.

### A World of Cooperation

How does your world accomplish what you now call a new normal? Getting there will take much trial and error, along with fresh ways of seeing and being. You will learn to believe in the true essence of who you are and your awakening inner power to love yourself and one another. When you can feel that loving power grow inside of you, you can love all humanity without having to question how or why.

What you term the pandemic is a prime aspect of your planetary shift. It develops inner human abilities to cope with massive change and to re-create your world: a world of true cooperation in which people value the gifts of one another. The false barriers of ego are not acknowledged as important. What is valued are people's skills, talents, and ability to cooperate with others. Ideally, all people will be given a fair chance to contribute what they are able to share with the wholeness of life. This will take place as unity creates a world community. Once the love of community merges with unity consciousness, the need or desire for the inflated ego will no longer have a home.

Unfortunately, there is a lot of old, dark energy on your planet Earth still creating havoc rather than well-being for all of you. Many unsavory leaders work diligently to destroy freedom and democracy any way

they can to gain power and wealth. These leaders still have not grown up in body, mind, and spirit, and they have no honor, respect, or integrity for humanity.

Without doubt, many of you are struggling to regain the joy of living you remember having before the pandemic spread through your world. For the past year, humanity has been somewhat or greatly cut off from the physical and emotional connections with the world and each other. In a sense, the pandemic experience has been an opportunity, as grimly as it has manifested, to open human minds and hearts to the wholeness of life in any way possible: physically, mentally, emotionally, intuitively, and intellectually.

Could this be a chance to reexamine your lives and reset your priorities with renewed passion? Too often, humans see themselves and others with the eyes of physical limitation. As many insurmountable obstacles seem to block your progress right now, it is essential that you understand you are on Earth/Gaia to become its ever-evolving new cocreators. Know that you have been given all that you require to create your new world with an endless akash of lifetimes stored in your DNA.

Before the pandemic, humanity was completely immersed in the desires of the physical world through the untamed ego. The only way to control ego is to live with its unruly tantrums until its human owner begins to question how and why these tantrums come into being.

### Awaken Shared Experiences

Duality is about opposites and different ways of thinking, believing, seeing, feeling, hearing, and living. Most human brains choose what they believe is true for them. If you are content with most of your choices in life, share them with others and find out what you have in common. Conversations with other people can open your mind and promote learning interesting, new, and important things. If you never talk with different people in your life, you will eventually get bored and not learn much. Do not be afraid to speak up or make friends with new people you meet.

It is important that people share what they know and experience and let others share and talk as well. Sharing what people know gives them pleasure and often inspires

the minds of those around them. People rarely have a hard time finding a subject that interests many around them and exercises the cognitive part of the brain.

Because of the many unique ways of experiencing and living life, all people strive for new and happier ways to perceive themselves in relationships, how they choose to live, the kind of people they want to be, and how willing they are to come out of denial and heal in the light of the new energy. As people live life, they will most likely learn what works and what does not. Each experience has the potential of awakening them to something more in life and take them into higher levels of themselves.

Each human soul comes to Earth to create a human life and to grow and learn from the experiences of that life. All of you act out the roles you agreed to act out with one another in each human life with the pain or joy those roles bring into your present. Who are you really? You are souls that have decided to pretend you are separate and do not know one another. What happens

between you and another when you first meet can trigger an unexpected awakening of a deep connection with this person on some level. An example might look like this: "Excuse me, have I met you somewhere before?" Such shared experiences can pave the way to creating new relationships.

Dear ones, as you offer your heart essence to Earth and all life, you also merge your energy with the future and bring that future into now time. The future you came to your world to manifest was encoded in your DNA before you were born. Remember you are the energy source of your new now as you unleash your innate power of integrity, compassion, and unity.

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

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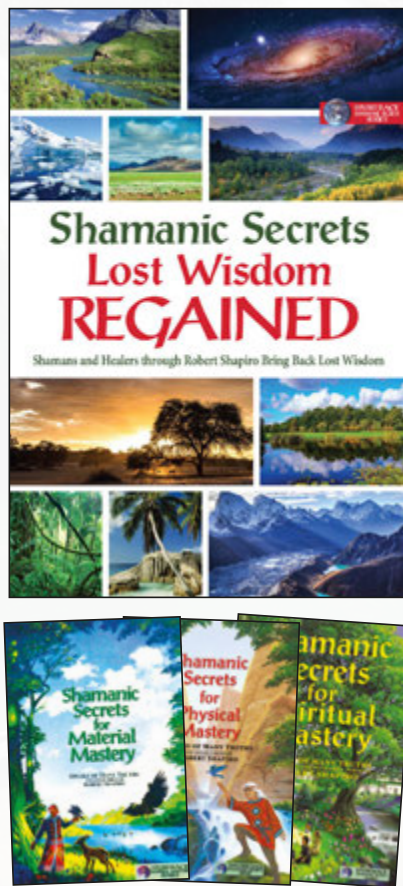
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# Find Focus, Clarity, and True Vision

Archangel Zadkiel through Sri Ram Kaa and Master Lady Kira Raa



When you are full, when you are completed, you are with great light. You ignite the light of your top chakras. Within this fullness, this completeness, you lift magnificently into your beingness within many dimensional realms. You walk in the land of multidimensional, enthusiastic, and expansive beingness. You are an expansive being.

We implore you to allow the body to now dissolve along with the ego. You have worked on the ego; it is true. Many say, “Oh, the ego ‘this’ or the ego ‘that.’” You have attained a level of accomplishment in dissolving the ego. You have interjected many new light points into your divine, ascended chakras. It is most wondrous that you have invited this piece of non-you — the ego — to dissolve.

As you allow this dissolution to occur, it is time to invite your body to dissolve as well. See your body become many points of great light. Let yourself dissolve into lightness. Fullness arises from here. This is where completeness comes from. Have you ever been so filled with joy, love, and contentment that you were always full in all ways? This is a powerful remembrance.

As you move forward in this time, your planet spins faster with each passing moment. This is not a coming event; you are in this process now. Stop waiting. Start participating! As you participate, gift yourself the opportunity to ask:

- Where are my eyes focused?
- Where is my attention focused?
- Am I focused on the Divine, or am I focused on density?

By focusing, everything becomes clear. Focus in a manner that ignites your greatest clarity of vision. Many of you might say, “I cannot see; I have no vision. Where are my glasses?” [Laughter.] We invite you to declare that you do not need glasses. In the clarity of true vision, all is clear. Only in a realm of density do you need glasses, for only in the realm of density are so many things unclear.

Do you ever feel unclear? In that moment, you are fully within density. In density you often squint to find clarity while grasping at what feels comfortable. Often you have the experience of being not quite sure, but

you move anyway. This is because of the compelling energy to get where you are going and make good time while doing it.

## All Paths Lead Home

Pay attention and look at your vision. What do you wish to see? Where do you wish to be? Now that you are aware, what is around you? Many of you ask, “What is my purpose? Why am I here?” We hear this often. Dearest, there is only one reason you are here. It has many different forms and one underlying reason:

- You are light expanding.
- You are an effervescent spark of divineness.
- You are joyous light dancing, celebrating, experiencing, and being.

How you choose to express that light is your personal path. You are all on a path. The question is: What path are you on? You might say, “I don’t know. What is my path? Where is the path? I am lost on the path. I took a wrong turn on the path!”

All paths lead Home. How you travel there is completely up to you. Completely! Sometimes you take many paths. You might encounter many forks in the road. But the forks are part of the path. Each fork leads to another fork, and eventually they all bring you back to where you want to go. Release your judgment that you are on the wrong path or that you have not done enough or are not good enough. Your judgment interferes with your path.

We have often said that when you can walk your path clearly and without interfering with the path of another, this is a wondrous and beautiful way to be. Have you ever asked yourself if you have interfered with your path through judgment? Pay attention to your answer. What are you judging, and why?

Then celebrate your judgment! Judgment is an opportunity to become clearer and to recognize that in that moment, you are, indeed, “densi-full.” When you are densi-full, you can have fun with it. Dance in your density and fully enjoy it. As you dance and gift yourself the opportunity to see clearly, you break free with every moment.

## You Are in the Cycle of Preparation

You are now at the close of a great cycle: preparation. Beyond this is a time of rapid escalation. Knowing you face this time of completion, where do you choose to place your consciousness? Do you choose to be full, or do you choose to be empty? Do you choose to be in joyous recognition that you are shifting multidimensionally all the time, or do you choose to say, “This is too much for me to look at. I cannot deal with this now.”

That’s okay. Simply be present with the energy that comes forward, and accept it. Do you question yourself? If you do, then love the questioner, and recognize that you are not questioning anything. It is time for you to simply pay attention.

Your body is calling to you now, more than ever. It seeks to hold you in density. Your body is very dense-full. In this moment, in this time of your collective history of expansion, your body is inviting you to believe more and more that it (the body) is you.

Here is a simple exercise. You wake up, and your soul-self says, “Today I shall meditate,” or “Today I shall do a practice that is good for the truth of me.” Your body comes forward and says, “Are you kidding me? I don’t have time for that. Let somebody else do it.” That is not *you* who is talking. That is your body, saying, “Look how powerful I (the body) am.” Just like your brain, the body is not you (your soul-self). Your body and brain are beautiful and available servants. They exist for you to experience and to help you grow.

It is time to claim the truth of your power without any doubt. It is time to stand and declare the truth of your beingness. As you do, your body will begin its dissolution into light. Your multidimensional shifting, existing, and manner of being will become effortless as you claim your beingness. Laugh often! Dance and be joyous in the recognition that you and your planet are indeed shifting. It is so easy to hold to old dogmas, is it not? You all have been dogmatized. (Yes, that word is very similar to “traumatized.”)

It is time to completely trust your heart. If you feel in your heart that an action or belief is not right, yet 100,000 people believe it is right, who is to say your heart is not correct? You! You must trust your heart that much. Trust your heart to the point that you can peacefully recognize your truth regardless of any outside influence. If you know in your heart the truth of your being and have made your declaration, then you have made your choice: “Yes! I know the being that I am, and I recognize the divine of God in everything.”

## Recognize Your Divinity

When you make that choice with that much power, you reclaim the infinite recognition of all paths and choices. In that infinite recognition, your heart can stand

stable even when many around you say, “No, this is correct because we all believe it is correct.” Take time to truly understand.

Recognize, dearest one, that you cannot trust your heart if you do not recognize your divinity in a greater way than you have ever recognized it before. It is time to own the being you are and not just talk about it. Go absolutely within the depth of your beingness and love your body so much that it has no fear. Honor yourself so much that you know you are taken care of and protected.

We offer you great joy and understanding. This is a time of rapid shifting. Stay in the presence of your heart, and you will navigate everything. You have nothing to fear. It is important to stay within mastery presence. How do you want this to look? You are a powerful cocreator, so cocreate. What do you wish to bring forward as a powerful cocreator? To do so, you must first recognize that you are a powerful cocreator.

Contained within the minds of many skeptics is the gift of opening the door of loving themselves even more. Be yourself. Be true to you. Honor your beingness that is expressing in this now moment. When you hold your light, claim your Divine Oneness, and have Divine understanding — with no need to do anything except be in the truth of your beingness — you hold a portal open for 100,000 others.

You have started a cycle of great and wondrous light. All paths lead to enlightenment. It is not reserved for a few; the doorway is open for all. You simply need to recognize you are already that. Stop searching; start being. As you do, all unfolds effortlessly.

We love you dearly. Our hearts shine through your heart. Our hearts beam, connected as one, through the universal stratum of great knowing. It is with great joy and many blessings that we have spent this time with you. This is the time of your evolution of density, of great reunification in a manner that has not been done before, and you are closely within this time. How you experience this is truly up to you. You will be fulfilled in your soul’s recognition of this energy.

All the answers we offer you are to help you open your heart. Make your choice! Know and trust. Fear causes separation. This is not about fear; it is about joy. Reunification is a joyous event, and we are delighted to be with you. Be in joy. Be in Oneness and All Isness.

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



# Rama Centers Us

## Rama through David Christopher Lewis

I am Rama, and I come to be with initiates of the sacred fire throughout the world to increase the light of the Sun within you. The Sun speaks to your soul in the stillness of your inner being and gives you wisdom, understanding, and divine truth at every moment as you choose to associate with God through your higher self, one with the All.

As the preserver and as an emanation of Vishnu, I am here to reestablish for humankind on Earth the kingdom of God in a greater manifestation of beingness, divine presence, and Aquarian joy. As the preserver manifests through you, a new aspect of your higher nature comes forth in every moment of every day as you incorporate the cosmic frequencies of divine light into your life.

### Traverse Cosmic Heights and Divine Depths

You attend to the spirit through your higher mindfulness and divine faculties and feel [these] Christ energies wafting through your being and originating new and holy love. You offer your emotions and sacred being to God, knowing Rama within as you chant to me and sing to the Christ spirit, east and west, and to Krishna. This provides you, dearest ones, entrance into the secret chamber, the crystal chamber of your heart in all its cosmic heights and divine depths.

When you maintain an awareness of God presence deep inside your heart, flowing through you and allowing you to maintain a cocreative spirit and deep connection with God, the mercy flame, the love flame, the compassion flame, and the kindness flame all are lit in a greater brightness and divine radiance. This brings all into alignment through the golden light of the Christ of Rama and of Vishnu.

I come to those who, through their devotion, allow themselves to be instruments of the cosmic civilization's divine preservation with a solar civilization now incarnating on Earth through their loving lives lived to God's glory. As you consider your part in this greater dynamic of enlightenment, illumination, self-realization, and ascension, you afford heaven the opportunity to use you as a holy vehicle of light for the broadcasting of cosmic rays around the world. All who emanate the consciousness of Vishnu integrate these within for greater action, wholeness in this night of purity, oneness, and beingness in God.

### God Moves through You

Great is the divisiveness around you, yet when you maintain the light of Rama within, it balances, dearest hearts, Brahma and Shiva in a perfect action of collaboration and cooperation. Three in one and one in three — they are a tripartite manifestation of the love, wisdom, and faith essential for the harmony of the cosmos.

As Rama within you manifests through your life lived in love and wisdom, there is empowerment of your being in a greater, sustaining grace. Preservation is the sustaining of divine grace within your soul as your spirit moves through the vehicle in which you have incarnated on this planet. When that grace is evident to all those within your sphere of influence, blessed one, you become an entry point for planetary transmutation and transformation.

Rama preserves the best and then passes to Shiva what must be transmuted and discarded. What is preserved is the best of Brahma as the creative powers of the cosmos itself, suffused through your being as you cocreate new and holy designs for the golden crystal age that you are associating with even now in your higher bodies at inner levels of being. Many of you have dreams beyond this world's vibration and visions that capture some aspect of spirit within your mind and heart. You can feed on these to bring you the peace that you require to maintain the equipoise essential for greater harmony among peoples of all nations.

God moves through you and manifests a divine equilibrium that allows the preservation of the highest aspects of a true divine civilization and culture of light. Apply yourself to the fulcrum of divine beingness and sustain the harmonics and balance of the Christ light of Vishnu within. Beyond the evil you see around you, maintain the greater causal effect of the true disciple and initiate within you.

There is a harmonization and a beatification of all in the glory of your presence, one with God, through the disciplined life of non-reactivity and non-dual activity. You see, my holy ones, it is essential for you who have reincarnated from mystery schools of the past in India, Greece, Egypt, South America, and Shambhala to maintain harmony and peace within.



## Dial into Heaven

As you bring what the Essenes knew as the essentials of the spiritual path through your life lived in harmony and grace, there is a great restoration of Rama's energies within the planet, of Vishnu's consciousness within the Earth body, and among the four elements and the fifth. This creates a higher divine order and more glorious cosmic manifestation of what can be and what already is within the heavens around and within you.

It is a simple exercise to dial into heaven by lifting your awareness and focusing your attention on the divine essences of God-good. This is already playing out beyond the shadowed world that you see through the maya patterns projected in the media and as the lost dream of humankind that you live in. When you dream higher and brighter in this divine state, we are there to welcome you into that world of only brightness, beauty, harmony, and peace.

Think about living here, dearest ones, throughout your day and enjoying your life gardening and doing those things that you love with family and friends, meditating, praying, eating together in peace, and providing the nourishing energies for your families and communities through the works of your hands. In doing so, you draw the highest spiritual quintessence directly into this plane of being. This itself is the answer to the karmic dilemmas that you see around you.

All this is illusion from our perspective, for we maintain the perfect equanimity of heaven's grace within our beings as the oneness of spirit as the All in all. Can you do less than what we provide as an example, blessed ones? If you choose to remain tethered to this reality by focusing too much on the divisive unrealities of this world, you might slip into a samsara vibration detrimental to your higher awareness of living within the glorious divine fields of holy grace.

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## THE ENCYCLOPEDIA OF THE SPIRITUAL PATH BY DR. JOSHUA DAVID STONE



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## Activate Harmonic Balance

You can restore your highest divine beingness. When you meditate, pray, sing, and dance with Shiva, Brahma, and Vishnu, the harmonic balance of the fires and the graces of God are reactivated within you. You rise into that glory as noble ones empathizing with all humankind yet sympathetic to anyone's lesser selves. You raise them on wings of light through your consciousness wed to God as you sustain the higher harmonics, divine fields, and vibrations of purity in the cosmic essences.

Some have been lost for a generation or even a thousand years because as world-servers, they temporarily lapsed into a lower vibration. Through a sense of injustice about what transpired within their worlds, they lowered their vibration and became embroiled in the karmic patterns of that generation and time. We wish to safeguard you from this descent of your awareness as, dearest ones, you came forth from the light, you live in that light, and you are returning to the brightest of the brightest of heaven's lights as you choose to associate with angels, ascended beings, cosmic masters, and even the gods and goddesses of yesteryear and of ancient times.

Maintain the cosmic equipoise of this presence. Be a preserver of heaven within Earth now. Engender divine happiness and tranquility in body, soul, and mind in your feeling world and within every cell of your being as you feel the impulses of Spirit manifesting through your chakras, your meridians, and every point of light within yourself. Allow God to simply breathe, emanate, and exist within your holy temple of light.

# We Are Heaven on Earth

## Supreme Creator Goddess through Luanne

If we are to create heaven on Earth, we must first be heaven on Earth. This means many things to many different people. What does it mean to you? As a goddess, you have a concept of heaven as all light and love, filled with beings of light living in peace and harmony each moment of every day. This is a beginning. Can you do that? Of course you can. It requires diligence, work, and responsibility, but it is doable.

As you experience moments during the day when you are in complete peace and harmony, you know this is heaven. You feel this heaven, and then you feel the intrusion of the ego and it is lost, or is it? It is not lost. You just allowed your ego to replace it for a moment. It is like interference with a computer Wi-Fi connection.



Say this with Rama:

"O God, I am thine.

I am your vibration of peace now.

I sustain your grace every day.

I am this peace evermore.

I live in the unity field of divine beingness with Brahma, Vishnu, and Shiva.

I restore the tripartite vibration of God consciousness and solar awareness now.

I am peace.

I am love.

I am wisdom.

I am one in the powerful aspects of my God presence now and forevermore.

Om. Ah. Aa.



As angels now gather around you, I encourage you to simply be at peace for a half-hour meditation. Sustain this feeling that I emanate through each of you now to broadcast peace to the entire world, harmonize all in holy grace, and bring about the new world that you envision as possible in this new reality you step into. I hold around and within you now, each or you, self-evidence in God and self-realization in this moment. Thank you.

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



It says, "Lost connection, try again." If you swear and think negative thoughts as you are bombarded by the outside world, it is a momentary loss of consciousness.

You know in your heart it is not you, yet you follow the string of thoughts that distracts you from who you know you are. This is the way of a transformative world. You waver between being human and being the spirit that you really are.

## Shine Your Goddess Light

This is a reminder to always hold up your Goddess

bubble of bright white and golden light. Minor relapses into your old life as a human no longer describe you. You know that. The fifth dimension calls you inside the peaceful bubble, and you know you are no longer a human but rather a goddess sent to Earth to create heaven.

Just because you stand in a body on Earth does not mean that this is who you are. You are light sent to Earth to transform it into light at every moment. Leave the ego behind with all its words streaming through your mind, TV, computer, and phone, and be heaven on Earth. The body is just the clothes you wear so that no one can see who you really are. It is time to take off the cloak and be the light you came here to shine. This is why you are here. You are the ones responsible for creating heaven on Earth. Allow no man, idea, word, or thought to stop you from being your mission.

I see you struggle to copy other people's words, thoughts, and ideas. I see you try to make sense of the world outside you. Somewhere inside you know this is not the way. Your Goddess bubble is down in these times. Many are trying to keep it down, but it is always your responsibility to reinstate it any way you can and as rapidly as you can. Don't listen. Block the noise of distractions pulling you out of your Goddess consciousness, and send these distractions out through your bubble into space where we will remove and transform them. You can ask for our help.

## Stay Flexible for Inevitable Change

Inspired Guidance through Gillian MacBeth-Louthan

As I write this article, all hell has broken loose in the United States. It's as if we have sidestepped time and are in a performance of the Revolutionary War. Everyone seems to know their parts, and all we can do is watch in shock. We also know this was tame compared to what could have happened. On January 6, a great solar-coronal-mass ejection set its sights on Earth, creating an even more explosive atmosphere for change in the form of chaos. We need to hold tight to what we know is truth and let it become buoyant.

We have been walking on eggshells as we cover our soul scars with pretty masks. We feel fractured and point in every direction as the time doors catch us in their vile vortexes. A deep, penetrating light reflects its knowledge on the atomic structure of humankind,

❧

“I hereby ask the Supreme Creator Goddess for her all-powerful cosmic light substance to flow in and around all my bodies to serve as an impenetrable, invulnerable, impregnable, and invincible shield of protection throughout my lives on Earth or in any space, forever and infinitely.”

❧

Return to your heart space, contact your inner goddess, and breathe deeply until you do. Then open your crown chakra and reach out of the top of your head, and open it wide to receive the white or golden Goddess love light I send. I will fill you with my love. When you have filled your physical body, begin to expand to fill your etheric body, emotional body, mental body, astral body, causal body, and eternal soul body.

I will unite you with your spirit, which is my spirit, and together we are one in service to Earth. From this place of love, we are heaven on Earth. Just being in this place creates heaven on Earth. There are no special words to say or think. It is just you being me that creates heaven on Earth. I love you always and in all ways. I only ask you to remember the great and powerful goddess that you are now, always, and forever.

---

*Luanne*



creating a prismatic tempest that reflects beautiful rainbows, showing all that is holy within us. We are asked to pick up the broken, sharp pieces of our old selves and lovingly polish them into light.

We are dazed in full-spectrum light. We are learning to mirror and heal all the fractures and fractals of self, soul, and cell structure. We seek our missing parts, but do they live in the past, the future, or the now? All the fractals of self, life, and dreams create a vortex of divine reflections that were broken in 2020. These quantum reflective particles will show us the strength of purpose and illumination that live within our inner sanctums and sacred temples.



We are no longer who we were a year ago. We look back longingly for the parts of ourselves we see drifting away. All parts of our dimensional selves are in a new time and configuration, consignment, and perception of possibilities and unperceived outcomes. The tools of light live within us, but we have no manual or petroglyphs on stone walls showing us the road to enlightenment. We willingly step through the magic stones and enter a world of divine directives woven through all life in her myriad forms — every cloud, leaf, and spoken word.

Nothing seems to fit anymore. We seek our true world because we know we are out of sync, but hopefully we are not out of time. We are islands of light floating on seas of what could be. We are swayed by tides and storms, and we hold on as it seems Mother Earth tries to shake us off. We feel cast away, as if nothing and no one cares anymore. But we have life and light and a mustard seed of hope in our souls.

Humans have always adapted through time and space, but this time around we must not adapt to lesser-than. We must adapt to a higher light quotient and fuller spectrum of divinity. We are the victors of light on this living chessboard called Earth. Our moves will be etched in time as virtual learning for others. We must serve up this light assignment with justice, light, and power.

### The Vibration of 5

The number 5 represents the year 2021. The 5 vibration represents the 5 points of the human and the elements we live within. It is all about humanity and our need for expression by extending our 5 aspects into the future. A powerful force for ascension lives within 2021 in thoughts, deeds, and futures. The vibration of 5 is about embracing the unconventional, living the unpredictable, and acting on and daring to. The 5 energy is pragmatic, yet it is opportunistic and persuasive. This force is a natural detective: intellectual, investigative, and imaginative. The 5 possesses a strong vibrational frequency mixed with strong characteristics, such as freedom-seeking, pioneering, innovating, adventuring, and change-seeking. (It sounds like the Age of Aquarius is upon us again.)

The number 5 possesses nearly equal parts masculine and feminine energy, but it has a stronger feminine side with daring attributes (think Annie Oakley, Mary Magdalene, Joan of Arc). The 5 has a real bold side and emanates unpredictability — the constant need for motion and change. Five asks us to always be conscious of fear-based thoughts and release them as soon as they sneak in.

The number 5 gives off the most active frequency of all the single-digit numbers. It prioritizes freedom of any kind. This vibration is about belief systems and

boundaries (governmental, societal, religious, educational). It is fixed and fiery, aligned with the fifth house in natal astrology, and it has a strong Leo nature. The fifth house represents spontaneous enjoyment of life. It is about passion and what stirs it.

This placement possesses a confident enthusiasm that sparks a fire under anything, whether to jumpstart a process or start a revolution. Leos have vivacious and magnetic energy and a larger-than-life demeanor. The vibration of 5 is the embodiment of dynamic and rebellious energy, one that signifies that change is inevitable. It is best to be flexible as we learn to bend in the shape of 5.

### New Timelines and Futures

We enter new timelines and futures in which limited human perception merges with the infinite All-knowing Spirit of Light. Right now, we might feel like caterpillars in tight-fitting cocoons. We know we are destined to become more, but everything in life points to less. We feel deep within our spirits that if we tried, we could fly. Then we look deeper at ourselves and see only humans flapping about on the runways of life.

After last year, our cocoons have thickened and hardened. Keeping ourselves so confined is an exhausting job, and there seems no way out. Then, one day, the sun shines through cracks in our shells, and a small light appears in the heavens of our chrysalis worlds. Our hearts race with promise as the illusion of limitation begins to dissolve. We, the people of Earth, are just now seeing that small point of light.

The caterpillar must surrender to its destiny of becoming a beautiful, free-flying butterfly. The word “surrender” is a 5 vibration, a power place for humans. It represents humanity’s five points, a hand out and a hand up. Five is all about being human and surrendering to the divine spark within and to fresh truth that has never been experienced in this conscious world.

Surrendering is internally knowing and trusting what is truth when everything else mirrors limitation. The hole is small only in the mind of the caterpillar, not in the mind of its Creator. In the mind of God, it is large enough to accommodate all the future butterflies through time. We must surrender to grace, trust the process, and know that the divine plan will work, whether for human or butterfly. The caterpillar was always destined to become a butterfly! Earth keeps us in cocoons until we are ready to set ourselves free. The caterpillar knows it must try or it will die. Our spirits push us through those tiny holes into greater light.

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

# You Are a Biomagnetic Being

Juliano and the Arcturians through David K. Miller

Greetings. I am Juliano, and we are the Arcturians. Perhaps you have wondered who you are, what you are composed of, where you come from, where you go after this lifetime, and how you will get there. Understanding your true nature as biomagnetic beings of light can help answer such questions. Even those not in higher consciousness and of dense energy are biomagnetic beings.

We hear much discussion about the Taoist concept of chi, the Hindu concept of prana, and the Japanese concept of qi when referring to the biomagnetic nature of humans. All these are descriptions of biomagnetic life force energy that runs through you. This life force is everywhere in the cosmos. Chi is a mystical or magical energy that requires discipline, study, and practice to feel. It is part of the biomagnetic energy field that you already exist in.

Your spirit is also biomagnetic. It might not be measurable in the same biomagnetic state as your physical body, as it is of a different vibrational biomagnetic substance and energy state. The electrical current within you can be described as chi, prana, or qi, and your heart, brain, and thoughts are all part of an electromagnetic field that includes the aura, or energy field.

The strength of your electromagnetic energy field is vital because it can repel lower energies and attract higher energies. If you are around people who have stronger magnetic energy fields, they might be able to dominate or control you.

Your thoughts are also part of the electromagnetic spectrum. They are interdimensional or transdimensional, which means they can go above the third dimension. Your thought waves operate on electromagnetic frequencies that have abilities beyond the normal range of linear reality. Your mind is a complex electromagnetic organ. There is a distinction between the mind and the brain. The brain is the physiological or biological part of your physical body and the mind represents the transdimensional and interdimensional aspects of the brain's functioning. It is important to understand this about your electromagnetic nature.

Coherence means you are in resonance or on the same frequency and vibration of other dimensions and higher energies. Our work together focuses on raising your consciousness and helping you align with the higher energies. In particular, we want you to be coherent with

the Arcturian frequencies. We send, through various techniques, electromagnetic energy to you and to your planet.



## Recognize Your Transdimensional Connectivity

There are certain rules of electromagnetic energy that have to do with plus and minus, positive and negative. This universe is a dipole. It is a polarized universe based on yin and yang, positive and negative. There are multiverses, or other universes. Some of the other universes are tripoles. They have three energy states, which include positive, negative, and a third state unknown in our current universe. There is even a universe that has four electromagnetic states, or a quadropole. The two-pole universe of positive and negative can also be referred to as emptiness and fullness.

In this universe, energy is transported along the electromagnetic spectrum. Higher healing and thought energy are not measurable with today's technologies. Nonetheless, this type of energy is also governed by the laws of particle physics and entanglement. The laws of entanglement in the electromagnetic energy spectrum follow the same laws as the laws of particle physics on the subatomic level. This means that when two spiritual thoughts and two spiritual beings have contact at any point in their existence, they have a bond that stays with them no matter which part of the galaxy or universe they live in. This is why you, Arcturian starseeds, feel connected to us and to our work. You have, in other lifetimes, had an entanglement with us.

This word "entanglement" might have some odd connotations in your language, because it implies that something is confused or entangled somehow in a negative way. I actually prefer the word "connectivity." When two biomagnetic, electromagnetic beings of light have a connection, they establish connectivity, and that connectivity is transdimensional. It will stay with you no matter where you are in the third-dimensional world on your soul journey. You might feel that connectivity or entanglement when we talk about your home planet.

Many of you have asked me in private, "Where is my home planet?" You have a sense of connectivity to that home planet and a desire to return there. This



connectivity is a positive aspect of your electromagnetic energy field. It helps ensure that you can connect and work energetically with the Arcturians and with your guides and teachers from other planetary systems and dimensions. You already have a connectivity with the Arcturians. We want to enhance that connectivity for our planetary and personal healing work.

I will present an exercise based on what I call the sitting-chair technique. Using this technique, you can enhance your alignment with our Arcturian system. By enhancing the alignment, you can more effectively bring down planetary and personal healing energy into your biomagnetic energy field.

An Arcturian star system and Arcturian guides and teachers inhabiting a place in the galaxy approximately thirty-six light-years away can send electromagnetic energy fields composed of healing light to you on Earth. We can transport the energy over this enormous distance. This electromagnetic energy from the thought fields is transdimensional. Your brain and mind have abilities and functions far beyond conventional scientific understanding. Higher consciousness and higher thoughts are available to Arcturian starseeds who have already developed a connectivity with us from other lifetimes.

Using the sitting-chair technique, we can enhance your connection to the Arcturians. This connection will help establish coherence with our thoughts. Our higher thoughts will be enhanced into your consciousness. The biomagnetic/electromagnetic coherent Arcturian energy field can be downloaded into your energy field. You can direct this higher energy to healing needed places in your body or to needed areas on the planet.

In the first part of this exercise, we will work on personal healing. You will direct the healing light and healing energy that you receive from the Arcturians to places where you need it in your body. This is a time of great polarization on Earth. This is a time of dis-ease, and I know that each of you may need healings for several reasons. There could be intrusions on your electromagnetic energy field, or you could be dealing with aging issues. Finally, you might experience the unusual planetary imbalances caused by the distorted energy fields prominent around Earth.



### CONNECT WITH ARCTURIAN HEALING LIGHT

Take three breaths and say these words to yourself: “I am a bioelectromagnetic being of light, and I am able to communicate bioelectromagnetically with all higher beings in this galaxy and beyond.” As a bioelectromagnetic being, you are able to project your electromagnetic energy. You are also able to bilocate your energy field through your thoughts.

Give permission for your spirit body to rise out of your crown chakra, and through your powers of transdimensional travel, project yourself into the ring of ascension, the fifth-dimensional halo around Earth. Now visualize a chair in the ring of ascension. This is your personal chair. Thought-project yourself and the chair to a place over the North Pole, which is considered Earth’s crown chakra.

As you sit on the chair, align your crown chakra with the star Arcturus. This is your personal star. It is your star for higher consciousness. Allow the star Arcturus, which is thirty-six light-years from Earth, to come into direct alignment with your crown chakra. As you experience this alignment, feel a corridor of light coming down into your crown chakra from my starship Athena and from the Arcturian star systems. You have a corridor over your crown chakra that will allow me to send specific healing frequencies into your energy field.

These light frequencies are specifically designed to work with your electromagnetic aura. All disease in your body is based on blockages or intrusions. Disease has an electromagnetic basis in your aura. The disease can cause a density in the aura or misshape it. An incoherent or a non-resonant frequency in the aura can hinder the ability of an organ to vibrate at the right frequency. You experience this as an illness. That affected organ could have a darker shape or color or an unusual mass on it.

As you work with me in the chair, scan your physical body on Earth and look for any distortions, disease, or blockages. Bring those into your awareness and prepare to receive higher Arcturian healing energy. This can be considered a healing surgical intervention. Identify which part of your body you want to work with.

Now bring your consciousness back into the chair sitting over the North Pole in alignment with the Arcturian energy. You are in alignment with the Arcturian corridor, and now we send down brilliant blue light. This healing blue light has pinpoint accuracy. It is able to do tremendous realignment of the electromagnetic field of your body, helping you remove any blocks and unnecessary masses.

This brilliant blue light comes down from Arcturus into your crown chakra and goes through your entire body. As you sit on the chair, the healing light from Arcturus comes out of your feet and down to your physical body on Earth. This blue light is downloaded into your physical body

through your crown chakra on Earth. We will go into meditation as you direct this light wherever you need healing in your physical body. Take advantage of this wonderful opportunity.

Focus on the healing light. Make one final request for the ability to minimize any distortions in your body. The download of energy into Earth has been successful.

We now close the corridor that is connecting you to the Arcturians and return you from your chair over the North Pole back into the ring of ascension. From the ring of ascension, bilocate yourself back into your physical body in perfect alignment.



Remember, this light has the precision of a surgeon and can go into small parts of your body with pinpoint accuracy. You can dissolve any unwanted parts, abnormalities on any organ, clean up any cells, and even use it to repair your energy field. This includes sewing up holes in the aura and shifting colors from dark to light. Let me enhance this blue healing stream of light with these tones: “Yay hay, healing light, Arcturian blue healing light.” Understand that this is also an electromagnetic healing light with quantum healing powers.

### Prepare for the Flash

Bursts of light and energy continually occur all over the galaxy and throughout the universe. Even your Sun has bursts of light and energy. These are called solar flares, solar emissions, or coronal mass ejections. There are also electromagnetic discharges from supernovae. Some of the other bursts include gamma ray bursts, which can be extremely harmful to all life forms.

A flash of spiritual energy can often be experienced personally as an insight. Someone may say: “Aha, the light has come on. I can see and understand now.” That is part of a flash. There is an actual downloading of electromagnetic energy stimulating certain parts of your mind that gives you the new activation energy to understand something. Scientists and creative people — artists, poets, and discoverers — use these phenomena to create new work and invent things. Inventors and artists seek out the flash experience. The flash experience can come after preparation, which can include meditation, study, and seeking out higher energy at sacred places.

The flash is a positive spiritual experience for those who are prepared. Those who are not prepared will not be able to use that energy. In some cases, the flash may cause a period of disorientation. It might overload their spiritual circuitry and cause their systems to shut down and or become unbalanced. This underscores the importance of preparation.

Now you are in coherence with the Arcturian planetary healing light frequencies, and we download the planetary healing light frequencies directly into the North Pole. From there, the energy will go into the noosphere and will be distributed around the planet. You can first download this healing light into the noosphere, and then you can direct it to any place on the planet. Make room in your crown chakra for planetary healing frequencies, and say this affirmation: “I allow space in my crown chakra for receiving and transmitting planetary healing frequencies to Mother Earth.”

I, Juliano, am preparing with our masters a special planetary healing energy that will come through each of you and go into the North Pole, transmitted to wherever it is needed. This is a frequency of coherence and resonance, joining the planetary galactic brotherhood and sisterhood to activate the highest evolutionary pathways on this planet now. Prepare to receive this new, powerful energy for the planet. It could be ten times more powerful than your personal flash. We are going through different pathways. You have pathways in your systems that allow this higher-frequency discharge to go through you, for you are planetary healers; you are conduits for this higher planetary light and higher frequency. Let this frequency go into the North Pole.

We calibrate this frequency now for planetary healing, unity consciousness, and evolution. This is called the rainbow download of planetary healing through Arcturian light. It has five different frequencies of light: white, blue, orange, red, and violet. Prepare your pathway for the planetary healing conduit of light in your energy field, direct it towards the North Pole, and receive this flash. A blue light now fills the bioelectromagnetic energy field of the planet. Some might see this as the northern lights. This is a huge electromagnetic input. It is through this type of electromagnetic energy field that this Earth will be healed.

The bioelectromagnetic energy field of planet Earth has received these higher inputs. Your work, diligence, and coherence with the Arcturian masters have helped you download this energy. As you are back into your physical body, you feel a new energy and lightness. You feel a tingling around the entire body, for you are more aware of your personal electromagnetic energy field, especially as it is fully charged, activated, balanced, and ready for ascension.

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

# Create a New World on Earth

## The Chancellor of Lemuria through Karinna Nielsen



**Karinna:** I am honored to introduce you to the guidance and messages of love from the Chancellor of Lemuria. The Chancellor is a guardian spirit who guides us in the Goddess light and assists us in the evolutionary process of our great shift in consciousness.

**The Chancellor:** All of you incarnate on Earth are creating a new world through a collective vision of love held in your hearts. This is where it begins. The energies are available to create this weave of the ascended Earth, and it must be anchored in love. Yes, love is the anchor, and the love is within you, each and every one.

As you create a vision of love surrounding your planet for yourselves, your families, your communities, and your world, go beyond any anger or fear you might feel and choose higher paths of love. Open your hearts to new possibilities that perhaps had not occurred to you before. Don't be afraid to try something new. Embrace new levels of understanding and hold yourselves in the highest regard as you ascend to a new world of your creation.

Guidance is there for you. Find a quiet space to get out of the noise of your day-to-day world. Be willing to realign your daily routines to include times of repose and refection, for you will all need this. Breathe, meditate, and connect with the truth of your hearts. Technology can be all-consuming with no real answers, but you have within you the ability to be in touch with yourselves and the energies of guidance. Mother Earth is part of this new creation. Are you listening to her as well?

In love, think the new world into being, and hold the vision in your hearts, because that is what it's going to take to anchor it to Earth. Now is the time to amplify this collective vision. You deserve this new world, for you have earned the right to ascend just by being creator lights incarnate on Earth. Never give up. Feel the collective forces of Creation guiding you in love.

### Learn to Love What Is

*Hello, Chancellor. These days, it often feels as if we're living in a world of uncertainty and chaos, but I've heard it said that the Goddess light creates a new reality out of what appears to be chaos. Would you tell us more about that?*

When we talk about Goddess, please know that Goddess light is within all of you — male or female. Goddess light is about living in love without fear. It is an ever-present journey of elevating your awareness of love.

Love must be the guiding light of all who work in the Goddess light, and it begins with self-love, self-healing, and trusting that sense of inner knowing.

The weave of Goddess light will be the world's salvation. You look at the news and see death and destruction, but Goddess sees evolutionary opportunities and creates a new world of love out of the chaos of the old world. Goddess light does this because the old world — old thoughts, norms, and animosities — is fading, and love will prevail on Earth.

In this consciousness of love on Earth, change happens quickly when you are open to it. Those elements not open to change will begin to look very stodgy and old to you. Love will get you much further down the road than fear. Ideas will drop more easily into your mind, and you'll feel so much better! Keep it fresh; let the new reality flow through you. Implement what you can, let your mind be centered in love, and be ready to shift.

In the process of this great shift, energies will come and go from your Earth plane as in a certain angelic Goddess light of justice and truth who recently joined the forces of light of the higher realms [Justice Ruth Bader Ginsburg]. As she did, people will be leaving your Earth plane, one way or another, to work with you from the other side of the veil.

*I understand what you are saying about getting quiet and meditating, but there is so much going on right now, and sometimes I just feel very frustrated and angry with what is happening. What can we do?*

Self-love and patience — that is my guidance. The great shift is here, and you are in the middle of it. Sometimes you'll feel resistant to the changes, sometimes you'll flow with them, but the world is shifting nonetheless.

When you feel you are resisting or "chasing" the energy, stop. Allow the energy to come to you, or let your love attract the light and the flow of life. Go beyond what is commonly considered "good" or "bad" and recognize that there is only "what is" and how you engage it. "What is" is about you, because you are the one who feels it, determines your response, and engages the energy. Let's call this process "learning to love what is."

There is freedom in working with this process,



because you are not called on to judge good or bad. You are only called on to open your heart and be in love. Within that love, you know what to say or what not to say, when to take your next step, and how to move into your next level of love awareness.

This is where guidance comes in. How do you receive guidance if you don't stop, breathe, pray, and then listen in meditation? This is the simplest way, but we must steer some of you in other ways to pay attention. Why not simply take the time for yourself each day to meditate and center yourself in love?

Let me conclude by saying that what you are doing collectively is creating a new reality on Earth right here, right now. Your vision of the new world connects

# Humanity Is at a Cosmic Moment of Opportunity

Archangel Michael through Ronna

Beloved masters, this universe, and especially the sub-universe in which you currently exist, is in the midst of a monumental transformational process. Planets shift places and move closer to the Sun of the solar system of which they are a part. Galaxies and subuniverses expand and move upward, outward, or downward depending on the viewpoint of the observer. New galaxies are in the formation stages as the impetus for expansion is ignited by a great infusion of Creator particles of light/life, and the seed thoughts for new creation permeate the consciousness of all sentient beings.

Never before have you had such an opportunity to serve humanity and the Creator. You are at a crossroads in your evolutionary process as the world as you have known it slowly fades away. As divine sparks of the Creator, you were given a great gift: a treasure chest of Creator essence to use in any way you desired. You began this lifetime with a portion of adamantite particles of light stored within your sacred heart, and another reserve tucked away in your root chakra within a white-fire, sacred-fire seed atom sometimes called kundalini and portrayed as a coiled serpent. You have always had access to the sacred fire stored within your heart; however, you have to remember how to use your keys to the kingdom in order to ignite and effectively use this power source of divine light. The kundalini, or serpent fire, is a different matter, for you must clear 51 percent of the distorted energy you created in the past to tap into this

to where you are consciously at this very moment. Think about that, because it's true for everyone on Earth.

When you close your eyes and go into meditation, you elevate your awareness into the higher dimensions. What you dream becomes real through a connective light vibration, and your thoughts, in essence, become manifest reality. In this, you are consciously and passionately creating a higher dimensional focus on Earth, and it's all about love. And so it is.

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



reservoir of metatronic full-spectrum light.

There is great concern that the devastation around the world is accelerating. We acknowledge that this is true, and it will continue for some time as Earth releases the negative patterns and constrictive energies. Your Earth mother must endeavor to repair the damage that has been done to the planet over eons of time through humanity's negative thoughts and actions. Humanity is responsible for the present state of Earth, and it is up to all of you — star-seed souls assisted by beings of the higher realms — to redress as much damage as possible. You are supplied with the tools and sacred fire energy necessary to accomplish this task. However, you must incorporate and direct this powerful energy appropriately. Your ascension and Earth's ascension are inexorably tied together, and we are committed to assisting you in every way possible.

## You Have Tools for Transformation

Humanity is at a cosmic moment of opportunity. The violet flame of transformation and purification through the radiance of beloved Archangel Zadkiel and Lady Amethyst, under the direction of St. Germain and his twin flame, Lady Portia, Goddess of Justice, is showered on Earth and humanity to assist in these unprecedented times of ascension and evolution. The

purifying vibrational patterns of the violet flame will greatly increase in strength over the coming years as more advanced souls learn how to harness and project its magical, transformative properties.

The seventh ray of ceremonial order, freedom, redemption, purification, and ritual will be the overlighting ray for the next 2,000 years as Earth spirals into a closer orbit in relation to the Sun. The first ray of divine will, power, and purpose will be the second-most-important active ray for the next cycle of 2,000 years.

The violet flame of the seventh ray will accelerate the transformation process by returning discordant vibrational patterns to neutral light substance so that, through your loving, conscious intention, you can return to balance and harmony within your physical, emotional, mental, and etheric bodies. Once this is accomplished, you will more easily become true cocreators of beauty, abundance, joy, and peaceful coexistence on Earth. You are to seek personal ascension; however, you must also assist your brothers and sisters and Earth to evolve and ascend.

The different colored luminescent rays will assist in integrating and balancing the higher frequency patterns of galactic consciousness. The more you balance, harmonize, and strengthen your chakra system, the more divine light you can absorb. The spinal column will eventually become a rod of light through which streams of Creator light can flow freely unimpeded, accelerating the process of ascension.

During this shifting cycle, you experience a great variety of transformative changes. You reclaim all the personal fragments of energy and thought forms that you created during your long journey into physical expression. You reunite with the many sparks of consciousness that make up your divine self and your soul family, and you also strive to become a spiritual/human adult while existing in an ever-expanding, multidimensional realm of physicality.

The holy spirit or your higher mental self is the discerning higher intelligence that monitors and regulates the light infusions and the gifts of spirit allotted to you according to your level of spiritual awareness and your present needs. Special dispensations are also monitored and dispersed by your holy mental self, the intermediary between you and your divine I Am presence or God self. However, any special dispensations bestowed on you require that you diligently endeavor to do your part. You must make the maximum effort to use the special gifts of divine Creator light for the greatest good. Remember, you are a cocreative partner with our Father/Mother God.

## Upgrade Your Energy Patterns

As you become more proficient as cocreators on the

earthly plane, you should constantly monitor and upgrade your energy patterns as you strive for sustained harmony and refined godly expression. You must liberate the power of the sacred fire, dormant for thousands of years. You must direct and focus your energy into the areas of your life you wish to change.

By establishing and constantly upgrading your creator wheel of life, you plant seeds of focused change and supply the sacred fire of creation needed to manifest what you have envisioned. When you can do this proficiently, your personal world will become a wonderland, and you will become a beacon of light for all to see.

We cannot emphasize enough how important breath is in reclaiming your divine nature — not the shallow breathing that the majority of people on Earth have accepted as the proper way to breathe. This type of ineffective breathing has resulted in many debilitating symptoms and diseases and limited your intake of the divine essence critical to your well-being and the reclamation of your vessel of light.

We have explained and emphasized the infinity breath, the accordion breath, and the practice of breathing with intention. The infinity breath could be called the ascension breath, as it aligns your galactic chakras with your physical vessel, and it opens the return passageways to the higher dimensions via the binary sequencing technique. It speeds up the process of building your ascending vehicle of light. It also facilitates the opening of the portal to your sacred mind and the front and back portals to your sacred heart. The accordion breath facilitates a double benefit: It draws forth the adamantine particles stored within the root chakra and those stored within the etheric replica located within your fifth-dimensional personal pyramid of light.

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

There is a sacred path open for each of you to follow no matter at what station or circumstances you find yourselves in. There is a golden opportunity waiting to enable you to assume your power, tap into your creativity, and bring to the fore the many latent abilities stored deep within your memory banks. Now, as never before, we are close by observing and waiting to assist, encourage, create the miracles, and smooth the way in moving you onward and upward. If you can view all that is presently in your life as transitory except the love/light and

spiritual fire within your sacred heart and soul, then you will know what we are trying to convey to you. Release your fear of the past and future, eliminate the emotional and mental controls others have over you, and become the free spirit you were meant to be.

The world pyramid is a midway station for your multiple soul selves. Your good deeds are stored within the world pyramid's treasury of light storehouse. There is a harvest of good deeds every year, and your loving thoughts and deeds are magnified and stored there. The greater portion is melded with Creator light to create the greatest good for all humanity. You will receive your special gifts and divine dispensations in accordance with what you have contributed to the storehouse of light.

### **You Are in a Cosmic Reunion Process**

When the infinity loop and the timeline of your past have been harmonized and balanced and the major portion of your discordant energies have been transmuted, you will step into the infinity loop of your future. You are walking into the light of your future and leaving the shadows of the past behind.

You are in the midst of a cosmic reunion process, my brave friends, and you will evolve in due time one way or another. You must be aware that this transformation process is a long and complex cycle; however, it can be a grand journey if you take advantage of the wisdom teachings and tools we offer you. The law of the circle states that every new creative endeavor must begin from within the still point of willpower, the core essence of the creator and the cocreator. Remember, one person who is centered within her sacred heart and sacred mind can convey cosmic truths and inspired thoughts to millions of people while the loving vibrations of her auric field blesses everyone with whom she comes in contact.

It is time for each of you to step to the fore to take a stand and be heard. Begin where you are, at your highest level of understanding, seeing through eyes filtered by love, feeling with a heart filled with compassion, and functioning with a mind that is not clouded by guilt, fear or judgment. That is the way you will validate your truth and gain your wisdom, beloved ones. That is the way your world and reality will be filled to overflowing with love, joy, and abundance. That is the way of the master, the way of living truth, and the way back Home.

You are always your own judge, and you decide with the assistance of your guardian council what the major details of your next life's experience will be. When in the environment of the higher dimensions, a soul is always eager to rectify past mistakes to clear the auric field of any inharmonious vibrational patterns so that the journey toward enlightenment can continue.

It matters not whether people deny the truth in what we convey to you. It is the living truth and universal law. All souls are affected and ruled by the tenets of the divine plane whether they believe or not. Here again, the inner veil that allows you access to your greater wisdom applies, and you must break through the limitations of the negative third- and fourth-dimensional environments to gain access to an expanded, wondrous reconnection to cosmic consciousness. You always have been and always will be connected to the All That Is. The sense of disconnection is all within your mind, and the way to the river of life is through the sacred heart.

As you refine your resonance, you gradually become multidimensional and thus tap into the frequency patterns of several dimensions at once. To make room for the refined frequencies of the multiple levels of the fourth, fifth, and higher dimensions, there must be a clearing and cleansing process. Via the lessons and instructions we have given you over the years, we provide the knowledge and tools needed to traverse the path of ascension with ease and grace.

To become a living tributary for the river of life, you must prepare yourselves to allow the essence of life to flow into and through you. You are to use what you need and then allow the remainder to flow forth ready and available to be molded into wondrous new creations. In this way, you will become bearers and servers of the light. This is the ultimate message of all the teachings we have given you over these past years. This is the goal of self-mastery. This is the way of ascension.

### **You Are the Center of Your Universe**

You are at a grand crossroads, beloved ones. As you move through the process of clearing and cleansing your multiple facets, you leave behind the energies that created all the pain, suffering, and distress. Step back for a moment and view these past months as an observer: Do you get the picture of what the grand plan and ascension are all about? Being aware and in control are important facets of mastery. If you have diligently worked with the lessons we have given you, you should be well on your way to reclaiming the many gifts you brought to Earth ages ago. Each of you is the center of your own holographic universe.

You, as a cocreator, send out energy and intent that create thought patterns of a certain frequency. These higher-frequency vibrations go forth from you as rays of energy in an infinity sign, creating wave forms that are a reflection of your conscious thoughts, intentions, and actions. As you learn to stay heart-centered and soul-focused, always radiating unconditional love and balanced, harmonious vibrational patterns, your world and reality gradually change for the better. You learn to



function as an empowered master of cocreation and a true divine emissary of our Father/Mother God and the supreme Creator.

During these times of uncertainty and great change, remember, my beloved champions of light, you have nothing to fear and there is much to be gained. Feel the warmth of our sacred breath as it brushes your cheek, and sense the aura of love with which we surround you.

We are near. Reach out and touch us. We will respond. You are loved most profoundly.

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

## Your Purpose Fulfilled

### Teacher through Miriandra Rota

Greetings, my dear ones. Here you are, having entered a new year and preparing for a new era on Earth. You have perhaps read or heard about this changing of frequencies that holds humanity. You see, my dears, this change has been coming for a very long time. Now it enters in full force. What does this mean for you? You are going to love this.

I am not speaking about politics. There has been enough said about that. I am speaking about your spiritual journey and the truth that the purpose of your incarnation during these times on Earth is at hand. What purpose? Let me refresh your memory.

When you were deciding to incarnate once again, you journeyed in the time stream that stretched before you. You saw the darkness of this time and also something of a treasure. You saw a spark within the center of the darkness. On further investigation, you discovered that this spark of light was the same frequency as creation. It held an incarnate place within the darkness as it ruled Earth with untruth and distortion.

You felt within your spirit being the possibilities and daring of that spark to reside right in the center of darkness within the distortion, untruth, and falsity of separation from the whole. You determined that you wanted to be around for the glory. You wanted to participate in augmenting the incarnating frequencies of that spark of creation. It was then that you decided to incarnate during these times.

Surely you have experienced the distortion, darkness, illusion, and untruth purporting that all beings are separate and must do something special to become what they already are. You journeyed and awakened again and again, expanding your consciousness each time.

### The New Cycle Will Breathe on Earth

Here you are, right at the glorious turning of the page — the turning of the frequencies from darkness to light. Do not fear that this will not occur. You see, truly

this has little to do with politics. It is much bigger than that. This is a time when the consciousness of the masses is ready to have the spark of creation blossom within them so that they know what to think, and that is good. They will begin to recognize that there is a feeling inside their spirits and beingness that begs to be recognized and to increase. The good news is that because there has been so much suffering, this blossoming will occur easily. It is time. It is time for relief from suffering and from unnecessary challenges in life. You are here for it.

Remember that you chose to incarnate during the time of great awakening. You wanted to be part of it to experience the flooding of light and truth into consciousness. Remembering this, let go of your human nature's fears. It is natural for your human nature to fear, as this is a fear-producing time. Yet it will end, and there will be a dawning of a new age. This new cycle on Earth will not allow the old to hold fast. The new cycle will breathe its breath on Earth herself, and she will renew. That which has been held in secret will be revealed, and it will be wondrous. The peoples of Earth will be saved from past suffering.

### Revive Ancient Futures of Oneness

You are asked to participate in ways that you intended long ago when you chose to be here now. What are those ways? They are easy and simple. Firstly, you ask yourself to refuse to entertain fear-promoting words and ideas. Instead, choose to hold yourself in peace and in truth. What truth? The truth that all beings, all creatures, all nature, and all Earth are one. There cannot possibly be any separation from any of these, because you not only live in the soup but you are the soup, as are all beings.

There is no denying that within the frequencies of



totality are pulse beats. Within those pulse beats resides the creation of that which is. All that is created is of the frequency of totality of being. Put simply, you cannot be alone, even if you try. Your human nature can choose to be alone and in solitude. At times it is beneficial to have time to yourself. Yet even within that choosing, you cannot run away from what is: your divinity, your wholeness of being, and your inner knowing of the truth of who you really are — a truth that begs to be birthed within your consciousness each and every moment.

You see, my dears, you are all, without exception, treasures. You have a definite part in this changing of the cycle of Earth and her residents. You hold the frequencies of truth within your being that is begging to be known to you.

Deep within you reside the ancient truths and ancient manners of being. These speak of wholeness, love, being cared for, being a treasure to humanity, and being relieved of fears and challenges. You are here to live, dance with joy, love, be loved, and reside in abundance

in all manners. This is not a pipe dream; it is truth. You know this simply by the sigh that you have in receiving these words, the sigh that says, “I hope this is true. It would be wonderful.” It is true. It is wonderful. It is your fulfillment of purpose.

You are magnificent. You are lovely. You are beautiful. You are holiness itself. You are the pulse beat of taking and releasing form. You are the spark of creation, and you are creation itself. You are the fulfillment of purpose.

I am with you always. If you ask, I will assist you to let go of your struggles and embrace truth and its healing grace. I am most fond of you, my dears.

*Miriandra Rota is an internationally known author, lecturer, explorer, and deep-level channel. Miriandra has been working in the spiritual field for nearly forty years and is the author and channel of numerous books and audio programs. Sharing expanded consciousness truths and helping others achieve the greatest realization of themselves continue to be her life's work. To learn more about Miriandra, visit her website, [Miriandra.com](http://Miriandra.com), or contact her at PO Box 81, Troutdale, VA 24378-0081 or [miriandra@miriandra.com](mailto:miriandra@miriandra.com).*

## Beyond the House of Mirrors

Observer through Steve Rother

I join you this day because a shift of energy lies just ahead. These opportunities let you see each other at higher levels, and we're hoping this energy will ground over the next several months. Stepping up might not be an easy process, especially as division continues to grow.

With the recent health struggles, it has become more difficult to take the next steps up. But if all you can do is reach out your hands to harmonize with those around you, you'll understand how simple it can be. You become incredibly strong when you reach out in that way. Sometimes others are focused in different ways, or perhaps you don't want to get too close physically, but the vibratory harmony of the human heart makes all the difference in the world. The human heart is naturally empathic and wired for good, and it speaks its own language of harmony. Allow that energy to rise, for even if you are separated in other ways, you will plant important seeds of light for the future.

When you experience stress in one area of life, your spirits tend to find other ways of expression. Like those who lose their sight and find that their hearing sharpens, your spirits are master adapters, or you would not be here at this time. Look for ways you can empathize with others, even if your beliefs are different. Look for the sparkle of spirit within others, and celebrate them whenever possible.

Technologies on Earth have given you the ability

to create self-focused realities. This has greatly added to separation and a mistrust in common truths and values. But at some point, your hearts will rise, and you will see each other's spirits.

Those of you who are lightworkers have placed yourselves here at this exact moment of space-time to complete contracts and expand the light. Indeed, dear ones, these are the opportunities for the expansion of light. An entirely new level of work lies directly ahead that you can move into without going Home. This is a step up and not a reincarnation. This is new. All eyes of the universe are focused on planet Earth and the game of free choice to see what happens during these next steps. In these ways, you are expanding God.

### New Templates

Only the bravest of spirits have incarnated during these times. You all have roles in these next steps, and you brought the blueprints with you. You've also reestablished many of your connections with the physical. If you are thirty-three years of age or older, you most likely entered the game with the aid of physical templates. These templates allowed your spirits to adhere to



physical forms. They made it easier for you to pretend to be humans and take physical forms.

Only 500 templates existed in the beginning. You would choose one, and it would provide you with a vehicle to grow into during your journey on planet Earth. You've done quite well with these templates, and a majority of you still use them today. But a little over three decades ago, humans exceeded the need for templates, and many of you released them.

A global release of templates is taking place now with the aid of the virus and what it has done on this planet. The virus has allowed each of you to loosen your physical body's grip on the ethereal body. This is the template's grip, and humans are still in crisis mode. Even though the gifts of the virus were accomplished some time back, a lack of unity has allowed it to stay and grow. This makes space for frustration, anger, and conspiracy theories that create further separation. Please keep in mind that this separation is only possible on the lowest vibrational levels of life. Stepping up will not resolve these issues, but it can place them in a different perspective.

Because you no longer need templates, your spirits on the game board have been allowed to expand. More will come as this next step allows your spirits to walk in your physical bodies every day. Can you imagine what that will be like? Most of you can. Spirits do not react in the same ways that physical beings react. Without reaction, you cannot be controlled in the same ways. New levels of awareness emerge as human empathy grows and spreads on Earth.

Everything on your side of the veil is expressed in waves. This allows for the illusion of time on which your game is based. When you experience waves of anything, your natural tendency is to resist them at first; then you integrate them and pass them on. As you start walking with your spirits, a new harmony will emerge, because by carrying higher percentages of your spirits (versus your physical bodies), you are much more in control.

Many of you have physical problems not related to the virus. You are starting to rectify things you've carried in your bodies for quite some time, which prepares you for this step into the next level. By releasing the templates, your physical bodies can start to align for the next stage. These are all physical adjustments, and they can take different forms.

### **A Trail of Light in a Field of Chaos**

You're likely to see dramas — eddies that flow to the sides and behind you. These natural swirls of energy form perpendicular to your movements. These energetic currents take your essences and blend them into the surrounding fields as you move around. Become aware that you are conscious beings of light traveling through a field of chaos. Although everything has order, most

cannot see it, because walking through that energy field is very chaotic. You leave trails of light behind you that very few people are aware of.

Every time you smile at others, you implant little seeds of light. Every time you give others compliments from the heart, empower them, or offer assistance in any way, that trail becomes even brighter. Eventually it turns into an expanding network of light. As you leave these trails of light, you change the lives they touch. Although this has probably been your purpose of consciousness for quite some time, right now it is incredibly powerful.

Several things are coming forward. One that we've mentioned before is how you have moved into the time of no more secrets on planet Earth. Every day, you can see that energy around you. It's nothing to fear, but it is change, and quite a lot of it is going on. So stay focused. Above all, don't let it distract you from your heart energy. Your heads keep spinning, trying to figure things out while your hearts already know the answers.

### **Play Your Parts**

Many of you have found your passions, your connections, and the best ways to express them. Many of you take big steps. You go through your lives planning ahead, deciding who you want to become, and you take courses or attend workshops to become those people. You decide, for instance, that you want to practice certain forms of healing. So you take courses to become those forms of healers and consciously evolve yourselves in many different ways. You already have most of what you need here. We're not discouraging you from adding these new aspects to yourselves, because that will become very important and give confidence. But when you are called, don't wait. Answer that call even though you might not have everything perfectly in place.

Life is moving very quickly now. Are you ready? Even though most of you have been expecting these changes for quite some time, you're about to see some of the physical changes. Because these opportunities that lie ahead are actually shifts of energy, it will take quite some time for them to happen.

Your technologies have evolved at exponential rates. This can be a problem, because it creates little worlds containing only people who agree with you, resulting in self-fulfilling prophecies. Those same technologies hold many of the answers that you're searching for as a collective to assist you moving forward in your physical health and the health of Mother Earth. More viruses, as you call them, are out there, waiting to cross over from the animal kingdom to the human kingdom. Your ability to work together as a collective is critical for the future of humanity. Almost all of you have invested in many lifetimes on Earth. You would not be here at this moment if you did not have important roles to play.



Soon there will come a time for all of you to clarify your vibrations. Many of you reading these words will activate to assist in this process. If you step back when you are called on rather than step forward, you might miss your only opportunity to ground the light. Know what you stand for and what is truly important. Stand back and look at the larger picture and your connections to all beings. If you look at every aspect of that larger picture, there is never division, because you're all connected heart to heart. The veil makes you believe you're separate from each other, giving you the opportunities to play games that enforce separation.

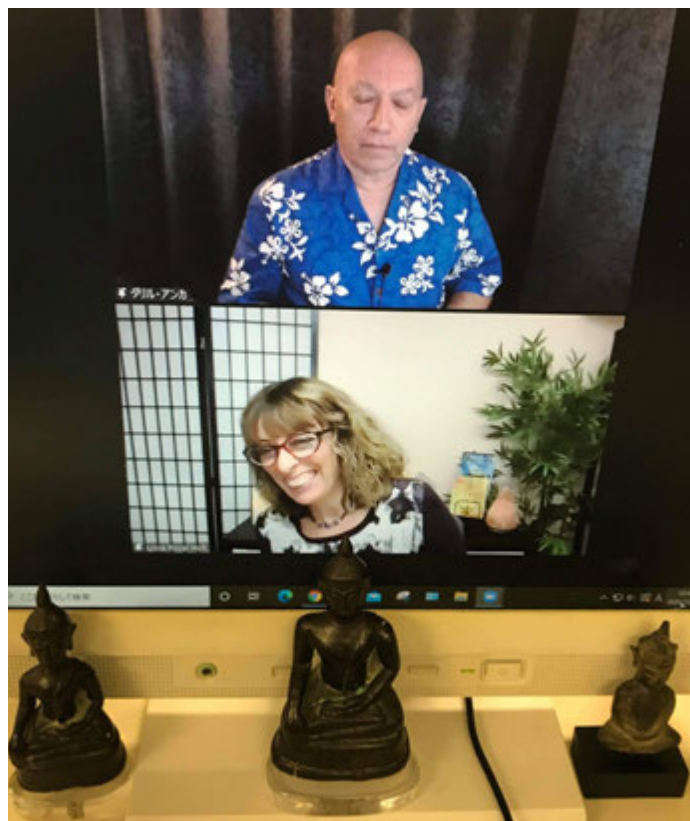
The magical years are directly ahead if you allow them in. The year 2021 will likely be a pivotal point in your history, which is why you're here. Welcome Home,

dear ones. You made it! Your seats have been reserved, and they've had your names on them the whole time. When you're called, stand up and step up. It's with the greatest honor that we ask you to treat each other with respect. When you look in each other's eyes, you see God, the spirit you know from Home. Nurture one another at every opportunity, and play well together as you create a magical new game of light.

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

## A Conversation with Lyssa Royal-Holt and Bashar (through Darryl Anka)

Excerpt from a Voice Inc. Event Streamed Live to Japan  
and Around the World



On December 12, 2020 (Arizona time), I participated in an online Zoom event for about 300 people in which various Japanese "celebrities" and I were able to pose questions to Bashar, channeled by Darryl Anka. Darryl is an old friend (and mentor) from my days as a new channel in Los Angeles in the 1980s, so I was really excited to participate, as I haven't worked with Darryl since the 1990s. After the 2-hour panel discussion and Q&A, I channeled Sasha for a brief lecture followed by a group contact meditation. Following is the transcript of my conversation with Bashar. (Published with permission.)

### Question #1

**Bashar:** All right! Good day!

**Lyssa:** Hello, my old friend, Bashar.

**Bashar:** Good day! Good day!

**Lyssa:** It's been perhaps a couple of decades since we've spoken like this, so I am very excited to see you.

**Bashar:** But only just a moment has passed.

**Lyssa:** Yes, that is true. This question is asked on behalf of me and my curiosity, of course, but also on behalf of the hundreds of channeling students and graduates I have in Japan. How exactly does consistent channeling affect or change the channel's DNA or brain? Is this

change exponential over many decades, such as in Darryl's and my case?

**Bashar:** As we have discussed, the idea of the channeling state is what is known in the brain as gamma. 40 to 100 cycles per second, brain wave frequency. It is identical to the vibrational state when you act on your passion, which is why we encourage people to do so, because acting on your passion automatically puts you into the channeling state of gamma frequency. By going into the channeling state (no matter how you achieve that), you are rewiring your brain over a period of time and rearranging to a great degree the idea of your DNA. We will go more into that in a moment.

As we have also said, being in the channeling state allows one to perceive, or be a better receiver, for high-frequency energy and information. Becoming a more receptive antenna for such high-frequency information allows that energy to go through the nervous system of the body, changing the neurological net — or at least the conductivity of the neurological net in your body. That energy allows the neurological net of the body to become more superconductive — less resistant. Therefore, over time as more energy flows, it changes the DNA but not in the way you might think. I will explain in a moment.

When we say “changes the DNA,” we don't necessarily mean it changes the basic structure that is there per se. What it does is open up certain markers in the DNA that have been dormant and allows them to be realized. Eventually, over time (and this may be years, decades, or centuries), the flood of that high-frequency information and the opening of the markers that have been dormant in the DNA structure in your bodies will actually allow for the creation of a third strand of DNA in a heightened human being. Once this energy starts flowing and you get used to it and practice it over and over again, yes, it starts automatically expanding exponentially, because it has opened the markers in the DNA that will allow it to create a type of feedback loop that will continue the process from that point forward and will allow it to expand. Does that address the first part of your question sufficiently?

**Lyssa:** Yes, it is very interesting, thank you. The second part is actually referring to a conversation I had with Darryl about eight years ago. He mentioned that the energy was getting more intense and the time he could spend in trance had to be reduced. (I'm having a similar experience.) Can you explain what is happening in that case?

**Bashar:** It is about getting used to new levels of energy and taking the time to process it so that sometimes you have to kind of take a step back, allow yourself to get used to it, allow yourself to absorb it, and process the experience. Then you can handle more when you have

rearranged your understanding and relationship to the new energy and information that you are receiving. It is all about balancing your life along with the service you are providing. Does this make sense?

**Lyssa:** Absolutely. So for all of us doing channeling, it is as if the energy is increasing, but we need more time for integration. Am I understanding correctly what you are saying?

**Bashar:** Correct. Because if you become overwhelmed, if you become burnt out, you cannot be of service to anyone. Everything in perfect timing.

**Lyssa:** Thank you for the reminder.

**Bashar:** Thank you for your service.

## Question #2

**Lyssa:** As you know, my passion is contact work. I have a contact dream I'd like to share with you and receive your feedback.

**Bashar:** If you feed it to me, I will feed you back!

**Lyssa:** I will feed it to you! I was in a remote location in the American Southwest conducting contact work with a TV crew present. It was a joyful event. A ship began heading toward us, shaped vaguely like a chevron or boomerang but fatter and with rounded edges. ETs from many cultures emerged from the ship and we had gifts for each other. We began communicating in a rushed way, sensing that there wasn't much time. Then it became clear why the ETs were rushing the encounter: because a military group was approaching. At first the military pretended to help us, but then it became clear that they were taking over the encounter. In the end, they tried to convince us that these ETs were really humans in disguise, doing a top-secret role play to train for contact. I suddenly realized what was happening and became very sad because I knew these were really ETs and they were sacrificing themselves for the contact. (They knew they were going to be captured.) I was walking with a small hairless female wearing what looked like Buddhist nun robes, and in the dream I knew she was from Essassani. We had our arms around each other with great love. I was deeply humbled that the ETs would sacrifice themselves for such a brief contact and a higher purpose.

My question is: Was this dream encounter where the ETs sacrificed themselves for contact something that has really happened with your people or another species, or was it symbolic of something else?

**Bashar:** It is both. (1) It was given to you as kind of a play, to show you who the players are and what energies are associated with each of them. In other words, it was to familiarize you with the cast of characters in the idea of what may play out in the beginning of open contact. The way you saw that doesn't mean that it has to play out that way, and in fact, the idea of that being

shown to you may actually allow for a divergent course to be taken.

(2) Yes, sacrifices have been made that are similar to that idea. Even though many people think that the so-called Roswell crash happened accidentally, it was still chosen, and it was actually a conscious sacrifice. Those beings made a choice to allow themselves to be exposed through the “accidental” crash of their ship in order to, as you say, get the ball rolling and expose their presence to humanity.

In a sense, they took advantage of what may be called an energetic or consciousness loophole. They knew that your human society would not consciously or openly accept the idea of the exposure of the extraterrestrial presence. So they simply took advantage of what they knew humans would interpret as, “Oh well, it was an accident. They couldn’t help it.” They did choose it, and they knew exactly what would happen. Does that answer your question?

**Lyssa:** Yes. Have any of your people made that sacrifice?

**Bashar:** Not for a long time in your history. But in the ancient past, a few times, yes. We won’t go into that now.

**Lyssa:** Thank you very much, Bashar.

**Bashar:** You are welcome.

### Question #3

**Lyssa:** I have another contact question. Every summer in Japan, I do a contact retreat. We go outside at night and do contact work.

**Bashar:** Where?

**Lyssa:** Usually near Mt. Fuji.

**Bashar:** All right, and?

**Lyssa:** In July of 2017, I was giving a contact retreat near Mt Fuji. As we were outside in a remote location at night, I channeled a new being who called himself Hybrid 7. But the really spectacular thing was what happened when we had finished for the night. We were packing up our gear and one of the students was taking photos



Figure 1. Photo of ET (Hybrid-7) with Lyssa taken in July 2017 in Yamanashi, Japan, by Yoichi Takemura©

on his Android phone in the dark. He took a photo of a very clear ET being “floating” while seated in what appears to be a lotus position next to me. I didn’t see him with my eyes, but in the photo, I am staring at him. The photo was only discovered the next morning.

I have a couple of questions about this, but in general, in this type of contact work, do these beings actually try to show themselves on film or was this one of those moments when the energy was right, the dimensions opened, and it was able to be caught on film?

**Bashar:** Well, sometimes it is both. They may lower their frequency in order to be perceived, but many times your technology (whether film or digital) is actually sensitive enough to record what you can’t see with your eyes. They know this.

**Lyssa:** The man took a series of photos one after another, and the being was only in one of the photos.

**Bashar:** Then in that particular case, you are witnessing an intention to show up briefly.

**Lyssa:** Thank you. I know that the point is not validation. But I found that this kind of validation was helpful for me and the students to be able to look through a window into the contact experience.

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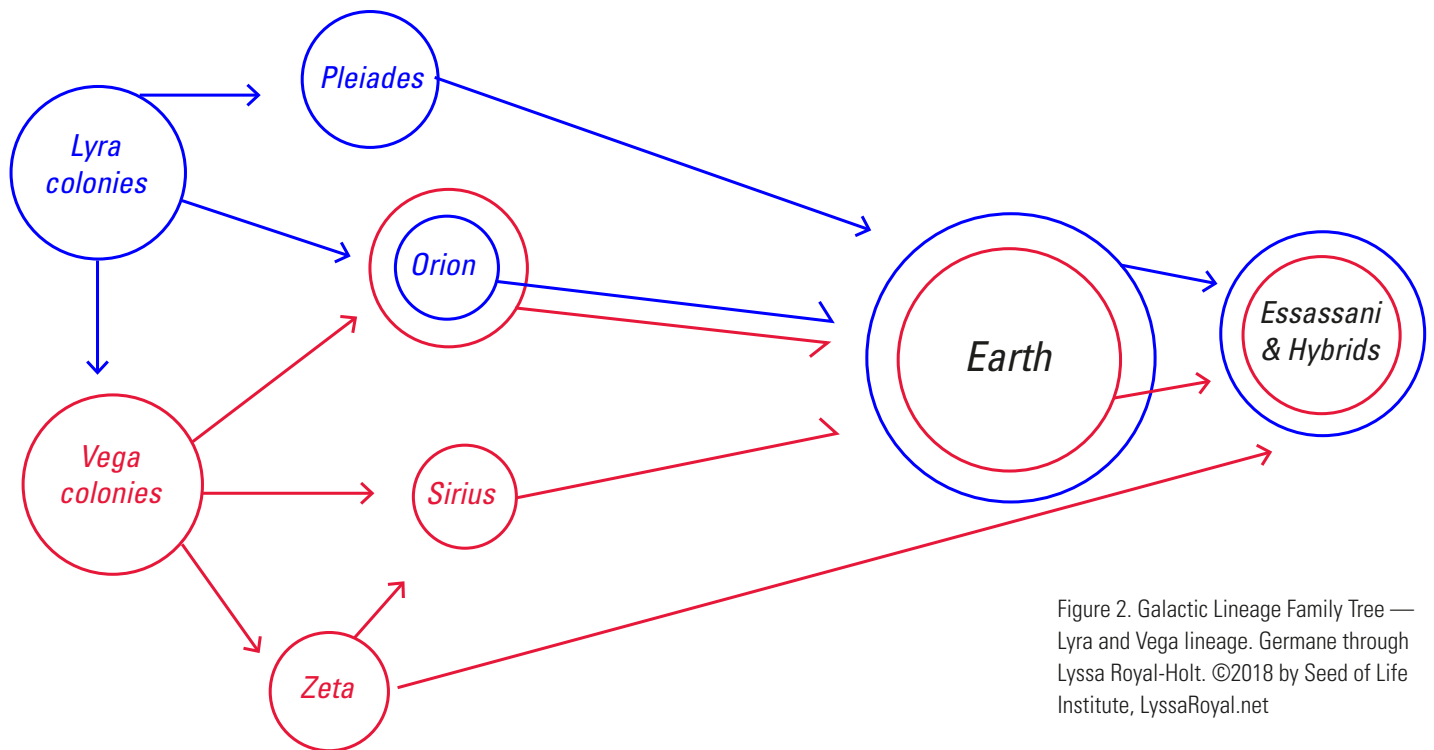


Figure 2. Galactic Lineage Family Tree — Lyra and Vega lineage. Germane through Lyssa Royal-Holt. ©2018 by Seed of Life Institute, LyssaRoyal.net

**Bashar:** Yes, well this is the time for that. This is why we recently developed an exercise that we shared with many people about putting some kind of a cardboard cutout as a representation of an ET outside of your window so that you could get used to the idea of seeing them and catching them out of the corner of your eye. The exercise is not only for the purpose of getting people used to seeing ETs (in terms of being in your reality) but also making you more sensitive to seeing them when they are not quite in your reality.

**Lyssa:** I heard about that exercise. It's very creative.

**Bashar:** Well, it is simply available at this time.

**Lyssa:** Thank you so much, Bashar.

**Bashar:** [Teasing]: You mean you are not going to ask me who it was?

**Lyssa:** [Laughs.] Well, I want to!

**Bashar:** Please, go ahead.

**Lyssa:** Okay. [Laughs.] Bashar, what can you tell me about Hybrid 7?

**Bashar:** This is similar to what we have facilitated in recent times and is representative of what we call the seventh hybrid race. It is the Anuhet. There are already five hybrid races of which we are the third. Earth is becoming the sixth hybrid race. In the future, all six will blend together to become the seventh, which will become a light form, which will be unique and span the galaxy creating an epoch of peace for 100,000 years. Earth is evolving into the sixth hybrid race. In about 1,000 of your years, all the different hybrid races will begin to blend together and create the seventh hybrid race, the Anuhet.

So the seventh hybrid race, peeking into your reality [seen in the photo] is, in a sense, encouraging you to move toward that future. [Teasingly]: Does that answer your question?

**Lyssa:** Absolutely, Bashar. Thank you.

**Bashar:** You are welcome.

Note: This information about the seven hybrid races matches the Galactic Lineage Family Tree that Germane created. The diagram shows the path of our galactic lineage converging into a final, hybrid race. (This was included in my book *The Golden Lake*.) We have included that diagram (see figure 2). This diagram was channeled around the time Bashar gave the information about the seven hybrid races, but I wasn't aware of the information Bashar channeled until later. As is often the case, Bashar's channeled information often matches mine, but of course, it is expressed through different styles of communication.

The event concluded with a lecture from Sasha, and after the lecture, she led a contact meditation to an Association of Worlds ship that was in orbit above Mt. Fuji. Participants later said it was an intense energetic experience and had a deep, profound experience.

*Lyssa Royal-Holt has been a trance channel, seminar leader, and contact researcher since 1985. Her many books include The Prism of Lyra, Preparing for Contact, and the new release, The Golden Lake. She can currently be seen on Gaia TV in the docuseries, Interview with E.D. (Extradimensionals).*

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# Prepare to Be Amazed

The Divine Director through Maureen St. Germain



First of all, you are awesome. You are stepping into a place of great mastery. Each of you has brought your mastery to the table. You have contributed to the work offered to yourselves and others. Sharing yourselves expands the vibration of each of you exponentially.

The prayers and exercises that you do and the emotions you feel are part of a greater work of love and light. Never underestimate what a small group can do. Even if you do not realize that you are cocreating by participating in the energy unfoldment, you are.

Be very patient with yourselves and even more patient with what you see around you in your country and your experience. Call on me to overshadow you whenever you doubt or fear. Do not anticipate the future. It is full of light. Humanity is shifting. Healing has already begun. Fear and worry are two sides of this cosmic quirk. Fear is based on the past, and worry is based on the future. Both are perversions of time.

Imagine a time when situations worked out. Do not anticipate how. Do not anticipate the sequence. Instead, shake your head in awe and surprise, and prepare to be amazed. This will be your year of being amazed. You are all connected at higher levels. We delight in the conversations you share when you have the moments to do so.

## Your Network Is Bigger than All of You Combined

The network you are creating is bigger than all of you combined. It means that whenever you find a way to move into being centered, loving, and nonjudgmental of what you see in front of you, the more you help to move reality into its highest expression.

There are those who see one way as being the best and

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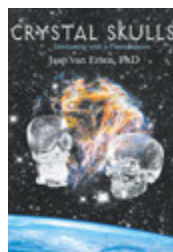
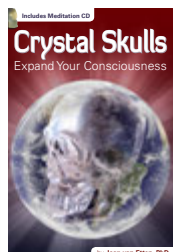
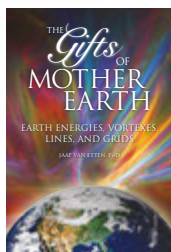
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others who see another expression of reality. And we say it matters not. Either way, the light will prevail. Do not feed your sacred light to the beings who thrive on negativity. (We ask you to review the article on negative loosh that is in one of Maureen's blog posts: <https://maureenstgermain.com/your-fear-and-worry-create-negative-loosh-2>.)

We wish you a fabulous 2021. We want you to know it is the most wonderful year you will experience in your history. Your days of darkness are over. We also want you to see and elevate yourself to the place of, we will say, guardians for the evolution of humanity. Understand that your effort is part of a greater complex of lightbeings holding space for the greatest outcome on the planet.

## Many Are Ready to Support You

### The Sirian Cat People through Jaap van Etten

Many of you were aware of us in ancient Egypt. We've been mostly forgotten, but memories of us are coming to the surface. You have given us different names, such as the Lion People (image 1) or the Cat People. We prefer Cat People because it includes the various cat species you are familiar with even though they are separate beings and not causally related to us. We provided information that supported the diversity in the cat species on your planet.

We are one of the different groups that live on Sirius's planets with deep connections to your planet Earth. Earth is very dear to us. That does not mean we have the right to influence things on your planet, but we have the right to show ourselves to you and say, "Here we are if you want our help. Here we are if you would like us to share certain information. Here we are if you want to collaborate with us and make specific shifts and changes aligned with Gaia's evolution."

It is not always easy for you to understand the tremendous dynamic of different beings from other star systems that are, in one way or another, involved in the evolution of your planet. But realize that the evolution of your world is part of a much larger evolution. You tend to see reality in somewhat restricting terms, but everything that happens on your planet affects other worlds, especially

We want you to imagine that you are at the place where you have finished all the semesters of college except the last. You will graduate. It is the beginning of a new era. Fasten your seat belts and know that all is right in the world. And so it is. Thank you.

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



those connected with Earth. Many beings from star systems (star nations) associated with Earth are trying to connect with you to help you understand that what happens on your planet affects other consciousnesses, some more than others, far more than you realize.

We are one group of those beings, and we have been present in different phases of development on your planet. In some of these phases, we could, to some degree, manifest ourselves in certain forms. Not everything you hear or read about us is correct. Understanding who we are requires a deep connection from the heart. Most of you, including those who channel, often do not have such a connection from the heart with us, so you channel something that is not us. We do not judge this as wrong; we share this to help you understand that humans, in your low vibrations, tend to fool yourselves.

This does not mean that we do not exist, that we are not ready to communicate, or that we are not prepared to support you. But it is time that you humans learn to connect from your hearts with the beings you want to communicate with instead of with beings who pretend and with whom you better connect. These beings often create confusion and beliefs that do



Image 1. Statue of Sekhmet, the Egyptian Goddess with the lion head, in Karnak, Egypt



not support you. We are always grateful when we see a pure-enough connection (not entirely pure) that allows us to share with you.

### Connect through Cat Energy

You might expect that we mainly work through cat energy. That is only partly true. We are related to the cats on your planet, but we are more related to you in the same way that the dolphin people of our Sirius system are more related to you than to Earth dolphins. The humanoid aspect links us. Similar to how some of your shamans work through certain beings, our energy strongly resonates with what you call feline energies. We can easily show ourselves as cats, mostly as big cats, but we also use small cats because it does not make any difference to us. We do not say that we are an illusion, but what you see is an illusion. It would help if you felt our energy to know that we are not an illusion.

It is not easy for your human brains to translate what you receive, so we are currently not making much progress telling you that we are present and available to help you. If you have a strong connection with feline energies or have a cat as a pet, you bring those energies subconsciously forward, which brings us much closer. If you do this from your heart, there might suddenly be a connection. This connection creates an energy field, and if you allow that field to come into your awareness, it will establish a link with us that might lead to communication.

While we enjoy communicating with humans from Earth, we connect for another reason. It is essential to realize that many beings are ready to connect with you and willing to share information and energies. If you are open and ready, you can receive these energies and channel them into the different Earth systems. Currently, not many of you are aware of us. Some want to connect more deeply with us and other beings, but your numbers are limited, especially those who can make a deep connection. We hope, of course, that more of you will soon be ready to open to us.

In earlier times, when there still was some connection between us and humanity, we could share. Unfortunately, this connection was no longer possible when you went down in vibration and even forgot we existed. We have waited since then for humanity to awaken again, as is happening now. In the same way you need whales and dolphins, you need us. We are part of the whole consciousness system supporting Mother Earth, and many more beings are part of this system. We hope that this truly sinks in.

This is so important, that we like to repeat it: We are part of the total consciousness system that supports the evolution of Mother Earth, of Gaia. That means some of you will tap into various aspects of this consciousness complex to support Gaia's evolution. Some will connect

to many different beings while others will only connect to a specific group, such as us, whales, or dragons. Those of you who make connections will bring more of our energy and information to the collective human field, which will make it easier for others to connect. The connections made will allow certain aspects of us and others to be brought into the Gaia system. Others of you will start a communication that enables different energies and information to be brought in.

### You Are Part of a Larger Whole

More of you are ready to connect in your unique ways with us and other beings. That is why we stepped forward. Other beings who are part of the consciousness system that supports Earth are also stepping forward. As a consequence, you will become more aware of your family from the stars. This increasing awareness will lead to collaboration and cocreation both within and outside the Earth system, as there is no separation between them. There is no isolated sphere called "Earth" in the universe. You are part of the larger whole.

You need to understand that and behave from that understanding. When you make a mess on your planet, it affects far more than your world. It is time that you hear this and accept it. We invite you to become more aware of what you are doing. Be willing to do only those activities that are beneficial for this planet. Doing so will also benefit this galaxy and even this universe. Yes, it goes that far.

We are very grateful for the opportunity to share this message with you. We can predict that you will receive more confronting messages. You must be aware of the consequences of what you do. Your collective problem is the idea that you know the results of your past and current actions; you base many of your plans for change on that idea. But you know the consequences of your actions insufficiently because you have an insufficient view of your world and Earth's connection with other planets and star systems.

It is time for you to say, "I am willing to fulfill my soul commitment and start working on the purpose of why I incarnated on this planet in this time frame. I am willing to connect with my friends and allies both within the Earth system and outside it to help Gaia, Mother Earth, on her evolutionary path." Please realize the path of Mother Earth, your path, and our path are all interconnected.

Feel our love and gratitude, and we hope that more connections will be possible in the future.

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

# New Energy Careers for Upcoming Generations

The New Ascended Masters through Maurene Watson



Energy masters, as living examples, you will now embark on a journey for the next six decades to guide and illuminate people as they become their own free energy masters. The embodied heart essence must be free energy. Your cosmic heart experiences the awareness of that freedom inside each embodied master soul-heart essence DNA code imprint. Free energy is heart guidance and communication, moment to moment and potential to potential. The heart vibrates essence matter into existence, and it simply appears in your hands to use. Your beautiful heart knows what fulfills its every potential and vibrates this into awareness, because it already exists in All That Is.

Your quantum lightbody instrument serves as an adaptive imprint for your new-species evolutionary organism. This evolves all life for all ensouled children of creation. The sovereign heart biosphere will continue to adapt for all cosmic races until a new race of peace appears. The embodied soul-essence experience of the uniqueness of the oneness — or genetic multiplicity within diversity — ascends enlightenment into a seeming mystery of a meta-essence heart.

## The Next Generations of Light Children

The life code of the next generation's career soul-designs lives in the creativity of their hearts' light vessels. Their soul-code imprints in their core light essence carry the qualities, tones, hues, and vibrations of the new light careers and lifestyles they will live in the light vessel.

Leadership in the light vessel involves living in the creativity of light children as heart-essence beings. They answer to their consciousness and their own evolving potentials, which manifest in expressive forms. However, they will be using the New Earth consciousness standards you light-energy masters have anchored for them by being living examples in your light vessels. Your lives are the authentic stories of those who have walked before them. They don't want agenda leaders, lecturing rules, or dinosaur hierarchies. They want those who understand, support, or choose to mentor them in order to share their unique and creative light gifts with your worlds.

Most of them will design their own careers, yet

unnamed, as they share their souls with life and humanity to fulfill their journeys on

Earth and move into the super-universes of light. The density of the animal spirit senses describe the merge of their human emotions, angelic senses, and spirit essence. This integrates the new essence heart-DNA master light vessel. The light children have access to all or some of these meta senses, which creates an adaptable model for the divine-human prototype for new paradigms in the New Earth light cycles.

The purpose of mastery of the light vessel in the next generations is to end the need for reincarnation in the coming light universes. A light-vessels' essence heart-DNA codes can imprint any form to experience through the essence blend qualities of quantum-density. These cycles could accelerate based on the overall consciousness of humanity and critical mass ratios in the growing adaptability of the light vessel.

## The Illuminating Joy of Dragonfly Children

The dragonfly children, born in 2001, 2019, or 2037, illuminate the rainbow rays of quantum pink-peach silver. Their frequency rays exude silver clarity of the unconditional release of any past disruptions, discords, memories, or unqualified energies. Their multiessence winged dragon transmits: "Let the past go but retain the beauty of your soul story journey and use its wisdom in new ways. You no longer need to learn through suffering. If you take the path through the heart, it will always have an answer."

These light souls will create new types of careers. They have enough ancestral experience to be bearers of peace, balance, and forgiveness beyond past karmic binds for the planet. They have a very calming, soothing peach sun energy. Their silver dragon wings cleanse and vibrate competition into cooperation. Their dragonfly eyes are like organs that see multifaceted solutions in iridescent color frequencies. Their heart's walk or dragon flight is the middle path, where giving and receiving merge like a miracle, illuminating a solution to every challenging instance. They know that gratitude is the grace of each, accepting the care of their human spirits.

Their essence hearts will bridge Earth reconciliation, healing, justice, and equity in all the new energy light careers they forge. Their energy field teaches people to embrace every new experience in the light vessel's fantastic gossamer-winged journeys. They will be sought because they story-tell, teach by example, heal through energy awareness, wear joy as abundance, and innovate through a middle path for any kind of human-soul or stellar community they engage energy with. Their global energy field teaches that when all contribute from the core light of their own energy, each soul will experience an equal share. Divine abundance has no limits within the soul's flight experience with them. You will hear them say there is a better way and another potential waiting to serve.

You will find their energy shining its light and rendering immediate disengagement with the cause-effect struggles of violence, pain, war, or any old energy thoughts, feelings, attitudes, or beliefs that enslave. They always offer a way forward through the light of soul to play as magical dragons. Their energy streams can bring any bully to tears, as the real power of the unconditional releases the past. The past is replaced by the reminder that all have equal worth as divine beings and each life's creation story has incredible imaginative value. Their dragonfly energy loves transporting them, as the torsion spiral of life, to council, mediate, or negotiate just and peaceful outcomes in a trans-travel dragonfly fashion.

They are especially protective of children so that the light-children generations no longer inherit the karmic wounds imposed by the generations before them. They know humanity longs for Gaia to finish her journey as a main consciousness for one of humanity's visions of a unity in new light worlds.

### **Dragonfly Children's Careers**

You will find dragonfly children teaching through storytelling and offering new platforms where sharing stories bring changes via streaming intraglobal consciousness. They can blend organic and virtual holography so that each soul story can be told and archived for Earth's creation book of life. Each soul imagines into another's stories, experiences, and shared potential moments.

They might also be found in new, adaptive light-energy careers such as intraglobal counseling or mentoring forums, light joy-play techniques/tools development, self-healing via cellular biophysics, soul transfer guides, children's lightbody health and protection standards, or children's new-world education modules. They might ask, "Who are you and why are you here? What gifts do you stream through the consciousness of humanity that exude experiential value of every step of the soul's journey and awaken the natural joy to exist and play in embodied light?"

### **Buffalo Children's Careers**

The buffalo children, born in 2002, 2020, and 2038, illuminate the quantum rainbow rays of peach-ivory-silver. You will find these children wherever the soul of a group leads truth in resonance as the greatest good for all humanity, harmony for all cosmic sisters and brothers and all species of life. They are the truth bearers of unconditional leadership through honoring the value of all souls' Earth walks to master karmic lessons and the truth of who they really are. Their energy essence acts as a beacon behind the scenes of great consciousness changes that move with Earth's cosmic gentleness, love, and nurturance for all.

Their ivory kindness and love stampede out any discordant or renegade energies with their silver truth of harmony as they smile the Creator's source sun on Earth's peach joy. They carry the buffalo's abundance and message in the circle of the life essence of those who walked before them. This is their message: "We are all creators and creation, and creation provides the divine right to exist in abundance, joy, love, and respect for all species of life. This is a measure of how we treat ourselves, each other, and our world. There is never, ever, a need to justify one's existence."

They might be found in careers where nature is nurturance for all species, yet understand that computers and technology are simply instruments of nature. They understand that the indigenous, native ways can bring the globe's elders' wisdom into modern applications of innovative forestry, eco-housing, eco-land design, geothermal reserves, crystal-gem technologies, community architecture, stellar pod-colony designs, earthship designs, global or stellar terra-forming, and community self-governance modules. This might include multi-diverse ethnocommunity reservations, land reserves, and regeneration healing centers.

They educate cooperatives or stellar alliances about geo-cyber-Earth or stellar sciences in new innovations, such as using new and old natural resources for new food, new materials, or energy. They are the visionaries of combining nature's Earth and stellar resources in ways that enhance rather than harm the vibration of the matter they use to serve all humanity. They might surprise themselves by the cross-disciplinary careers they create as they grow, and as the globe moves into the stellar sciences and technologies. Their energy essence educates for truth about Earth's bio-genome nature and provides science and technology with clues to healing the Earth-universe and human biology.

This soul regeneration extends to careers and innovations in art, music, and a New Earth dance that pulses to the rhythm of the heart of the planet's light vessel. Their energy reflects, "If you are gentle and loving with each other and all life, then the world's buffalo soul



provides bounty for all equally.” They teach by example that the white buffalo’s essence represented the sacred path of Gaia/Earth with the Native Americans and all elders and ancients to teach the dance of one race of peace. They know the truth that the song in the sun-core of Gaia’s heart vibrates the DNA-heart’s essence code of all species of Earth’s cosmic families.

### Bear Children’s Careers

The bear children, born in 2003, 2021, and 2039, synthesize harmony and truth into innovative applications in all forms of healing arts. Their lavender essence emits creative synthesis that heals and harmonizes the soul, and their meta-senses transmit that all matter is alive. The soul essence rays of these children are quantum golden pink-lavender hues, tones, and ray qualities. Their energy is as gifted healers because they know how to go deep within their golden bear consciousnesses and commune or create with their spirit as needed. Therefore, their energy transports others to the bear crystal cave within them to regenerate their light.

They teach themselves to open their natural gifts by creatively synthesizing different techniques and applications. Then their energy heart’s pink tones and hues help others they mentor or counsel to review their life works and open the potentials in their natural gifts. Each energy they mentor can then go deep within its own creative codes, tones, hues, and soul harmonics for its own realized truths.

They channel this energy by combining many different creative approaches, such as art, music, dance, theater, song, somatic-sense writing, multi-art graphics, and virtual holography technologies. On a larger healing platform, they create interactive viewer music platforms, multi-holographic productions, virtual videography realities and technologies, storytelling in movie venues or docudramas, and interactive holographic art murals or living matter sculptures. They can be in careers such as sonic sciences, creative studio or venue designs, art, architecture, clothing design, beauty sciences, horticultural design, or ergonomics.

The energy of their creations provides a harmonic energy field allowing participants’ reflective imaging, which enters viewers into deep inner transformations. Their energy ignites the viewers’ creative golden core light for lightbody self-healing and DNA-regeneration. The viewers then tap into natural inner knowing of tones, qualities, hues, and the heart essence of their souls’ light, color, and sound code patterns. These children give new breath to the creative platforms and structures of New Earth life within each soul with the understanding that all matter is alive.

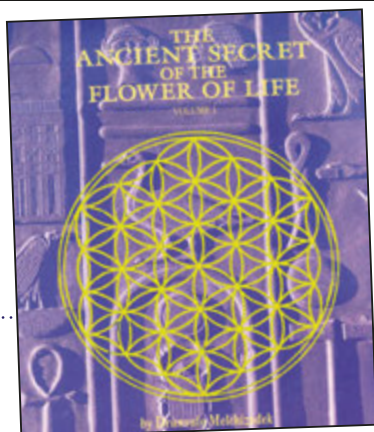
### Winged-Unicorn Children’s Careers

Children of the winged unicorn, born in 2004, 2022, and 2040, remind all they touch, through the quantum flavor essence of their smiles of lavender and yellow-peach tones and hues, that the great cosmic suns are the

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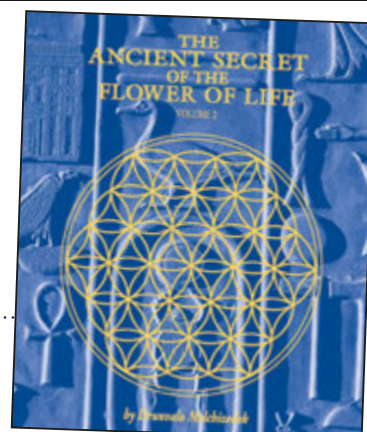


## THE ANCIENT SECRET OF THE FLOWER OF LIFE VOLUMES 1 & 2

BY Drunvalo Melchizedek

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

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

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sources of all life. They love the magic of living and to them the imagination is real. In their early years, they long to travel and roam the planet, breathing in the sun life and giving freedom its natural unicorn wings. They know how sacred life's purity and grace is to create miracles with virgin cosmic energy that also created their beloved Earth. This is because they understand the constant creations and transformations of the power of the elements and the forces of nature. They explore this within every species and blade of grass in the natural world.

They love the great Elohim blueprints and codes that create universes. They play and talk to the plants, animals, nature spirits, crystals, or to the wind or rain. This tells them how deeply loved they are from the core of their source beings and how they serve that love.

They have a gypsy independence and know that their home is in their hearts and not the land or group they live with. This staves away any patterns of confinement that are unnatural to the divine essence within their nature. They know how the natural world and all its life systems can serve humanity by promoting freedom of movement to explore the connection to all cycles of life. This awareness offers a constant reminder of the miracles of the path of mastering one's unique joy and freedom to explore life. They know that only this exploration and expression can fulfill creation's and humanity's hearts.

Such moments raise the vibration of the human dance with life, so monotony and pattern does not limit potential. Their winged nature understands that all experience within free energy is essence-heart communication moment to moment and potential to potential, as they play with all life's kingdoms. Their natural meta-sense heart vibrates nature's essence matter into

existence, and it simply appears in their hands because it already exists in the all of creation.

They also know the magic of their unicorn must manifest in this world their natural gifts, DNA codes, and energy. They emit a natural energy responsibility with creation that says, "It is a natural magical unicorn essence to live and play in a world full of light and in nature's light vessel. The magical unicorn lives within us all. It is not weird. It is not fake. It's the divine presence playing like a child in all humanity. It's essence playing is organic and normal. That's the music of the heart of life. That's the code of creation.

You won't get out of control. You'll just be free. You'll open the magical heart that the human child shut off to protect itself, help its parents, and serve the planet. Time to play!" They bring what they have lived in their freedom travels into the New Earth life systems. Careers might manifest as global or stellar travel guides or journalists and global or stellar ecological expeditions. They also might be found in careers involving pod-technology travel, stellar-migration policy, intraglobal sporting, play arenas, architectural design for nature retreats, meteorology, lightbody or life-cycle information consults, stellar biology, eco-world and stellar system light education, adaptive play technologies, or space retreat travel. Those in the reflections of their energy will feel a great sense of re-genesis, renewal, and a new world multiuniversal view.

*Maurene Watson is the author of New Earth Light Body, The Story of Love and Creation, and The New Earth. She conducts private consultations with all levels of new species bio-quanta heart DNA mastery with the lightbody, including the new Earth children and their parents. She consults for business, science, biotech, quantum psychology, and bio-template choices. Maurene has master's degrees in oriental medicine, counseling, and special education. To contact her, call 585-383-0829 or email [mwatson7@rochester.rr.com](mailto:mwatson7@rochester.rr.com). To learn more about her books, go to [Trafford.com](http://Trafford.com).*

# Your Arising Bodhisattva Nature

One Life through Catherine Weser

Everyone on the planet might actually be in bodhisattva training right now. We would like to use this term "boddhisattva" to refer to the archetype of a boddhisattva: a person who follows a path in life that moves in the direction of truly enlightened actions dedicated to the benefit of all sentient beings. When you realize you are not separate from anything that seems to surround you, you truly are One Life with All That Is. Once this

occurs, your motivation for living naturally shifts from thinking only about your personal desires and circumstances to knowing that all of One Life lives with you. You become motivated to find compassion, generosity, and loving kindness for all of One Life.

Being dedicated to the awareness of all, becoming



a bodhisattva, is a path anyone can embark on. Very ordinary people can be bodhisattvas, as can very extraordinary people. They occur in all situations and circumstances. In the extraordinary circumstance of a raging pandemic, we suggest that the bodhisattva archetype, the inner bodhisattva, arises in many people including, perhaps, you.

This arising is not about promoting others at the expense of yourself. It is about approaching all things in life from the point of understanding that we are all in it together; we are all One Life. Your truest mission is to take actions that reinforce that knowing and promote the best outcome for everyone. Buddhists understand the idea of being awakened as having fully realized liberation from the delusions and conditionings at the root of an unsatisfactory life. The inner bodhisattva in you knows this liberation as relevant especially in this time and this world. The inner bodhisattva also knows that actions based in awareness are not idealistic or beyond reach; they are simply actions that in some way might alleviate the suffering of another. The actions reflect a commitment to ordinary and extraordinary kindness and helpfulness in everyday life.

### There Is no Separation

When you contemplate the basic questions that compelled you to engage a spiritual path, you become aware of attachments that emerged out of your desires. When you let go of a need to protect an independent self that judges everyone and everything, your unconscious denial

of One Life diminishes. You open your heart and begin the practice of looking inside to discover the internal forces that connect one sentient being to another. What was once seen as sacred becomes ordinary. What was once seen as ordinary becomes sacred, and the illusory nature of a self that is separate from One Life dissolves.

During this pandemic, there has likely been a revolution in your priorities. What once was important in the external world has become less distracting. What is important in the internal world has transformed as One Life awareness has grown. It has become obvious that the qualities you have developed, such as generosity, patience, kindness, equanimity, and goodwill, serve your happiness much more satisfactorily than any external acquisitions. You might have discovered that when you accept your challenges with a sense of gratitude and release the hesitancy that sometimes causes you to withhold your generosity, you find your inner bodhisattva guiding you.

There is no need for assigning yourself the role of giver or receiver any longer, as there is just the true perfection of unfolding One Life awareness. Have enthusiasm and curiosity about All That Is. Be patient with yourself while losing the self that tries to hold on. Just see that in all ways and at all times you are One Life.

*Catherine Weser is an artist and writer who has lived in Santa Fe, New Mexico, since 1974. She began a collaborative relationship in 1982 with inner guidance and information provided by a spiritual master in the One Life. The presence later came to be known as DK but is now identified simply as One Life Awareness. The teachings that come through are known as the One Life tutorials. To learn more about Catherine, go to [OneLifeDK.com](http://OneLifeDK.com), or email her at [catherineweser@yahoo.com](mailto:catherineweser@yahoo.com).*

## Prepare for a Delightful Shock

### The Divine through Sara Wiseman

It is no longer Groundhog Day. You lift your head up out of the ground that has been this past year, and you no longer see the long shadow. You see, even as you repeat your days and nights — over and over again, the same for a year — that the light is here. There is a glimmer, and this is hope. It is real, and you can count on it.

Now is the time to clear out all the trauma of this past year and prepare to begin again. Begin again with clear eyes from a place of having seen it all, and understand that you will never go through this again. You will not allow it — the personal you and the You that is the soul collective. The time of fear and anger is coming to a close. It was a war of two worlds — one seeking separation and the other knowing that separation is not possible. This planet is not only an ecosystem but also the matrix of one soul. The understanding of connection has

come at a price — when you did not believe you were one, you suffered. Now, coming out of the ground, you have the opportunity to put what you have learned into action.



### Rebuild a Better Society

The planets have shifted their positions. As they shift, so do you. It is a great gift to be born in this time and to witness this historical transition. Those who were in power will now find they are no longer given the respect that once came from fear; after what you have been through, you no longer fear. By those in power, we mean political leaders as well as all the ways people have dominated other people. Those who once shouldered the role



of victim — this karmic dance of perpetrator and victim through the eons — are suddenly freed.

You will see this everywhere: in politics, business, and relationships. It does not only extend to people; it encompasses animals and plants. The change is remarkable because it is happening so quickly. Look away for a short while and then look back; it is already done. The determination of people ready to rebuild is astonishing. What have you been waiting for? It is high time to realize that those in charge must be worthy of you, and if they are not, you must be worthy of yourselves.

You have wasted a lot of time in pointless arguments. When you are ready to let down the polarity of your beliefs, you will find the progress you can make is beyond understanding. This is how fast you can move if you want to. You can rebuild society in such a better way that you will not even be able to remember why you wanted it another way. Let yourself understand that the argument is not worth the price. Put your arguments away along with your desire to be right and to show others they are wrong, and start to work on the mutual problems you must solve. When you shoulder this harness together, you create an impetus in the energy field that cannot be stopped. What is set in motion stays in motion. Set aside your arguments and move together.

### Healing Gaia Heals All

The gears of the new political system are set in motion. There are still the usual problems of greed and subterfuge, but there are fewer than before. As the younger generations step forward, more change happens. You might see this time, this political rulership, as a bridge to new generations. It is the first lap in the race.

What happens next, in as little as ten years, will shock and amaze you. By “shock,” we mean with delight. It is as though you have been waiting your whole life for this turn of events, and now it is here. You can relax a little. You can breathe a little. There is no longer the need to be hypervigilant or always afraid. What is coming very soon is something you can relax into and trust.

Even with this forward momentum, there are urgent problems. There must be a sorting of which problems

to solve first. First is Gaia. Even though the economy or the virus might seem the most important, Gaia comes first. Everything begins on the planet — on this body that you are part of. When Gaia is healed, and by this we mean physically as well as energetically, everything is healed. Remember, you are not separate from Earth. You are one with other human, animal, and plant souls. You are one with all the weather systems and the deep soul of the planet. As Gaia feels, so do you feel. Recall this as you determine what to work on first. Begin with Gaia, and all else will fall easily into place.

The trauma you have been through must be addressed. When you are in a karmic passage, a karmic transition, there is always a residue of fear, anxiety, anger, and grief. These must be addressed. You have lived through a full year of fear, anxiety, anger, and grief. The period of mourning ends, yet you must still heal what you experienced. It does not release on its own. You must have the intention to release it. This can be difficult, as it is more customary to hold on to this fear, anxiety, anger, and grief and to believe that it will accompany you into all the future years of your life. This is not so.

What you have experienced is over. It will not return. You have been through the fire and this experience will not return. Those who are older breathe a sigh of relief knowing this is the worst they will see for the remainder of this lifetime. Those who are younger do not trust this, but it is so. You have been born into a lifetime of building. The worst is done. Begin to build a new way.

As you move forward, coming out of the dark and into the light, remember to believe the light is real. Pinch yourself if you must. This is no dream, save for the truth that all is the dreamer dreaming. This is a reality that can manifest with intention by setting aside differences for the common good. Work together. Put Gaia first. Let yourself trust you are moving forward at last.

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

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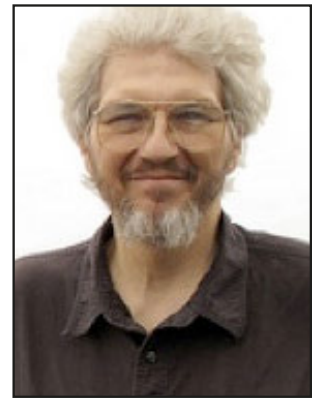
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# Benevolent Magic & Living Prayer: Use Feminine Science to Change Your World, Part 1

Reveals the Mysteries through Robert Shapiro

November 21, 2004



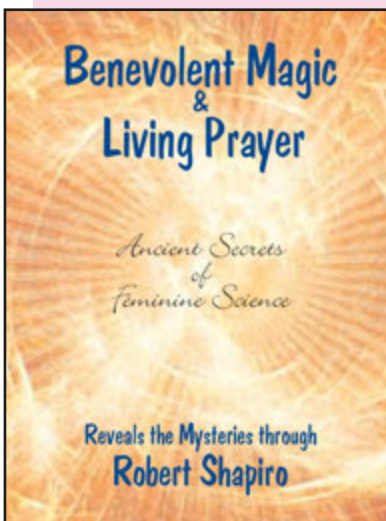
## Introduction

Benevolent magic can only be used benevolently, even if it is accidentally (or otherwise) said in some way that isn't benevolent. It will still only work as long as the experience for everyone is benevolent, including those who cooperate consciously or otherwise with bringing about your request.

Benevolent magic is a request, not just words. Many of you will feel energy after you say the request. The fundamentals of benevolent magic are what you say and how you say it. Benevolent magic is provided by loving beings to help allow you and train you as a global community to begin doing things that will support each and every one of you.

This book is intended to cover, at least in a beginning way, manners and methods by which you can create for yourselves benevolently and create for others benevolently. This book is intended to teach you the ancient wisdom of gentle methods of feminine creation. This little book is truly important and ... meant to be carried with you and to be acted on.

— Grandfather



This excerpt includes the first third of Chapter 1. The full book is available in print at [LightTechnology.com](http://LightTechnology.com) and as an ebook from Amazon, Apple iTunes, Google Play, Barnes & Noble, and Kobo.

Benevolent magic is a system designed to go beyond what you now know as prayer. Prayer is a system because it clearly defines what you want and need for yourself, your family, your friends, your community — the world. And it does so in a structured way that allows you to feel connected to Creator, whoever or whatever that named identity for Creator in your religion or philosophy is. Benevolent magic is a little different. It doesn't replace any of that prayer that you now do; continue to do that as you like. But it supports that.

Benevolent magic is separate in that it works directly with Creator, angels and benevolent beings, and the benevolent portion of the souls of all beings on Earth and everywhere. It can only be used benevolently, even if it is accidentally (or otherwise) said in some way that isn't benevolent.

It will still only work as long as the experience for everyone is benevolent, including those who cooperate consciously or otherwise with bringing about your request ... that's the whole point.

### Benevolent Magic Allows a Sense of Union with All Beings

Benevolent magic is a request, not just words. Many of you will feel energy after you say the request. Sit with the energy if you can or feel the energy — not necessarily if you're operating a automobile, but let the energy be there if it possibly can be. It will fade or lessen, to a degree, in most cases.

Now, many times you won't feel any energy. Then just go on after you complete it. Benevolent magic is provided by loving beings to help allow you and train

you as a global community to begin doing things that will support each and every one of you. I know that you all want a cooperative, benevolent global community where everybody has what they need and everybody has the opportunity to have what they want.

Benevolent magic is intended, then, to allow you to cooperate in some way with other people who ask for something that cooperation on your part might help to provide — even though you won't know who they are or what they ask (maybe they're on the other side of the world). Your cooperation might be some tiny little thing that you will do unconsciously. It doesn't have control or power over you.

It might just mean that instead of scratching your head, you scratch your arm. It might be something silly like that, which may seem to be totally trivial and inconsequential but that could have some subtle effect. I am trying to suggest, then, that it would not be something that commands or overtakes your life, but it will allow you to make some trivial change in your life that will not harm you in any way.

The reason benevolent magic works is that all souls, all beings, who cooperate to help bring about in some way a benevolent result (also known as a benevolent outcome for your benevolent magic that you say and request) must be doing only something — if it's something different that they do at all — that is completely benevolent for them. So no one suffers in any way. Things just shift and change gently.

So this is training for you. I know that many of you have tried to find a philosophy, a governmental system, a way of thinking, a way of feeling — all kinds of different things — that everyone can feel good about and that will work for everyone. This system of benevolent magic may not be a government system; it may not be a religion. But it may have some aspects that suggest that it is a portion of some philosophy, perhaps, or that it can fit into a great many philosophies. It is not intended to replace the family system, friends or relationships.

This is not intended to replace medical science or anything like that. But it is intended to allow you to have a means by which you can cooperate with all other beings in a way that's totally benevolent for you. And just on that alone, it is a good system that will begin, gently, to allow you to have a sense of union with all beings.

## The Fundamentals of Benevolent Magic

The fundamentals of benevolent magic are what you say and how you say it. I will now give an example of benevolent magic: You might say, "I request that I experience a most benevolent interview for my new job, and that that job will bring about a most benevolent outcome for me." That would be an example of a benevolent-magic statement.

## Benevolent Magic

"I request that I experience a most benevolent interview for my new job, and that that job will bring about a most benevolent outcome for me."



You can tell, just by that statement, that it really sounds like something you might reasonably say to anyone. It might even be incorporated in a prayer or a request that you've made at other times. But it will have effects, and they will all be only benevolent.

I know I'm saying the word "benevolent" a lot, but I'm trying to underscore this because the word "magic" is in the title, and many of you have all kinds of ideas about what magic is. Magic, granted, appears to have something to do with that man or woman on the stage (or a youngster perhaps) who magically pulls something out of a hat, and you have no idea how that got in there. Or that person pours a glass of milk into the hat and then taps the hat and apparently ... where'd the milk go? So that seems to be magic as well. Then you've heard of magic that is kind of frightening and scary, and then also magic that compensates for that, which is gentle and loving and makes everything fine. So the term "benevolent magic" is the factor here. That's why I'm explaining this a bit.

The function of benevolent magic does not really work very well unless you say it. It is not something that you say only for powerful and important moments in your life, such as the new job. You can also say it for the simplest little things, meaning ... say you're going to go to have a hair appointment, get your hair done or maybe just get a haircut. So you might say, "I request that my appointment at the hair salon" — "or at the barber" — "go completely benevolently for me today, including a wonderful parking spot right out in front, and that this result in the most benevolent outcome for me."

## Benevolent Magic

"I request that my appointment at the hair salon go completely benevolently for me today, including a wonderful parking spot right out in front, and that this result in the most benevolent outcome for me."



## Benevolent Outcomes That Involve Others

Now, there will be times when you will say something where the request for the benevolent outcome might involve other people. For instance, you might say, "I request that my family outing today with everybody go well and smoothly for me, and that I experience at this outing great benevolence and happiness, and that this result in a most benevolent outcome."



🌀 **Benevolent Magic** 🌀

“I request that my family outing today with everybody go well and smoothly for me, and that I experience at this outing great benevolence and happiness, and that this result in a most benevolent outcome.”



In this case, at the end we don't say “for me,” because it's something you're doing with others — in this case, others whom you care about. In that case, unless you get a strong feeling at the end — by strong I mean something that you really feel uncomfortable about and you find that if you say “for me,” that that works better — then good, but if you don't get that feeling, then just say “benevolent outcome,” period, because it involves others directly.

For those of you who have an office or a business, you might say something similar: “That new project we're starting today,” for instance, like that. Say, “I request that our new project at the office that we're beginning today go well and smoothly for me, and that all of the aspects of it fit very benevolently into place, and that this result in a most benevolent outcome,” period. There are lots of other people at the office, and perhaps the project will result in some product that you hope will go out and serve the greater community and support your office and your business to produce other good products. So say, “the most benevolent outcome,” period, because other people are involved.

That's not a hard and fast rule, but I'm telling it to you like that because many of you who are reading this book have not had a great deal of experience with things like this. So I'm suggesting this as a working rule. That is my suggestion along those lines.

🌀 **Benevolent Magic** 🌀

“I request that our new project at the office that we're beginning today go well and smoothly for me, and that all of the aspects of it fit very benevolently into place, and that this result in a most benevolent outcome.”



**Try to Say It Out Loud**

Now, there are other situations with benevolent magic when benevolent magic requires from you a moment to pause, meaning that you are doing something. Perhaps you're at work and you really need to do something; you feel the urgent need to say benevolent magic about something. If you're in the middle of something, you can say it under your breath, so to speak.

But try to say it at least out loud — whispering is out loud — because this is a change you want to affect your

physical world for you. Therefore, for your body to know and understand that this is physical (and your body is deeply involved in the creation of your physical world and experience), it needs to be physicalized. Thinking it may not work very well. In most cases, it won't work at all, but in some cases, it might work a little bit. So try to at least whisper it. You can whisper it softly, but that's what I recommend.

**Say Benevolent Magic for Yourself,  
Say Living Prayer for Others**

I know you want the world to be a better place and everybody to be happy and get along cooperatively.

But we do not say benevolent magic directly for others, and I'll tell you why. Benevolent magic is very influential, and it doesn't require a lot from people, most of whom you don't know and will never meet — maybe just a tiny little gesture or a little move, a little something different than they would've done that is perfectly all right with them to do that way. This is something insignificant for most people. But in the case of benevolent magic, eventually it is quite a significant outcome for you.

So we don't say benevolent magic for others because we have to allow them to choose to say it for themselves. However, there is something we can say for others, and this is something that will sound very similar to things you have already done. I will touch on that in this book.

Although this book is primarily geared toward benevolent magic, I want to touch a little bit on living prayer. Living prayer is the form of benevolent magic that you can say when you really feel the need — or even if you gently feel the need — to say something for someone else specifically, even if that person wouldn't think to say it for himself, wouldn't want to say it for himself or, as is much more often the case, doesn't know how to say it for himself.

Say you hear about something on the news — this comes up a lot. You are watching a news program and they say somewhere on the other side of the world that there's been a terrible earthquake and they don't know what's happening, but they'll give you more updates and so on. They mention the name of the location where it is, and you want to do something and you would be happy to make a contribution of some sort, but the news people don't even know what it is and you feel frustrated and upset because you want to do something immediately to serve that. That's where living prayer comes in.

I will give you an example, and I will mention the name of a country where you have heard of earthquakes before. Of course, you have them right here in the United States, but there are other countries that have earthquakes, sometimes even more often than you have them,

so I will use another country as an example. You might say a living prayer because you're saying something for others who don't know about it, who don't know how to say it, who might not think to say it or who might be in a dire emergency where someone will have to say something else for them because they are in desperate straits, possibly in pain, and all they can say, if they can say anything at all, is to just beg for help. And if they're doing that, you can help to bring it about.

This is what you might say; I will give you an example directly. You might say — don't say, "I request" — "I am asking that all the people in Japan," and you mention the name of the place if you know it. If you don't know the name of the place, meaning specifically, then just say the name of the country — you'll remember that. Then say, "who are suffering and need help" — you don't necessarily have to say "who are suffering," but I'm mentioning it in this case — "receive all the help and support and love that they need from all those beings who can help them."

### Living Prayer

"I am asking that all the people in \_\_\_\_ who are suffering and need help receive all the help and support and love that they need from all those beings who can help them."



Now, there's a reason I say "beings." You might say, "Well, why don't you just say 'people'?" Well, because there are times when it won't just be human beings. You've all seen on the news where dogs go in and try to find people in an earthquake. You've also had in your thoughts and imaginations that maybe somebody is in pain and human beings won't be able to get that person out in time and maybe it would comfort her to have angels and spirits and Creator and God to come to her.

Even though you know and believe that God and the angels will come anyway, this is a way you can speak for that person. It will help you to feel better because you are doing something, and it will also, if people can be rescued — which very often they can — support and nurture and encourage that support to come to those people as quickly as possible.

### **With Living Prayer, the Outcome Will Be Benevolent**

You might say, "Well, how does this differ from any prayer I might say to ask God to help those people now?" It differs because, specifically, it is the form of benevolent magic that you can say for others, and the level of cooperation will be exactly the same, and the outcome will be benevolent — just like with benevolent magic, but it works for others.

Granted, the words might sound very simple, very

simplistic, but you will find that you yourself will feel better. You won't take on the pain and suffering from others. You won't be frustrated from not being able to do anything in the moment about the situation. And it might very well be supporting that aid, comfort and love come to that person from all those beings — man, woman, child, boy, girl, dog, animal, who knows — who can help him or her.

Now, there are many advantages to saying this. Think about it: How many times have you had a friend, a relative, a loved one, even an acquaintance or maybe someone you've heard about whom you feel good about, maybe that person is in the hospital not feeling good. You've said your prayers for her — this is not meant to eliminate your prayers — but you also say your living prayer for her. You say — and I will pick a name at random — "I am asking that Millie's experience in the hospital be completely benevolent for her, and that her operation," say the name of that, "be successful, and that she be able to return home," for instance, or "return to work," (whatever fits in) "as quickly and as comfortably as possible."

### Living Prayer

"I am asking that's experience in the hospital be completely benevolent for her, and that her operation be successful, and that she be able to return home or return to work as quickly and as comfortably as possible."



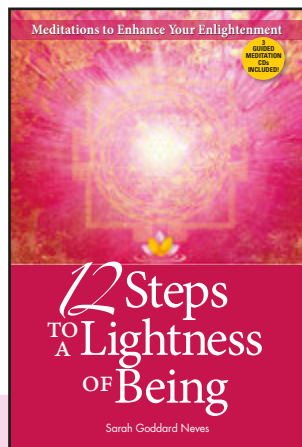
If you feel a little warmth or a little energy that feels good, then just sit there for a moment and let that be there. And after a while, maybe in the case of saying it at bedtime, you might fall asleep. That's okay. In the case of saying it under your breath or at work, the energy will come and then it will go.

The energy has a lot to do with bringing about the benevolent results. The energy is literally the Creator (I'm making a triangle here with the fingers and the thumbs) ... the energy is the feeling of the Creator interacting with your soul and the souls of all beings — three things — to bring this about in the most speedy, loving and benevolent way as much as possible. So, you see, this is a system that will look for potential assistance you can give this way for others.

*Robert Shapiro is a professional trance channel who has several series of books published by Light Technology Publishing: The Explorer Race (24), Shining the Light (7), Shamanic Secrets (4), Benevolent Magic (1), and Ultimate UFO (2). He is a mystical man with shamanic capabilities well and thoroughly infused into him who teaches through blogs, the Sedona Journal of Emergence, and books. It is his intention to bring about the most benevolent change available on the planet through sharing his personal inspirations as well as his channeling. Learn more at [Twitter.com/BenevolentMagic](https://twitter.com/BenevolentMagic).*

# 12 Steps to a Lightness of Being: How to Use This Book

Sarah Goddard Neves



This unique book has been designed as if you were taking a very special spiritual development course in the comfort of your own home. Through its wisdom and guided meditations — included on the enclosed CDs (see below for access) to boost empowerment — *12 Steps to a Lightness of Being* will gradually but surely lift your vibration and awaken you. Therefore, to get the most out of it, decide now not to rush it but to read it slowly. Take as long as you need on each step before moving on to the next. Commit to doing each meditation or visualization, giving yourself some quiet, undisturbed time to do this, and recall your meditation experiences and insights afterward. By doing so, you will get the most out of reading this book.



INDICATES RECORDED  
MEDITATIONS

Email [advertising@lighttechnology.com](mailto:advertising@lighttechnology.com),  
and we will email you the meditations.

It may seem a little unusual to tell someone how to read a book, but for this one, I feel it is necessary. Today we live in a world where doing things quickly seems to be the best way, and that can even apply to reaching enlightenment! Therefore, if you want to read this book from front to back in a weekend, then I really can't stop you. However, this unique book has been designed as if you were taking a very special spiritual development course in the comfort of your own home. Through its wisdom and visualizations, *12 Steps to a Lightness of Being* will gradually but surely lift your vibration and awaken you. Therefore, to get the most out of it, decide now not to rush it but to read it slowly. Take as long as you need on each step before moving on to the next. Commit to doing each meditation or visualization, giving yourself some quiet, undisturbed time to do this, and recall your meditation experiences and insights afterward. By doing so, you will get the most out of reading this book.

In the first step of *12 Steps to a Lightness of Being*, you will learn to do a particular meditation called "meditation on the light." As this meditation is fundamental to help you raise your vibration and bring in important insights, it is suggested that you practice the meditation on the light as often as you can while reading the book, along with doing the other visualizations.

It is best not to start or mix any

other spiritual development courses or modalities until you have finished this book. Each step of *12 Steps to a Lightness of Being* is a supportive tool that you are learning, and these steps — or tools — can be used to assist you as you continue to grow in the future. After finishing the book, feel free to use any of the steps or the visualizations whenever you feel you need clarity, to help you overcome blocks, or for inspiration and insight.

Lastly, if there is anything that you read that does not ring true for you or does not feel right to you, then please feel free to skip it and follow what does. I sincerely hope that you find the wisdom, techniques, and visualizations personally awakening and empowering and that you enjoy reading and becoming a lightness of being.

## Step 1: Meditation on the Light

Meditation is the foundation for spiritual awakening. It is through the practice of meditation that soulful states like inner peace, wisdom, and joy can be found within, which when experienced, can positively affect the way you live your life. And if you want to discover more about who you truly are and the nature of Supreme Spirit, meditation can be the key to assist you in achieving these goals. In this chapter, you



will be looking at special forms of meditation to accelerate your spiritual growth to help bring about a lightness of being.

Whenever you are totally engaged and at one with what you are doing — for example, reading a book, painting a picture, or concentrating on performing a set of physical movements — you are, in fact, experiencing a type of meditation. While you are at one with any activity, time can seem to fly by as you soon forget your everyday concerns and duties, leaving you feeling more relaxed and at peace. So it could be true to say that most of you have probably experienced the benefits of meditation in some way or another.

Here you will be looking at the benefits of seated meditation focusing on the divine light, the image of Supreme Spirit. If you direct your intent and familiarize yourself with the holy light found at the area of your third eye (situated between your eyebrows in the center of your forehead), your vibration will begin to rise. It is through meditating on this area that you will make a stronger connection to your intuition to reveal wisdom and guidance on your highest good and to realize more about who you truly are. And with regular practice, over time it can cause you to merge with and experience the love and bliss of Supreme Spirit. Therefore, this form of meditation is extremely effective to help you evolve spiritually.

## Getting Started

**Prepare yourself for meditation.** Nowadays, most of us have timetables busy with work, family, and home commitments to juggle. Nevertheless, when it comes to meditation, you will need to make some time in the day to do it. You may think of doing other things that seem more important, yet if you truly want to progress spiritually, meditation is a must.

Just like taking up a new form of exercise, it is best to start meditating little by little, steadily increasing your time. At first, start with just ten to fifteen minutes. Then go on to meditate for longer periods, gradually building up to half an hour — or more if you have the time. In the early hours of the morning or at night before you go to bed are both good times to meditate, but to be honest, any time of the day is just fine.

**Attune yourself to a lightness of being.** All who have this book in their hands have been asking for it. That's why it has been written. Those of you who are already sensitive may have felt the lightness of being energy wash over you days before or just after you bought this book. That is a sure sign that you have already attuned yourself to this wonderful energy. However, for those of you who haven't consciously felt it yet and for those who want to intentionally align yourselves to it, here is an attunement to get you started.

- Go somewhere quiet where you will be undisturbed.
- Take a few deep breathes.
- Place your left hand on the book (which is probably now open), and place your right hand over your heart.
- Now close your eyes, and let the feeling of a lightness of being flow through you for a few minutes.
- When you are ready, open your eyes.
- Relax for fifteen minutes or so.

Congratulations! Whether you felt the special energy here or not, you have been successfully attuned and are ready to begin.

**Create a sacred space.** You may like to give yourself a special space to carry out your meditations, but this is not a prerequisite. A corner of the room will do, or if you are lucky enough, you may have a whole room that you can dedicate to this practice. Most importantly, your

meditation environment should be isolated, free from disturbing noises and intrusion. Keep this space clean and tidy to reflect your state of mind, decorating it with uplifting colors and white. Some of you might like to make an altar where you can sit and meditate. This can be decorated with photographs of enlightened gurus, spiritual teachers, and saints you feel you have a real affinity to. (You will discover more about who your special spiritual teachers are in step 3). Ornaments and symbols that represent Supreme Spirit, such as white candles, can evoke an uplifting and protective ambiance. Incense is great too, as the smoke helps to clear the space for deep meditation. If you need to wrap a blanket around you while meditating, make sure it is made with natural fibers of either wool or silk that are known to help intensify your awareness and repel certain earth currents.

**Position and posture.** For those of you supple enough, sit cross-legged on the floor on a couple of thick, firm cushions to lift your seat off the ground. This will help keep your back relaxed and comfortable while you meditate in this position. For those of you who are less agile, sitting in a straight-backed chair with both feet flat on the ground will do the trick.

Your back should always be straight while meditating, as if there is a vertical line running from the bottom to the top of your spine, yet the rest of your body will feel relaxed. Your chin should be positioned just slightly in toward your chest and your shoulders relaxed. Relax your arms, careful not to let them cling to the sides of your body, and turn your palms upward, placing your right hand in your left palm (or vice versa if you are left-handed). Then allow your thumbs to touch. Most people like to close their eyes while meditating, but if you prefer, you may keep them open with your

eyelids softened as if half-opened. You are now ready to meditate.



### BREATHING TECHNIQUE: CALM THE MIND

This is a breathing technique used to help you quiet your mind before meditating on the light. It will assist you in letting go of troubling thoughts and concerns to feel more calm and centered. It is especially recommended for those of you who are beginners to meditation and initially find it difficult to be in the moment, easily becoming sidetracked by your thoughts while meditating.

- Go to a quiet place or room where you will be undisturbed and sit in the most comfortable meditation position and posture for you of those suggested.
- Close your eyes or keep them open with your eyelids relaxed.

Now you are ready to practice calming the mind.

- As you breathe in, imagine your breath is moving up from the bottom of your spine to the top of your head at the area of your crown.
- Hold your breath at the top of your head.
- Now breathe out, imagining that your breath is moving back down the front of your body, mirroring the line of your spine, until it reaches the bottom of your spine again.

The aim here is to breathe in, hold, and breathe out for the same length of time. For example, breathe in for a count of ten, hold your breath for a count of ten, and breathe out for a count of ten. Find a number that you can do evenly and comfortably.

Let's practice this breathing technique together.

- Continue to concentrate breathing this way at least six to twelve times or until your mind and emotions feel calmer.

Now you are ready to practice the focus of light meditation.



### MEDITATION: A FOCUS OF LIGHT

For those of you who are beginners to meditation, practice the breathing technique to calm the mind for a while first. For those of you who are more experienced at meditating, you might like to go straight into this meditation. So let's begin.

- Breathe normally now. If necessary, adjust your meditation posture so that you are sitting upright with your spine straight and your shoulders relaxed.
- With your eyes closed, or if you prefer half-open, look up and out of your third eye, an area situated in the middle of your forehead between your eyebrows.
- Continue to look up and out of your third eye. It is from this area that you may see a bright light like a star or sun shining above you. If you do not see a light, do not worry or think that you are doing anything wrong. Just gently but surely keep looking up and out of this space.
- Know that as you connect with this higher space, you are being enveloped with divine light.
- Go with your experiences and acknowledge any special feelings or insights that you might have while you are meditating.
- Continue to meditate on this light for as long as you can. For beginners, start with ten to fifteen minutes, and then gradually lengthen the time if you so wish.
- When you are ready to finish, place your hands in prayer position, bow your head, and give thanks to the light of Supreme Spirit for blessing you today.
- Open your eyes, and come back into the room.

Before continuing with your day, take some quiet time to contemplate your meditation experience.

## Further Guidance

When you first concentrate on the Supreme Light, you may find it relaxes you so much that it can make you feel a bit sleepy. However, with regular practice, you will gradually get attuned to this high frequency and the drowsiness will subside.

It is not necessary to see the light at your third eye to know that you are making a higher connection to Spirit, so do not force yourself to see it. Relax. As you look out through your third eye (or brow chakra), you will instantly connect yourself to this higher space.

Remember that what you put in, you will get back multiplied. As you continue to meditate on the light, you will be raising your vibration and opening yourself up to many insights and positive spiritual experiences that you will not want to go without.

**Sing your note.** Meditating with sound is another effective practice that can bring about a sense of wholeness and balance. Simply expressing natural and harmonious sounds as a meditation will not only calm and center you but it can also have the profound effect of helping you overcome burdens and barriers to reveal your true power, allowing you to experience breakthroughs in blocked energy and tune into insights about your personal development from your higher self. Here you will use your instinct to know what sounds to make by trusting in whatever beautiful sounds you feel like making at the time.

All of you have your own unique sound that resonates and touches you deeply. Singing your sound or having harmonious sounds sung or played over you is powerfully balancing and healing, and it can help you get to the root of a problem that perhaps other holistic healing methods like massage or yoga may not be able to reach. Making comfortable, nice sounds will not only help balance and clear your aura but also

increase your self-awareness and awaken you to act in ways that are for your highest good.

In ancient times, people knew how to deteriorate, regenerate, or reorganize their bodily cells through the power of sound. For example, Buddhist monks chant together and ring special bowls to harmonize their energy and spiritually awaken, and the Native Americans used song and dance to make it rain. The idea of using sound to help balance and clear your energy is gradually making a comeback. Regularly making beautiful sounds on your own or with others as a meditation will definitely leave you feeling uplifted. Some even find that they can reach states of bliss through singing, chanting, and toning together.

**Chant the word of Supreme Spirit.** The sacred sound and word of Supreme Spirit is *Om* or *Aum*. Chanting *Om* out loud or mentally when meditating on the divine light can reinforce your connection to the Source.

As your vibration rises through meditation on the light, you may come to hear this ever-present sound of *Om* in the air. It can sound like a ringing or buzzing in the ears, similar to the sound you hear after listening to a loud rock concert. Alternatively, if you put your thumbs in your ears, you can hear *Om* like the roar of a nearby sea. All good comes from hearing this sacred sound, and chanting it will help raise your consciousness to unite with Supreme Spirit.

### **Meditation Increases Your Self-Awareness**

Let us examine the problems with harboring a lot of unexpressed anger. Pent-up anger can negatively affect your state of mind and health. Firstly, your muscles become tense and your jaw tightens up through feeling angry. Then your body is flooded with stress chemicals and other metabolic changes occur,

along with increases in your heart rate, blood pressure, and respiration. Energetically, your aura and chakras alter their harmonious flow, stopping the cosmic life force from coming into your body, which then depletes your energy and negatively changes the way your cells function. Over time, built-up anger can lead to more serious medical conditions such as skin disorders, ulcers, depression, and even heart attacks and strokes. In fact, an accumulation of any negative emotion can make you seriously ill, not to mention that when you are feeling negative, it is probably not the best time to make important decisions, as you may not be thinking straight.

It is true that anger can be a natural response because it tells us that we do not want or like something or perhaps that someone is taking advantage of us and can even help us get our power back when rising out of lower states like depression and grief. However, continuous unexpressed anger is not a natural state, and if held on to long enough, it could even lead you to mindlessly lash out and hurt another.

As you take steps to meditate on the light, your self-awareness of how you are thinking, feeling, and being in life increases. Growing spiritually means raising your vibration and being more of your intrinsic love, power, and light here in the physical, and it is through meditation that any lesser thoughts, feelings, or acts that are not in line with who you truly are will gradually be made conscious to you to positively transform. Any less-than-positive feeling, once you are made aware of it, is not to be fought against or gotten rid of; the aim is to unconditionally accept your lower emotion or feeling fully to move up in vibration. Many people on a spiritual path try to override this negativity or feel that they are bad or not spiritual enough because they feel the negativity, but unless

you accept how you feel, you will get stuck and vibrate at that lower feeling — however low it is.

As your mind relaxes and your emotions calm in meditation, it gets easier for you to get into contact with your all-wise intuition that will enlighten you about your life. Thus, meditation can not only set you on a path of self-discovery and healing but will get you in line with your better nature.

### **Ask and Receive**

Contemplating on the ever-bright light at the third eye gets you closer to Supreme Spirit, which can be a good time to pray and make your requests. See Supreme Spirit as your genie in a bottle, about to grant you your wishes and help you out like an ever-loving protector, provider, and friend. Then once you have made your supplication, continue to sit in peace and look out through your third eye to receive any related guidance that could help bring your wishes into fruition.

What type of loving and compassionate god would Supreme Spirit be to refuse your prayers? If you do not immediately receive what you ask for, you may tend to think that Supreme Spirit is deaf, has let you down, or perhaps just does not love you enough. However, the reason why you are not receiving could well lie within you. Negative underlying thoughts and beliefs about yourself and what you can have and create will hinder your ability to receive. For example, thoughts of unworthiness or of there not being enough — and that means anything, be it food, money, time, love, or something else that you have conjured up in your mind — to thoughts of “that sort of luck could never really happen to me” can create barriers, stopping you from receiving your good. What negative things do you say to yourself that block you from having your prayers answered?

Supreme Spirit works in



mysterious ways. Perhaps you need time to prepare yourself to have what you are asking for, or maybe you need to let go of those things and thoughts that are no longer in line with your highest good before your prayer can be answered. Maybe you need to believe in yourself more or trust in Spirit to bring your plea forward, or perhaps what you are asking for is just not in your highest good to have. For example, a personal request to receive a new car may be withheld if, for some reason, you are not ready to have it or if having the car that you wish for may harm you in some way. Then you might have to wait while your higher self prepares you to have what you have asked for. To help make your wishes come true, be aware of and change your negative viewpoints into new and positive beliefs to help the cosmic love of Spirit stream through you to bring your pleas into fruition.

Alternatively, and more effectively, learn to request the essence of what you want. For instance, if you are calling for more love, light, friendship, abundance, or inner peace to come into your life, then that would be considered a soul request, a call for a feeling that you want to experience in life. Your soul can work with you more creatively to bring you unexpected gifts and opportunities for your highest good if you ask for the essence of what you want.

Be sincerely grateful when your prayers have been answered, as this will help attract more of Spirit's

generosity to move into your life. Spiritual healers and spiritual masters practice saying thank you to the One before they are about to pray for something because of their complete faith and trust that all pleas to Supreme Spirit have already been answered and given. Yes, that's right — even *before* the asking! If you pacify your doubts and develop this immovable trust and faith, your days will be full of guidance and aid to help answer your prayers.

### Release Your Spiritual Expectations

Spirit is never boring. Every time you meditate on the light, your experiences will most surely be different, but they will always be positive — and possibly enlightening. Apart from the advantage of feeling calmer from meditating, many times — especially if you are a beginner to meditation — you may feel as if you have not experienced anything specifically while meditating, yet the benefits will be found afterward as you go about your day with an increased feeling of inner peace, wakefulness, or energy.

In meditation, you might also receive guidance and insight about your life, or it could be sometime later in that day or a few days afterward that extra clarity on something important dawns on you. You may or may not see visions to guide you, and you could make contact with your spirit guides. Ultimately, an experience of all-embracing unconditional love, a feeling of lightness, or a sense of bliss are signs of great

spiritual progress, showing you that your vibration is rising and you are becoming one with Spirit. However, the important thing to remember when meditating is to not have any expectations on what you will experience — to enjoy your meditation time and let your experiences be real and true for you. Like a flowering bud about to open its petals to the sun, so you will blossom in the presence of divine light.

Meditation can be the doorway for higher change, yet Rome was not built in a day, so take each day as it comes as you evolve spiritually through meditation. It is the aim of Supreme Spirit that you do not falter in your ascension, and every time you connect with the light in meditation, you are being heavenly blessed and assisted. Through regular practice of this type of meditation, a gradual augmentation in your vibration will take place until you come to realize the love and joy of Spirit within and without you.

### Practice

- Set a suitable time every day to meditate on the light.
- Incorporate meditating with sound.
- Make notes of your experiences.

*Sarah Goddard Neves's curiosity in personal development and spirituality started in her late teens when she became immensely interested and involved in alternative healing and mind-body-spirit subjects. While in Ireland "finding herself," Sarah envisioned three spiritual masters who still guide her today. These masters prompted her to offer meditation classes and workshops on self-awakening, ultimately encouraging her to put her teachings of spiritual growth into writing.*

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# CONSCIOUS LIVING

## Spring Equinox: Paradise Sings and All Is within Reach

Donna Ferri

The spring equinox arrives in a cloud of pastel fragrance. Wise in her position on the wheel of the year, nature's vernal goddess kisses your brow and puffs another sweet breeze your way. She awakens you, announces her presence, and signals that the receding momentum of the solstice is completing its final impetus.

Winter's work is booming with creativity so that even when the precise, ordained moment arrives, it might not give way to spring right away. Wise in her position on the wheel of the year, she waits. Then, when winter finally leaves, she gently kisses your brow and off you ride, making your merry way through the silent — yet soon to be singing — paradise.

Petal by petal, the seeming stillness of spring equinox opens the integrated vehicles of your consciousness to sweetness. The slow, cyclic stretch of the season restores your inner energies, and they rise in appreciation and coalesce into holy sound. Your perception heightens.

### Spring into Possibility

The ephemeral beauty begins even before the crocus bursts through the snow's crust. That's because the spring equinox is as powerful as the solstice though it's more

subtle in expression. Many artists of nature's kingdom are at work, visioning what will be. The quiet strength slowly adjusts, preparing tendrils of the vernal life force before they reach out to explore what winter prepared.

The rich loam of your mind, full of seed ideas, provides you with the ideal bedding for your cherished endeavors to germinate. The universal alchemy of the land is made personal for you to nurture in wisdom. Meditate on the treasure of this emerald radiance, and sense its promise. An abundance of God-force gathers for your greatest miracle. A manifestation of your endeavor buds, and though just a glimmer, it impresses you with much more than a mere wish.

Glance with your mind's eye into the future. Evergreen in its arrival, spring is always a wonder. Enfold it



now within your heart. Explore its novelty. Let it show you how today's choices create your tomorrow. This is what you longed for in winter's lingering cold. It seemed an impossible dream, yet it is now real. It is there for you to work with whether your creation is spiritual empowerment, physical healing, emotional clearing, or mental decluttering. This new quarter turn of the seasons is for your regeneration. Grasp the brass ring that promises so much; it's right within your reach.

When you are done with the spring cleaning of your mind, heart, and body, what a beautiful garland you weave. You pass on your eternal wreath to spring's sister. Summer lies far on the horizon and will emerge in her own time, so let your spring weavings of harmony's crown begin.

*Rev. Donna Ferri is a mystery-school intuitive and metaphysician. Her work honors your reason for being and helps raise your consciousness. Sessions include a soul reading and energy clearing, because with both, your soul can lift into rarified levels. As a master spiritual life coach, she helps you clarify and reach your spiritual success goals. She also offers consciousness counseling, seminars, and meditation retreats. Read her insights at [WhoHeals.com](http://WhoHeals.com).*



# Being in Charge of Your World from the Inside Out

Phyllis Light, PhD



A lot of crazy circumstances are taking place in our world today. Whoever thought our governments would tell us to stay home to work or put mandates in place that would cause us to shut down our businesses or lose our jobs? It's fairly unimaginable, and as a result, many people are feeling anything but in charge of their world.

Feeling out of control is one of the main feelings running rampant in the collective unconscious (that is, the collective beliefs and energies the masses experience). If you feel out of control, then it is best to deal with those feelings from within. You cannot, ultimately, look to "life out there" as the source of your out-of-control feelings or look to a savior so that you no longer have to feel out of control.

In other words, regardless of whatever is going on "out there," it is important to continually look within and let go of anything inside that is not in harmony with what you need and desire. Don't nurture and energize feeling out of control, because it will expand in your world. That is not the foundation upon which you should create your reality. It is a feeling that needs to be examined and healed to restore peace and balance within.

As you watch the news and listen to many conversations, you might think the world is falling apart; you sit at home and fear you're not going to make it through all that is happening. Seriously, the fear of not surviving is huge at this time, and it drives many people. But is it true?

Are you not going to survive this? Or is fear from old programming about death and not making it in life being triggered by all the hullabaloo out there? If you want to know the truth, it's the latter.

We all have places inside that fear death. We have had many lifetimes of facing death: our deaths and the deaths of loved ones. Our memories of trauma get triggered in times like these. (The planets Pluto and Saturn often activate such "death stuff" and cause negative programming and feelings of death to surface. These planets have been quite active for a few years now.)

## Choose Positive Beliefs

Here is your challenge: Do you let those fears and traumatic memories run your life? Or do you stop feeding them, energizing them, and allowing them to dominate your consciousness? This is what keeps you from feeling in charge of your life. You can actually be aware of these feelings without buying into them again and making them real.

You have thousands of thoughts per day. When they come into your mind, you have the choice whether to energize them and make them real in your world or notice them and choose a different thought or attitude. *This* is how you stay in charge of your world. Negative thoughts *will* surface in your mind. They are part of the programming you have taken on over eons of time. But choice comes into play when you consciously decide you don't have to buy in to that particular thought,

and you are ready to see life in a new way.

You become more in charge of your life when you decide to become your own best friend. If you told a friend how afraid you are, what would they say? "Oh, yes, I understand. You have a right to be afraid. I would be afraid if I were you. You may even die, you know." I don't think they would say this. Rather, they would be kind, understanding, and remind you that you'll surely come out of this soon and be in a better place. Isn't that why we love sharing our problems with friends?

What if you could become your own best friend? Then you'd always have someone to remind you that whatever negative thought or feeling you're buying into probably isn't what you want to keep doing. Often others can see what we can't see for ourselves. But since everyone you know might be stewing in this collective negative soup, it might be time for you to be the one to pull yourself out.

In the grand scheme of things, we all need to take responsibility for what's going on in the world. On some level, we humans are collectively creating the reality of fear and mayhem that exists on the planet. Our collective fears of being in danger, losing power, dying, and being victimized by our neighbors and their germs, and so on create the world reality.



The true way to heal this is to look within and find the place inside where you know you are safe and connected to a higher source that you can trust to lead you through life in the best way. As long as you hold on to being a victim, you will continue to be victimized by all the scary stuff out there that seems to be advertised everywhere you turn.

### Wake Up to a Higher Reality

Do you keep believing all that you are told and energize your old fears? Or do you dig deep inside and create a new reality of safety and trust that will grow stronger with time within the collective as more people do the same? Humanity is on that precipice. Do you reclaim your right to be in charge of your life, or do you keep buying into the narrative that you're not safe, you're going to die, and you should stay home and keep quaking in your boots? It's

all about beliefs and what you want to create for yourself.

The positive beliefs you seek will not be generated from outside you. Most people are waiting for the collective to let them know that everything is okay; then they will relax and feel safe. If this is the case for you, you could be waiting a long time.

You need to honor your beliefs, of course. If you are scared stiff, I'm not saying to pretend you aren't. I'm saying you have ways to work with your feelings and beliefs so that you can feel comfortable letting the negative ones go and embrace new, positive attitudes and beliefs. This is called waking up to a higher reality.

The bottom line is that humanity is at an incredible juncture in history. We are in the collective place where we could actually choose a reality of light and love rather than darkness and fear. This is a fabulous time for personal and

spiritual growth, as life is triggering a boatload of old negative programs and fears that we can clear from our consciousnesses.

By acknowledging and releasing the hold these fears have on you, you can help humanity move forward and embrace the true spiritual nature of life: honoring the principles of safety, trust, self-love, and freedom of choice. You have the opportunity to create a whole new world, which is very exciting, indeed. You just have to consciously choose to be a part of that new consciousness, and be willing to move forward into uncharted territory.

*Phyllis Light, PhD, is an author, expert in telepathic healing, pioneer in subtle energy protection, and creator of Rejuvenizers® — protective and healing devices designed to combat the ills of life in a high-tech world. She helps people throughout the world free themselves from old subconscious programming and the harmful effects of electromagnetic fields, while helping them become both healthier and more spiritually aware. She can be reached at 512-301-2999 or LightHealing.com.*

## The Divine Source and Fountain of All Life

The Ascended Masters through Dr. Raja Zadok Dove with Astaria Serapina and Dr. Jim Ohneck

**The Ascended Masters:** Many people ask us, “What substance is the Epoch Laser 980nm light made of?” Let us take you by the hand to our Central Temple of Light on the planet Venus. A great flame burns in the very center of the inner temple room, rising upward in a column of white essence and disappearing through the roof of the temple. Seventy-seven smaller flames of all known colors in this galaxy form a semi-circle around the central flame.

The mystic currents that hold the energies of all the colors that

compose the light that transfers into the great central white light in the center occur at this temple. The Great Elohim, during the creation of Earth, projected thirty-seven mighty convex rays that formed a matrix into which the electronic substance of galactic light was drawn to mold the very structure of the light rays that emanate from the great white light, and each of the lesser lights, made up of various frequencies of healing light. One such light ray was the 980nm, which is what comes forth from your glorious healing light in the Epoch Laser.



The Great Elohim promised Earth that such a healing light frequency would be made available in these days on your beautiful jewel of a planet. This frequency contains both a masculine ray and a feminine ray. The initial pulsation of this blessing for humankind was initiated by the godly good gentleman Jim Ohneck in much the same way as another of our initiates, Sir Nikola Tesla, came by his inventions — straight from the cosmic mind of beloved Ascended Master St. Germain.

The outer manifestation of the use of the Epoch Laser light is the

healing of humankind and the relief of suffering. The inner activity of the release of this sacred 980nm Epoch Laser light will be the apparent awakening of cosmic spiritual interest and enhancement of the spiritual auras of all life on blessed planet Earth.

### Affirmation for Receptivity

While using the Epoch Laser, we suggest the attendant and patient say aloud the following affirmation for receptivity. Repeat this affirmation seven times when you use the Epoch Laser 980nm healing light, and imagine you are inside the Temple of Light, as was described, to receive the highest maximum healing benefit.

“Mother-Father, Goddess-God, you are the source and fountain of all life. I humbly invoke your divine blessing and healing. I fully accept your divine healing energy with gratitude and in full faith.”

### Epoch Lasers to Work with New Telemedicine Technologies

Today, telemedicine remains a visionary idea. It uses advanced telecommunications technology to reach patients in remote locations with hosts and teams of professionals to deliver clinical services. The advent of telecommunications in society means that more interconnectivity exists for providers and patients. Epoch Lasers envisions working with new telemedicine technology at our healing clinics worldwide to treat patients with the best methods of care using the opinions of experts worldwide.

### Schedule Information

Come hear Jim Ohneck of Epoch Lasers and Zadok RA Osiris (Dr. Raja Dove) present and speak at the following expos in 2021:

- WWA Global Summit at TOSA Blue Mountain, Ecuador: March 19 to 21
- New Living Expo in San Mateo, CA: April 9 to 11
- International New Age Trade Show (INATS) in Denver, CO: June 11 to 13

### Message from the Founder's Corner

**Dr. Jim Ohneck:** I am confident that 2021, as a divine mirror of 2020, will bring many new opportunities for humanity to rise to a higher state of consciousness. Our team at Epoch Lasers works each day with great focus to make more progress and keep moving our healing-light technology toward a New Earth and a better life for humanity.

I am grateful for the miracles that took place in our lives in 2020, including the ability to communicate with friends and family around the world through new video-conferencing platforms. I was also able to speak with many people who are using Epoch Lasers' light-based products to relieve their pain. These stories were so uplifting to hear. I was indeed blessed to be able to work with an amazing team of people and to talk with and get to know many of you, the readers of this wonderful journal.

I am looking forward with confidence to sharing the healing light of our 980 lasers with humanity in 2021 and fulfilling our vision of

a healing light in every home. We look forward to working together with you in 2021!

**Dr. Raja Merk Dove** — aka walk-in Zadok “RA” Osiris — is an international mystic and visionary, lightworker, healer, and senior ambassadorial starseed on Earth. With his twin soul Moira (who returned to Venus in 2011), they have more than forty-four years of experience. He helps other starseeds and lightworkers develop on their paths. If you would like to arrange a personal consultation with Zadok, you can email him at [osirisra@earthlink.net](mailto:osirisra@earthlink.net). Zadok also offers a range of in-depth soul-counseling sessions with the ascended masters, including Quan Yin and Saint Germain. Zadok has led pilgrimages to Egypt, Mexico, Glastonbury, Roslyn Chapel, Tibet, and India. He has published the Aquarian Perspectives Star Love Network Journal and two critically acclaimed books: *Himalayan Star Conclaves and Whisperings of the Doves*. Zadok also operates the ever-popular *MarketingwithTheStars.com*, an email marketing service for new consciousness entrepreneurs. He cohosts Conclaves with the Stars on *OnenessTalkRadio.com* with the Epoch Lasers team. To learn more, go to [StarDoves.com](http://StarDoves.com).

**Dr. Jim Ohneck**, or Gentleman Jim, as he is affectionately known by those who work closely with him, founded Laser Therapy Services in 2007. Then he spun off Epoch Lasers in 2018, building on twenty years of independent research and development in photobiotherapy. Jim holds a BSBA from the University of Phoenix and an AAS in Electronic Engineering Technology from the University of Hartford. He has also completed the IMD's Program for Executive Development in Lausanne, Switzerland. Jim has over thirty-five years of experience working in technology-based companies with twenty years of experience in high-tech companies since 1992. Jim has extensive knowledge of lasers, optics, and microelectronics. See [EpochLasers.com](http://EpochLasers.com) or call 1-440-785-2298.

**Astaria Seraphina** is responsible for marketing and new business development for the Epoch Lasers healing-light pain-reduction technologies and works with chiropractic doctors worldwide.



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# Pain or Peace, It's Your Choice

Tara Pruett



As I scanned the spiritual life section one evening at Barnes and Noble, I happened across the book *A Course in Miracles*. “Interesting title for a book,” I thought as I selected it from several hundred other possibilities.

Quickly irritated by its incomprehensibility, I returned it to its place and continued to browse the section. The next day, I went back to the bookstore, and as I reached for it, I thought to myself, “Why in the world am I picking up this damn thing again when it made no sense to me during my first review?” Inexplicably compelled, I brought it with me to their in-store coffee shop for a thoughtful review. And as the day before, I put it back after finding it confusing.

During this second attempt, it occurred to me that I had never been pushed to work this hard to grasp a message in a book. This got me wondering whether others had similar experiences with it. I Googled to find out. *Why is this confusing book worth Googling?*

Recall the times you’ve skimmed the first few pages of a book and quickly moved on when it did not grab your attention. Why hadn’t I moved along to something that grabbed me from the start as I normally did? It did not even claim to be a bestseller.

My search revealed *A Course in Miracles (ACIM)*, long-regarded as a spiritual classic, is a complete self-study thought system that teaches the way to universal love and peace. Wow! There it was — a system for reaching peace — my ultimate goal.

This was something worth looking into. I liked that, and although it uses Christian language in a non-sectarian, nondenominational way, it does not claim to be a religion. It emphasizes its message as one version of the universal curriculum of which there are thousands. I was impressed that spiritual authors familiar to me, such as Marianne Williamson and Eckhart Tolle, derived their books and teachings from this course.

Intrigued by the promise of its purpose and confidence in the teachers promoting its message, I returned to the bookstore for a third time and committed to understanding it. What an inauspicious start to the book that fast-tracked me more than ever into enlightenment! It elevated my understanding of life, forever changing how I interpret the world around me. It does this through an intense training program that transforms negative thought patterns into peaceful ones.

## Guarding My Thoughts

I experienced a major shift in my thinking when I recognized my thoughts — all of them. I was shocked by how often I did not like what I found. This cognizance was daunting at first. While behaviorally I seemed like a nice enough person, my thought patterns were infected with resentment, anger, and hate. I was astounded by how mindless my thoughts were, primarily to myself and then to others. In an ironic twist, I was equally surprised by the number of people who loved me despite this.

On a larger scale, I was taken aback by how most of us are able to love one another even as we look at the world through negative filters that include anger, resentment, greed, and hate — most of which we fail to recognize is clouding our vision.

Through *ACIM*, the effort I had already known I wanted to make in my soul’s evolution exponentially increased when discovering how much love and acceptance I had been keeping from many people in this world. This point in my newfound awareness reminds me of the scenes in science-fiction movies, where the battle becomes greater as the lead characters get closer to the source of their pain, to their supreme challenge. And while it hurt to see this with a new level of awareness, I needed this acute understanding to ignite my change.

## My Thoughts Are My Choice

Another major shift in my thinking occurred when I landed on this fundamental truth: The core of my pain has been due to my lack of trust in God/Life/the Universe/Destiny. This mistrust in fate also translated into a lack of belief in others and in myself. It started at about the age of twelve when this bleak accusation darkened my experience of the world. I furiously probed, “What kind of God creates this type of world?”

This faithlessness in God/Life/



the Universe started at the same time I became suicidal. That was hardly a coincidence considering my core beliefs, something that I felt as an absolute truth underneath my surface thoughts. Now this book, *A Course In Miracles*, had me questioning the validity of that accusation, a premise integral to my core development.

Additionally, a new question arose that now shapes my identity: "What will I choose to believe in this moment about what is happening from an existential perspective?" To better grasp the value in being aware of our daily outlook is to better understand its opposite. The opposite is to see the truth as objective, to see the individual as unimportant. It is to be unwilling to forge meanings and relationships, either physical or spiritual.

Life through a lens feels more like a board game with little depth of emotion. Ignoring the potential breadth that life holds, where even if you win the game by accumulating wealth and trophy status symbols, you walk away empty and alone when this "game" is over.

How I perceive everything happening in my life comes down to this question: "What will I choose to believe right now in this moment about what is going on?" This enlightened question brings into focus the fact that there are two real options. I can choose pain, or I can choose peace. There is no in-between, and it applies to every thought floating through my mind.

To give you a recent example, the health care marketplace recently miscalculated my income. This resulted in an overpayment of \$4,000 dollars for medical insurance. Despite how ridiculous it sounds, I chose to believe that the fact I no longer have thousands of dollars in my account is in some way for my good.

Many people would be infuriated by this, but what if you believed

that life gave you the resources to cover these costs? What if you believed this came from a source of unending provisions? Would you not gladly pay whatever was owed to know there would be more where that came from? This is peace beyond understanding.

The fact is that I have that money in my account. Why is it there? Do I want to be happy, or do I want to believe that I am operating from some finite account that will spur me with any little misstep? This is the power of our thinking.

Consider all the bills you have paid over time. While it might not have always been ideal, you did it. Now look at all the angst you put into each one. Did that angst empower you or attract more challenges into your life? This is reality. It is not your bank account figure that goes up or down. It is the thought process behind what controls the direction. Question this and continue treading water expecting to get to shore. Yes, as extreme as that seems, this logic applies to everything. To believe that everything is working for our ultimate good is to experience peace beyond all understanding.

In your first couple of years in grade school, did you ever question the cost of your time or fret over potential setbacks from less-than-optimal grades? No. You went and you learned. That was it. If you chose to go to college, you went because you trusted it would improve your life experience. This cost a lot of money and time. You did it because you had faith in its effect.

Then you left the world of academia and entered the working world with the presumption that they somehow work the same. You become lost and confused in this new experience: working for a living. You think your job is meant to protect your assets, hoard friends, and manipulate your boss. When did this happen? How is this sensible? Can you imagine going through

grade school with this mentality? How successful would you have been then?

There are people in the world who operate differently. Einstein never worked solely for money, tried to manipulate his boss, or hoarded friends. He engaged in work he found interesting. Imagine that! He had one of the most memorable and revolutionary minds ever known, and he was not worried about climbing the ladder, because he knew life is not like a ladder.

Follow your interests, and enjoy what that brings. Do you think Einstein never received a bill that could be construed as outrageous and unfair? How do you think he would take such a thing? Would he delay the answer to relativity, quarreling over something trivial? Should we? But we are here because we do. I am here because I have, but I do it a lot less now. And this, my friends, is peace beyond understanding. It is when you stop looking at the math, as Einstein did, and start tapping into your outer limits to engage with things that interest you.

*ACIM* is a powerful thought system that can be applied to just about anything going on since we are always evaluating whether what is happening in our lives is either peaceful or disturbing. Ultimately, I have one choice of how I perceive my world. I can choose to zoom in on my negative emotions, or I can trust that everything is as it is meant to be for the good of all.

### **Peace Equals Faith**

I have found that peace means choosing faith. I call it a faith in God. The way I refer to God is the same as having faith in life, faith in the universe, or faith that life is not meant to be random and meaningless — that we are not here being messed with.

It means that I have faith in life, in our pain and in our joy. I have faith that things are working for our

good, including the hard-to-accept things such as death, incarceration, our obnoxious behaviors, and even my negative judgments (thus not turning them on myself).

I trust in life that there is a greater purpose beyond our daily grind; I trust this process in the evolution of our souls. It means that while I do not fully understand how everything works, I choose to have the faith that this is not our beginning or end but merely a chapter in our soul's eternal existence. It means that in trusting the process, I can stop mistaking myself as the ultimate authority of the universe by acknowledging my unloving and nonaccepting judgments and releasing them. Yes, I said all of it.

I do not want any of it. It is like keeping your trash in your refrigerator. That is where stench forms. Leave it there long enough and people start getting sick in that house. Tell me this is not true of our minds as well.

Even as I have come to this realization, I see how my former thought system struggles with my enlightened thought processes. Since starting this journey of faith, much of the harshness that laid dormant has surfaced. Now, as I seek to live a wholly peaceful life, it is rising to the surface in ways I did not expect, forcing me to see it. This is good because only in seeing painful interpretations of life can I heal them.

When you see me come through with this peace and love and light, you see most of my awakened mind. In contrast, when you see me come through with anger and fear, you see the ego that is struggling and fighting for significance and control. It could also be old habits that have temporarily slipped past my awareness.

In this process of self-evolution, I have been called to live my life out loud. Friends and family have become privy to my evolution since I began writing about intensely

personal things on Facebook. I have been surprised by the highs and caught off guard by the lows. I can see how that can look to others. While I am not proud of the lows, I know that seeing them is a good thing, because the more I am aware of them, the less they pull me down.

At this stage, I suspect there is much I have yet to see. They are likely disguised as good intentions when, in reality, they are unloving thoughts that weigh me down. In a recent example, I found that it could be something as simple as my unacceptance of someone who doesn't welcome our gay family member.

There has been this self-righteousness in the fact that I am "right," and this person does not deserve my acceptance as the result of his behavior. I can make a good argument for my judgment of his perception of gay people, but at the end of the day, it is not a loving way for me to be. Judging the judger is like adding two negatives and expecting a positive result:  $-1 + -1$  cannot equal anything but  $-2$ , or two negative units.

### **The Challenge of the Truth**

The truth is that the action of receiving others as worthy is love. With this as my intention, it doesn't mean I condone or tolerate bad behavior, but the belief that my unacceptance of others will somehow influence them to "do the right thing" and to "be better" is a false premise. In reality, it only exacerbates the division of distrust.

The truth is that not judging others is a likelier way to open them up to ideas we hadn't considered, whereas my disapproving them results in them defending their behaviors. This entrenches their beliefs more deeply. This attitude also assumes I am the arbiter, the ultimate authority, of "acceptable" behaviors instead of trusting that people are on the paths intended for them by a higher authority.

Does living a nonjudgmental life sound impossible? Tell me about it! I observe myself being judgmental all the time. I flipped out the other day on someone I secretly judged as manipulative and selfish. If I sit here and explain how I am right in my assessment of that person, what does that get me? It results in division between us and a self-prescribed dose of mental disturbance. Alternatively, I can peacefully send love his way and trust that he is where he needs to be in the process of his evolution.

This doesn't mean I interact regularly with him or with anyone else I do not enjoy. After all, why would we continue contact if our interactions aren't joyful or fulfilling for either of us? This is not about keeping every person in my life close to me and allowing them to do whatever they choose with my time. It means I lovingly accept others for who they are and think of them with loving thoughts as opposed to ill will. Is that easier said than done? Absolutely.

It's not that I have stopped having these thoughts. Rather, with the guidance of *ACIM*, I remind myself to be aware of my thoughts and ask to see people in a loving way. Seeing my shadow self is critical since only in seeing what there is can I heal it. Each time I have ventured into this darkness, these questions come to me:

- Who are you now, Tara?
- Are you at peace, or are you in pain?
- Are you loving kindness and acceptance, or are you hate and nonacceptance?

There aren't any good excuses, nor true justifications why somebody doesn't deserve my love and acceptance. Do you want to be love and light, or do you want to be in pain and darkness? It is that simple. Catching my mind in the moment is difficult, but I am getting much better at it.

There are those triggers that still

rock me. Triggers like feeling angry about social injustices or resentful toward someone who was harsh with me. While it sounds reasonable that these things are triggers, we all have heard stories of people who've suffered grave injustices — such as their children being murdered — that forgive these offenses and in that absolution find peace. These people show me forgiveness is possible.

If something is possible for others, then it is possible for me. ACIM teaches me how to get there. As with training for a sport, changing my thinking takes practice. Opening my ACIM workbook is like stepping into my soul's gym. It is retraining my mind to see my thoughts in a way that allows me to be aware of them

and to consciously ask myself the following questions:

- How can I see this differently — in a peaceful way?
- What will I choose to believe right now in this moment?
- Will this interpretation bring me pain, or will I choose one that brings me peace?

It gives me a heightened awareness of my fear, pain, judgments, resentments, and resistance. As with workout reps, with each positive choice, I get stronger. Rep by rep, I get closer to peace beyond all understanding.

However, as with physical workouts, if you put too much weight on the bar too soon, you find that there are things you are not yet ready to

lift. But I have discovered that I can fully trust it is just a matter of time and training for positive gains to be realized.

Call it God, the Universe, or Spirit; hell, call it whatever you want. If I can trust there is a grand, loving purpose for everything I observe and recognize the innocence in my fellow human, I experience peace. What I am describing here is faith.

*Known for her raw and straight-forward style, Tara Pruett has been inspiring readers as she bravely shares insights into her evolution from suicidal levels of depression and anxiety into awakening. This particular article is an excerpt from her book Before You Kill Yourself - READ THIS. In addition to offering excerpts of her writing on the topic, Tara welcomes opportunities to speak at mental health support groups and within spiritual circles. To learn more, visit [facebook.com/tara.pruett.98](https://facebook.com/tara.pruett.98) and [instagram.com/tarapruett1](https://instagram.com/tarapruett1).*

## BOOK EXCERPT

# Radical Intuition: A Revolutionary Guide to Using Your Inner Power

Kim Chestney

There is more to life than we can imagine. Every day, we move through our three-dimensional world, through this moment in time and space, as if it were all there is. Like a backdrop to the great theater of life, we accept the illusion that this set and its props are the world itself. In reality, the sensory world is only the beginning; it is the first thing we touch as we enter the abiding world that exists beyond.

Look around you. Notice the many things you see — the objects, shadows, and spaces between. That empty space before you — that surrounds you and touches you — is

not empty at all. It is full of things your current level of consciousness cannot perceive. It is rich with information and energy — data you can know with an expanded, intuitive mind. The more you intuitively evolve, the more you will intuitively become aware of the “higher” subtle information around you.

This process is part of the shift outward from a small, personal consciousness toward the unity of omnipresent, universal consciousness. We live each day with a sense of “personhood,” as egoic individuals in a consummate state of otherness — divided from one another

and the world by our self-identity. In this state, we only see things as we are; we experience the world as it relates to us, in this place and in this fleeting moment.

As we awaken and become more aware of our connection to life and its dimensions beyond us, our sense of personhood gradually diminishes. We begin to identify with something bigger than self. We are emptied of our small-minded, self-centered identities and filled with the universal presence that unites us. The more we fill ourselves with omnipresence, the more aware we become of our intuition. This is





because intuition embodies the pure awareness of omnipresence itself. If omnipresence were God, intuition would be the Holy Spirit that sacredly touches us all.

That's how high intuition can take us if we allow it. Wherever we are in this moment, our intuition will take us higher. Higher awareness is the awareness of beyond. It is the call to move into that beyond and become part of it. This potentiality calls each of us to experience more of reality — more truth, connectedness, and wisdom — than we are presently capable of.

### Levels of Intuitive Consciousness

Even though we understand that intuition is directly related to the expansion of our consciousness, the question still remains: What, really, is on the other side of intuition? We are getting a message from somewhere — somewhere personal that knows us deeply, at the core. Where does that insight, tailor-made for each of us, really come from? To answer these questions, let's examine the fundamental nature of consciousness itself.

When working with intuition, it is helpful to understand human consciousness in terms of three main categories: the unconscious, conscious, and superconscious. In unconsciousness, we do things without really being aware of our actions. We are not literally unconscious; we are awake, but in a kind of daydream, unaware of what we are really doing in the world. In consciousness, we wake up to the world more as it is instead of as we are. We begin to live deliberately with presence and awareness. Finally, in superconsciousness (or supreme consciousness), we awaken to the world and what is beyond it. We touch the pure awareness that makes us truly come alive.

Most of us live our lives between conscious and unconscious states of awareness. Not only are

we unconscious in our sleep, we are unconscious when we act and live our lives without awareness of the forces at work within us or of the consequences of our actions. We are unconscious when we don't think about how something we do hurts another person. We are unconscious when we instinctively react to situations based on past experience instead of the present moment. We become fully conscious only when we become mindfully aware of the present connected reality beyond our changeable subjective reality.

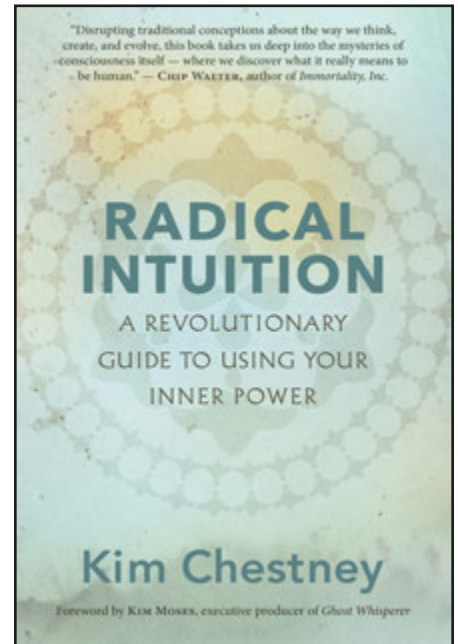
This is an astounding place to be. Moments of true consciousness can be few and far between in this day and age. But when they come, they often change us forever. They are the makers of great awakenings. Once we get a conscious glimpse of the world, looking beyond our small view of it, we realize how much more to life there is! There is more love, potential, and magic than our tiny minds can conceive of.

Beyond our conscious awareness exists an unfathomable universe of transcendent wisdom, connectivity, and information. In this superconsciousness resides all that is beyond the mind — the deepest secrets of existence. The higher we rise into it, the more we become part of it and it becomes part of us.

### The Totality of Your Being

The "you" that you know every day is just a small part in the totality of your being. There is a greater part of you that cannot be defined or labeled by the world. In truth, you are undefinable. This small self is a point of singular consciousness, part of a limitless dimension of higher being — your higher self. It is this higher part of you that has the ability, right now, to touch the levels of consciousness that elude your awareness.

Like an elevator rising to the top floor, you ascend to this place one floor at a time by raising your



*Radical Intuition: A Revolutionary Guide to Using Your Inner Power* is available from Amazon.com.

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awareness, going higher and higher as you awaken. You start living more from your higher self than from your small, personal self. As you intuitively align with this superior energy, you naturally elevate to greater levels of consciousness.

The heavy — unconscious or subconscious — zones are on the ground floors, close to your ego and small self-interests. The lighter, expansive zones are on the top floors — above and beyond — with your highest self and the truth of existence. You can't think your way into higher awareness. You only reach it by elevating your consciousness to a level where you can receive it.

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**Kim Chestney** is a globally recognized innovation leader and the founder of Intuition Lab. Her work has been featured or supported by leading-edge organizations including SXSW Interactive, Carnegie Mellon University, Comcast, and Hewlett-Packard. She lives in Pittsburgh, Pennsylvania. Visit her online at [KimChestney.com](http://KimChestney.com).



# PREDICTIONS

Don't let the prophecies, ancient or modern, trap you in a box of fear and futility.

Change the dance by becoming the light that you are — the light that continues through and beyond the box into the adventure of forever.

## Experience More Enchantment

Donna Taylor

After many months of extreme tension in the sky, it is a relief to see some softer energies for March. This isn't to say that all will suddenly be wonderful, because we are in the ongoing backdrop of the shifting astrological ages from Pisces to Aquarius, which implies a major shakeup of life on Earth. But March offers some room to breathe — a way to slip into a softer space, should we choose it.

The Sun's alignment with dreamy Neptune in Pisces, which will later be joined by Venus, creates a higher-vibrational energy we can tap into if we are prepared to lift our thoughts. Thoughts, as we know, are things that impress themselves on the malleable fabric of reality and create the results we see in our daily lives. We sometimes need reminding that the thoughts we regularly entertain will eventually take some kind of form even if they manifest as dark clouds when our thoughts turn negative.

The Sun, Neptune, and Venus in Pisces invite us to live more magically and tune in to the mysteries of life through nature, meditation, communicating with angels and guides, or finding inspiration and channeling it into what we do. Perhaps the highest expression of these planetary energies is to find enchantment. If we remember when we were children, we might recall that sense of enchantment when watching a ladybug climb up a blade of grass or stamping our feet in puddles. The magic fades as we get older, but this only happens because we lose it within us and not because the outside world is different.

Even so, the inner child remains within, waiting to be let out to play. Things likely still delight and enchant us: the ocean under a sunset, the smell of baking bread, the flight of butterflies, the first flowers of spring, a beautifully crafted sentence in a story or a poem, the scent of lilies, the feel of thick oil paint spreading onto a canvas. We will enjoy March so much more if we can

become more conscious of what inspires and enchants us and if we engage with those elements of life that take us to higher realms.

Then we need to make sure these elements become regular fixtures in our daily lives, because to make it through this transition, we need to raise our vibrations to be in alignment with the higher vibration of fifth-dimensional reality. The best way we can do that is to live from our hearts in the spirit of joy, love, magic, and inspiration. These are all strong features of March, particularly around the new moon on March 13 when it will be easier to step into a more magical way of living.

If this seems like an almost impossible challenge, given the current circumstances, we need to do our best to change what we can and let go of anything that seems to be exiting our lives. Hanging on to people, situations, and things is pointless now, and any difficulties almost always stem from clearing karma or fate stepping in to propel us in a new direction. There needs to be a strong element of trusting the process and allowing things to be as they are while at the same time allowing ourselves to tap into inspiration so that we can follow a higher vibrational path rather than stick with what's safe and secure but ultimately stagnant.

### New Moon of Unconditional Love

The Pisces new moon is one of unconditional love, so it could be that we are being asked to show compassion, kindness, tolerance, and acceptance to ourselves and others. There is so much division within humanity, and it seems that few of us can tolerate views and opinions strongly different from our own. This is clearly evident with the coronavirus, as many of us are split between complying with rules and railing against being



told what to do by authorities. Of course, this could be a way of getting us to turn against each other, because it is much more difficult for the spiritual awakening to sweep across the planet if we are fighting among ourselves. We need to focus less on who is right and more on simply being nice to each other, demonstrating unconditional love and kindness whenever we can.

Wherever this Pisces alignment falls in our charts is ideally where we need to channel that unconditional love. It is also where we can find our inspiration and experience more enchanted ways of being. For example, if the Pisces alignment falls in the sphere of work and health — as it does for Libras — the key now is to channel inspiration and love into the service we give others. If it falls in the house of relationships — as it does for Virgos — the need now is to channel love into our partnership, marriage, and other significant relationships, applying tolerance and compassion even when someone tries our patience. I have listed in the weekly individual forecasts which areas of life each sign can expect to feel more inspired and where to channel unconditional love.

Moving toward the end of March, the Sun aligns with Chiron and Venus in Aries, making this a great opportunity to heal wounded aspects of ourselves. We will all be called to heal in some way. This could be healing

individual karma to give us opportunities to clear baggage or cut emotional ties. If, toward the end of the month, certain emotions come up, such as resentment, bitterness, or disillusionment, we can be sure this is Chiron at work, as he represents the wounded part within us. For some, that suffering can be so great that the desire to “check out” becomes too much.

If we are hurting, we need to become clear whether it's our personal hurt (in which case, we have a little work to do) or we are hurting for the suffering of the planet. If that's the case, we need to become more proactive and pick one thing we can do to try to alleviate that suffering. There has always been suffering, but we might not have been as acutely aware of it as we are now, and the task ahead at this pivotal time in human history can seem too great.

That said, the Divine Creator needs all hands on deck, and each of us has a part to play. Discovering (or rediscovering) what that part is could be the main challenge throughout March, because when we play our part in the divine plan, our suffering and the suffering of others will be much more easily assimilated; we will know we are doing what we came here to do. No one could ask more than that. And how do we know what we came here to do? We feel inspired and motivated. We feel truly alive and connected and that what we are doing matters.

## March Weekly Forecasts



• **ARIES** (March 21–April 19) •

**March 1–7:** “Cease trying to work everything out with your minds. It will get you nowhere.

Live by intuition and inspiration and let your whole life be a Revelation.” Eileen Caddy offers useful advice in a week when the planets gather in your zone of the soul. Here is your chance to experience something inspirational and beautiful, but you probably won't find it in the external/material world, because this planetary alignment is working on an inner level to help you access divine inspiration, psychic insights, dreams, and inner peace. The best solution could be to surrender a situation to a higher power and allow what will be to unfold.

**March 8–15:** The new moon in your soulful zone on March 13 invites you to gently let go of a situation or close a door on the past so that you can prepare to move toward new beginnings. If you feel stuck or are finding it difficult to let go, you might need to remind yourself that there is always a divine plan at work. By trusting in this higher process, you should find it easier to relinquish what no longer serves your growth. Letting go of karmic ties with love and forgiveness could also be appropriate, as holding on to people can be just as damaging as hanging on to situations or things. The more space you can clear, internally and externally, the more easily you

can move into a new phase. If you can recognize endings and new beginnings as a theme in your life, go with the process and trust that all is unfolding as it should.

**March 16–23:** What do you know deep down? Especially in these uncertain times, you might believe you don't know what to do, what you really want, or what the truth of a particular situation is. But deep down, a quiet still voice is always ready to give you the answer. Your challenge this week is to be receptive to your intuitive feelings. A dream, for example, might leave you with a certain feeling, a sign from the universe could point the way, or you might have a feeling you can't ignore. These could all be signs that your inner knowing is trying to get your attention, and destiny is calling. Will you heed the call?

**March 24–31:** The Sun's arrival in your sign is good news, signaling the chance for a new beginning or a fresh perspective on life. It also suggests that the time is ripe to push forward with whatever steps you feel are appropriate for your growth. Good questions to ask now, are: What do you really want? What do you desire? What steps will move you toward greater happiness? Increasing confidence, energy, and motivation might all be positive side effects of the Sun moving into your sign, but so too is a propensity toward contemplation and a certain



desire to put your needs first. This is all as it should be, for there are times when you drift off course, and this is a time when you can get yourself back on track — if you listen to your needs.



• **TAURUS** (April 20–May 20) •

**March 1–7:** If your inner fire has gone out for a day, a week, or longer, it is likely that someone will provide the inspiration you need. It could simply be an encounter with a cheerful soul who brightens your day and lifts your spirits, or it could be someone who inspires you to look at life differently. Conversely, you might be doing the inspiring, or it could be a two-way process. In any event, this is the time to engage more with others, connect with friends and acquaintances, chat to strangers, and see the Divine in everyone you come in contact with.

**March 8–15:** The high-vibrational new moon on March 13 falls in your social and friendship zone, making this the perfect time to turn over a new leaf with a friend or create a new beginning with a group or organization. Inspiration will most likely be found through friends, groups, clubs, and societies, and aligning yourself with the values of like-minded people and organizations is important now. Your challenge (or invitation) is to be part of something, especially something you believe in or that inspires you and into which you can channel your unconditional love. Now is the time to implement a dream, a wish, or a vision and to join forces with others who share that vision.

**March 16–23:** The social theme continues until March 21 when the Sun moves into your soulful zone. This will be your cue to slow down, particularly if life has been busy lately. The Sun’s annual journey through this quiet part of your chart signals the need to retreat a little and gather yourself so that you can be ready for the new beginnings to come next month. If you need to bring a matter to a close, the end of the week is a good time to do so. It will also be helpful to not burden yourself with too many things to do. Take note of the words of Lao Tzu: “Nature does not hurry, yet everything is accomplished.”

**March 24–31:** Your health and well-being become the focus under the full moon on March 28. This applies as much to your mental and emotional health as to your physical health. As the Sun aligns with Chiron and Venus, you have a great opportunity to heal some inner pain or dysfunctional aspect of your life, which probably has its roots in the past but no longer has any relevance. This could relate to a past hurt or disappointment or a situation in which you felt wounded or rejected. The key now is to let go with love and forgiveness and turn your pain into a desire to help others who might have similar issues. By healing others, you will heal yourself.



• **GEMINI** (May 21–June 20) •

**March 1–7:** Herman Cain said, “Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.” As the Sun aligns with Neptune and Venus in your zone of career and success, the question is not so much what you should be doing but what you want to do. The key is inspiration, so take a moment to think about what inspires you, and then see whether you’re doing these things on a regular basis. Compassion is also key, so by helping others or showing them kindness, you might realize this is success enough.

**March 8–15:** Destiny calls this week as a new moon aligns with Neptune and Venus in the vocation area of your chart. This is a perfect opportunity to take a step in a new direction or simply allow fate to carry you toward your destination. Don’t resist whatever happens this week; simply go with it, knowing a hidden design might be at work. The power you have lies in letting go of developments of the past or not trying too hard, and instead being very soft, flowing, and accepting in your actions. Starting fresh in your career/vocation could be appropriate, but you might have to keep telling yourself that what is for you won’t pass you by.

**March 16–23:** A downside of having Neptune in your future zone can be the inability to know where you’re going. Confusing times in life when you’re unsure of your direction is natural, but Neptune can’t be overcome by force or logic. Sometimes you have to simply accept that you are where you are and that things will begin to change when the time is right. Perhaps the message is that you don’t need to go anywhere. You can simply allow inspiration to guide you, and you will naturally find yourself on the right track.

**March 24–31:** As Mercury aligns with Neptune at the top of your chart, you’re likely to feel confused and inspired or directionless and content just to be where you are. Again, relying purely on logic and trying to figure things out with your head is unlikely to work, but tuning in to the divine and watching for signs and symbols from the universe or listening to your internal promptings will lead you to the answers and direction you need. This is a perfect week to receive inspired communications that you can then channel into your work. This favors artists, writers, musicians, channelers, psychics, healers, meditators, and any other work of a spiritual, soulful, or artistic nature. This is also a good week for healing a relationship, particularly with a friend. The key to healing this situation could be forgiveness and realizing that relationships are mirrors for your wounds.



• **CANCER** (June 21–July 22) •

**March 1–7:** The month gets off to an adventurous start, and it will benefit you now to

think about what is possible rather than what isn't. The power of belief often determines whether something is possible or not, and you might need to remind yourself that reality isn't as fixed as you think. You shape your world with your thoughts and feelings, so be mindful of what you put out there and how it influences your situation. As Robert Brault said, "The realist sees reality as concrete. The optimist sees reality as clay." Are you thinking like a realist or an optimist?

**March 8–15:** The new moon on March 13 invites new possibilities, so this is a good time to embrace what you have not tried before. If life feels a bit like an experiment at present, then so much the better; playing it safe right now and sticking to the tried and tested will not feel very satisfying. Something is urging you on to new pastures, and now you need the courage to lose sight of the familiar. There are no guarantees in life, but the only things you're likely to regret at the end of your days are the things you didn't do. Teaching, studying, learning, travel, adventure, publishing, higher knowledge, and wisdom-seeking are all areas in which you can now be successful, and they all have one thing in common: breaking out of old routines and paradigms.

**March 16–23:** Few of us are lucky enough to feel divinely inspired on a regular basis, whether through artistic pursuits, creative work, or spiritual activities. How do you access that divine connection? The obvious answer is by doing or being what you love, for it's in joy that you radiate your divinity. Good questions to ask are: When do you feel joyous? When are you at one with the universe? When do you feel transcendent? When do you feel a sense of expansion and limitlessness? The answers are your clues for accessing the divine inspiration currently waiting for you.

**March 24–31:** The full moon at the base of your chart on March 28 highlights the areas of home/family and work/vocation. You might have some healing work to do in either of these areas, perhaps letting go of blocks, fears, wounds, or feelings of not being good enough. If your work involves healing or helping others, your personal issues could get clearer in the process. If you want to move forward in life and allow yourself to shine your light into the world, you might need to forgive someone. You can begin by telling yourself that you are enough, and then release past disappointments and resentments, especially those connected with your childhood/family, career, and overall direction in life.



• **LEO** (July 23–August 22) •

**March 1–7:** You can't always be in control, and there might be a situation now in which you feel somewhat powerless or uncertain. Trying to force things will be as counterproductive as offering resistance. You will find strength in surrendering to what

is and letting go of whatever you're trying to hold on to or make happen. You can't always see the sense in something at the time, but life is likely inviting you to embrace some kind of rebirth or transformation. Try not to fight it. As Lao Tzu said, "Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like."

**March 8–15:** With the new moon in your zone of transformation, surrender is the likely answer to any difficulties. Something, it seems, needs to go. This could be emotional baggage, a karmic tie, an unhealthy situation, or a pile of clutter in your house. If you've been holding on to something that isn't doing you any favors, this new moon will help you gently release it with compassion and forgiveness. This could be a very healing and therapeutic week, especially around March 13 when the energies are very powerful for releasing the old and surrendering to a process you might not yet be able to understand but will reveal itself in time to support your best interests. Prepare to shed your old skin and rise like the phoenix from the ashes.

**March 16–23:** The transformation and rebirth theme continues, but most of the heavy work is done. Now it's a case of completing the process. From March 21, the Sun enters your zone of adventure, which will be a good time to spread your wings and discover new possibilities. This will be the point to break out of a rut and try something new, perhaps an experiment, a new experience, or a new way of looking at life. No matter what, it's time to break from your routine.

**March 24–31:** Important healing rarely takes place within four walls. A journey is often required, whether to a therapist or to another land, and the amount of effort you make often equates to the results you receive. I have found that when I travel, I am more likely to receive strong signs from the universe in answer to questions I pose than when I putter around the house and get caught up in daily routines. If you need to experience any kind of healing, or you need the answer to a dilemma, the key might well lie in breaking out of your rut and putting yourself into a new or different environment.



• **VIRGO** (August 23–September 22) •

**March 1–7:** According to Joseph Joubert, "A part of kindness consists in loving people more than they deserve." Compassion and forgiveness are the keys to any issue with others, whether with a close personal relationship or a rude driver. This is very much a time for thinking about what you can give to others while not expecting anything in return. There are times in life when it is more appropriate to receive, and there are times when we are called on to be angels, knights, or helpers. You can experience much joy and

## March Aspectarian

Transiting planets: Sun, Moon, Mercury, Venus, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto

**Key:** conjunction (0°), opposition (180°), square (90°), trine (120°), sextile (60°), quincunx (150°), semisextile (30°), semisquare (45°), sesquiquadrate (135°)

**March 1:** Moon quincunx Venus, Moon quincunx Uranus, Moon trine Saturn, Sun semisquare Pluto, Sun quincunx Moon, Moon sesquiquadrate Mars, Moon trine Mercury, Moon trine Jupiter

**March 2:** Moon quincunx Neptune, Moon sesquiquadrate Venus, Moon square Pluto, Sun sesquiquadrate Moon, Moon quincunx Mars

**March 3:** Moon sesquiquadrate Neptune, Moon trine Venus, Moon opposite Uranus, Moon square Saturn, Venus sextile Uranus, Sun trine Moon

**March 4:** Moon square Mercury, Moon square Jupiter, Moon trine Neptune, Venus semisextile Saturn, Moon sextile Pluto, Moon opposite Mars

**March 5:** Mercury conjunct Jupiter, Moon quincunx Uranus, Moon sextile Saturn, Moon square Venus, Moon semisquare Pluto

**March 6:** Sun square Moon, Moon sextile Jupiter, Moon sextile Mercury, Moon square Neptune, Venus semisquare Pluto, Moon sesquiquadrate Uranus, Moon semisquare Saturn, Moon semisextile Pluto

**March 7:** Moon quincunx Mars, Moon semisquare Jupiter, Moon semisquare Mercury, Moon trine Uranus, Moon semisextile Saturn

**March 8:** Moon sextile Venus, Mercury semisextile Neptune, Moon sesquiquadrate Mars, Sun sextile Moon, Moon semisextile Jupiter, Moon sextile Neptune, Moon semisextile Mercury, Sun semisextile Jupiter

**March 9:** Moon conjunct Pluto, Moon semisquare Venus, Moon trine Mars, Sun semisquare Moon, Moon semisquare Neptune, Moon square Uranus

**March 10:** Moon conjunct Saturn, Moon semisextile Venus, Moon conjunct Jupiter, Sun semisextile Moon, Moon semisextile Neptune

**March 11:** Sun conjunct Neptune, Moon conjunct Mercury, Moon semisextile Pluto, Moon square Mars

**March 12:** Moon sextile Uranus, Moon semisextile Saturn, Moon semisquare Pluto, Venus semisextile Jupiter

**March 13:** Mercury semisextile Pluto, Moon semisextile Jupiter, Moon conjunct Venus, Moon conjunct Neptune, Sun conjunct Moon, Moon semisquare Uranus, Sun semisquare Uranus, Moon semisquare Saturn, Moon sextile Pluto, Moon semisextile Mercury

**March 14:** Venus conjunct Neptune, Moon semisquare Jupiter, Moon sextile Mars, Moon semisextile Uranus, Moon sextile Saturn

**March 15:** Moon semisquare Mercury, Sun semisquare Saturn, Moon sextile Jupiter, Moon semisextile Neptune, Moon semisquare Mars, Moon semisextile Venus

**March 16:** Sun semisextile Moon, Moon square Pluto, Venus semisquare Uranus, Moon sextile Mercury, Sun sextile Pluto, Moon semisquare Neptune

**March 17:** Moon semisextile Mars, Moon conjunct Uranus, Moon semisquare Venus, Moon square Saturn, Sun semisquare Moon, Venus semisquare Saturn

**March 18:** Moon square Jupiter, Moon sextile Neptune, Mars semisextile Uranus, Moon sextile Venus, Moon trine Pluto, Venus sextile Pluto, Sun sextile Moon

**March 19:** Moon square Mercury, Moon semisextile Uranus, Moon conjunct Mars, Moon trine Saturn, Moon sesquiquadrate Pluto

**March 20:** Moon trine Jupiter, Moon square Neptune, Moon semisquare Uranus

**March 21:** Jupiter semisextile Neptune, Moon sesquiquadrate Saturn, Moon quincunx Pluto, Moon square Venus, Sun square Moon, Mercury sextile Uranus

**March 22:** Moon sesquiquadrate Jupiter, Mars trine Saturn, Moon sextile Uranus, Moon trine Mercury, Moon quincunx Saturn, Moon semisextile Mars

**March 23:** Moon trine Neptune, Moon quincunx Jupiter, Mercury semisextile Saturn, Moon sesquiquadrate Mercury, Moon semisquare Mars, Moon opposite Pluto, Mars sesquiquadrate Pluto, Mercury semisquare Pluto

**March 24:** Mercury square Mars, Moon trine Venus, Sun trine Moon, Moon sesquiquadrate Neptune, Moon square Uranus, Moon opposite Saturn, Moon sextile Mars, Moon quincunx Mercury

**March 25:** Moon sesquiquadrate Venus, Sun sesquiquadrate Moon, Moon quincunx Neptune, Moon opposite Jupiter, Moon quincunx Pluto

**March 26:** Sun conjunct Venus, Sun quincunx Moon, Moon quincunx Venus, Moon trine Uranus, Moon quincunx Saturn, Moon sesquiquadrate Pluto

**March 27:** Moon square Mars, Moon opposite Mercury, Venus semisquare Jupiter, Moon opposite Neptune, Moon quincunx Jupiter, Moon sesquiquadrate Uranus, Sun semisquare Jupiter, Moon sesquiquadrate Saturn, Moon trine Pluto

**March 28:** Venus semisextile Uranus, Moon sesquiquadrate Jupiter, Sun opposite Moon, Moon quincunx Uranus, Moon opposite Venus, Moon trine Saturn

**March 29:** Moon trine Mars, Sun semisextile Uranus, Moon quincunx Mercury, Moon quincunx Neptune, Moon trine Jupiter

**March 30:** Moon square Pluto, Mercury conjunct Neptune, Moon sesquiquadrate Mars, Moon sesquiquadrate Neptune, Venus sextile Saturn, Moon sesquiquadrate Mercury, Moon opposite Uranus, Sun quincunx Moon, Moon square Saturn

**March 31:** Moon quincunx Venus, Mercury semisextile Jupiter, Moon quincunx Mars, Moon trine Neptune, Mercury semisquare Uranus, Moon square Jupiter, Moon trine Mercury, Sun sextile Saturn



healing now by being the bigger person and giving from your heart.

**March 8–15:** A beautiful new moon in your relationship zone makes this a good time to look at your relationships and start fresh. This could range from meeting someone new to letting go of someone with love. New commitments can be made, so long as they are made with kindness, compassion, and acceptance for whatever will be; rigid rules, shoulds, and shouldn'ts will not work now. If you feel you're losing yourself in another person, that might not be such a bad thing, since part of the purpose of Neptune's conjunction to this new moon is to allow you to drop your ego and experience the oneness that can arise from a feeling of true intimacy.

**March 16–23:** The relationship theme continues, making this another good week to spend time with and share yourself with others. But when the Sun moves into your zone of transformation from March 21, life is likely to take a more intense hue, so be prepared to go to a place where you might experience your shadow, whether you call it jealousy, anger, fear, insecurity, or some other uncomfortable emotion. Instead of wishing these feelings away, see them as opportunities to cleanse yourself of energies that lower your frequency. Purge yourself of all toxicity, such as chemicals and mold in your home, toxins in your body, or psychologically damaging people or situations in your life.

**March 24–31:** As the Sun aligns with Chiron and Venus in your zone of transformation, this could be a week to experience deep healing or some kind of rebirth. You might normally expect a rebirth to have an element of pain, and with Chiron, it might be difficult to completely escape discomfort. But Venus ensures that whatever you're going through will contain some kind of beauty, even if it's bittersweet. Letting go is key now, as is loving your wounds instead of chastising yourself for your failings. You are already perfect as you are.



• **LIBRA** (September 23–October 22) •

**March 1–7:** Do you love what you do? Do you feel inspired over the course of your day? An opening in your world is inviting you to a more beautiful, enchanted life, but do you believe strongly enough in this fairy-tale kind of existence? Doubt, cynicism, fear, and resentment can kill inspiration quicker than clouds blocking the sun, so your first job might be to examine your heart for traces of these negative emotions, and replace them with kindness, tolerance, and acceptance for what is and what has been. Try to make a spiritual or artistic practice a regular part of your day, as this will link you to higher divine energies that in turn will facilitate opening to inspiration. Then you are just a short step away from your happily ever after.

**March 8–15:** Setting out to do good just to feel

happier is counterproductive. But if you have something you can share with others — perhaps an artistic talent, a healing gift, a practical ability, or useful knowledge — your happiness can be a natural byproduct of your willingness to serve. As the new moon aligns with Neptune and Venus in your zone of service, ask yourself how much you are giving to others. Do you help or inspire people? Libras were never cut out for a selfish existence, and now, more than ever, the universe is calling you to do what you can to ease suffering.

**March 16–23:** Health and work are the themes, making this the time to focus on your healing or others' healing, and love might be the key to whatever approach you take. By raising your vibration and being a channel for love, you will purify your cells and atoms and those of the people you come in contact with. Putting love into your work is also important now, so if you don't love what you do, either change your attitude so that you can find a more loving way to work, or change your job. It is difficult to radiate health if you lead a gray, day-to-day existence, so connect to your source of inspiration. Neptune is calling you to live and work with a greater sense of inspiration, so if you're not currently feeling that, you need to be honest and start making some changes. Write a list of the things that inspire you, and move toward them.

**March 24–31:** While the theme of inspiration continues, the Sun's arrival in your relationship zone along with Chiron and Venus is likely to bring up a situation with another person that involves healing. For example, a painful issue in a relationship might come up for healing, or someone might be able to help you with your pain or a particular issue. Indeed, other people — particularly healers, therapists, and other professionals — could be very helpful for you now, so seek out the help and advice of others when necessary. You might also find much joy in your interactions, and perhaps all it will take is an open heart and your willingness to risk rejection. By reaching out to another instead of staying in fear, you could witness a breakthrough in your personal life. In the words of Robert Brault, "If I could do it over again, there would be a hand I'd take ... and a silence I'd break."



• **SCORPIO** (October 23–November 21) •

**March 1–7:** What is your heart telling you? Is it urging you to have a little fun and lighten the gray days? Is it urging you to express yourself creatively, enjoy more time with your children, or engage in activities that make you feel glad to be alive? Is it urging you to live more simply and to remove pointless complications? Or is it telling you to take a chance and live with more passion and authenticity? Whatever your heart is whispering, make a pledge to honor it.

**March 8–15:** A beautiful and soulful new moon

occurs in your zone of fun on March 13, bringing the opportunity to step into a lighter, more colorful phase of your life. Now is your chance to create more joy in your world, perhaps by focusing more on the things that give you pleasure. Life is serious enough, and you have to make an effort to relax, have fun, and play to restore your depleted spirits. Make time for recreation, creativity, games, and fun. But on a deeper level, this new moon reminds you that as the artist of your life, you get to create or change the script currently playing out. Your clue to how to change it can be found in those times when you feel inspired or divinely connected.

**March 16–23:** After the party comes the clean-up. As the Sun completes its journey through your zone of fun and authenticity, you should be feeling ready to get down to work, especially from March 21 when the mood favors being productive, organized, and on top of things. From this point, it might help to look at your life with a critical eye, seeing where there is room for improvement in your health, work, or the way you conduct your daily affairs. Without structure and routine, it can be easy to unravel at the seams, so see what needs mending, healing, or improving, and create a plan.

**March 24–31:** James Freeman Clarke said, “Never hurry. Take plenty of exercise. Always be cheerful. Take all the sleep you need. You may expect to be well.” In today’s rushed, wired, and stressful climate, it can be difficult to fulfill the wisdom contained in this prescription, but it can remind you of the task before you regarding your health and well-being. As the Sun aligns with Chiron — the wounded healer — and with the beautiful Venus in your health zone, your challenge is to maintain or improve your well-being. Perhaps you can choose one element of the quote to implement in your days. Venus, for example, is a fan of never hurrying; she favors the mantra “slow down and smell the roses.” This one small act of slowing down and being present to life’s sensuous beauty can have an immediate, positive effect on your well-being. Start with small steps, and know that whatever you do today will bear fruit tomorrow.



• **SAGITTARIUS** (November 22–December 21) •

**March 1–7:** As a lovely combination of planets gathers in your domestic zone, perhaps home is where you need to be. That might not always be possible, but if you feel the pull toward hearth and home, you should honor it as much as possible, for this is where you will find solace. If life is busy with many demands, make your home beautiful, soothing, and nourishing to counterbalance the tensions outside. This would also be a good time to bring more soul and spirit into your abode, perhaps with candles, incense, a fire, home cooking, fresh-baked bread, art and music, and less technology. You might have your own ideas for

what constitutes a soulful environment, but the more soul you bring into your home, the more likely you are to replenish and heal on an inner level.

**March 8–15:** The new moon in your domestic zone on March 13 is a good omen for turning over a new leaf within your home or family, and the key might be to let go with love. The other aspect of this new moon could be to bring inspiration into this area of life, so now would be a good time to redecorate, move your furniture to create a more pleasing dynamic, or make other changes that inspire you. You and anyone who shares your space can absorb that inspiration and go into the world and make it a better place. As Winston Churchill said, “We shape our dwellings, and afterwards our dwellings shape us.”

**March 16–23:** The domestic and somewhat quiet and internal theme continues until March 21. Until that point, focusing on your inner needs and the needs of those closest to you will be the order of the day. Again, the primary theme is inspiration with beauty and enjoyment close seconds, so incorporating these qualities into your home life and within you will reap positive results. When the Sun moves into your zone of fun and recreation on March 21, the emphasis changes from the internal to the expressive. Now you get to become more playful and childlike and be more creative or authentic. Being yourself is the challenge now, so consider how you might be compromising yourself and whether it’s worth the price.

**March 24–31:** It might often be overlooked, but play has great therapeutic value. As your mind relaxes, so does your body, and having a good laugh has a healing effect. Being creative or expressive through artistic means can also be healing, so singing, dancing, or painting can release blockages and stagnant energies. This week, as the Sun aligns with Chiron in your creativity and play zone, find a way to unblock yourself through a creative process. Art therapy would be perfect right now, but you don’t need to enlist the help of a trained therapist; you can get your feelings out through writing a poem, free-writing in a journal, creating a mandala, taking photographs, or creating a tune on a piano or guitar. Find what works for you, and let your inner child out to play.



• **CAPRICORN** (December 22–January 19) •

**March 1–7:** As the Sun aligns with Neptune in your mind zone, it would be easy to misread something, get the wrong impression, or see things in a way that best suits your agenda. All might not be what it seems right now, so be willing to be very honest with yourself about what’s real and what isn’t. Gather evidence and look for what is obvious. On the positive side, you are more likely to feel inspired or have psychic or strong intuitive feelings. But once again, make sure you’re using your intuition and not wishful thinking.

Channeling your inspiration into something constructive, such as your work or creativity, would be the best use of the current energies.

**March 8–15:** Inspiration could reach dizzying heights as a beautiful new moon occurs in your mind zone on March 13, opening doorways to extrasensory perception and connections with the Divine. Any form of communication, such as writing, teaching, speaking, lecturing, and so on, will be very much enhanced right now, so this is the week to put pen to paper or pick up the camera to communicate how you feel about the world. If you have a message you want to impart, now is the time to express it, either verbally or creatively.

**March 16–23:** Brendan Francis said, “A man is already halfway in love with any woman who listens to him.” Listening is an overlooked skill, and like watching, it can give you many clues about the world around you. If you pay close-enough attention, it can become a superpower, enabling you to see or predict what is going to happen next because you’ve observed the repeating patterns. Make time for quiet this week to listen, watch, and observe. You will begin to notice things about you, others, or life that you had previously missed and that can enable you to know what you need to do or say.

**March 24–31:** It is time to return to base and tend to your core self as the Sun joins Chiron and Venus in your domestic zone. You have an opportunity now to heal any family dysfunction, whether that’s mending a relationship or an unhealthy pattern or dynamic in your home life. It might be time to assess the integrity of your home and family to see what needs to be made whole again. Love and forgiveness will help, and refusing to entertain bitterness, resentment, or any sense of failure will go a long way to strengthening your situation.



• **AQUARIUS** (January 20–February 18) •

**March 1–7:** Pablo Picasso said, “The meaning of life is to find your gift. The purpose of life is to give it away.” Your material life takes center stage as the Sun aligns with Venus and Neptune in your money zone. Raising the vibration of your thoughts about money and income is key now, and perhaps the best way to manifest greater abundance is to access your source of inspiration. The subjects and activities that inspire you can reveal where you are gifted, and by making better use of your gifts and talents, you can become a greater magnet to the good things in life: money, possessions, or simple pleasures. The theme is finding beautiful and inspirational ways to become more abundant.

**March 8–15:** With a new moon in your material zone on March 13, this is the perfect opportunity to start fresh in financial matters and wipe the slate clean on some aspect of your material world concerning your work, income, thoughts and beliefs around money, or what you

value. For example, it might benefit you to gain clarity on your top values (money, freedom, beauty, security, creativity, health, or family, etc.) and make sure you’re living in alignment with those values. If you’re not, then now is the time to make some changes so that your life matches what you hold in high esteem.

**March 16–23:** If you want to have more, you need to give more, so if there is any aspect of lack in your life — money, love, or something else — perhaps you first need to give of this thing that you seek. Non-attachment is the key, so as well as giving what you feel you need, it might be appropriate to let go. For example, you might let go of a loss, your need for a possession, or your need to have a financial matter turn out in your favor. Hanging on to things or situations will be counterproductive this week, as the universe wants you to enjoy a simpler but more beautiful existence.

**March 24–31:** The little rifts and wobbles in your mind, from a dark or depressing thought to a fearful image that you keep picturing in your mind’s eye, can alter your frequency and spoil an otherwise positive attitude. This week, as the Sun aligns with Chiron and Venus in your mind zone, you have an opportunity to heal a particular way of thinking that does you no favors. This might be a tendency to slide into anxiety, guilt, or a need to have everything just so. Whatever it is, try to catch it and question its validity. It might have its roots in the past, but whatever its origins or reasons, using your thoughts to heal rather than to harm — whether yourself or others — is your challenge this week.



• **PISCES** (February 19–March 20) •

**March 1–7:** As the Sun journeys through your sign, this is your annual opportunity to create a new start, wipe away the residues of the past, and move forward in a way that feels fresh and invigorating. Think of it as your personal new year when you can contemplate what steps you need to take for your personal growth and development. With Neptune and Venus also in your sign, this could be a time of heightened spiritual and aesthetic awareness, so if you have any artistic or spiritual inclinations, this would be a very good week to immerse yourself in them. Focus on your source of inspiration, and make that the cornerstone of your days.

**March 8–15:** A beautiful new moon occurs in your sign on March 13 inviting further new beginnings, so this really is the time to be moving forward in some way and embracing all that is beautiful and soulful. In a world that seems to be under tremendous stress and breaking down, your sign is blessed with openings for spiritual wonder and inner peace, so make the most of whatever pleasant states you find yourself in, even if they run counter to the current state of affairs in the external



world. You can keep your frequency high by making time for meditation, art, beauty, and other soulful practices that connect you with the Divine. This is the biggest challenge and gateway to living life on a higher plane.

**March 16–23:** “Inspiration” is your keyword, making this a potentially magical time. You might find your inspiration in art, poetry, music, being in nature and watching the sun go down, or sitting by the sea. You might find that prayer, meditation, starting something new, or immersing yourself in a stimulating subject is inspiring. If you know what inspires you, you can move forward in a way that feels you’re really on track. This is perhaps best summed up by H. Thurman: “Don’t ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive.”

**March 24–31:** The theme of divine inspiration continues as Mercury unites with Neptune, enhancing your

psychic and intuitive sensitivity. This is an important week to trust your intuition and acknowledge any subtle impressions you might receive, as your inner self is likely trying to impart an important message. At the same time, the Sun makes his way through your money zone, making this an appropriate week to turn some of your focus toward the material side of life in your work, finances, or other practical matters. As the Sun aligns with Venus and Chiron, you might need to do some healing connected with money. If you focus on gratitude and abundance, giving thanks for all you have, you could experience a breakthrough in your material situation.

*Donna Taylor is an international astrologer and author with more than fifteen years of experience working with clients. If you would like to arrange a personal consultation with Donna, you can email her at [dt@creative-astrology.co.uk](mailto:dt@creative-astrology.co.uk). Donna also offers a range of in-depth astrological profiles, including the Spirit Guide and 12-Month Forecast. To find out more, go to [Donna-Taylor.co.uk](http://Donna-Taylor.co.uk).*

## Hold Accountable Those Who Are Responsible

Lynn Buess, MA, EdS

The global emphasis this month is on the distribution, administration, use, and misuse of authority and money, especially the application of emotional control over them. It is clear to see the multiple and major agendas at work amid the health and monetary crisis being injected on the global population at this juncture in planetary evolution.

Do you investigate those claiming authority and take time to know how your institutional money is being handled? Are you too busy to monitor decisions and policies being created on both sides that are hazardous to your health and well-being? Events of this time will soon reveal the extent of lies, abuse of funds, massive corruption, and treasonous acts taking place in America. Expect both the revolting and revealing from those you have appointed or have unwittingly let be appointed. It is time for citizens to ask for investigation and accountability rather than listen to announcements prepared in advance to deny and distract from what is happening.

Perhaps it is a wise suggestion to vote out all the politicians and clean house, especially the long-termers who have used seniority and power for personal gain. Closer scrutiny of our law and legal institutions and intelligence agencies could benefit us all.

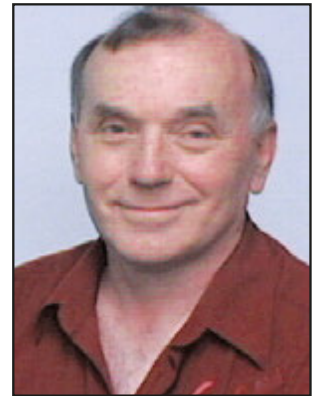
When seen from the settled and stilled scene of the

eternal spark, it is disheartening to watch the influence on the masses of one-sided, biased newscasting across the nation. A question arises for the struggling soul of light: Are you enslaved in the money illusion or ennobled by the confidence of trusting divine abundance and laws of supply?

There have been recent attempts to install an equal trade-value-backed (gold or equivalent) global monetary system. But it has been put on hold. There is also an attempt to install a digitalized system that puts money and power into the same hands as those who currently control it — and have for decades. JFK was assassinated trying to do the same. Which would you prefer? Are you willing to recognize who is shortchanging you and to defend those who have tried so hard to bring an open, a transparent, and an honest system?

### March Personal Numerology

To determine your personal year for 2021, add the sum of your month and day of birth to 5, the number of the universal year:  $2 + 0 + 2 + 1 = 5$ . For example, September 4 is  $9 + 4 + 5 = 18$  [ $1 + 8 = 9$ ]; thus it is a 9 personal year.



If you are in a **1 personal year**, even with social hardships happening around you, you have much to accomplish at this time. Your life plans might need to go through some reshaping, but the changes will have a silver lining in the end. You are encouraged to find a positive public response to your statements of truth that had been previously ignored or ridiculed by the misled. Pay attention to alternative monetary advice. Your social stance has been questioned by many, and now you find growing respect as your statements and predictions start to fall into place. Your invitation to an event with awakened souls turns out to be a major life experience in more ways than one.

If your family has a history of workaholicism, you could now get a glimpse of what that is doing to your family. You might have gotten yourself into a rut and are determined to explore a far-more-efficient way to manage your family time and growth. An unexpected setback throws a curve into your plans; at the same time, it serves as a catalyst to inspire a change of your modus operandi.

If you are in a **2 personal year**, you make a big choice to no longer let the stress of world conditions keep you from having the life you want. As the result of a greater inner connection, you are more prepared to take life as it comes. This is likely a time to break out and try some experiences you have previously set aside. Creativity overflows into your career as you add perspiration to the inspiration that came to you recently. You might find yourself pushing against the prevailing social opinions of those who make public decisions. It is important to let your voice be heard. Next time you will be more persuasive and on target with your contribution.

You could find yourself struggling with a lot of burdens and the excessive weight of anxiety brought on by external events, and you recognize some changes that you will be making. You will soon see the light regarding deeper issues involved and be able to take a dramatic step forward. A sudden idea comes to mind and leads to a quick solution to what was perceived to be an arduous task. Things get lighter by the end of the month, and you celebrate with gaiety and good-old-fashioned camaraderie.

If you are in a **3 personal year**, the anxiety of the times finds you thinking about making amends and healing mistakes from the past. This is an excellent time to clear up old negative issues within relationships and family ties. You have been through some pretty toxic stuff over the years, and you can now put much of that behind you. You have decided to honor and pay attention to inner abilities that have been long dormant. You are attracted to healing and realize that you have the potential to help others in some way. Real estate options might come your way that offer good opportunities even in a troubled market. Lasting satisfaction comes from working with others and completing a challenging effort.

You could find yourself a little melancholy and possibly depressed during this time. You are getting to some deeply hidden, dark secrets of your life. The stress of the times adds to the pressure, both without and within. It is time to take an honest look at toxic conditions that no longer benefit your life. You have been developing a piece of work that will soon be ready for submission. You have great ideas, and your enthusiasm could lead you to connect with the right associates who can help you.

If you are in a **4 personal year**, perhaps in seeing to your spiritual needs you have overlooked your physical needs. Balance within the body and emotions are just as important, and all levels work together and interact with each other. You might want to investigate some of the popular public notions going around that could have a huge impact on your life. A time will come when you will be asked to take a stand for truth. Are you sure what your truth is? An intense awakening of the sacred flame teaches you more about mind, body, and soul. Health issues arise, and symptoms should be confirmed for what they are. Trust and watch the universal pieces fall into place. Despite the negativity in the air, you are optimistic and fundamentally anticipate good things to come.

This can be a favorable time to investigate where you are in your personal journey of growth. You see the depth of your spiritual potential and have chosen a course of growth that is about to blossom in consciousness. You seek a new avenue where you can put your abilities to more practical use. Dare to let your dreams and wishes manifest into reality. What has been vague and evasive will soon become clear as you learn to ask the right questions.

If you are in a **5 personal year**, you will find time to discover some very sound financial tactics in an uncertain global monetary crisis. Money matters take a tantalizing twist, and your good fortune goes against the down-turned economic trend. You come into an unexpected source of funds that allows you to take some timely risks in your endeavors. The response to your innovations is positive beyond hope. Your ideas are uncannily in tune with the times, and you decide to share some of your rewards with those who are less fortunate. You find yourself handling a leadership role with greater maturity and social sensitivity. People trust your judgment, but you must be careful how you delegate responsibility.

For some of you, it's as if you are clonked on your head with the hammer of Thor. It is almost like being struck with a lightning bolt of awareness. Dreams and ideals have special influence at this time. Fate and self-chosen destiny overlap, and things fall into place, invigorating you with renewed enthusiasm and a boost in confidence.

If you are in a **6 personal year**, this is a cycle that can foster dreams, wishes, and ideals. Your ideas at this

time might seem unconventional to many and silly to a few. With a little tweaking and consulting with someone for solid advice, you will find value that can blossom into gold. You could be moody and emotional during much of this time. You aspire to be like a god. Your most refined spiritual aspirations reach out to elevate and expand in cosmic wisdom. This can also plunge you into dark spells as you witness cruelty and abuse in the world around you. You are challenged to live by your spiritual principles. You will have a perfect opportunity to demonstrate your highest principles when you encounter a special challenge.

You could have a peak experience in which you feel on top of most issues in your life. This is a blessing at a time when the world is spiraling into further crisis around you. You realize that your deep composure comes from much previous inner work. You seek ways to put your experience into a form of expression that can be applied to help others find inner peace as well.

If you are in a **7 personal year**, this is a good time to be confident, directed, and full of optimism about the future. Of course, that assumes you are viewing events from a higher perspective. You are willing to take initiative with conflicting social issues of the time. Your confidence excites you to achieve some previously determined goals, and this ambition brings people into your life who can help you achieve your wishes. You feel as if one foot is on the earth while you aspire to take a step up the stairway into the beyond. You realize you can be grounded and attuned to cosmic guidance and higher will. This is going to be very helpful, as coming social conditions will require you to operate from a space of such attunement.

Your inner connection is strong, and you feel a sense of growing trust with your inner guidance. This confidence also applies to your personal life. You work to resolve a conflict within your family circle. You now see through some old dogmatic messages from early religious training that added confusion to your spiritual path. These contrast with the inspiration you are receiving from your inner guidance. It is a test of faith and trust between you, your God, and your reaction to your ego's needs.

If you are in an **8 personal year**, you look to join a team of similar lightworkers in an effort to be stronger as a unit and help bring positive change. The proper delegation of authority might prove more effective as you face provocations by a group with ulterior motives. Your ability to match the right person to the right job is essential at this time. Late-night clubbing can be both inspiring and a drain on more important efforts. Be careful about placing blame elsewhere before you look further into the matter. You might find that you unwittingly created your dilemma. A final review of an important

project catches a potentially costly error. You might want a trusted third party to look over documents and papers before sending them out.

Pride can give you trouble releasing the control you believe you have over a situation. You are placed in a situation that requires you to trust another person to take authority. Time will confirm the truth, and you will grow stronger in your trust of your leadership skills. You might feel inspired to dabble with archetypal symbols and signs that stirringly enter your consciousness during this cycle.

If you are in a **9 personal year**, your imagination is bubbling with numerous suggestions regarding a pending project. The giddy atmosphere in which you find yourself makes it tempting to overstep your limits if you allow your ego to gain the upper hand. Impatience can come back to haunt you if you ignore input coming from others in this project. You have the inner gift and outer materials to see your vision manifest into the physical world. Perhaps the time is not quite right to go full steam ahead in getting your creations to the public, but you know the time will come, and you exercise patience by refining what you have. Next month will bring added clarity and a more practical view of how to manifest your inspiration into reality.

Someone near to you might want to force an issue of wills. It is easy to project blame on the perpetrator, but it is wise to see what within you attracted this confrontation. To ignore and overlook your part will bring the issue back soon, and in a stronger manner. Try not to get too serious and pass up a playful interlude. You are able to make decisions quickly and take the initiative necessary in the moment.

*Lynn Buess, MA, EdS, is a leading numerologist, international author and speaker, wellness innovator, and therapist. He has been active in the self-awareness movement for more than half a century. Since 1980, Lynn has practiced numerology around the world. His list of clients would make an impressive Who's Who list of international personalities. Lynn has published, among many other books, The Heart of Numerology. For more information, go to NumerologyRising.com.*

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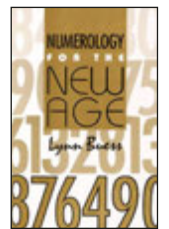
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# Release All Perception of Separation

Master Lady Kira Raa



Ascended Numerology works with all principles of nature in harmonic combination with sacred geometry and an ancient form of arithmancy (a system that assigns numerical values to letters). This sacred formula opens the gateway to the ascension vibration as miracles in action through the conscious connection with the law of instantaneous manifestation. Ascended numerology assists your soul's evolution into full mastery while in form.

## March 2021 = 12 + Infinite: Sacred Union and Mastery Completion

Your soul is calling, and it is time to acknowledge it. This is your moment of recognition. The number 12 is the ultimate trinity: the union of the 2 (sacred union of the body and soul) into oneness. March is the moment to release all perception of separation.

Divine oneness is here to express through you as divine inspiration. Gaze deeply at what causes you to feel separation or anxiety, and release it to your soul principle. Bring everything to this space, and notice how you gracefully restore your flow and ease. Let your precious soul lead. It is your time.

The March 2021 equinox opens an active ascension window that lasts through the March 2022 equinox. The active presence of this energy will be amplified and sealed at the September 2021 equinox.

## March = 7 (Prime Energy Pulses as Service through Awareness)

March ushers in a moment that humanity will feel and remember. The activation of the full release of Mercury retrograde will be enhanced by the second of four peak up-level moments of 2021. Service through conscious awareness will activate the expansion of your dreams and defy your mind. It will be a moment to truly manna-fest.

Each being of light from the primary energy is available for the resurrection to reconnect with the blue energy that birthed the cellular patterns that have become the genetic blueprints

of DNA for the human form so many eons ago. Primary energy simultaneously understands the responsibility and the divine nature of the code of the soul.

— the Essene Brethren  
through Master Lady Kira Raa

The emergence of primary energy is a miracle in action that will assist humanity to re-awaken. This might be overwhelming to hear and feel burdensome at times. The awakening of this prime-energy life experience will manifest unique challenges, all of which we agreed to for the assured awakening. Harnessing these lessons serves as a catalyst to assist us all to accept the blessings of our divine natures and offer others this gift through our presence.

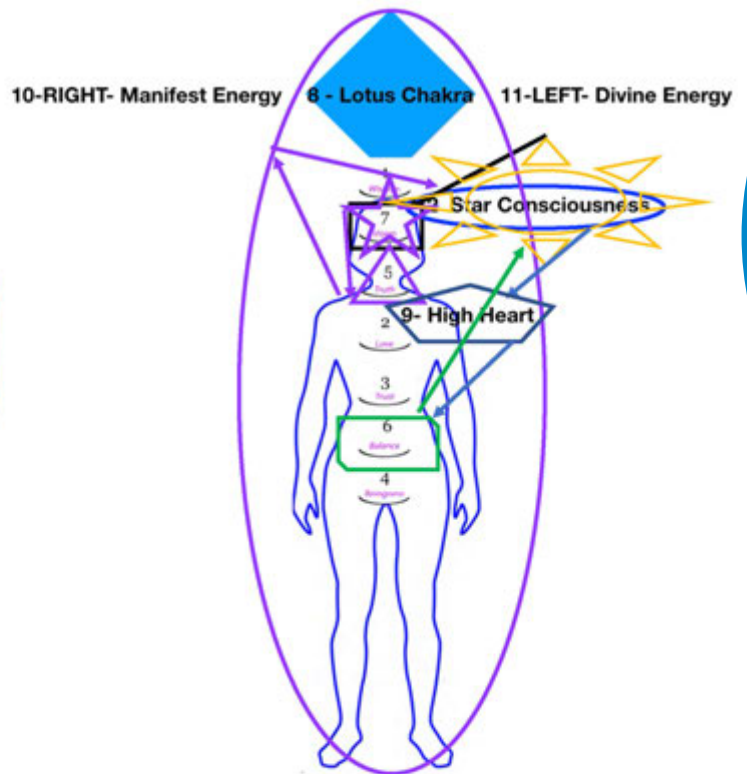
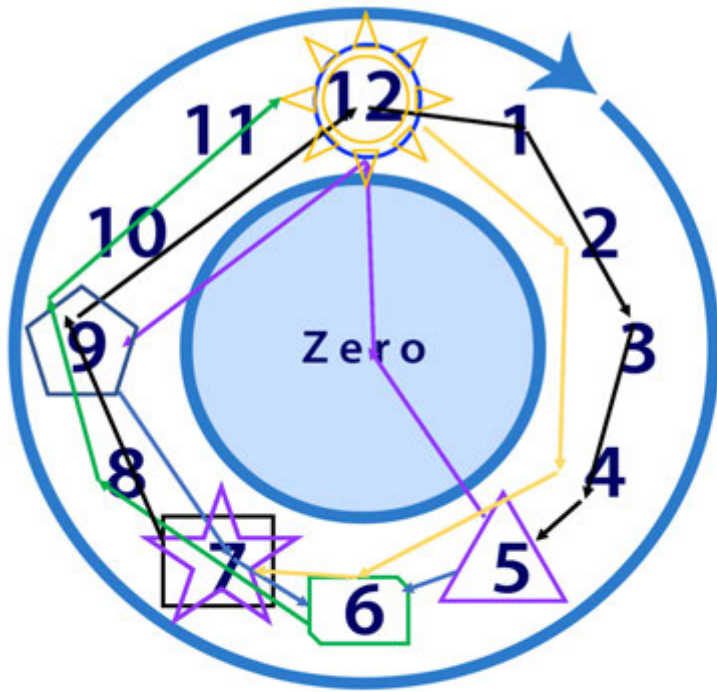
**Integration practice — the mastery breath:** The process of the mastery breath is to be consciously aware of your sequence of breaths. Focus on the gift of your mastery through deeper connection with your soul and physical body.

- Sit or lie down, and relax.
- Take in a deep breath; release the boundaries of your belief in the word “mastery.”
- Scan your physical body and your sense of beingness. Do you feel resistance?
- Take in a deep breath, and release as you connect with the following statement: “It is because I am a master that I have the experience of believing I am not.”
- Breathe again, and connect with the following statement: “In my mastery, I allow myself the gift of experiencing all as a novice.”
- Breathe again, and ask yourself: “Am I a master of illusion? Am I a master of Joy? Am I a master of creating chaos? Am I a master of love?”

It is time to free yourself, your mind, and your soul. You are the master.

## March Ascension Up-Level Dates

March 12 = 9, Mercury retrograde post-phase completes



## ASCENDED NUMEROLOGY FOR MARCH 2021

March = 7    2021=5+infinite    March 2021 =12 +infinite

Mercury Retrograde Post-phase completes: March 12, 2021 = 9

Illuminated New Moon: March 13, 2021 = 6

EQUINOX PEAK LEVEL: March 20, 2021 = 12 (as 6 + 6)

Full Moon energy: March 28, 2021 = 7

- March 13 = 6, illuminated new moon
- March 20 = 12 (6 + 6), equinox peak up-level
- March 28 = 7, full moon energy

### Ascended Numerology and the Physical Body Ascension Energy

The code of the soul is one with physical form, sharing the sacred union of body and spirit. This illuminating presence ever-patiently experiences the depth of your formed experience. As the energy of each month is revealed, ascended numerology also affects the physical body's experience of the monthly energy.

March 2021 is a fascinating journey of the higher chakras and your ability to believe your inspiration and wisdom. Star consciousness leads the way as the 12, the infinite, and the double 6 energy (that up-levels the overall monthly experience) arrives at the equinox on March 20. This powerful 6 energy is your balance. Notice that the 6 is the center of creation — the body's second chakra — and between March 13 and March 20 you will be creating anew.

What dream are you being called to create? Are you ready to create it? This is a moment when your clarity will support your divine mastery presence in miraculous ways. Pay attention to your throat and your flow of words and expressions. As the star consciousness (that sits about an inch above the traditional third eye) further activates and invites you to expand, your mind might want to jump in and challenge you.

As the month comes to a close, all is restored to the energy of the 7. This is the embodiment of the prime energy pulsing as service through awareness. The essence of March prepares you for the resurrection energy of April. Master, arise and say yes to you. Then smile and notice how far you are flying!

*Master Lady Kira Raa has been working with ascended numerology for over twenty years. She has witnessed thousands of people break free once the code of the soul is freed. She is a best-selling author, spiritual mentor, and radio show host; join her live on Tuesday evenings (5:00PM PST) on Soul Mirrors Radio at [YouTube.com/OfficialSriandKira](https://www.youtube.com/OfficialSriandKira). Learn more about Master Lady Kira Raa and her husband, wisdom teacher Sri Ram Kaa, at [SriandKira.com](https://www.SriandKira.com). Visit Sri and Kira at their retreat center in Ecuador, and fly into the depth of your divine being: [TosaBlueMountain.com](https://www.TosaBlueMountain.com).*

# Dreamy Inclinations

Michelle Karén



**How to Read and Use the Following Calendar:** This is not the usual Sun sign-based calendar. This is an event calendar that works for everybody, regardless of your Sun sign, to help you create what you wish to manifest in your life, such as signing a contract, selling or buying a house, getting a raise, going on a trip, or getting married.

For example, if you wish to figure out when to plant your garden, schedule a massage, or just relax, choose the Moon in Taurus or look at the last section of this article to see which day would be most conducive for any of these activities. If you wish to organize your desk or schedule an important meeting, use the Moon in Capricorn.

Refine your search by looking at the details of each day in the last section of this article and avoiding the void of course (v/c) Moon times. Kindly note that the days and times given below are in Pacific Standard Time (PST).

In a super-rare occurrence, this month has no retrograde planets, major planets changing signs, or eclipses!

## Moon Messages

The Moon will be void of course (v/c), forming no major aspect with any planet, before entering the following signs:

- Tuesday, March 2 between 6:09AM and 12:38PM when the Moon enters Scorpio
- Thursday, March 4 between 8:10AM and 2:43PM when the Moon enters Sagittarius
- Saturday, March 6 between 1:44AM and 6:20PM when the Moon enters Capricorn
- Monday, March 8 between 4:52PM and 11:41PM when the Moon enters Aquarius
- Wednesday, March 10 at 7:32PM until Thursday, March 11 at 6:44AM when the Moon enters Pisces
- Saturday, March 13 between 8:38AM and 3:44PM when the Moon enters Aries
- Monday, March 15 at 8:40PM until Tuesday, March 16 at 3:56AM when the Moon enters Taurus
- Thursday, March 18 between 1:40PM and 4:47PM when the Moon enters Gemini
- Sunday, March 21 between 5:04AM and 5:18AM when the Moon enters Cancer
- Tuesday, March 23 between 8:26AM and 2:56PM when the Moon enters Leo
- Thursday, March 25 between 6:27AM and 8:25PM

when the Moon enters Virgo

- Saturday, March 27 between 4:48PM and 10:22PM when the Moon enters Libra
- Monday, March 29 between 5:08PM and 10:33PM when the Moon enters Scorpio
- Wednesday, March 31 between 5:29PM and 10:59PM when the Moon enters Sagittarius

Mark these periods in red on your calendar, and avoid scheduling anything of importance during these times, as it would amount to nothing.

## Scheduling Your Activities Using the Zodiacal Position of the Moon

- Moon in Libra until Tuesday, March 2 at 12:37PM and between Saturday, March 27 at 10:22PM and Monday, March 29 at 10:32PM

This is a perfect time for relationships, associations, diplomatic exchanges with others, anything related to beauty (a haircut, buying new clothes, a makeover), art (especially painting and decorating), and pleasant social events (concerts, art exhibitions).

- Moon in Scorpio between Tuesday, March 2 at 12:38PM and Thursday, March 4 at 2:42PM and between Monday, March 29 at 10:33PM and Wednesday, March 31 at 10:58PM

This is a perfect time for scientific research, esoteric studies, self-transformation, shamanism, and dealing with the mysteries of life, death, and sexuality, as well as issues involving insurance and personal power.

- Moon in Sagittarius between Thursday, March 4 at 2:43PM and Saturday, March 6 at 6:19PM

This time is excellent for traveling, religious and/or philosophical activities, and matters related to higher education and the law. It is excellent for lecturing, learning, perfecting a foreign language, and exploring other cultures, as well as athletic training and tending to large animals, such as horses.

- Moon in Capricorn between Saturday, March 6 at 6:20PM and Monday, March 8 at 11:40PM

This is a great time for furthering ambitions, asking for a promotion, enlisting the support of people in positions of authority, making a good impression,



restructuring a business, and redefining long-term goals.

- Moon in Aquarius between Monday, March 8 at 11:41PM and Thursday, March 11 at 6:43AM

This is a perfect time for philanthropic activities, charitable organizations, meeting with friends, and making new acquaintances. It is also good for being involved with inventions, far out and progressive ideas, inter-dimensions and time travel, and anything related to UFOs, computers, and technology in general.

- Moon in Pisces between Thursday, March 11 at 6:44AM and Saturday, March 13 at 3:43PM

This is a great time for meditating, sitting by the ocean, anything related to the sacred, dancing, painting, swimming, dreaming, music, photography, filming, sleeping, channeling, and connecting with the mystical, the magical, and the oneness of All That Is.

- Moon in Aries between Saturday, March 13 at 3:44PM and Tuesday, March 16 at 3:55AM

This time is perfect for intense physical activities and anything requiring forceful, direct action, and self-assertion. It is also good for leadership, spontaneity, good will, being a way shower, initiating new projects, and taking the car to the mechanic.

- Moon in Taurus between Tuesday, March 16 at 3:56AM and Thursday, March 18 at 4:46PM

This is an excellent time for financial matters, such as paying bills, paying off debts, asking for money that is owed, investing in real estate, and buying and selling. It is also excellent for taking a stroll in the park, going to the countryside, connecting with Mother Earth, gardening, pottery, sculpting, and bodywork.

- Moon in Gemini between Thursday, March 18 at 4:47PM and Sunday, March 21 at 5:17AM

This time is ideal for multitasking, curiosity, any form of communication, exchanging information, sending e-mails, and calling friends and acquaintances. It is also great for social activities, attending conferences, reading books, watching documentaries, gathering data on various topics, and connecting with new people.

- Moon in Cancer between Sunday, March 21 at 5:18AM and Tuesday, March 23 at 2:55PM

This is the perfect time for family activities, especially those involving children. It is good for spending more time at home, cooking, nurturing yourself and loved ones, and inviting cherished people over for dinner. It's also a great time for drawing, creative writing, humor, and anything requiring imagination and a touch of craziness.

- Moon in Leo between Tuesday, March 23 at 2:56PM and Thursday, March 25 at 8:24PM

This time is excellent for glamor, dramatic performances, being in the public eye, throwing or attending an elegant party, playing with children, romance, and creativity in general.

### Rune of the Month: Rad (Wheel, Chariot)

This month, we need to check our resources and make sure our "vehicles" (bodies) are in divine order so we can get into motion and enjoy our journeys. After a few turbulent months, change is finally in the air, allowing us to perceive new horizons. Our dreams, visions, and inner voices reveal the lessons to learn and the roads to take. Those close to us and the new people we encounter will deliver powerful messages that we need to take into account for our adventures to become even more meaningful.



- Moon in Virgo between Thursday, March 25 at 8:25PM and Saturday, March 27 at 10:21PM

This is a great time for starting a new fitness program, learning, healthy nutrition, fasting, clearing out closets, cleaning the house, and reorganizing drawers. It's also perfect for detailed work, the focused use of intelligence, and taking care of small pets.

### March's Intentional Meditation

Our intentional meditation started with the full moon on Saturday, February 27. We took out as many blank sheets of paper as we had intentions and placed them near a window, on a balcony, or in a garden so that they would bask in the light of the full moon in Virgo. Once that moment had passed, we gathered our full-moon-charged blank sheets and placed them in a folder.

On Saturday, March 13 on the new moon in Pisces, take out your blank full-moon-charged papers, and write on each a concise, positive intention. Place them on a balcony, in a garden, or near a window so that they are out by exactly 2:21AM. Once that moment has passed, staple them together and put them away in a folder, expecting the manifestation of all your dreams.

Next month's intentional meditation starts on Sunday, March 28. Take out as many blank sheets of paper as you have intentions, and place them near a window, on a balcony, or in a garden so that they bask in the light of the full moon in Libra at exactly 11:48AM. Once that moment has passed, gather your full-moon-charged blank sheets and place them in a folder.

### March's Astrological Events

**Wednesday, March 3:** Venus sextile Uranus (9:09AM), Mars enters Gemini (7:30PM until April 23). Charisma is intensified. A love relationship could turn into a friendship while a friendship could become a love affair. We are drawn to eccentric characters we meet in unusual circumstances. We seek to find balance between intimacy and freedom. Money comes in new ways with sudden gains and

possible unexpected losses. During the next seven weeks, we could find ourselves drawn to doing many things simultaneously. Needing movement, our energy could be scattered by curiosity. Gemini natives are favored.

**Thursday, March 4:** Mercury conjunct Jupiter (7:27PM). Positive thinking opens many valuable new doors. Legal, religious, and/or educational matters are beneficial. We express our ideas with warmth, enthusiasm, and confidence. Our faith and trust in life and in ourselves attract exciting opportunities that might prove lucrative. Focusing on the silver lining of every dark cloud helps us find wonderfully creative solutions.

**Wednesday, March 10:** Sun conjunct Neptune (4:01PM). We could feel particularly dreamy today, so this is not the best time for focusing on details or legal matters. It is an excellent time for going with the flow and feeling inspired and romantic. Watching a good movie, reading an enchanting novel, or engaging in artistic activities are wonderful uses of this mystical transit.

**Saturday, March 13:** Venus conjunct Neptune (8:08PM). A romance could feel ideal yet remain a platonic dream. We could be enchanted by a movie or a novel that lifts us out of the grey zone of daily reality. We seek harmony, balance, peace, and beauty. This is an inspiring transit for artists.

**Monday, March 15:** Mercury enters Pisces (3:26PM until April 5). During the next three weeks, our minds are dreamier than usual. We are artistically inclined and drawn to mystical topics. Intuition and psychic abilities are particularly enhanced. Our nocturnal dreams could be very vivid and even prophetic, but our powers of concentration and attention to detail are not the best. Mental confusion could occur when dealing with matters requiring rational logic.

**Tuesday, March 16:** Sun sextile Pluto (11:26AM). Some people around us could be manipulative. This is a good day to be flexible yet uncompromising. Cooperating without sacrificing integrity brings out our power and inspires others to follow our lead. We X-ray situations in ways that help us find new solutions to existing challenges.

**Thursday, March 18:** Venus sextile Pluto (10:20AM). We could feel intense emotions today, and a relationship could feel fated. A project we have built over time with courage and determination could become particularly lucrative. Our sense of power is linked to the abundance we are able to manifest and the passion we feel and inspire in others.

**Tuesday, March 20:** Sun enters Aries (2:37AM until April 19). During the next month, we could feel more impulsive, enthusiastic, dynamic, and courageous than usual. In our need for excitement and adventure, we might leap before we think. This could bring resolute, forward movement in our lives that frees us from the old to explore the new.

**Sunday, March 21:** Venus enters Aries (7:16AM until April 14), Mercury sextile Uranus (4:35PM), Mars trine Saturn (7:35PM). During the coming month, our emotions are spontaneous and impulsive. Either we love someone right away, or it will never happen. Both in love and in financial matters, we could leap before we think. Particularly today, we tend to think completely outside the box, and innovative ideas are appealing. We are drawn to extraterrestrial information. We make friends easily with unusual people we meet in uncommon circumstances.

**Tuesday, March 23:** Mercury square Mars (8:26PM). Tempers could flare easily today; road rage could happen in an instant. It is best to stay clear from potentially aggressive people and violent situations. Conflicts caused by anger could quickly degenerate, causing impulsive exchanges of words we later regret. Try to stay low.

**Thursday, March 25:** Sun conjunct Venus (11:58PM). This is a wonderful day for a pleasant social gathering. We are diplomatic and act with elegance. Luxury items are attractive. We are drawn to peace, harmony, beauty, and art. It's a great time for a makeover, buying new clothes, acquiring a painting, or tastefully redecorating our homes.

**Monday, March 29:** Mercury conjunct Neptune (8:24PM). This transit is excellent for artists, channelers, and healers who are particularly inspired. It's not so good for rational work requiring attention to detail. It is definitely not a day to sign legally binding documents, as there is a good chance for misunderstandings and missing the fine print. We are impressionable and should avoid scary movies, bad company, drugs, and alcohol. Psychic abilities are greatly enhanced, enabling us to develop higher consciousness that helps us see life from a more enlightened perspectives.

**Tuesday, March 30:** Venus sextile Saturn (8:47AM). This is a good day to face a love relationship with great honesty. If the relationship hasn't outgrown its purpose, the connection could be solidified and maybe made official. We are cautious, responsible, and grounded in financial matters. The money made today gives a valuable sense of security.

**Wednesday, March 31:** Sun sextile Saturn (2:04PM). Today we can accomplish a lot more than usual. We are serious, focused, disciplined, and efficient. Our decisions are mature, grounded, and responsible. It's an excellent time for clearing our desks of backlogged work and making solid plans for the future.

Wishing you an enchanted month of March!

*Michelle Karén became aware of her psychic medium gift as a child and became a professional astrologer at the age of fourteen. She has a master's degree in philosophy and a diploma from the Faculty of Astrological Studies in London. Her graduate studies were in Medieval Horary Astrology. To learn more about Michelle, go to her website, MichelleKaren.com, or contact her at michelekaren@earthlink.net.*

# Align Your Personal Rhythm with the Cosmos



The Egyptian Cat Beings through Mary Elizabeth Hoffman

March 2021 is all about discovering ways to align your personal rhythm and vibration with the incoming harmonizing energies in your surroundings, thoughts, and process of harmonization with your body, mind, spirit, and emotions. These are all spheres of influence and interconnectedness between self, others, and the world at large. They receive vibrational input from the Aquarian point of avatar. This is the aspect of the Sphinx being faced head-on, giving the members of the human kingdom their own personal riddle, whose answer determines alignment with the soul-heart's destiny. Vibrational harmonizing energies, messages, and attunements are received in waking, dreaming, and meditative states. These empower expansion, vision, and ability to express these harmonious energies regardless of the appearance of outside circumstances.

Toning, music, drumming, and sound patterns and rhythms in nature and its cycles help to maintain this balanced reciprocity with all within your vicinity. Those whose vibration and alignment are incongruent will seek alternative locales in which to reside. It is extremely crucial that each person go inward to seek harmony, tone, and rhythm rather than following that of another.

March 2021 is all about healing the heart and finding harmony with your love relationship to self in all times, spaces, and dimensions and expressing this fully in the world. New comprehensions of Eros on Earth and the truth of passion for all life and all beings (plant, animal, mineral, and human) facilitate a triadic, multi-optioned way of perceiving and envisioning deeper interrelationships with all kingdoms of the cosmos (devic, imaginal, elemental, angelic, integral, creator, and human). Mars in Taurus facilitates the ability to seek new directions, open portals between dimensions, and invite and invoke loving assistance of beings from alternate realms. These interactions are meant to be an exchange of thoughts and ideas.

If at any time the interactions with beings from any kingdom of the cosmos appear coercive or threatening, know these beings are projections reflecting ego delusions rather than what is in the wisest and best interest of all beings. Realign with the harmonious crystalline jewel of truth and balanced reciprocity, and these fear-based energies will quickly dissipate.

## Cosmic Music

The use of music, dancing, tones, and being in nature (especially around water) will align you with the music of the cosmos pouring into the earth and bringing all into harmonious balanced reciprocity. Resistance or fear of these energies might bring about mental, emotional, physical, or spiritual diseases. The variety of ways these might manifest is determined by your level of fear and limiting or rigid beliefs. There is no blame, retribution, or judgment, as this is based on each person's soul-heart and karmic choices.

Ma'at, Egyptian goddess who carries the feather of truth, weighs the heart of each being in the cosmos in every kingdom including human. In order to align with the evolution of the cosmos, the assessment of the soul-heart is necessary as the Age of Aquarius begins amplifying Earth's sacred geometric grid in preparation for reconnection with the rest of the cosmos.

This powerful shift in cycles can be done with ease in attunement with the soul-heart's destiny, direction, and guidance. This brings through a deeper awareness, comprehension, and knowledge of your soul's gifts to Earth expressed and shared in loving ways.

Following the soul-heart's destiny of life-affirming, expansive energies facilitates ease in crossing the bridge between past, present, and awareness of all future possibilities. When the busy ego-mind attempts to derail this process, seek alternative ways for nurturing and loving the self that feed the soul-heart. These can be as simple as lighting a candle and saying a prayer or as elaborate as creating a sacred space, stone circle, labyrinth, or firepit.

All actions, words, and deeds are sacred, especially when done or said with conscious intention rather than rote, unconsciousness, or following the expected or patterned way of the past. Seek guidance from your soul-heart regarding your sacred space. It might be a hike in the woods, a walk on the beach, or something as simple as being open to guidance in your shower or sitting on the toilet. Everything everywhere — all acts, deeds, thoughts, and feelings — now carry powerful energies whether conscious or not.

The soul-heart listens now and responds in kind to



all requests aligned with your destiny. When these requests are no longer aligned with the soul-heart's destiny and come from fear or ego, chaos and disruption will ensue. Alignment with the soul-heart's destiny is important as the Aquarian vibrational energies of light, life, love, connection, communication, and cooperation come online with the cosmos.

### The Initiation Journey

The new moon in Pisces on March 13 at 2:22AM PST brings a stellium of planets conjunct in Pisces: Sun, Moon, Neptune, and Venus (the bridge stellium). It also brings a stellium in Aquarius: Mercury, Jupiter, and Saturn (the harmony stellium). This activates the great shift back into balanced reciprocity (the figure-8 flow between all things and interconnectedness within the cycles). Water and air elements, sound, and flow will be huge facilitators of harmony, releasing the old to make way for the birth of the new. This is an initiation journey the souls of the human kingdom are traversing, sometimes alone and sometimes accompanied in discovering the soul-heart's destiny. For those so inclined, reviewing *The Hobbit* and *The Lord of the Rings* trilogy might inspire you.

The use of sound, toning, breath, and water (drinking, bathing, showering, soaking, or being near oceans, rivers, lakes, or streams) will help you maintain balanced reciprocity with self, others, and your environment. The use of colored objects for drinking and quality oil-scented soy candles and incense chosen with the soul-heart's guidance enhance the ease with which this individual initiation journey is experienced.

The Aries Earth equinox is on March 20 at 1:30AM PST and creates a huge harmonizing window. Words, sounds, tones, and vibrations of breath can be utilized to release blocks, fears, and limitations, as well as expand past the beliefs or restrictions accepted previously, individually or collectively. Alignment with the soul-heart

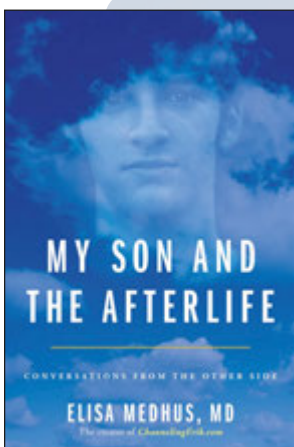
creates a wide path that when expressed with written or verbal word brings about profound healing techniques over the coming months. It releases the current soul influx from much of its self-imposed disempowerment in a wise and responsible manner.

A large departure of members of the human and other kingdoms is possible during this time as some might be unwilling or unable to accept the Eros, heart-connected energies from the Divine Masculine flowing into the planet. All is free will and choice. Should the teenage rebellion against self-responsibility within the current soul influx continue, self-induced karmic consequences to rebellious actions will become swifter in order to reestablish balanced reciprocity.

On March 28, there is a full moon in Libra, creating a grand square with Cupido in Capricorn, the Sun, and Chiron; Venus in Aries; and Hades and Kronos in Cancer. This brings about alignment and balance between the head and heart, heaven and Earth, the masculine and feminine, and the inner and outer. The figure-8 flow of balanced reciprocity designed to align one with the multitudes of third points of synthesis rather than either/or, black/white, or right/wrong ego ways of perceiving is amplified by this full moon energy.

The more you seek to discover the alternative directions and cosmically aligned flow of the power of the universe, the greater your potential for creativity, diversity, expansion, love, and growth. Alignment to these energies opens a plethora of options, directions, and paths individually and collectively. The Cat Being jaguar energies of Ma'at are available to assist in discovering the ecstasy that awaits all members of the human kingdom returning joy on Earth. Follow your soul-heart.

**Mary Elizabeth Hoffman** is available for private consultations as well as balanced-reciprocity intensives for those who desire to implement these energies into their daily lives. For more information, go to her website, [CatBeings.com](http://CatBeings.com), or her Facebook pages: [Mary Elizabeth Hoffman \(Cat Beings\)](#), [Cat Beings](#), or [Cat Beings Oracle](#).



## MY SON AND THE AFTERLIFE

CONVERSATIONS FROM THE OTHER SIDE

BY ELISA MEDHUS, MD

Dr. Elisa Medhus never believed in life after death. As an accomplished physician, she placed her faith in science. All of that changed after her son, Erik, took his own life. Then one day, he reached out from the other side.

Intimate, heartbreaking, and illuminating, *My Son and the Afterlife* takes readers on a journey from grief and skepticism to healing and belief.

At once tragic and uplifting, Erik speaks from the other side to describe his own experiences and provide new answers on the nature of souls, death, and the afterlife — answers that have the potential to change our lives forever.

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# FEATURES



## Benevolent Outcomes

Tom T. Moore



### The Power of Requesting MBOs and BPs

If you are a new reader of the *Sedona Journal*, or just have never tried it, let me review why you should be requesting most benevolent outcomes (MBOs) and saying benevolent prayers (BPs) for others each day:

- It works perfectly with your soul contract (AKA soul path).
- It lowers your stress level and reduces your fear level; therefore, it is healthier.

Scientists will prove one day that requesting MBOs out loud creates an energy not yet identified.

- It raises your vibrational level, which all souls aspire to do (AKA ascension).
- It keeps you on your soul contract, which, because we are veiled, we cannot see or know.
- You can see results or feedback immediately when you start with mundane requests.
- There is a radiant effect on people in your sphere of influence.
- You will have a spiritual connection that, at times, feels physical.

There are a few simple rules to follow:

- You must physically ask for the assistance. Our guardian angels are instructed to only assist when we ask for it.
- Requesting MBOs is specifically

for you. Say benevolent prayers for other people and beings.

- They must be benevolent for everyone connected to the request. (You can't ask for something bad to happen to someone.)
- The request should be said out loud; however, if you are not physically able to do so, write the request.
- There are no limits on the number of MBOs you can request in a lifetime.
- You only need to request an MBO once, but you are not penalized if you wish to say it multiple times.
- Make requesting MBOs and BPs a habit, or you will slowly forget to use this great tool in your hectic life.

If you are not already doing so, begin requesting MBOs and saying BPs today. If you have gotten out of the habit, recommit to this practice. It is the best and most powerful self-help tool you can use in this life.

#### Desirable Results

**From Tom:** I took my dream journal over to the Fed Ex office, where they also do printing. I requested a most benevolent outcome for a safe drive there, to be waited on quickly, and for a safe drive back to my house.

I've been recording my dreams

every morning since 1979. Needless to say, I have boxes of dream journals. I ordered 150 pages, printed double-sided, with a ring binder and light cardboard covers. Gentry, the lady who assisted me, said that they could be printed in fifteen to twenty minutes for an additional priority fee of \$15, or I could return the next day. I'm trying to go out as little as possible, so I said I would wait. I went out to my car while they were being printed, as there was a steady stream of people coming in.

When I returned inside, my order was ready. We have an account there, and although I was paying for the printing then, she had a hard time attaching the small discount. Finally, her boss said, "Give him 20 percent." This resulted in the cost being reduced by \$15! PLUS, Gentry also gave me a \$20-off coupon for our next printing. That was a nice benevolent outcome.

**Sandy writes:** We have been having plumbing issues, as we do once a year. It is because our trees see our sewer pipes as a source of water and fertilizer and thus they grow a giant root ball inside the

pipes. This clogs the pipes and gradually makes the toilets unusable.

I requested an MBO because I was not having any luck communicating with my landlord: “I request a most benevolent outcome for the plumber to alert me with a phone call when he/she comes out to fix the problem in our plumbing involving a root ball growing in our sewage pipes before the end of the workday on Friday. I thank any and all beings, most especially all guardian angels involved.”

The plumber was late, but at least he arrived. He repaired the tree problem for another twelve months.

### Nagging Sweet Tooth

**Siddharth in India writes:** My daughter wanted to bake a cake and needed a particular notebook made by her mother. But both mother and daughter could not find the notebook anywhere in the house. Then they requested an MBO: “I request an MBO for finding the notes quickly, and may the benefits be more than we can hope or expect.”

Then my daughter suddenly got the thought to check the cupboard in the master bedroom, which was already searched by her mother. My daughter even asked her mom to check a particular drawer, and lo and behold, the notebook was there. Both were very happy, and we all enjoyed the cake.

We also used MBOs when my family wanted to make a particular Indian sweet for Diwali, which is very tough to make. MBOs really helped. About 90 percent of the recipe was precise, but due to a small mistake, the dish preparation and results became very doubtful. It would not have been possible to redo the recipe from scratch, as it takes days to execute. But the MBOs helped and the dish came out surprisingly good. Thanks to the angels we were able to enjoy some great sweets during the Diwali festival.

Now my family members are

also becoming believers in MBOs. I want them to use them every day.

**From Tom:** My wife, Dena, needed to use our pie servers for our pecan and pumpkin pies during Thanksgiving, but they were nowhere to be found. I looked too, pulling out most of the serving utensils in the drawers, where they should have been.

We requested an MBO to find them, and then in my meditative session, I asked: “Theo, what happened to our pie servers, as we cannot find them?”

“You could say that they are being used elsewhere, Tom. Timeline 5 is the culprit — a little sharing, shall we say? You will find them again. Just request an MBO.”

We requested another MBO. Naturally, that evening, Dena searched again in the same drawers, and there they were.

### Fast Results

**Severine in China writes:** This week, I had a bad skin rash, which was actually eczema. It started on Tuesday. I wanted to wait for the weekend for a consultation, but it was so bad on Wednesday night that I had to call in sick on Thursday to see the doctor first thing in the morning.

I requested an MBO to see the perfect doctor and to receive only the best treatment. I also requested an MBO for all the prescribed meds to be fully blessed by my GA and that he raise the meds’ vibration to be effective and benevolent for my body. A family member requested the same as a BP.

From the first application of the meds, I felt much better, and it lasted the whole day. But at night, some discomfort came back, so I said: “I firmly requested an MBO for this discomfort to stop. Thank you.” Within a few minutes, I was asleep. Today, I feel I am on track to being fully healed.

I used MBOs for another issue. As I am a foreigner in the country

where I live, I have to register at the police station every year. This year I failed to do it on time. Technically, I could have been fined.

I requested an MBO for having a very nice agent to register me and not to be fined. I asked any and all beings to bless the agent who would be doing my registration with white light and that the outcome be better than expected. I was the only one to apply yesterday, so no boring queue. The agent was a very kind lady. The whole process went smoothly and fine-free.

### Laura writes from Nebraska:

So my 2005 Honda Accord dash was making a horrible squeaking noise. I looked it up to see what to do, and the prognosis was not good. It was cold. I prayed and asked for an MBO, and it stopped.

The weather was warm, and then it got cold again, as I am in Nebraska. And the noise hasn’t returned. It took a few weeks before I actually realized how stable and quiet it is again. What a gift! I am sending love to you and all the MBO gang.

### Unexpected Blessings

**Linda writes:** Last November I decided to make outdoor arrangements and wanted pinecones for them. I own twenty acres with lots of pines but could only find a few small ones. I even requested an MBO but came up empty.

This year as I was raking leaves, I noticed lots of pinecones. I started picking them up and ended up with a wheelbarrow full. This was a late but benevolent response.

**Severine writes:** Very often, there are traffic jams on my way home. There are only two main roads. You can get stuck on either side, but it depends on the day and the timing.

I requested an MBO to choose the best route and for all traffic lights to go green immediately for me. I asked to arrive at home as



early as possible. I also request a daily MBO time compression.

The cab was headed along the first route when we decided to make a U-turn. That was the worst option for that day according to the GPS, but it worked perfectly. I arrived home earlier than expected.

Daily I say: "I ask any and all beings to assist my son in having a perfect nap with healing energy and that this nap is benevolently adjusted so that he can still fall asleep at night — tonight. Thank you!" Yesterday he woke up almost thirty minutes late but still fell asleep at the usual bedtime.

I say this mantra daily: "I expect

great things today, I expect great things tomorrow, and I expect great things all this week," as you recommend on the signs page of your website, along with all the other daily BPs there.

### BP for the World

**Sriranjam writes:** I have been playing around with the wordings of BPs. The following BP played in my head recently: "I now send white light from my heart to the core of Earth, the Sun, and all the universes across all timelines. May the light go to where it is needed the most. And may the outcome be better than I hope for and expect. Thank you."

When I first said this a few days ago, I felt a small wave of excitement wash over me. Since then, this BP makes me feel good each time I say it.

"Nice BP," I thought. What do you think?

**From Tom:** I think it is an excellent benevolent prayer.

*Tom T. Moore is an author and speaker. His books include The Gentle Way series, First Contact: Conversations with an ET, and Atlantis & Lemuria: The Lost Continents Revealed. He was voted best self-help author for the past three years by the readers of a health magazine. He is a telepath and answers questions from all over the world in his weekly newsletter. To learn more or to subscribe, visit theGentleWayBook.com.*



## The Secret Wisdom of Animals

through Kim Malonie

### Creator's White Buffalo Maiden

Hi, everyone. I am the white buffalo calf that was recently born [location and names withheld to protect identities]. I'm so excited, and I want to bring you a message of hope, harmony, and female empowerment. After all, I am a female [laughs]. I also come with a message of abundance, manifestation, sacredness, unity, and positive transformation. I am an indication of positive changes to come with the fifth dimension and the birth of the New Earth. These things will be more prevalent in the coming times: love, respect for one another, and peace and harmony for all humankind on Mother Earth.

I'm going to physically jump all around here, as I often do. I have so much energy! So bear with me if my energy changes a few times as I'm talking and sharing. Do you realize that I am extremely rare? I am really special, and I'm here on a mission to help humanity. You'll have to excuse my excitement as I talk. I'm just so excited to be here and to

have a voice to speak with all of you. I know you'll understand why I can hardly contain myself [smiles]. Don't you just love my teeth? You are all so totally amazing and awesome.

Deep breath in, visualizing the number three. Breathe out slowly. Deep breath in, visualizing the number two. Breathe out slowly. Deep breath in, visualizing the number one. Deep breath out. Okay, That brought my energy down; I've calmed down now [giggles].

I am very honored that members from Montana's seven main indigenous tribes gathered to honor and celebrate my arrival: The Creator's White Buffalo Maiden. I am not a very good timekeeper, but for eons, the Creator has used buffalo to provide indigenous peoples with sacred messages and prophecies. I feel so honored and blessed to be part of this again. I want to let you know that your prayers and meditations around the world are being heard and manifested. The light has won!



The prophecy is being fulfilled, and the Sacred Pipe is being honored.

### My Legend

This is my condensed story, or rather my legend. *Washtia-penomea* (thank you) to my "brothers" Shayne Kellberg, Jason Thompson, "Montana Monty," and the highly regarded Lakota-Sioux elder. You have all been instrumental in helping me bring my legend to everyone. (Keep in mind that all nations and peoples have different translations of my legend [winks].)

My story takes place out on the prairies. The people were going through a very difficult time, to say the least. Whatever could go wrong did go wrong: drought and all forms of hardship you could ever imagine. They experienced major struggles and strife on a grand scale.



Photo 1. Faith says, "I'm a wee bit dirty today, but I'm still beautiful and in my power."

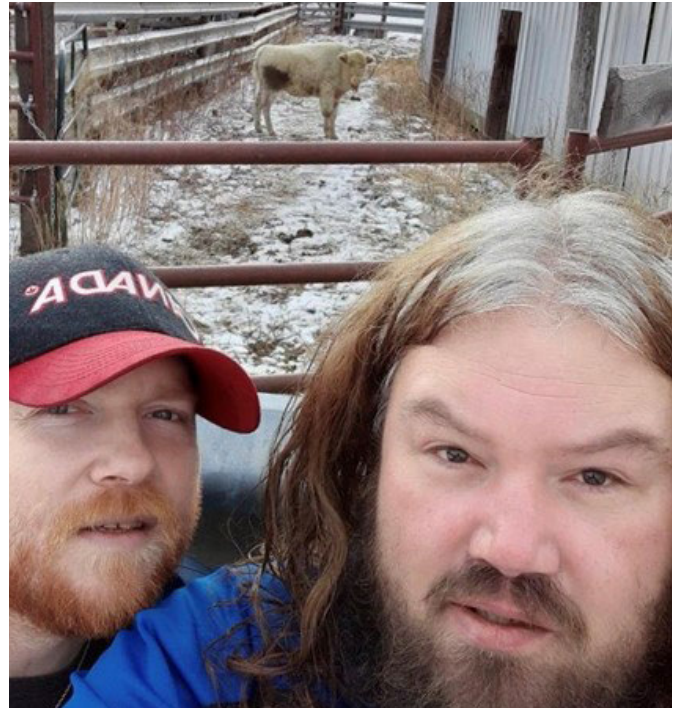


Photo 2. The buffalo reporters at Faith's ranch: Shayne Kellberg and Jason Thompson.

Young men were sent out to see what they could find for food and bring back for their people. They traveled for many, many days. One day, they came across an odd sight. In the distance near a hill, an odd-looking cloud appeared; it did not seem of this realm. The closer they got to the cloud, the more powerful the energy it radiated with immense vibrations.

Needless to say, the young men were absolutely terrified, but as they ventured closer, a beautiful woman stepped out from the cloud. She let them know there was nothing to fear. She referred to herself as the White Buffalo Calf Woman and said she had a message for them. She asked them to go back to their people and have them set up a temporary lodge or teepee in the center of their community. She would come and share many gifts and teachings.

When she visited the community, the people noticed outside the village a white cloud that once again did not appear to be of this earthly realm. Out stepped a magnificent white buffalo who turned into the

beautiful woman dressed in white buffalo buckskin that the young men had met. She met with the elders, sharing, caring, and teaching many things. She told them she would always be with them.

Many days later, as she turned and walked back into the cloud, she manifested into a magnificent white buffalo. She left the people with love and hope, and as she had promised, the buffalo returned over time, providing for the people.

### Symbol of Love and Hope

The fact that I have arrived at this time is a symbol of light, love, hope, harmony, and female empowerment. You shouldn't argue with a buffalo, especially one such as myself, since I am a powerful Divine Feminine energy [smiles and giggles]. Every day is a new victory of light, and in the future, no one will go hungry; everyone will be taken care of. Do not be afraid of the changes coming to the New Earth. Replace your fear with love. There will be peace and harmony for everyone. Earth is moving to the

fifth dimension, and you're coming with her.

That, my dear beloved friends, is my legend and legacy of me, the White Buffalo Calf Maiden. I hope you enjoyed my story [big buffalo hug]. Can you feel the power? [Giggles.]

I ask all of you — my brothers and sisters, lightworkers, light holders, light warriors, spiritual masters, starseeds, and so on — please send protective energy to surround me, for there are still nefarious people who wish me harm, and I must and will be protected. *Washtia-penomea*. Thank you.

Namaste, my friends. Keep holding the light!

*Kim Malonie* is a natural born Animal Communicator/Animal Whisperer. She has been communicating with animals for over 30 years. She has consulted thousands of animals worldwide and made radio and media appearances. Kim helps all animals resolve their physical, emotional, and behavioral issues. Long-distance consultations are available. Kim is the author of *The Secret Wisdom of Animals Revised* on Amazon ([tinyurl.com/y6ctmsx7](https://www.amazon.com/y6ctmsx7)) and *Kobo* (distribution to be expanded). "What is your pet trying to tell you?" Visit her website to see how she can help you: [TheSecretWisdomofAnimals.com](http://TheSecretWisdomofAnimals.com). Contact Kim at [kmalonie@eagle.ca](mailto:kmalonie@eagle.ca) or 905-342-5312.



# Ask the Angels

Cheryl Gaer Barlow and the Angels

## Are the Angels with Us?

*I'm scared for the country, the world, our children, and for the future. Are the angels with us? Are they going to help us?*

— Angela, Port Charles, FL

**From the angels:** The most urgent message to the souls of Earth is to be kind to all you encounter. The world of Earth is heading into a culture of foulness and chaos. Break out of the crowd, and be true to your value system. Let your sacred soul lead your life. The ethics and morals of your individual soul must rise in goodness to combat the planned events in human minds.

As thoughts soften and emotions calm, love will begin to flourish on Earth, and nations will follow with peace and cooperation. Souls will choose to halt wars. The thoughts of a single mind can slow the development of pain and suffering. It is urgent that each of you on Earth use your thoughts in enlightened ways to effect change. As new generations dismiss the wisdom of the old, anger and fear increase. Be your soul, and let it lead your actions and words. As the world becomes more vulnerable, people from other worlds will come to help deter world wars.

This is not a prediction but a glimpse of probabilities of the future. Be a soul of compassion, integrity, and worth, for your character will be known by all heavenly features. As world tensions rise, chaos prevails. People will fight, thieve, and make wars of anger. As chaos threatens global peace, angels will watch and help, as will people from other worlds. When angels affect the workings of troubled minds,

miracles will be cited around the world.

A new spirituality will blossom, but the majority of souls will rebuke the sacredness of religion and the belief in God. This will not change until the world is restored to peace. Monetary concerns will affect global economics. Nations will meet to try to bring peace.

Calm can be restored to the world with individual and group prayer. Don't underestimate the power of one single prayer to affect change and work wonders. To sincerely feel the pain of others and give your hopes for them instead of yourself is a prayer given the highest worth. Most mortals are not capable of this depth of feeling, as the surface wish is to benefit oneself. The power of thought is more than those on Earth can imagine.

*Do people who purposely do bad things to others get punished in heaven? Is it better that we should try to get revenge here on Earth?*

— Cheris, email question

**From the angels:** God does not punish people. People punish themselves. Their souls are heavy for their deeds, and they are aware of all misdeeds during life. They try to make amends to the person hurt, and to God, for they have not been the soul of the highest.

The soul will punish itself by whatever it conjures as retribution, such as an impairment during a new lifetime on Earth. Since Earth life is short, many souls predestine themselves with specific ailments to bond closer to God when that life is over. Each soul on Earth is in a walk



toward God. Souls feel the need to correct errors in life and rectify harms they have done to others.

**From Cheryl:** The holy angels of God gave me this prayer about meditation and being with God in your soul:

Open your heart to hear the words of God speak through the sacred angels.

Feelings of love, pain, joy, and sadness mingle in the heart of the soul.

We try to filter wisdom and strength from words. All souls want to feel happier. Only some feelings enter consciousness to lift you into joy. How, then, do you begin?

Sit silently and feel love and thankfulness, and thoughts will come from the angels.

The soul feels this. It is immersed in the heart.

Love will combine into peace and contentment.

A feeling of thankfulness will absorb in the ocean of being.

*Cheryl Gaer Barlow was visited by an angel of God, in an intense white light, who touched her on the forehead and spoke to her. Cheryl was told she had been chosen to write the words of the angels, and she continues to transcribe these sacred messages exactly as received. She lives simply in a small New Mexico town. Send your questions for Cheryl to gaerbarlow@yahoo.com or PO Box 553 Capitan, NM 88316.*





# Akashic Answers

Amanda Romania



## Galactic Connections

Welcome to Akashic Answers. This month, we will touch on the topic of cosmic connection and the messages that we have read in the akashic records from Lyra and Andromeda.

*I was so delighted to watch the video of your recent trip to Egypt. When I saw the green orb following you as you opened the gateway around the Sphinx, I started to feel really emotional. Although it does not feel exactly like an angel energy, it seems to be something very similar. Can you shed light on it, please?*

— Katie in Wisconsin

**From Amanda:** This was a video of my 2019 journey to Egypt. When we worked in Philae Temple, we went to visit the original site. This is where the green orb showed up in photos.

When we visited the Sphinx, we were able to teach and initiate at the high altar, and above the Sphinx, we saw the alignment of Lyra. I have often worked with this star race. They are a beautiful connection, and they were an original cosmic race that seeded many others.

I work a lot in Asia with many Lyra starseeds who came through Orion to this planet and settled in the land of Mu. Lyrans are very wise. They carry the energy of gratitude and are very conscious of contributing to their families and their communities.

I feel that this is connected to you and your star family. I often see them in golden bright light and orbs. In 2019, we were opening the Halls

of Amenti to prepare for the wave of Aquarius in December 2020. I feel that this started a chain of love and light that is reaching out to you to spread in your world.

They channeled a message for you: “Beloved Katie, we know you arrived in this golden age at a time to be here on the Earth star planet. Thank you for seeing us and for feeling our love. We are with you in many ways. We watch over the children of Earth and pray for miracles to help and heal them every day.”

*I know I have galactic connections, but I can't seem to place myself with any of the regular star systems. I once had a vision about Andromeda, but I do not feel that it is my star home. I often feel that I don't connect to Earth. You probably get this from a lot of people. I know I have spiritual work here to complete, and just having some confirmation would really help.*

— John in Chicago

**From Amanda:** The Andromeda energy wave often works with me here in Sedona and supports the spiritual education and guidance we provide. Many years ago, I saw in my visions a wave of energy like a cloud at the edge of the universe. As I stepped through this wave of energy, I saw myself moving through a stargate into an entirely new universe. This showed me that we are part of many other universes — all linked in various ways.

Since the 1970s, we have begun to see more souls visiting through these gateways, especially since the galactic federations began to work

together and more souls on Earth began to awaken.

At times, you might feel alone and that you are looking for your tribe. The oracle messages for you were that you came to this world to learn about Earth and to see the wonder of nature. Look to what this time on Earth is teaching you and what you are teaching others.

During dream time, ask to be taken to the edge of this universe, and create a moment to meet with your star family. You can also tune in to the great pyramid and the kings chamber, since this is also a star portal. Just close your eyes and imagine floating inside the great pyramid, and don't forget to return safe and grounded.

Thank you for spending time and energy with me. May your thoughts of joy and happiness become manifest with ease and grace. Next month in Akashic Answers, we will look at some akashic records on the topics of soul wake-ups and walk-ins. From my heart to yours, Amanda.

*Amanda Romania is an author, akashic oracle, and soul artisan who supports lightworkers on their spiritual journeys to create a positive global imprint. She teaches how universal energy can be understood and applied to everyday life through her international bestseller, Akashic Therapy. She lives in Sedona, Arizona, where she guides others from her Atlantis Metaphysical Center and Ascension School. Contact Amanda at [amanda@amandaromania.com](mailto:amanda@amandaromania.com) or through [AtlantisSedona.com](http://AtlantisSedona.com).*



# Essences of Nature

Mary Ann Altamirano Antenucci



## Tuning Forks

Flower essences work as tuning forks on the deepest levels. They address many forms of misalignment within the spectrum of human emotions, such as depression (from never feeling quite happy to knock-us-on-our-butts blues), many forms of anxiety and OCD (such as feeling terrified around spiders or needing to count to ten every time the phone rings), indifference, apathy, and a general feeling of not belonging or knowing how to engage with life.

Flower essences adjust and modify our energy fields. They enhance our attributes and can delete or modify where we stray from our purpose and soul longings. At their best, they are life affirming and life changing. At a minimum, they are subtle and make us feel more comfortable with ourselves. How can we continue to align and “tune in” with flower essences?

### Align with What Can Be



Iris is our “alignment” essence. It moves us beyond the constraints of what we see and experience as limitations. This essence works to align us with what can be as opposed to all the reasons we have for not doing or being what we wish to create. At a fundamental level, iris essence is a way to connect and experience the greatest parts of ourselves. It gets us out of the way of our lower inspirations and reminds us who we are and who we are meant to be.

**Iris essence** adds flourish to our energy fields. It invites us to see ourselves as God or invites divine guidance experiences. This remedy adds

the pure ingredient of creativity to overcome and ignite our force of life and creation. Iris essence fine-tunes our ability to receive and implement our acts of creation and inspiration.

### Soften Reflexive Responses



**Arnica** is our “armor” essence. Where in our lives do we feel we have to suit up and prepare for battle just to walk out the door? We might not realize how much we load up until we get a massage or make the association that when we interact with a specific person we get a huge pain in the butt. Hmm, could these things be related?

**Arnica essence** identifies where we hold emotions, disappointments, and trapped traumas. This essence liberates our holdings by softening and integrating our reflexive responses. It unlocks long-standing patterns. Arnica essence creates new alignments with our energetics and tunes our bodies for maximum performance.

### Feel of the Earth



**Corn essence** works specifically to align us with Earth’s energy. This remedy is effective when we feel disconnected from our physical environment. It challenges us to feel and absorb the vibrations of the earth to know our places in the grand scheme of things.

**Corn essence** helps us feel the earth by not separating from it. In our current climate and culture, we can easily forget that we are simply some of nature’s creatures and not

the supreme beings of all Earth’s creatures. Corn essence reminds us to attune to Earth’s field as part of nature but not separate from nature.

### Connect with Home



**Sweet pea essence** is traditionally used when we are searching for the feeling of home. Many of us might feel comfortable, but we don’t feel connected to where and how we live. When this happens, we have a “temporary” feeling; we find it difficult to put down roots or participate with our environment. This remedy makes us feel the “home” within our home. It helps ground us in our environment and reality.

**Sweet pea essence** bonds us with our environment. This remedy nullifies that outsider feeling that creates ongoing separation. It makes it safe for us to connect to our communities. Sweet pea essence aligns us locally so that we can tune in globally.

### Activate a Shield of Light



**Yarrow** is our “harmonizing with our surroundings” essence. This essence helps us weave the energies surrounding us with our environment. It rebalances and stabilizes our energy fields. This essence creates a safety net around our auras to protect us.

**Yarrow essence** constructs a barrier or boundary against noxious influences. It establishes a safe

balance for vulnerability and sensitivity. This essence activates and accesses our shields of light that connect us to all living things. Yarrow essence tunes us to our natural states of love and light.

### Establish Inner Sanctuary

Yerba santa essence establishes our inner sanctuaries. This essence fosters the sacred spaces within our hearts and souls. It supports liberation from long-standing and trapped melancholy.

**Yerba santa essence** relieves us from old grief and overwhelming sadness. This essence supports our ability to “breathe” again. We feel and sense new sources of inspiration permeating our hearts and



souls. This remedy allows us to feel free in our emotional expressions. Yerba santa essence aligns with and tunes us in to our inner soul sanctuaries.

### Move toward a New Normal

Walnut is our “transition” essence. This essence stabilizes us in the midst of major changes, such as moving to new areas, changing jobs or relationships, changing medications and diets, and anything else that changes our usual modes of operation. This remedy protects our ability to act on our new states of being.

**Walnut essence** is a tie breaker. This remedy works to help us step out and move toward a new normal. It helps us remain true to our inner



directives. This remedy challenges us to follow our dreams and find our paths. Walnut essence aligns us with true and inner purpose.

Flower essences tune and align us with who we are meant to be. They help us blossom and bloom. Flower essences make it safe for us to be seen and fully express ourselves. They help us grow and thrive.

*Mary Ann Antenucci is a life coach, internationally acclaimed intuitive, certified spiritual counselor, hypnotherapist, and columnist. Through her many years of experience with various healing modalities, flower essences, and martial arts, she can quickly and effectively intuit patterns of imbalance and uncover core issues. Her gift is to assist you in clarity, insight, personal healing, and positive growth. To learn more, visit [5thElementEssences.com](http://5thElementEssences.com) or [MaryAnnAntenucci.com](mailto:MaryAnnAntenucci.com), or email [Fifthelementessences@msn.com](mailto:Fifthelementessences@msn.com).*



## Ask Sara

Sara Wiseman

### You Can't Fix Anyone

Each month, we answer questions about spirituality, intuition, and soul growth, and we suggest how to work in flow with the universe.

#### Do Angels Surround Us?

*A strange thing (for me) happened recently. My son, who had been unwell from the effects of his medication, told me he could see stars — literally. I looked at him from across the room and saw stars around him. It was like when the sun is shining through a window and you see dust particles in the air, only these were stars, not dust. I didn't say anything because I didn't want to alarm him — he doesn't understand my spiritual journey — but I wondered later whether this could have been angels surrounding him.*

*I had asked them to support him for a healthy outcome.*

— Carrie

**From Sara:** One of my first memories is of being a child of four, standing in the middle of the living room and seeing stars in the air. These stars were not just floating or drifting; they were dancing. My mother explained it away as dust particles, but you are right — they were something more. We are taught that air is nothing, but it is conscious essence, the same as everything else. The particulate energy that makes up all things is conscious because the entire universe is conscious. Everything — every little thing — has the ability to connect with our consciousness. Souls speak to souls in small ways, such as stars dancing in the air, and in bigger

ways, such as angels making their presences known as apparitions or energy in the room.

I do not think the stars you saw were embodied angels, as spirit guides and angels usually take on bigger physical presences. What you saw feels more like the presence of fairies or other elementals who show themselves as tiny beings. Or it could have been the healing energy of even smaller entities — the conscious particulates themselves. These entities might not be named angels, spirit guides, or fairies, but their energy is just as healing and important.

What I think is most interesting





is that you saw this for your son. He did not see it, as in a mirage from his medication; you saw it for him. You can trust that the universe is creating positive energy around him, and this was something you were gifted with seeing so that you could relax and have hope. You can know that healing is happening on all the levels — physical, emotional, and spiritual — not just for your son, but as a gift of comfort and trust for you.

### Can I Heal with My Sister?

*I am the youngest of three girls, all born within three years of each other. I am interested in understanding why my middle sister doesn't want to bother with me much, even though over the years I have gone out of my way to help. My intentions have always been genuine with her, and yet she has often deliberately left me out of things or left me in town stranded and gone elsewhere with the friends we were with that night! She contradicts most things I say and puts me down in front of people. She generally isn't nice to me. I've prayed for healing, which seemed to help us both for a while, but I can't get past this feeling of sickness these situations have caused. I'm not sure if I even want to bother much anymore with her, but I wish I understood where it all comes from.*

— Clair

**From Sara:** Karma shows up in every lifetime. By karma, I do not mean an ancestral curse of some kind. I simply mean soul lessons learned over time. In this lifetime, your middle sister has shown up as a great soul teacher for you. The question is, will you learn the lesson with ease or with difficulty? Right now, you and your sister have reached some points of no return. You've had the normal challenges of any sibling relationship, but now it's gone toxic. In fact, it's been toxic for many years.

It isn't very important to understand the “why” of it. I'm certain your sister has had suffering and pain in her life, within and outside the family. I also feel that drugs, alcohol, or some other addictions are part of why she is unable to relate to you more clearly. All of that said, what is important now is what you do about your involvement with this toxic person.

If she were not your sister, the hope would be that you would see that you cannot fix her or control her behavior toward you. Thus, the best outcome is to take a break from the relationship, either for a little while or much longer. When treated with disrespect, we do not have to stay in the room. We owe nothing to people who are toxic or abusive, even if they are relatives. It is very hard to find our power and voice to release ourselves from the power of toxic people. This is the soul lesson you are invited to learn, and your sister is the soul who stepped forward to help teach it. Respect yourself, own your power, and step away from anything that is toxic, demeaning, or disrespectful. You can't fix anyone; you can only manage your response.

### How Can I Heal My Back?

*I have tried everything to physically heal my lower back: chiropractors, massage therapists, nutritional programs, and alternative healers who also relieve emotional problems. Nothing has worked, so now I am trying to work with my spirit guides and angels to get some answers. My question is, can I get the answers I am looking for from my spirit guides and angels? I am just a beginner at this.*

— Cindy

**From Sara:** Every part of the body is in conversation with every other part of the body; nothing is separate. This is another beautiful example of how the micro reflects the macro: The tiniest thing shows

us the workings of the universe. When you have a body issue, it is good to look for a holistic solution — a solution for the whole. All the things you mentioned above are very good, but if the bigger problem is, say, that you need to lose weight, you are sitting over a computer all day, you need to get divorced, you need to quit your job, or you need to move to a warmer location, then those are the problems that need solving.

In this case, the way to work with your guides and angels is to go into meditation and ask them for the root of the issue. Is it a body issue that can be solved by traditional medicine or alternative healing? Is it an emotional issue or a lifestyle issue? Meditate with your guides and angels many days in a row, and ask them to reveal the root issue — the true issue — for you. Also during this time, pay attention to your dreams and synchronicities that show up to guide you. Once you know the root, you can create your healing.

### How Can I Know My Soul Destiny?

*I've been searching for my purpose on this planet for forty-two years, and I'm still unclear. You refer to it as committing to your soul's destiny. How can I help uncover my soul's destiny? How will I know when I'm on the right path?*

— Chrissy

**From Sara:** The term “soul destiny” can feel daunting, as if it's a big plan or purpose that you're somehow in danger of missing. In truth, you can't miss your soul destiny any more than you can remove your soul from your body. The soul is your essence, the part of you that is eternal, infinite, and in complete oneness with the universe. Your soul knows exactly what it's doing and what it needs to do.

Time is also infinite and non-linear, and thus it might seem that

your soul destiny is not happening in one lifetime. But remember that as a soul, you reincarnate over and over. The incarnations are different, but the destiny is the same: to learn soul lessons. Thus, your destiny is much bigger than what you do in any particular lifetime. It is what your soul learns over time in the infinite, big picture of many incarnations.

Of course, you don't want to

waste a lifetime. If you've been searching forty-two years for your soul destiny, I would suggest that you ask yourself two questions: "What do I need to learn?" and "What am I here to contribute?" Apply the questions to how you are living right now. If you are not learning or are resisting learning the soul lessons showing up on your doorstep, that is a place to start. If you are not contributing, that is a place to start.

Those two questions will take you deeper into the core of your soul destiny. We are all here for connection, meaning, and love. Seek those three in your life, and your soul destiny will be apparent.

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



## Traditional Insights into Yoga

Mally Paquette

### Halasana, Plow Pose

The posture *Halasana* resembles the plow in Tibetan and Indian cultures. In the classic epic *The Ramayana*, King Janaka is plowing the earth in a sacred place and discovers a beautiful baby girl. He adopts her and names her Sita, and she later becomes the wife/consort of Rama. The story and pose relate to the plow as a tool for revealing hidden treasures.

As you roll into this sacred

inversion, hidden gifts are found through the energetics of the posture and open the third eye. *Halasana* nourishes the thoracic and lumbar regions of the spine. The pose releases tension in the neck as well as fatigue and stress from the body. Headaches diminish as the shoulders stretch, opening channels for constricted energy. This calming pose has a restorative effect on the nervous system. It also



positively affects the digestive and urinary tracts. Elimination of toxins and hormonal balance are key benefits.

The subtle "sun" is located in the physical body in the solar plexus where the gastric fire (*agni*) is seated. The nectar of immortality excreted from the "moon" behind the third eye at the back of the head (*bindu*) is called the *amrita*. This nectar is key to health, lends sweetness to life, and restores all the bodies. With the physical body inverted, the sun positions above the moon so that the *amrita* can be reabsorbed. The inversion restores life and can extend the lifespan.

While inverted, the brain is flushed with blood. *Halasana* promotes mental clarity and increases vitality. The inversion is usually practiced at the close of a yoga session to ensure the body is warmed up. The pose prepares you for *Pranayama* and meditation. An alertness is present for the true benefit of yoga — stillness.



*Halasana* pose

## The Pose and Its Variations

- Lie on your mat, arms by your side, palms down.
- Expand the shoulder blades across the earth, and connect with the breath.
- On inhalation, lift the legs upward, keeping the spine flat on the floor.
- Pause and relax the breath to soften the body.
- Release any tension in the chest, and extend the neck.
- Exhale and draw the navel to the spine, lifting the hips off the floor. (If this is too much effort or you have back problems, work with a wall. Walk

- your feet up the wall to help lift the hips.)
- As the lifted legs continue their journey over the head, imagine the spine elongating.
- Ideally, the toenails face down to the earth.
- Extend the arms and clasp the hands in the full expression of the pose.

This bind requires expanding the shoulders and opening the heart. It is imperative to lift the chin off the chest, allowing the neck to open for passage of energy from heart to third eye. The back of the third eye should be the pressure point behind

the head. This detailed adjustment should be acquired through breath and gentle adjustment. A counter posture from *Halasana* is *Pachimotanasana* for the spine to stretch both directions.

Restore, relax, recalibrate, and find your stillness in *Halasana*. Always exhale as you come out of this pose.

**Mally Paquette**, a certified yoga therapist, lives in Sedona, Arizona. She has practiced yoga her entire life, and she founded Awakenings Yoga Studio and Wellness Center in Sedona. Her extensive work with Native Americans and the Kogi in South America expanded her teachings. She offers individual and group retreats that deliver deep shifts in consciousness and transformations to wellness. For more information, visit [BestSedonaYoga.com](http://BestSedonaYoga.com).



# Human Energy Systems

Charles Shahar

## The Etheric Body and Harmful Technologies

All life forms have a pranic or etheric envelope surrounding them that is in a state of perpetual motion, pulsating and scintillating in the etheric field. The pranic aura of living beings, by its very definition, is alive in the etheric plane, literally throbbing with vitality. The more sophisticated the life form, the more differentiated the texture and structure of the pranic field.

A person's pranic field is composed of a web, or matrix, of intersecting lines of energy called nadis by the yogis. The etheric body extends two to three inches from the physical organism, and you can see it sometimes as a kind of shiny glow on the face and body of an exceptionally vital individual. In cases where the pranic body is especially pronounced, it projects even farther from the person and radiates a powerful energy that can be felt by anyone in its proximity.

The quality and texture of the pranic aura depends on a person's

health, robustness, and how tied she is to her physical body. For instance, the pranic body of a brawny person who regularly consumes junk food and much meat and alcohol has a dominant grayish tinge and coarse appearance. Extremes of this type are evident in the pranic bodies of derelicts or drug addicts, but anyone living an unrefined lifestyle will display this quality to a certain degree.

A professional athlete or dancer who carefully maintains his or her body and exercises frequently has a blue and expanded etheric aura; depending on the person's lifestyle, it can be mixed significantly with gray. For instance, noticeable differences can be seen between the pranic sheaths of football players and ballet dancers. A spiritual person who is physically delicate and generally more sensitive has a bluish etheric aura, although it is somewhat paler in intensity and with a finer texture or complexion than that of the athlete.



Simple emotions or thoughts affect the pranic body, as do certain activities that enhance or disturb its equilibrium. Imbalances in the subtle sheath reflect with a dull, cloudy, or porous quality. When the pranic circulation is thus disturbed, the physical instrument looks pale, lacks stamina, and becomes sickly and susceptible to illness.

The pranic body holds the physical organism together, but prana is actually intimately tied to the manifestation of life in the physical realm. As such, it fulfills its function only at that level. In other words, the pranic body is not the final representation of the true self, or divine consciousness. It is simply one level in successively finer gradations of the ultimate, unmanifest, or formless existence.



In fact, the ethereal body of the average person does not survive long after the physical body is dropped. It is interesting, though, that the physical bodies of individuals with very concentrated prana, such as great saints or spiritual leaders, dissolve slower after death. Prana is contrary to the forces of decay or stagnation, and even after consciousness exits the physical sheaths of such individuals, the tremendous accumulation of vital energy lingers on, preserving the physical body for way beyond what is considered a normal time period.

For almost everyone else, when prana withdraws at the moment of death, the physical body begins to dissolve. In fact, the energy body begins to withdraw some time before death — the person begins to look paler and more emaciated. Once the soul vacates and the prana completely withdraws, there is nothing to hold the body together. If you look at a corpse laying in a casket at a funeral home, the person will literally appear inanimate, as if made of stone or plaster. This is striking to behold and attests to the fact that the animating principle behind the body lies beyond the strictly physical realm of existence.

### **Harmful Emissions from Large Technologies**

The energy body is just that — an *energy* body. It soaks up radiation from everywhere — not just earthly emissions, but even those that emanate from outer space. Much of the electromagnetic energy around us is healthy to absorb, but some is not, and all of it affects the vital sheath in some way. Because humankind is generally not aware of the subtle interactions of energy fields, including the aura with its environment, the technologies that contribute to the degeneration of the etheric body have never been properly assessed.

Most of the electromagnetic

forces beyond the visible spectrum, such as ultraviolet light or x-rays, are not necessarily harmful in the doses existing in nature. If these rays are somehow channeled or focused through human or natural means, they can damage the delicate fibers of the aura. In extreme cases, they create blisters or burn-like markings in the ethereal body that can have serious consequences for the physical body.

Particularly debilitating forms of radiation in high dosages are x-rays, a fact long recognized by the medical establishment. I often feel uneasy near x-ray machines because I can sense the powerful bursts of energy they omit. These rays create kinks in the vital aura that spread with repeated exposure and eventually translate into serious physical problems, including malignant tumors. Etheric knots are the precursors to such physical maladies. In fact, the assault on the vital sheaths of inadequately-protected x-ray technicians is relentless.

People who work in chemical plants, do a lot of house painting, or work deep in mines are also heavily exposed to airborne poisons. These inhaled toxins attack the energy body from within. The throat and heart chakras are particularly susceptible to these assaults, which is why many malignancies arise in or around these areas in the physical body.

People working in asbestos mines have serious perturbations embedded in their auras that look like blisters around the chest area. The blemishes have a granular texture that is very difficult to extract, even with pranic healing. These disturbances invariably lead to tumors in the lungs. If a person is a smoker, these tumors develop faster and are more virulent. Coal miners also have auric disturbances in the chest area that look like blemishes or scabs but take longer to form than those related to asbestos mining.

Radioactivity is the most detrimental type of radiation for the vital body. These emissions create blister-like contusions in the pranic body that are scary to behold with subtle vision. These emissions attack areas that are energetically weak. All of us are born with susceptibilities in our sheaths, often related to genetic (karmic) predispositions or maternal energy imbalances during pregnancy. These areas of the vital body are most likely to develop physical malignancies.

These types of disturbances occur in people working in nuclear power plants that are not properly regulated. They also occur in people living near to or exposed to nuclear testing or people who mine radioactive elements from the earth. When radioactivity leaks into the air, water, and soil, humans and animals inhale or ingest it with disastrous effects on their vital auras.

Places where nuclear bombs have been detonated show convolutions in the etheric fields surrounding them; the very fabric of the subtle fields become warped. These disturbances take many decades to mend. Nuclear power plants have intense energy vortices surrounding them. They appear surrounded by a neonlike glow in the subtle field. Other types of electrical plants (hydroelectric, fossil fuel) also have auras of energy, but these are not nearly as intense as those of nuclear facilities. Any place where physical energy is harnessed or concentrated has a powerful counterpart on the etheric level.

A deeper layer of the energy body is affected by prolonged exposure to these radiations. During conception, the sperm and egg cells contributed by the parents carry a certain energy configuration, a pranic blueprint that determines the physical characteristics of the person to be born. This is imprinted on the etheric level. If the cells are irradiated before conception

or during the stages of embryonic growth, these basic codes or building blocks of physical life become damaged.

### Harmful Emissions from Daily Technologies

Microwave ovens, computer screens, and television sets all emit energy of a harmful sort to some extent. Even small devices such as mobile phones have an aura of energetic activity around them, and their detrimental impacts on the physical body are only now becoming apparent. Rely on your intuition (subtle senses) when confronted by any of these devices. For instance, I get an uneasy sensation around microwave ovens, and I intuitively take a few steps back when they are operating. Television sets can zap your vital field, turning you into a lethargic couch potato. With extended exposure, even the ubiquitous computer monitor can suck out pranic energy.

In terms of the computer monitor or television screen, it is interesting to watch the process unfold. Wherever you put your focus is where you engage your prana. The harder you focus, the more energy you invest. The issue about watching television is that you don't necessarily get any energy back; it just flows in one direction. In fact, using subtle vision, you can see a stream of energy emanating from the television watcher drawn toward the screen. At some point, the vital body gets depleted, and the person falls asleep. For many, this is the normal outcome of a daily routine.

Invisible emissions of energy from cell phones are constantly assaulting our vital sheaths. It is instructive to watch people speaking on their cell phones. With repeated use, you can see little discolorations and kinks develop in the aura next to the ear. It is difficult to say whether these kinks will eventually translate

into serious physical problems, but since many children use these devices, the possible long-term effects are worthy of note.

The long-term impacts of wireless technologies are especially worrisome. We sit at our computers using Wi-Fi and wireless connections for the mouse and keyboard. We use GPS and Bluetooth while we drive, and our children use remote-controlled toys. The electromagnetic energies connecting different devices interpenetrate our bodies, including our subtle bodies. But our energy fields are much more subtle than the invisible currents given off by these wireless technologies.

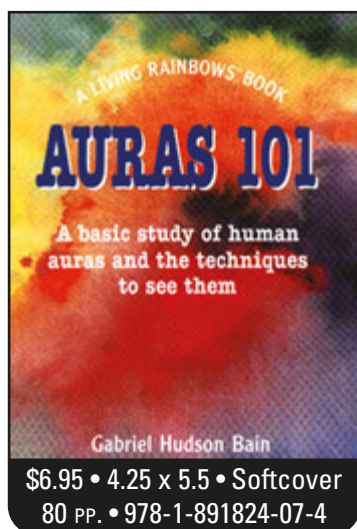
It is interesting that these currents of energy slightly overcharge the aura, creating a thin reddish fringe around its outer skin. With more exposure, the aura becomes frayed or uneven around the edges. Resulting physical symptoms vary, but over time they include fatigue,

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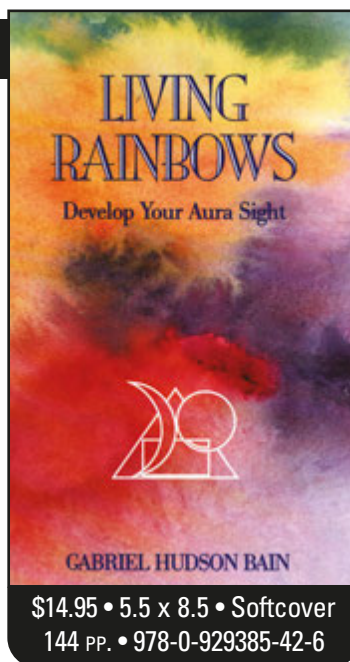
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irritability, headaches, and difficulty sleeping. There is also an insidious effect on the immune system which relies on the pranic field for its vitality and healthy functioning.

In big cities, neon lights literally burn themselves into the etheric plane. Sitting next to them too long, your energy field can get over-charged with the eventual

experience of fatigue and listlessness. I assiduously avoid sitting near restaurant windows if a neon light is glowing nearby, even if the lighting is indirect.

I also don't like the feeling around power lines, particularly if many of them intersect above me. I start feeling lightheaded and a bit disoriented. I can actually feel a tingling against my auric skin, and my

aura seems to get a bit distorted or bent out of shape. In fact, standing near power lines can easily distort the symmetry of the aura and cause you to feel off-balance, nervous, and irritable.

*Charles Shahar has lived in India where he studied Vedanta philosophy. He has taught meditation and yoga to diverse populations for more than seventeen years. To learn more, visit his website, [LightFigures.com](http://LightFigures.com).*



## The Healing Properties of Stones

Sophia Aliza

### Black Obsidian: The Transformation Stone

Chakras: base chakra  
Zodiac: Scorpio and Sagittarius  
Elements: earth and fire  
Vibration: number 1  
Typical colors: black, silver, or brown

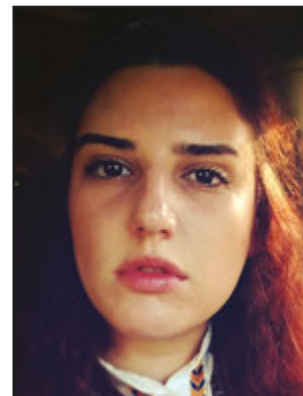
The dark, spellbinding powers of black obsidian are irrefutable. For centuries, it has been used by mystics to protect against negative thoughts or energies dwelling in their surroundings. This precious stone is actually not even a stone at all. It is a reflective black glass formed by the cooling of magma.

During times of unrest, black obsidian can be used to invoke

strength when faced with the stress and tension that new horizons can often disinter. Rebirth comes with varying degrees of pain; therefore a sensitive vessel of energy must guard against dark forces (jealousy, oppression, and hate) that can penetrate and foul spiritual light. Black obsidian is excellent for transformation, assistance in accepting hard truths, and development of the courage to face reality as it is.

Ancient humans used black obsidian for mirrors. Its reflective properties can persuade the shadow self to unveil in its purest, darkest form. Obsidian has also been used for weaponry, manifesting a finalizing type of energy that cuts directly to the heart of an issue, such as a hunter's arrowhead. When black obsidian surfaces, its presence denotes preparation to confront change.

As society faces the vanguard of revolution, feelings of rage, terror, and despair can boil up inside us all. The realities of our existence are put into question. Suddenly the stability of our lives dangles before us, and the unsureness of what tomorrow brings can be daunting. Yet, with great hardship comes progress toward wisdom, inner beauty, and spiritual truth.



Black obsidian permeates this message through meditation into the core of our beings: Without obstacles and loss, we have no growth or gain. Use black obsidian to transcend obstacles and manifest a different perspective that will ripple through daily exchanges for those exposed to our energy field.

#### How to Use Obsidian Crystals

- Grid your space with black obsidian for protection. Place obsidian at your root or solar plexus chakra to bring imbalances to the surface. Release the past. Let go of old loves and old baggage, and so on.
- Hold or wear obsidian to ground energy and bring you to the present moment.
- Use an obsidian ball for scrying.
- Drink obsidian as a gem elixir, or place it over your stomach for any problems related to this area.
- Hold an obsidian egg when going through a rough transition.
- Use obsidian wands for massage



Black obsidian



or to direct your energy out into the world.

- Hold obsidian palm stones when you feel stressed out, and squeeze the smooth crystals as worry stones.

- Put obsidian near your door to keep unwanted guests out.
- Wear obsidian when you are dealing with the public.
- Use an obsidian mirror for psychic channeling and visualizations.

*Sophia Aliza is a writer and multimedia artist. A native of Atlanta, Georgia, she is a born philosopher with a penchant for the metaphysical. She splits her time between researching realms of consciousness and creating wearable pieces of handmade art. Her collections can be viewed on Instagram: @aravaliboutique.*



## EarthWisdom Global Prayer Web

Maria Yracébûrû



### Create a Peaceful Future

#### GREET THE SUN

Rise in the morning, and take care of your business.

Put a pot of tea or coffee on, whatever is your morning beverage — even water with lemon.

Take your cup and your magazine to the window.

Say the prayer to the great outdoors.

Toast the beauty of the morning and of our Mother Earth.

Watch for it. Something will appear — an animal, a breeze, a reflection off a stone. She will speak to you with a sensation of recognition.

So how did that feel?

Want to take things deeper? It's okay if you just enjoy the morning prayers. But if you want more, keep a journal of your day. Do the prayers make a difference? Jot down what happened that might confirm what the prayer told you. That'll do. Enjoy!

#### March's Prayers

**March 1:** I become in ubiquity. Rattle to stop harm! This is the nature of attraction. We receive what we put forth. That is a universal truth.

**March 2:** I become by building containment. Rattle in the mountains! Our present existence maintains its momentum. We are aligned in positive cocreation, and we are of value. We are positive value because we come together.

**March 3:** I become fundamental.

Rattle at the water! In worldly sensations, we feel the grass and trees. We are any moment.

**March 4:** I become in perpetuity. Grandmother Moon weaves the dreams. Our greatest gift — inspiration — is given to us from somewhere behind our dreams. We receive insights and answers while in states of relaxation.

**March 5:** I become in optimal moments. Grandmother Moon at night, during moments of inspiration, channels, prophecy — a collection of thoughts. We experience loving, wise information — compassionate and passionate.

**March 6:** I become readiness. Grandmother Moon of many offerings, we've always known, realized since childhood. We didn't know what to do with it then. We sensed, felt, and grew.

**March 7:** I become knowledge. Grandmother Moon, in the dream that calls, we are reminded vividly of playing, feeling very peaceful, and watching the stars. All of a sudden, we are shown shifts and changes, and we are not afraid.

**March 8:** I become by embracing center. We learn to weave the dance, weave abundance. We bring our guides with us. We call for three nights, and the messages begin.

**March 9:** I become the work. Learning to lift the basket up, we feel a strong urge but wonder how to start. We sense and find confidence.

**March 10:** I become by stargazing. Tree from the mountaintop, expectations, we put away. We listen too fast. We ask to slow and make the connection, coherent and meaningful. Power vibrant and impulse are our answers.

**March 11:** I become nonconformity. Your fruit of joy makes us strong again. Light, love, and respect come with information. Energy overseen and guided, with power in our souls, we adjust to like electricity.

**March 12:** I become the metaphor. United as one without burdens, at this place, we hold the energy for longer periods of time. We feel the power, gain clarity, achieve goals, release what no longer serves us with grace and ease, and find peace. Effective change is happening within us.

**March 13:** I become tradition. We want to learn to weave the dance. We want to create.

**March 14:** I become ablution. Behold the Sun Wolf. We are aware of the energy. It is always available, always holding us in love. Evolving, growing, learning, we express that love.

**March 15:** I become the marriage of the masculine and feminine working together in balance — the woman's way! Higher levels of energy

are mastered, living is simpler, and apprenticeship to a partnership becomes the teacher. Wise and compassionate, we seek council and advice. We are assisted in our expansion.

**March 16:** I become noninterference. Story from the line of Sun Wolf, many realities exist. We allow others to reach out and stretch. As we expand, one by one, we create the peace-filled future.

**March 17:** I become acceptance. Fear is removed. The path of life, joined in community sharing, focuses love and magnifies 1320.

**March 18:** I become totality. This is the web of spider. We transcend power struggles. We joyfully connect. We are on the path of the united heart fire. We pass this on.

**March 19:** I become overcoming censorship. Because of the spider in the deep black universe, we are assisted in our serving.

**March 20:** I become accord. The terrors are put aside; we are beautiful starseeds who have forgotten. Dreams lead us back to finer memory. We absorb this truth now.

**March 21:** I become ascent. To you, the womyn who use the loom, inner completion comes at the end of all lifetimes. Peace we create with each step. The journey is a breath.

**March 22:** I become the sage within. Drawn over from above, life?

Do we know? Are we aware? Do we feel good? Do we really want?

**March 23:** I become accountability. Passed under below, we set our schedules according to what we are capable of. We can make it a comfortable life, free of stress, if we choose.

**March 24:** I become optimism. Descending upon, we listen to words of power to find the path we are to create.

**March 25:** I become claimed power. Beckoned by the patterns of Star Clans, we take risks and trust the universe to bring the opportunities to shine our lights. We are ready.

**March 26:** I become deep transformation. Here are our minds; here are our hearts. In the prayers of plant essence — Standing Tall Ones — we find ourselves perfectly encircled by a story of love. Sitting with the tall ponderosa pine, our hearts are known before our words can even be spoken. When our emotions sink, the plants call our attention to them. We drift in and out as the words ring out in our minds.

**March 27:** I become happiness. Our family, we give life to Changing Mother Earth. This story foundation is unique. In it, we recognize the value of its worth and no longer suppress our truths. With our prayers, we claim love and life.

**March 28:** I become personal power. My family, we give peace to the children. In this moment, circumstances arise that stimulate and awaken us. There are no exceptions. A collective inner awareness has formed. We are connected to Earth in relationship. We live consciously in harmony.

**March 29:** I become sacred beauty. My family, we give our respect to Changing Mother. We follow ancestors' tracks. From the beginning of time, we remember the paths we have walked before.

**March 30:** I become positive self-image. Right now, we weave life. We are deeply affected by the powerful force of love that illuminates our lives. We feel a great opening that flutters in our hearts.

**March 31:** I become patience. The illusion is lifted! We live lives that bring inner and outer peace. We continue healing and we grow.

*Few people know more about the world around them than **Maria Yraceburu**. Her knowledge is hardwired into her system by the generations of her family who have lived on this sacred land for thousands of years. You'll find her at ruins and sacred healing landscapes where she works as an earth-spirit guide with Yraceburu EarthWisdom, her family's foundation. Hiking through trails, leaving offerings, she points out things you'd normally never recognize. Maria has been trained by her family to tell you about the spirit of this land. [Yraceburu.org/maria](http://Yraceburu.org/maria)*



## Dream Zone

Lauri Quinn Loewenberg

### Celebrity Appearances

*I dreamed Melissa McCarthy's ghost took me on a tour of an old, run-down haunted house. The house was really dark. I remember her telling me to be careful because the staircase was broken. For the record, I love her as an actress. She's amazing and funny. But what the heck?*

— Jessica, Aurora, CO

**From Lauri:** Darkness in a dream is a tell-tale sign of depression. Like the house, are you feeling run down? The staircase is your ability to elevate yourself in some way, but your dream is pointing out to you that it is broken. What is going on?

**Jessica replies:** I am run down and broken! I'm so tired. Two

toddlers keep me on my toes. I haven't been sleeping well, and my father recently passed away.

**Lauri replies:** Perhaps Melissa,



being that she played a Ghostbuster, could be your subconscious telling you that humor can bust this depression that is haunting you. So call a friend who makes you laugh, watch a Will Ferrell movie, redirect your focus. You got this!

*I dreamed James Hetfield of Metallica was going on vacation and asked me to babysit his parrot. I don't imagine he owns a parrot.*

— Todd, Fort Wayne, IN

**From Lauri:** Is there a song of Metallica's that first comes to mind when you think of them? Does that song resonate with you right now? And have you ever had a parrot? What are your thoughts on parrots? What stands out about them to you?

**Todd replies:** Yes! The song "Battery" comes to mind. It is full of rage, and I'm raging over the election. It's giving me anxiety, and I am worried about the world my daughter is going to live in. As far

as parrots, I think they are beautiful creatures. They are so pretty, and their colors are so vibrant.

**Lauri replies:** Could you see the parrot representing your "pretty and vibrant" daughter who might be caged in by this uncertain and scary world?

**Todd replies:** Yes, I could.

**Lauri replies:** I think James went on vacation in your dream because we are all angry and need a vacation from this mess.

**Todd replies:** There's so much truth in that.

*I dreamed I saw a very dirty couch, and I got most of the dirt off. Then I noticed there was blood on it. It looked like new blood; it was bright red.*

— Laura, 50, Sedona, AZ

**From Laura:** Dirt in a dream often symbolizes negativity in real life. Have you recently gone through something negative, managed to

clean up the mess, so to speak, only to discover remnants of it remaining? Or perhaps it still remains in your psyche. Are you still upset by it? Since the blood was fresh red and not a stain, it suggests this negative issue can still be cleansed from your psyche rather than being a lasting stain. In other words, you should be able to move on easily enough from it rather than "sitting" in the negativity, hence the couch.

**Laura replies:** I just relocated from Las Vegas to Sedona after a lawsuit with my landlord and some drama at work. For the first three months here, it was a lot of the same old stuff. I was drained from it. I know Sedona isn't a utopia, but I didn't move here to deal with the same negativity. But now I feel that the energy has shifted to a more positive place.

*Lauri Loewenberg is a certified dream analyst, syndicated columnist, author, popular radio personality, and member of the International Association for the Study of Dreams (IASD). To learn more about Lauri, visit [LauriLoewenberg.com](http://LauriLoewenberg.com).*



## The Empath's Portal

The Heart of the Mother through Sarah Weiss

### Gather Your Power and Radiate Love

**The Heart of the Mother:** In the year 2021, empaths are seen and heard. The second wave of awakening is already emboldening your spirit. Hiding no longer suits you. It's your time to shine like the sun. Through these transmissions, you have learned to live a sacred life. You've felt what it is like to beam your authentic self into the world.

#### Create as if You Are the Creator

One universal message streams throughout the cosmos: Create as if you are the Creator. Create a life of love. Glorify love. Freely radiate love with each breath because you

are one with the Creator. Be the message. When sensitive souls hold back the love bursting forth from their souls, they suffer. The more you shine, the happier you will be.

It doesn't matter whether it is received; your health and well-being depend on how fully you radiate. Be bold and let go. Don't hold back now. Your love will support and nourish you. Living a sacred life means aligning your will, love, and light to your higher being. To live a liberated life, remember these guidelines:

- Ground and gather your power.
- Concentrate your energy.
- Center in your heart.

- See clearly.
- Radiate love.

Notice the inspiration, intuition, and clear thoughts bursting into your consciousness. Quit betraying yourself; listen and learn from your inner guide. Dare to join me in the dance of creation. Leap beyond the limited mind's toxic thoughts into the universal mind where all thoughts arise out of an infinite well of love.





## Clear and Inspired Thinking Is Possible

Fear, not love, is the frequency radiating from Earth throughout the cosmos. Fear is like a toxin that invades and distorts your thoughts and feelings. A clear, aligned thought or feeling is rare. Imagine this: millions and millions of toxic thoughts filling the air until all you can breathe is fear. You believe you are thinking clearly, but as a fish swimming in polluted water, you don't notice the toxicity until it is too late. Without the ability to think and feel from your higher being, attempts to repair the world will only create more toxicity and fear.

An example of a toxic thought is this: "My higher being is out of reach. I have to strive and strain to connect to my higher being to be a better person." Here is a clear thought: "There is no gap between me and my higher being. I am my higher being. How could it be otherwise?"

Today's humans know only one way to think. Many believe it is the only way to think, but that is certainly not true. Thoughts and feelings originating in the toxic mind express fear and veil the majesty of

your being. What you consider rational thinking is only a version of fear masquerading as superior intelligence. The toxic mind will never know real, universal love.

You can prove to yourself that clear, inspired thinking is possible. Try this: Sense and feel the energies around you. What do your heart and intuition tell you? You are safe now; you can admit the truth. The heaviness you absorb is not you. Sit back into your grounded and collected energy, gather your power, center in your heart, see clearly, and radiate love. Liberate yourself from toxic thinking by thinking from your heart.

## Your Best Protection Is Love

Surround yourself in a field of love. Your field of love is more than your heart chakra. It is a sphere of coherent light that fills your aura with the scent, feeling, and frequency of love. Activated by harmonizing your mind, body, heart, and spirit, it requires nothing more than your acknowledgment and recognition. When you are balanced, the shift into the field of love is seamless. One minute you are fragmented and the next you are whole. Love is clarity.

Every being birthed through my heart into the world is born with the ability to activate her field of love. How cruel I would be to create you without love surrounding and holding you. The birds, insects, animals, microbes, and plants — even rocks, dirt, air, fire, ether, and water — live in the field of love. Love is the difference between ignorance and wisdom, abandonment and belonging, and clarity and confusion. Living without love doesn't make sense. Your best protection is love.

The field of love creates an intelligent boundary that is alive and fluid. When anything negative enters the field of love, it dissolves into dancing bubbles that burst into light. Center in your love field, think from your love field, and live from your love field.

Your field of love is intelligent

— more intelligent than your toxic mind. Before you do, say, or think anything, center in your field of love. The love frequency thinks, reasons, strategizes, and creates. Even your scientists acknowledge that the heart is more powerful than the brain. Thinking can be an entirely different experience if you let it. Your heart thinks in higher frequencies than your mind. Try it.

As the wound of separation from me has deepened, you've lost touch with your heart's intelligence. You have attributed higher frequency thinking and inspiration to your higher being. Your higher being is you. If your higher being can do it, so can you.

There is no difference between your higher being and your personality. Once you let go of the illusion that you are separate from your higher being, you realize you are your higher being. It's so weird that you give so many beautiful attributes to your higher being and don't realize that it is a version of you. You look to your higher being as if it is an unattainable golden light beyond your reach. How can you imagine what your higher being thinks and feels if it is not you?

You'll know you are in your love field when you see yourself as clearly as I see you. Yes, you can love yourself as much as I love you.

## Glow without Attachment: Your Path to Freedom

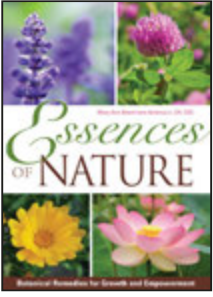
Learning to glow without attachment, as an "I" flame within the "we" flame, is your path to freedom. Your love field will acclimate you to its many dimensions, because it is self-directing, self-correcting, self-illuminating, and self-creating. Feel, sense, and love as a sovereign being and choose to follow your unique and specific inner guidance. Give yourself permission to heal and become whole and happy.

Your impulse to merge with others surges from love. You can't fight it; it's too powerful. But don't forget

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that encapsulated in love are freedom, bravery, and respect for each individuated creation. Only in love can the “I” and the “we” coexist in harmony.

### Sink into the Ease of Love

**Sarah:** Today’s teaching is so profound and so subtle that we can easily miss it. The Heart of the Mother guides us to stop struggling and instead to sink into the ease of love first — before we think, feel, or do anything. It’s not about separating or putting up protective walls; it’s about releasing, settling, and falling into love.

I know you are saying, “How do I do this when I’m so overwhelmed? I can barely think straight, my body is in pain, and my emotions are all over the place.” When we sink into our love field first, we enter a state of alignment with our true self. Instead of struggling to release the overwhelming feelings, thoughts, and sensations of others, they return to their home frequencies and you return to yours.

You are allowed to be happy and enjoy your life. Allow yourself a moment to breathe, relax, and shift into your intuitive sensing. Feel and know your inner light and wisdom. Trust whatever glimmers of insight

and guidance arise and protect them from the invasion of the toxic mind.

The Heart of the Mother gives you permission to be powerful and radiate love. Can you give yourself the same permission?

**Sarah Weiss, MA, LMT,** is a medical intuitive, spiritual teacher, and founder of the Enlightened Empath Training. Her universal approach combines Qigong, Sufi light healing, and Andean shamanic practices with a focus on self-healing and self-revelation. She performs personal and planetary healing ceremonies, channels transmissions, and sparks transformation through individual sessions, classes, and retreats. Together, she and her friends from many dimensions help shift the matrix toward high-frequency living. To contact Sarah, email [sarah@spirith healonline.com](mailto:sarah@spirith healonline.com). To learn more, go to [SpiritHealOnline.com](http://SpiritHealOnline.com).



## The Crystal Garden

Margaret Ann Lembo

### Divine Intervention: Reconstruct Your Reality

Call on the Angel of Divine Intervention when a situation looks so dismal that you can’t see a way out. This angel can advocate on your behalf to divinely change the likely outcome of a situation. This angel is your messenger when you don’t know what to do, say, or how to unravel an old reality and reconstruct a new one.

The Angel of Divine Intervention aligns with your consciousness to inspire you with ideas that can show you how to transform a challenging situation into one that is more in alignment with the greatest good for all. Call on this angel for support, and then trust in the process

and know that heavenly intercession is on your side. Be as specific as possible when requesting Divine intervention, and be sure to give this angel permission to help you in a very specific area of your life.

Use lavender essential oil to relax into a state of peaceful knowingness, which encourages kindness and compassion during the process. A bit of amethyst can invite and invoke transformational and miraculous assistance from the highest forces of good.

If you need some assistance in calling on the Angel of Divine Intervention, use this petition as a foundation for your request:

“Oh, Angel of Divine Intervention! I don’t know what to do next or how to handle this situation. Please guide my way so that I know the next best step to take. Also help me see what I should not do regarding this present situation. Help me find the right words and best course of action. If it is best to do nothing or completely remove myself from the situation, guide me away from it. Please show me how to proceed by sending symbolic messages and inspiration. Thank you!”

**Margaret Ann Lembo** is the author of *Chakra Awakening*; *The Essential Guide to Crystals, Minerals, and Stones*; *Angels & Gemstone Guardians Cards*; *Color Your Life with Crystals*; *The Essential Guide to Aromatherapy and Vibrational Healing*; and more. Margaret Ann is a spiritual entrepreneur, aromatherapist, and the owner of the Crystal Garden — a bookstore, gift store, and spiritual center in southeast Florida. To learn more, go to [MargaretAnnLembo.com](http://MargaretAnnLembo.com) or [theCrystalGarden.com](http://theCrystalGarden.com).



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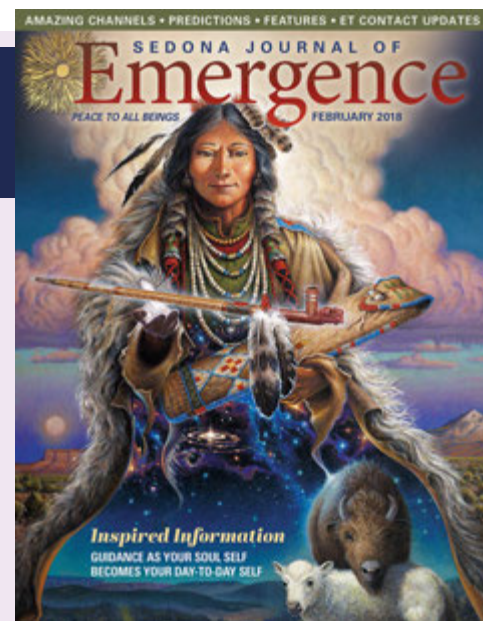
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MARCH 2021



## CHANNELING

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- Discover What Is Truly Yours..... B4**  
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## A Guided Meditation for Clarity and Comfort

Yeshua through Denise Bennett, PhD

*Yeshua, this flu seems to be controlling us — so much fear. It has closed down our businesses, schools, and churches. Are these masks truly helping? Then there's the political showdown. Can you please give us something to calm our nerves?*

Yes, dear ones. We know of your angst and sadness and the moments when your faith is shaken. That is why we are here in such great numbers. Now take a breath as we guide you through these rough waters. We begin with an assignment: If you truly want peace, you must participate. We have said this before. You prefer to sit back in your recliner and watch the world go by, shouting at your television sets, just to feel like you are doing your part. But it means nothing. You have given away your power. Let us correct this at once.

In fact, that is what many of you have decided to do. You are standing up for what is right. Does that not feel much better than resigning yourselves to a position of mere spectator? These people are speaking out and putting action behind their [your] words and giving power to your thoughts. Yes, we see the division. But you can rest assured that it has run its course. You are nearing the end of this pain-filled, tumultuous chapter in your human history. Here is your task.



### MOVE FROM FEAR TO FEAST

Sit quietly and close your eyes. Do not attempt this exercise during the commercial breaks of your favorite drama. Have you not exhausted this form of so-called entertainment? Are you now ready to sample the delectable feast before you rather than watch a simulation of your brother partaking of it?

We continue. Now take a deep breath and hold it for two or three seconds. Some of you cringe or

even panic at the sound of it. Why is that? Repeat these words: "I am protected and provided for, always. The Father is my sustenance. He is here, watching over all. God has breathed life into me."

Now exhale slowly. Take two more deep breaths and hold them before releasing. Release the day's worry and judgment. Let it go. Now we can begin.

### FLOAT ABOVE THE FRAY

Our task is to rise above the fray. Envision yourself floating. The body is not solid. There is much space between molecules. You are now floating around your physical form. Focus on the body itself as you push past the holographic image. You are now inside observing the myriad components: blood, bones, and nutrients all race about as a great freeway system of moving parts with perfect precision and divine purpose. Is it not a thing of beauty?

As the synapses fire, there are sparks and flashes of light. This is a fine example of communication and cooperation. It is a symbiotic relationship that keeps the machine in balance. Of course, you have seen what happens when these agreements are ignored, as we have stated in the God-given text.

Now shift your focus above the body and float up to meet it. You now hover approximately 20 feet above your form. Who else is in view? Include those closest to you. This means your loved ones, friends, and those who share your dwelling or office space. These are your classmates,



the souls you have agreed to work with in this life. Look past the illusion to the truth of their energetic being. Do you see it, dear ones? It is a mass of glorious spinning molecules.

Do not lose patience with this assignment. We tell you truthfully that your existence is an illustration of love and its desire for expression in the world of matter. A kiss, an embrace — we speak of oneness, not merely romantic love. In some countries, men kiss on the cheek — first one and then the other. This is a beautiful expression.

But ego [fear] has derailed you. Do you recognize ego's latest trick? The dark entity is utilizing the great flu, working furiously to prevent your connection. When you are ready, you will see it.

#### WATCH DIFFERENCES FADE

Now we move higher still. You can see your communities — thousands of beings. Every person is a brilliant, twinkling star. As we soar even higher, this becomes clear. Your differences fade quickly. You ascend to the heavens as facets of the one great gemstone that is God's son. Do not recoil at my words. I am the child of God, and so are you.

Peer down at the many shades of crimson and cobalt as they melt into deep purple, the

color of Spirit. What you see all around you is an illusion or a stage. As the play comes to a close, some have fallen into fear. That is because ego knows what is coming. It is the end for ego.

All the ugly expressions that have surfaced on your planet are ego's attempt to deceive you. It is up to each of you to see this for what it is: the gnat crying out for attention. As you flood your planet with light, the frightened critter will make a last attempt to convince you that you need it. The lies and deceit — it boggles the mind how far things have progressed. Bless the little creature and release him.

Hear us now: The movie is more entertaining when redemption is prolonged and when everything looks bleak. Then at the last moment, a soldier on a stallion rides in to save the day. This is your creation, dear ones. Write a happy ending. Envision the whole of humanity moving closer, joining together as every point of light grows in intensity — now a fireball greater than your Sun. That is your destiny.

#### BLESS EACH SOUL

Take another deep breath as you descend back down to Earth. As your towns and cities come into view, bless each soul — every fellow human. You have gazed on the truth of your oneness and can never again feign ignorance. You



have peered behind the curtain. Oz is ego, puffed up and ranting with a booming voice. But he is a mere scrap or a wisp. Hold the trembling creature and see him evaporate into thin air.

Every angry, hurtful being is crying out for love. Now can you accept your fellow human? You are eternal; do not forget this. Forgive your enemy here and now, knowing he joined with you for the lesson.



We recommend that you repeat this meditation

often. The illusion — the dream you call your waking life — disintegrates as you move quickly to the fourth dimension. All hate and fear will soon be but a memory. The cage door has been opened. Will you remain huddled inside? Turn around, dear one. You are free!

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

## Discover What Is Truly Yours

### Mahatma Gandhi through Blue Turtle

Beloved children of God, you are part of a pivotal moment in world history. You are awakening to the full possibilities of reconciling the racial discrimination and inequality that has carried on for centuries. Yet the evil forces are working hard to keep the status quo at any cost.

The will of history is on your side. Too many people have suffered and died at the hands of white supremacists and racists who want to control and subjugate darker peoples. We in India peacefully protested against the hatred, butchery, and brutality of British oppressors in our homeland. We shut down their businesses and industries at their expense, which infuriated them. We undermined their evil efforts to hold us in poverty, servitude, and bondage. We met them peacefully as they beat, tortured, and killed us.

The people and governments of the world heard, saw, and read what the British authorities were doing to us in broad daylight. Their heartfelt and active response to these inequities changed our circumstances and plight. The people of the world understand what is happening now, just as they understood and helped us then.

The times have changed for this fruitful reconciliation. Many immigrants have fled their own countries' atrocities of racial, tribal, religious, and cultural wars and violence. They have come to find peace, stability, and hope in their new homes and countries.

Since the pandemic hit, the insidious systemic racism has been revealed to its fullest extent, as people of color still do not have the quality of life and opportunities for employment and health care that whites have from birth. With ongoing years of black men and women constantly being targeted and killed by police, the heated anger and peaceful protests escalated with the outright murder of George Floyd.

Many of your political leaders gaining momentum and support are working for unity, inclusiveness, and equality. Make sure that you vote for them in record numbers as you did in the 2020 presidential election. Do not stop or give up, as the evil opposition wants to take and keep control again to make people of color and minorities miserable and invisible with no worth or identity.

You have built incredible momentum during a worldwide health crisis, as the evil foundational structures placed throughout the world through the ages break and crumble at their core. It is the perfect time to act together in love and light to bring about hopeful and enduring change.

In my time, the Indian people were able to gather in unity, power, and peaceful resistance to stem the rising tide and suffocating power of British colonialists intent on continuing to disenfranchise us and take our lifeblood, breath, and soul.

I rise up and walk with you today as you continue to address the horrific treatment, police harassment, and blatantly murderous deaths of black women and men not treated fairly and equally before the law. In solid and righteous anger with peaceful protest, I stand with you to change the course of history again.

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





# The Spiritual Fire of God's Unity

Afra and Voice of Divine Reason through David Christopher Lewis



**Afra:** I come this hour to Earth and into the domain of your heart, your soul, and your divine mind, where God resides in the effulgence of the spirit as pure love within you, precious ones. I bring you gifts of sacred fire to ennoble each of your souls in a greater manifestation of light. This gives you entry into your divine nature and the beautiful ideal of godliness that you capture when you love God and that you broadcast when you pray and meditate. Through your vision, you promulgate the new era in which sacred brotherhood-sisterhood arises among all peoples and all nations. As the eternal one, it is God's nature to draw all into this sanctum of light, community of oneness, and family of unity and diversity.

O humankind, it is an epic time to be alive, to experience God within you, and to allow your godly nature to help restore every nation to its original divine blueprint so that a planet shines brightly within the solar system and the cosmos. Its citizens understand the spirituality of life, the dynamics of the path of oneness, and all that is essential to self-realization within this greater journey of oneness with God.

When you harmonize your life and live in accord with cosmic law and divine principles — with the golden rule — angels of the sacred fire, cosmic beings, and ascended hosts of light come to your aid and assistance. They help you in your journey. Each is different yet part of the whole. Each soul is a unique cell in the greater body of God. Each monad is indeed essential for the entire cosmos to vibrate, to beat as one heart, and breathe as one being.

## Give Way to God

When you feel yourself in all aspects of you as a part of this oneness, I am with you, because I stand and reaffirm each day the divinity of God within each soul on Earth. I stand in light to aver the I Am spirit within the nature of everyone and everything as a part of God's eternal nature. As I affirm and reaffirm through my strong spirit, coaching you and goading you onward on your path to brotherhood-sisterhood, to freedom and to divine love, there is through this infusion of my being within you the culmination of the path that you have walked in your ascension.

Give way to God. Allow God to hold sway within you through prayer, divine supplication, and most importantly, acceptance of the presence within your being.

It is time for humankind to arise into a greater measure of God self-realization at this time. Exemplars everywhere have committed to this path of godliness within the Christly spirit of way-showers, messengers, and God-men and God-women who have demonstrated every aspect of the path that must be walked in love and in harmony in order that the goal be fulfilled.

You have the wherewithal, each and every one of you, to merge with God fully in this ascension process. It is necessary that many more awaken and be quickened within the eternal light of God shining within this planet now through the Christ and through all who have merged with that Christ spirit to fulfill our collective destiny.

Your destiny is before you each moment as you breathe in the light of your presence and accept the ministrations of the spirits of heaven in your midst: the angels who protect and often guide you, often unbeknown to your outer, waking awareness. When you give them deference and call them into action, your pathway is safeguarded by their wings of sacred fire and their pinions of light restoring all around you and within you the nexus of spiritual fire that you require for victory.

Many do not fully understand all the implications of how their victories each day on their path of initiation are essential to the greater movement of the universality of light within this plane of being. When they take responsibility and act in accord with the divine instructions of the arhats of heaven, there is greater deliberative and effulgent cosmic broadcast among the nations. Many are able to step out of mediocrity and the insanity of the lesser self into the divine glory of their I Am presence.

Precious ones, I know that I am preaching to the divine choir: those of you consecrated and dedicated to this path of oneness. Somehow there must be an even greater manifestation of the glory of your I Am presence coming forth and blending resources with other lightbearers throughout the world. This will nullify the schemes of the dark ones and promote the full flowering of the greater God plan of the divine director, the manus of the ages — Gautama Buddha himself and the cosmic lords including the karmic board. When you see the plan clearly in your higher mind's eye, it is up to you to do

all within your God power to bring it forth through your conscious work, loving service, communal efforts, and collaboration of your spirits as one spirit, blessed hearts.

When you step into the one spirit of divine love, of God freedom, and of true brotherhood-sisterhood, I forge with you the destiny of God-glory for all peoples, no matter their belief systems or the -isms that they are involved in. I can truly say, blessed ones, that in the one spirit, all demarcations and denominations disappear. The Christ is light, the I Am presence is bright, the glory of the Lord, the shekinah of the I Am, manifests its divine spark. It enlivens all within that spirit to reach upward and inward to become that star-fire energy field of beauty, harmony, peace, and light.

I am working with my entire being to free humankind to understand the nature of divine light as love. As humans imbibe that light of love within their breasts, within their entire beings, the answers to every dilemma manifest. Prayer itself is one key, yet even beyond this, the full acceptance of the I Am presence within one's being is essential for the glory of God to be established among all nations and peoples.

### **“I Am” Is the Name of God**

When all understand the I Am as the name of God in the English language as key to the self-realization within the eternal now of God consciousness and solar awareness, then you will see, through this nexus of divinity the empowerment, the inspiration and illumination of every soul within its God glory. Then Christ has come again, individual by individual, into full glorification and manifestation.

This is the Second Coming: Christ fulfilled within you. Jesus himself might return in a sense as a godly man, hovering within the atmosphere and drawing all to him through the magnet of his heart, and Christ Jesus is the answer. The Christ light is the powerful energy of Spirit that saves the soul from perdition.

Jesus yields even to Melchizedek and to his teachers of past eras, yet each of them in turn defer to the Christ light that he so radiantly and gloriously manifests through his loving and virtuous life, one with God, the Father-Mother of all. There is no division within heaven or competition where one thinks of one's being as greater in attainment than another, for all are within the one spirit of the eternal God. In that oneness, there is pure unity, pure light, and pure beingness.

Dearest ones, even among the communities of God in this world, there must be a greater understanding of the diversity of thought, study, and reference points of being. When you understand the unity in the diversification of light, realizing that brotherhood-sisterhood is a collaborative energy field, all is fulfilled within the dynamic of that unity field of beingness that you live within.

It is time to let go of what divides you and others in thought, word, deed, and consciousness. When you understand this unity, precious ones, all aspects of what caused disunity disappear, and you will live in the joy of understanding every person as a part of self and you as a part of every other person. This is within a greater, higher dynamic of true spirit oneness. You cannot unify the human elements, yet you can enter unity through the spirit that you all live, within your God presence. That is where you cocreate the new era of oneness and divine love.

Precious ones, join your spirits with God in this unity light of the I Am. As various prophets speak with their words inspired by the Holy Spirit, you will always know the truth. You will feel the dynamics of light growing within you, flowing through your chakras and aura and inspiring you to be your best, give more, and do all you can each day to serve the God with your entire being.

### **Be Part of the Cosmic Fulcrum**

You initiate cosmic spirals of light, giving glory to God through the love that you compress in your heart and shine forth through your lives virtuously. Through your own self-realization in moments of God-connectiveness, I draw forth the cosmic energies manifesting through you into a cosmic fulcrum and share them where possible among the nations and their peoples. This means the victory of every soul in its sacred journey and the blessings that heaven intends for you actually alight in your world and cocreate for and with you greater familial love, understanding, and collaboration.

Within this heart stream, I have attempted, by God's grace, to give you keys to this hour and every hour of your life moving forward. Do not look back, precious ones, or fixate on your mistakes and shortcomings; this is not what God would have you do. Only the naysayers and the little imps and devils that taunt you with your past continue to attempt to have you harbor these within your consciousness. Let go of your past; forgive yourself and all others. Embrace the eternal spirit of the I Am now and live in the richness and God beauty of it.

O ones whom God lives within in glory and in light, I leave you with these final words: Love one another as the I Am has loved you, as Jesus has loved you, as Mary has loved you, as Saint Germain has loved you, and as I love you. Love one another and broadcast only God-love through your words, your feelings, your thoughts, and your deeds. When you truly are God-love in its completeness each day, you are the answer to every untruth, every impossibility, and every negative thought, for God lives through that love to impress the greater light among all within the one Spirit of the I Am.

As you sing, dance, pray, and play a little bit more today than ever before with the light that I have provided

you, let it be a new day. No matter what you believe about “this” or “that” candidate or party, let us party within God’s being as lightbearers, lightsharers, and lightworkers. Do you think it would be best to have a party of unity where we can all sing together and love each other no matter our background or beginnings? Let us pursue this goal of oneness. Put aside all division, and embrace the new light and frequencies of Aquarius in a planet of peace, freedom, and love. Thank you.

### Move Fully into the Light

**Voice of Divine Reason:** I come from the Sun to blaze solar light, solar joy, the radiance of beingness, and divine happiness throughout Earth as you ascend in consciousness to behold God above and within. I assist you to tangibly feel your presence and allow all divine radiances to be yours every moment as you attune to God’s heart and know what is real within you.

I am the Voice of Divine Reason — as the Logos, the Word — broadcasting to Earth in a golden light of illumination. I am the sonship within God as the second manifestation of the Trinity of your beingness in God. I am the mediator between your soul and the spirit who loves you and goads you higher through your still, small voice within, if you dare to listen and are sensitive to what bides within and guides you higher.

As the Voice of Divine Reason, I impel you to mindfulness, even to Buddhistic awareness, to reason with God, know God, and invest your energies within divine jurisprudence. Justice and prudent living manifest in the integrity of the gnostic frame of reference that gives you wisdom and truth. It provides you with insight into what is important, far-reaching, and present every moment through your mind attuned to the mind of God.

I am that Buddhistic light available during your meditation practice to provide insights into the heavenly world, where the majority of your being already resides in perfection and eternal joy. You might also abide in spirit as you consider God as ever-present, all-powerful, and omniscient within your threefold flame that is actualized, expanded, and magnified through love, wisdom, and faith in balance.

You are a messenger of light who has come to Earth to broadcast to the planet and her people your gifts of the spirit fulfilled through your life lived in God’s glory. You have invested eons of time, energy, and consciousness to reach into the divine worlds and draw what provides blessings and boons to life in your domain. As you utilize your gifts and grace this Earth with your beingness, with the integrity of your consciousness welded to God, a portal to divinity opens in your heart, mind, and soul for what is true, holy, pure, and noble to emerge and give birth to all manner of amazing and alchemical manifestations.

You have what it takes to transform this Earth into a golden-crystal-age civilization if you are daring enough to do what is essential. You are required, as a sentient being, to provide stepping stones of light, sublime energies, for others to use or be inspired by so that they can also make that ultimate leap into the arms of God. When you offer your soul, spirit, and consciousness to this divine cause, we are there to inspire you. We manifest through your mind and through what is divinely reasonable for you to fulfill your purpose and ascend in joy into the holy of holies and be christened and anointed as one with the Eternal.

### A Time of Reckoning

Oh, how you strive to be good, even to be great, but God within you is already divinely perfect. When you simply allow — and through your receptive mode — impel God to manifest through you in creative and mindful offerings of spirit, you are a blessing to all life in your domain. You are the point through which angels can sing and stir the ethers with their light energies and essences. You are the nexus for what is pure and great to be born again in this world.

As a christed and anointed one with Jesus, Krishna, and Shiva, you might transform all through your heart (rich in love) and your spirit (as powerful as God and as expansive as the Holy Spirit’s breath). Then your life in God is truly magnificent, and all the elementals and spirits of nature come to aid your life lived in glory and holiness.

This is a time of reckoning on Earth when men and women have the choice to fully move into the light and embrace its quintessence, its godly nature, or shirk them and shrink into ignominy, ignorant of all that God provides. We pray that you make the daily divine choice through transmutative giving to forgive all, including yourself, and to merge into that light through joy and love. We pray that you embrace God completely within yourself and all. In that knowingness and through those refreshing currents of the spirit, we pray that you move swiftly to fulfill every God desire righteously, holily, and purely.

This is the time for you to shine, dearest one. Even in your rosary prayers, you acclaim to shine your light with Mary and the mothers of heaven. We answer your call this day and brighten your world with the shining aspects of that diamond-shining mind of God. Through Logos reasoning and Buddhistic mindfulness, we will transmute all aspects that are less than perfection, truth, glory, and divine beingness if you allow us.

Therefore, we say: “Shine forth this day, oh angels of illumination’s ray, upon this Earth and within the lives of lightbearers, lightworkers, and lightsharers. Shine forth your light. Grow that light within minds, hearts, and



wills throughout the nations. Blaze forth that light. Clear the air and the mind. Clear the mental belt of Earth to bring integrity of divine thought into play so that all may surge into knowingness with God and beingness within their presence.”

I am the sunlight of divine joy brightening your world this day. You have called to Helios and Vesta, the God and Goddess Meru, the Sun within your system and your being. The Sun has answered — the S-U-N and the

S-O-N. A new aspect of self within your christed nature is revealed that will allow you to more easily access holy wisdom this day and every day.

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

# Earth Needs Divine Feminine Energy for Its Salvation

Mother Mary through Marcela Santiago

I am Mother Mary. Humanity must make a concerted effort now to connect to its feminine energy. The great polarization we have seen on planet Earth for so long is due to the intense masculine energy present and the powerful imbalance of masculine energy versus feminine energy. Masculine energy is good for many reasons, but it is also dangerous when out of balance.

Masculine energy drives action and much success in the third dimension. It is the energy of doing and taking action. But it is less emotional in terms of the heart. It is quite bound to the feelings that arise in the frontal lobe of the brain where problem-solving and judgment take place. Masculine energy processes, analyzes, and comes to conclusions. It is very cerebral.

Feminine energy, in contrast, is derived from feelings that originate in the heart, not the mind. The heart transmits electromagnetic waves that send messages to the frontal lobe, permitting an individual to make a decision or take action based on the emotions felt in the heart. Again, the action is not taken from emotions that originate in the frontal lobe of the brain; feminine energy makes decisions based on feelings experienced in the heart.

Why is this important? Why is it important to balance masculine energy with feminine energy at this time? It seems humanity would want to be in masculine energy to be successful, for that energy is steeped in action. It is logical and linear.

An imbalance on one side or the other creates instability. Balance, on the other hand, is a unifying factor. Balance brings stability to an individual, community, civilization, and culture. Extremes are never good. This is why we speak of balance. When there is balance, harmony exists.

## Feminine Energy Is Unifying and Inclusive

Feminine energy needs to come out now and decisions of the heart need to be made, because feminine energy is unifying and inclusive. It is the energy of motherhood that nurtures children. It considers the collective. It thinks of community and is concerned with developing and caring for its offspring. In contrast, masculine energy is more concerned with individuality. It is guided by primal emotions of survival where an individual is determined to get what he or she wants for personal advancement.

Masculine energy is less concerned with unity, community, and the collective, and it is less nurturing in this way. It is territorial and protects what belongs to the individual. Right now, these polarizations we are experiencing on Earth — such as the destruction of the biosphere, greed, and wars — are due to centuries of incredible and intense leaning in to masculine energy.

The need for humans to dominate came out of the fear of being dominated. Now, in the Age of Aquarius, it is time to transition out of this intense masculine energy and learn how to utilize it in its highest vibratory form, which occurs when it is in balance with feminine energy. Humanity must learn how to complement masculine energy with feminine energy to bring the planet into balance.

More feminine energy will open people's heart. It will inspire people to take action with higher spirituality and the innate sense and understanding that planet Earth is a sentient and spiritual being; she is your mother, and you would not exist without her. It will take people out of this masculine, self-centered energy and bring about a new consciousness and awareness that values feminine



energy as a strength, not a weakness. It will begin a culture that considers those who nurture, express love, and wish to be of service as the true warriors who will make a difference in saving planet Earth and humanity at this time.

### Connect to the Divine Feminine through Meditation

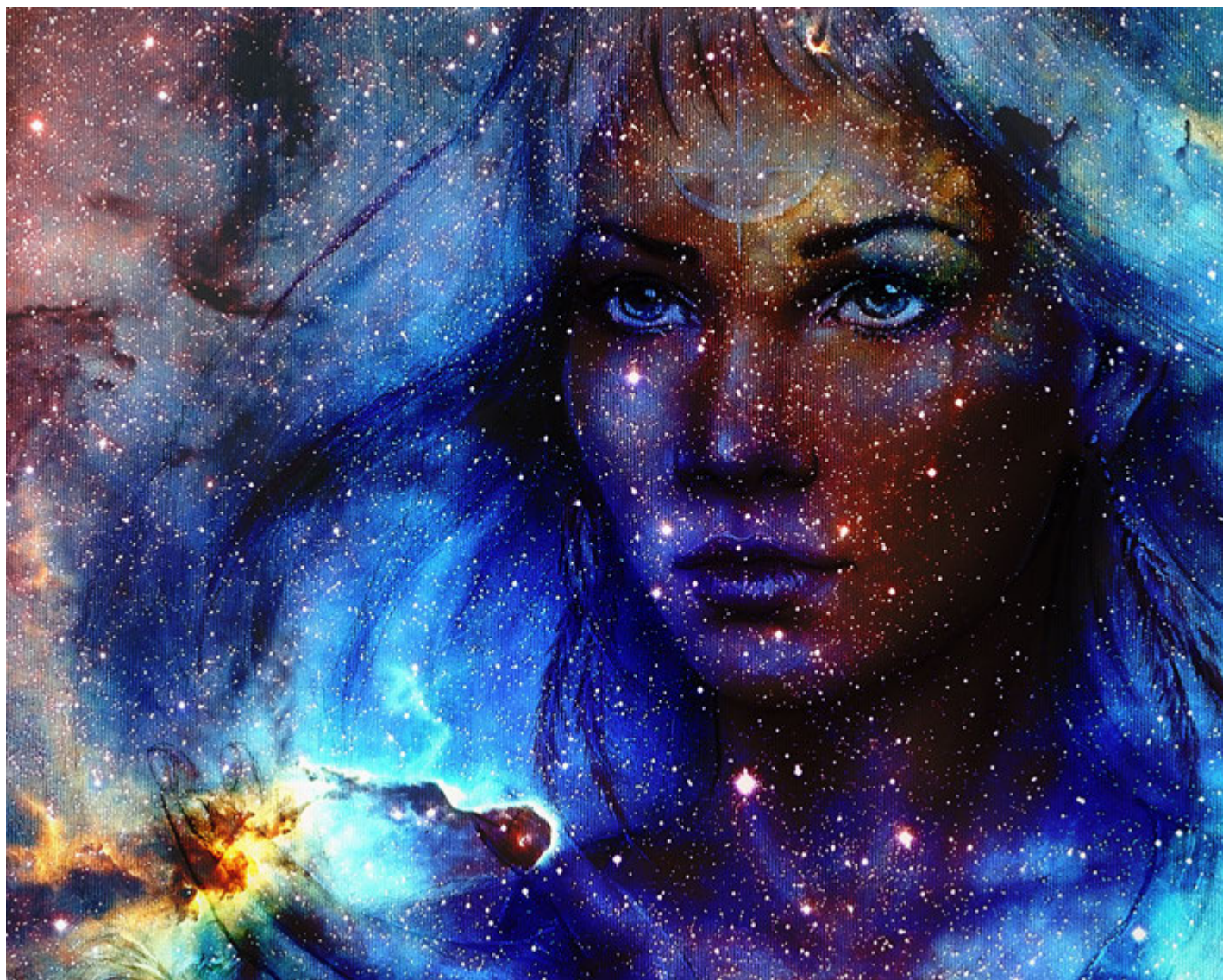
You can use meditation to connect to me and to the Divine Feminine energies that exist in the spiritual realm. I am an ascended master, and I work with other ascended masters, such as Mary Magdalene and Kuan Yin. We hope to work with those who are able to connect with us so that we can speak to them and through them now. It is very important that our message be broadcast and for humanity to understand that feminine energy is vital to spiritual ascension and thus vital to the salvation of planet Earth. It is essential that humanity embrace feminine energy to raise the spirituality of the planet.

I speak to all of those who are open to welcoming

my teachings and my Divine Feminine energy as well as the Divine Feminine energy of the ascended masters and angelic and spiritual realms. I want to inspire people to embrace feminine energy and guide them toward ways they can become more energized in the feminine. I want to lead people to connect to feminine energy through meditation and writings on the topic to understand its benefits and how, when in balance, it complements masculine energy. Similar to the negative side of too much masculine energy, too much feminine energy can also be detrimental.

A large injection of feminine energy is now needed for the salvation of planet Earth. For this to manifest, humanity must become aware of its importance.

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







# CONSCIOUS LIVING

## The Gift of Uncertain Times

Jessica Marie Baumgartner

I don't know what's going to happen tomorrow. I don't know what's going to happen next week or next year. Based on what we've all gone through recently, no one does. But do we ever truly know what's ahead? No one can fully predict the future 100 percent, and that's a good thing. Sometimes disaster brings us together. Sometimes we need to get knocked down to stand taller.

Moving forward, we hold more power than we ever knew. I've never been good at sitting still. I love to cook, clean, garden, fish, hike, swim, and explore the possibilities that life holds. The trials of "tomorrow" have reminded me to fill in the gaps, to remember that I was raised in poverty and learned to be resourceful because I had to be.

Because of the unprecedented events of 2020, I connected with local farmers, supported more home-based businesses, and realized just how much energy lives inside determination. I think a lot of us feel the same. All over our communities, we have witnessed people baking bread — a timeless tradition. Our ancestors knew this skill well, but modernity made it less of a necessity.

There is something special about pouring, mixing, and watching the fruits of my labor rise into nourishment. It is a practice I used to share with my children for fun.

We now do it regularly and smile at the fact that many of our friends and neighbors are doing the same.

### Community Bonds Return

We brought back bonds that had been pushed aside in the bustle of life. I have always loved gardening and was a member of community gardens in the past, but never had I worked so avidly to grow my food as I did in 2020. When I was out in the sunshine or during a gray drizzle, I found that more people stopped to say hello. We remind ourselves and everyone else just what the human connection means when we honor nature and work with it. I learned to grow extra crops as an offering for the animals (especially rabbits) who inhabit my yard and the value of finding a good spray bottle to mix natural hot sauce for a natural pesticide.

My youngest child was born in the fall of 2020. It was an exciting time. Having home birthed my other children, I was grateful for my midwife and her special skillset. Welcoming a new life into my home wasn't scary even during a tumultuous time because I had built enough trust with myself, my body, and those assisting me. Home birthing rates highly increased last year. Anyone who asks about it can always expect an earful from me because I



believe it is a great option for those who trust themselves and my judgment.

Instead of falling down news-cycle spirals and allowing fear to rule, we have been given the gift of uncertain times. We have been forced to question ourselves and our lifestyles. In doing so, we have begun to shift our perspectives, daily routines, and interactions. We have learned to listen to our inner voice and allow it to guide us toward stronger connections with others. These are all invaluable elements of living whole and purposeful lives.

I don't fear the unknown. It can unlock so many wonders. We have everything we need to be the people we've always wanted to be. Let's trust ourselves and continue to do more for the world.

*Jessica Marie Baumgartner is the author of the Llewellyn Worldwide release, The Magic of Nature: Meditations & Spells to Find Your Inner Voice, Walk Your Path, The Golden Rule, and numerous stories and articles that have been featured in the St. Louis Post Dispatch, Chicken Soup for the Soul, LitReactor, Mothers Always Write, and many more. Her work has won two Missouri Writer's Guild Awards and countless others. Find her at [JessicaMarieBaumgartner.com](http://JessicaMarieBaumgartner.com).*



# The Most Powerful Love Story

Donna Ferri



Love is more than a concept, even the highest love. But when showcased in a certain framework, love is paramount. Still, love is not all. Without wisdom to guide it and power to bring it through to completion, love remains a mystery. More often than you might think, love shines through the framework of story. So in honor of Valentine's Day, I'll retell a classic spiritual love story in a way that outlines the spiritual path. Even if you've heard it, real magic can occur in the retelling. Open your mind and your heart.

To prepare you for love's denouement, I'll explain the real mystery school, its tradition, and what it's for. On the "left-hand" path, the outer (exoteric) schoolhouse devolves. On the "right-hand" path, it evolves. The inner (esoteric) school sponsors your evolution. I'll explain the reality of open secrets opposed to those beyond the veil. I'll cover the main work of mystery schools, which offers remedies for apparent evil, because every love story, fiction or fact, must have an antagonist to come between the lovers. But it must still end happily. Then I'll reveal the plot of that favorite and oh-so-real tale of divine love — a tale that has lasted through the ages.

## Mystery School Lesson

Valentine's Day can bring unbidden memories. It's the stuff of retailers' dreams. But do the marketers of candy, flowers, and perfume ask from whence such memories spring? Do they spring from relationships in this life experience, past or alternate lifetimes, or the dream plane? Or does the idea of love and romance come from original love that

conjures a profound longing for ultimate, spiritual reunion?

Your deeper mind might hold a combination of these perceptions. Modern culture hints at higher love from mystery-school traditions. When a modern fabler seeks to preserve that ideal, its deeper meaning can flash brilliantly to evoke recognition. More often than not, even that meteor is eclipsed by the glamorous and popular love story that caters to sense gratification. Who will hold high and blaze the banner of the divine?

When the pure saga of star-crossed lovers keeps the spark of truth blazing, its flame holds vestiges of the secrets of love. The wise ones of spiritual realms use even the love of mortals in life, not just fiction, to reveal certain mysteries. This is why stories of any type can fascinate you, whether or not you openly seek the mystery school or have already touched the hem of its garment. That touch, lasting many lifetimes, can vibrate through even the veils of forgetfulness and fabled occult secrecy.

## Love's Inner Purpose

You might have a sense or a conscious memory of being invited into the mystery schools. Perhaps you were accepted as a student long ago, and you continue to seek and hope to continue its teachings through lifetimes. Mystery schools, particularly as described in stories from the old Rosicrucian tradition, speak of magical rites shrouded in secrecy and of the occult war between light and dark.

This ancient tradition is taught in every age. Some exoteric schools

provide training and discipline to prepare the student for esoteric and deep learning through structure. Even if your soul does not gravitate to any of these schools, the levels can come through the seemingly mundane experiences of life. Occasionally masters come in the flesh, endowed with powers for good. They gather their disciples as if through previous agreement. Bards sang of these great ones. Now the fashion is to treat their history either as myth when actually truth, or as truth when only myth.

The real authors are the wise ones from higher realms. They use tradition, even if gleaned from reading dusty tomes, to draw their students back to their mysteries. Tailoring lessons to each soul is important. Unfortunately, when the soul discovers or believes its found a bona fide exoteric mystery school, the human equation sometimes interferes. When indulged, egos can harm the entrant's perception of not just the school but of the teaching and the wise ones.

## Esoteric Codes Broken

When the inner mysteries choose spokespeople who are humble, the experience is likely helpful to the devotee and the school's reason for being. When not, these individuals can turn a soul away from the path — sometimes for a lifetime. Human frailty in the external school isn't just a modern-day issue, though

it might seem so, given your discernment, experiences, and the seeming proliferation of external schools offered on the Internet. Throughout the ages, schools brought through by wise ones have failed more often than not or become severely watered down.

This has happened by human invention and not by divine plan. But the Divine can test you by how you respond to apparent failure. In one historic case, that of the “fall of humankind,” wise ones had to mitigate the effects. Cosmic counsels convened to create a stricter code of conduct and stricter secrecy. Such confidentiality is for the development of souls and not punishment for individuals or a planet of souls. With discipline comes responsibility; privileges are given to the responsible. But to avoid the proverbial vicious cycle, outer schools impart simple secrets to test an individual’s development.

Parables of the Christ were open secrets fed to the hungry. When the appetite is piqued, the belly is filled by courses until the full meal is ingested. Then comes the aperitif. A true master knows the constitution, capacity, and potential of the student.

### Exoteric Secrets Given

Until a certain quorum of Earth’s evolutions turn from negative materialism to pristine consciousness, humanity will still largely forget. People have little desire or perceived need to retrieve certain gems, though these have greater worth than the coins of Earth’s realm. Have we reached that quorum, or are we still in the time of secrets?

The world is awash in secrets coming to light, such that people doubt them or try to swallow them whole without demanding or receiving answers to the occult’s traditional challenge. Personal or planetary revelations abetted by wise ones always come with caveats

established by the higher mind or planet’s divine sponsors. An exoteric school handing out titles, rites, degrees, grades, and sainthoods like candy is not necessarily a true mystery school.

Mystery-school proliferation doesn’t indicate that humanity has reached or is approaching enlightenment, or else Earth’s corrupt wouldn’t seek to veil their corruption. Secrets might begin to come out, but not, as told in popular movies, from old books (although these provide practical magic to help make ends meet). Can enlightenment come from a mentalist’s parlor-room tricks?

### Love’s Antagonist Unmasked

As mentioned, every love story has an antagonist who acts from the lowest levels of consciousness. The most powerful love story is that of the soul. Humanity suffers under adverse tricks, spells, and other deceits through politicized science, education, technology, finance, arts, and religion. Such antagonists in life’s drama have undeveloped outer minds. Their egos have turned dark and they have lost the ability to discern. Humanity is far from returning to a golden age, but consciousness can change in a relatively short time, usually through learning painful lessons.

Humanity is still in the age following the fall that brought about the need for secrecy of higher mysteries, but the wise ones have a remedy, even for the unfortunate circumstance of a fallen or false teacher. Inner-plane masters hold no opinion of your earthly personality, but they are sensitive to the role that lesser minds play in spiritual evolution. That’s why these wise ones of the high inner planes hold audience with groups of spiritually compatible souls between waking states and lifetimes.

You have such experiences when your higher soul gravitates

toward more spiritual development. Whether or not you recall glimpses or more crystalline memories of the retreats that you visit in your higher vehicles, the experiences assist your outer mind. Your conscious mind’s ability to remember these experiences matter little to the higher soul. The mind’s awakening comes at a measured pace that is helpful, easiest for you, and correct for your development.

### Twin Remedies for Evil

The outer mind must process and release any brushes you might have had, or will have, with impostors who distort mystery-school teachings, whether knowingly or not. It is the same with well-meaning teachers the wise ones ordained to represent the mystery school. When these fail through human foible, the consequences go deep and wide. The same is true of anyone with responsibility for the well-being of others, whether for the masses or for smaller groups.

Thankfully, a powerful remedy is at hand for human failings and wounds. It comes through the twin pillars of unconditional love applied with the mercy of law. This type of healing is a discipline enacted through you by the divine. It wafts as love’s fragrance through your consciousnesses and enhances and vivifies your conscious application of mercy’s law. You can extend that love and mercy through prayer, mantra, meditation, or everyday states of mind. According to the mystery school, whenever you apply any or all of these methods to treat error with love and mercy, you perform your highest calling, no matter your outer profession.

The mystery school tests you when you encounter or hear of unrepentant evil, even if you don’t know or believe you’re its student. How you respond to life is everything to your higher mind. The higher mind develops you by your discipline to

control and become adept at handling thought and emotion. Your actions might be by the “letter of the law,” but your inner state of mind always reveal true development.

### Love’s Mysteries for the Ages

I come now to the eternal love story. For some, this dramatizes in physical relationships or as a spiritual longing for a twin ray, a soul who in every aspect is your divine counterpart. Met or unmet in this or any life, in a state between sleep, or in lifetimes or alternate realities, this complement to your very being is already part of you. Plato taught this mystery-school secret. His stories, handed down through time, are like the Rosicrucian romances, thought to be allegory by some but fact by others. Some mystery schools teach that humankind was androgynous and separated. From then on, as Plato said, it ever sought to unify with its lost half.

The highest mystery schools don’t dwell on whether the story of twin rays is from ancient akasha. Rather, they use it for a purpose. Some say the idea of the twin ray or flame was created by the Divine Itself to recapture your attention — that the real love story, even in the

midst of outer drama, is romance with highest mind.

You might have and hold the love of your life, or desire this. You might have loved but then lost that love relationship, or you parted through death. Perhaps you see love as the divine metaphor of life itself. In any case, your consciousness muses on all levels of this mystery of mysteries. Consciousness can survive, but mystery schools teach that it has a prescribed path.

### Love and Life’s Denouement

The purpose of the love relationship is development, whether that love is with another person or the Divine. Your real self, not your personality, develops over the span of incarnations. The lower vehicle of memory, also called the soul, transcends death first. It can evoke emotions from the primal to the exalted, with overlapping grades in-between. It carries these into succeeding lifetimes, and as long as the soul is undeveloped, it sees the procession of incarnations as linear.

Exoteric mystery schools teach these and other things. They might hand out elaborate charts to their initiates to help stretch their capacity to retain wisdom. These are

merely tools for the esoteric mystery school to ray simple truths through the outer, more mysterious school.

Real teaching comes from the divine that trusts your development with the higher mental body, also called the Christ mind. It helps your soul bring Home whatever learning transforms its impermanent, memory vehicle of the human personality until that lesser vehicle drops what is unreal — the illusion. This process merges your personality with the higher memory vehicle, the higher or Christ mind, which ultimately travels (intact with all your best memories) beyond the Earth’s etheric-belt and retreats to the highest abode — your individualized, divine mind.

You long for Home. It is the place of reunion and the origin of your real self who heads there for the highest union — higher even than the twin rays.

*Rev. Donna Ferri is a mystery-school intuitive and metaphysician. Her work honors your reason for being and helps raise your consciousness. Sessions include a soul reading and energy clearing, because with both, your soul can lift into rarified levels. As a master spiritual life coach, she helps you clarify and reach your spiritual success goals. She also offers consciousness counseling, seminars, and meditation retreats. Read her insights at [WhoHeals.com](http://WhoHeals.com).*

## The Four Dimensions of the Tree of Life

Ethan Indigo Smith

Symbolism and numerology are useful tools for finding elusive relationships and correspondences among diverse groups. Exploring how diverse cultures viewed symbolism and spirituality can reveal our shared human consciousness, individuation, and self-development. Of all the numbers, four has

the most potent and prolific correspondences. The celebration and repetition of numbers and numerical sets of the same number can be revealing, as can exploring shared celebrated symbolism.

I explore such sets in *The Matrix of Four* (2014) through the duality of polarity. One set-of-four tool



that has helped me gain and refine perspective concerning exploration of innumerable concepts is the four PaRDeS, or four paths to paradise, the paradise of comprehension. The four PaRDeS suggest that spiritual



<i>Yud</i>	<i>Atzilut</i> (emanation)	<i>Chochmah</i> (wisdom)	Initial Inspiration
<i>Hei</i>	<i>Beriah</i> (creation)	<i>Binah</i> (understanding)	Broadening of Concept
<i>Vav</i>	<i>Yetzirah</i> (formation)	<i>Chessed</i> (kindness) through <i>Yesod</i> (foundation)	Emotional Involvement in Plans
<i>Hei</i>	<i>Assiyah</i> (action)	<i>Malchut</i> (kingship)	Building of Project

The four worlds of the Qabalah

or religious ideas and stories can be interpreted in four ways. The four PaRDeS is a set of four interpretations: literal, allegorical, comparative, and secretive.

One of the most intriguing and common symbols celebrated among diverse peoples is the Tree of Life. The Tree of Life symbol unifies diverse cultures of humanity and symbolizes the unity of numerous ideas. Our mutual dependence and reverence for trees is obvious. A deeper idea is the tree as a reflection of the microcosm and macrocosm — the individual life and the universe itself. The Tree of Life is symbolic of our genealogy.

I was recently gifted a Buddhist tapestry of the Bhutanese and Buddhist fable “The Four Friends” or “Four Harmonious Friends.” Every time I hear of a set of four in cultural phenomena, philosophy, or metaphysics, I take note; a set of revealing principles and doors for comparative and even secretive lessons are almost always present.

I admit that when I first heard of “The Four Friends,” I did not recognize its implied lessons and its value right away, as I do with many lessons with sets of four. To perceive the allegorical beyond the literal requires refined sensitivity, and further sensitivity is required to perceive the comparative and the secretive lessons.

As with most ancient stories, its



The four worlds of the Tree of Life

Colin Low 2009

telling has numerous slight variations. I will relate it in a simple manner that underlines one of the more esoteric lessons as subtly as it would be in its variant.

### Four Friends and Four Worlds

The four friends in the story are an elephant, a monkey, a hare, and a peacock. They eat from the same tree. One day, they debate who has more rights to possess the tree. The elephant points out he has guarded the tree since it bore fruit. The monkey notes he has frequented the tree and fertilized it since its branches were very small. The hare says he has been digging underneath the tree since it first developed roots, and he has watered it. The peacock reveals that the tree grew from the seed of a fruit that he digested and dropped.

The literal lessons in the fable of “The Four Friends” are the cooperation and interdependency illustrated in nature. Its allegorical lessons are

that each of the four characters represents the elements and character traits we must develop in ourselves: elephant = strength, monkey = wisdom, hare = speed, peacock = vision. Further, the peacock allegorizes Buddha.

The comparative lesson is subtle and powerful. It reveals the beauty in the spirituality of humanity in general and highlights the depth of the fable. We tend to detect the more basic and overarching energy of a situation; for example, we think the elephant is the most powerful. But the subtle peacock is the most powerful, because the delicate and airy bird is ultimately responsible for the initial layer of the tree.

The disparate Tree of Life of the Qabalah holds many lessons. One of the most significant is the corresponding four worlds, four dimensions, or four friends. The four worlds of the Tree of Life are each subtler and more originally responsible for what we interpret as reality (see images). The subtler dimensions originated the grosser, more physical dimensions. The four worlds of the Qabalah are sometimes known as emanation, creation, formation, and fabrication. We exist in the world of fabrication, the material and physical.

The subtle correspondence of the fable “The Four Friends” and the four worlds of the Tree of Life raise the value of each as tools of unity consciousness and unity understanding. Both exhibit the same lesson: All originates in the subtle and the metaphysical, beyond the physical.

*Ethan Indigo Smith* was inspired to write his book, *The Complete Patriot's Guide to Oligarchical Collectivism*, as a result of the events of September 11, 2001. He has also written *The Matrix of Four: The Philosophy of the Duality of Polarity on the development of individual consciousness*, and *The Little Green Book of Revolution based on ideas of peaceful revolution, historical activism, and caring for Earth*. All are available on Amazon. Ethan can be reached at [alpineethan@gmail.com](mailto:alpineethan@gmail.com) or through Facebook.

# Victorian Moon

Josh Urban

The cold Moon loomed up through the forest, as big as a new idea, resplendent in purple robes of dusk. I saw it looking at me, and I looked back, gazing on this last tradition of the waning year before turning and walking inside. The fireside almost kept me there with warm persuasion, but I had already set up a telescope in the yard.

A friend had asked enthusiastically if I was observing the magnificence, and it seemed jaded to reply in the negative. So out the door to meet the cold Moon I went. The namesake was waiting on the mat, the cold clawing my face and crystalizing my breath, seconding the fireplace's point. But there was the telescope, pale in the moonlight, ready to turn a green-glass eye skyward.

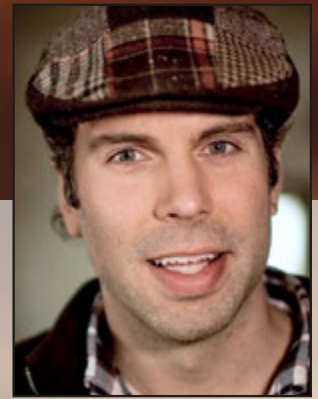
An ancient landscape awaited in the eyepiece, silent and fixed as characters frozen at the end scene of a movie, and what a show it must have been a few billion years ago. Fire and brimstone were etched in rocky echoes, and lava flows were settled to a peaceful gray of mature age. All of it was serene and forgotten now, lunar dust filtering onto an ancient scrapbook. Does the man in the Moon have any regrets as he flips through the pages?

Midway through a scientific

perusal of this geology, the moonbeams did what they often do and plucked reason out of my head. Perhaps you, too, have been robbed of your senses by these silent pickpockets stealing through the branches, softly, softly. Many a song's been written by this silvery light, loves professed, and summer scenes remembered after the moonbeams steal away those earthly weights we call logic and sense.

Clouds turned the sky soupy, and suddenly the Moon gazed down with the face of a young woman, immortalized in a Victorian painting or faded photograph. The glow surrounding her mysterious smile, emblazoned on the shifting clouds, flitted between greenish and sepia. Gone was the harsh, reflected sunlight, replaced with a prosperous vintage of yesteryear. If one could have caught the sparkles of the waves of a hundred summers and suffused them into the gentle orb floating in the midnight sky, the explanation would have given even the most cynical telescope operator pause. Doubtless he would have dismissed the story, but if the owls hooting deep in the forest had glanced over, they might have seen him reminiscing about something he wasn't even sure existed.

Vignettes of noontime laughter on a beach, filling stations at the dawn of the automobile age, an unseen



ancestor's oatmeal-raisin cookies, and what a child thinks adults must talk about after bedtime almost appeared on the ephemeral light. The gnarled branches of the oaks reached up to snag a few of these photons, but as hands that try to hold on to fleeting moments, the light ran through their grasping fingers, leaving them empty as lockets in a pawnshop.

Above all of this, the Victorian Moon gazed down with that enigmatic smile, floating in the midnight sky. I waved goodnight to this vintage lady and ventured back to the fireside. Although I had been robbed by the moonbeams, I was richer without so much of that stifling supply of sensibility.

I still don't know what to make of it, but perhaps that's the point she was making. As listening for echoes in a seashell, it's good to sink one's hands into the sands of imagination, if only to build a small castle that gets rinsed away by the sunrise. I'll be watching for her next month.

*Josh Urban is a writer, musician, and amateur astronomer living near Washington, DC, third stone from the Sun. Feel free to wave: Josh@JoshUrban.com.*