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Creating the New Planet Earth
by Chris Hamilton
Includes Channelling by Astara

Introduction

I believe the earth is changing all around us, and I'm sure many will resonate with this. So much is changing, both on the earth herself, as well as within mankind. I believe the world is on the cusp of a new age.

There are many prophecies and signs that predict changes during this time. From John of Revelations to Nostradamus to our own modern day prophet, Edgar Cayce, we have had dire warnings of an Armageddon if we do not mend our ways. Yet the chaos and devastation *do not* have to happen. Indications are that they will to some degree, but the Earth is simply reflecting mankind's own inner feelings. When man has come to realise that he, himself, holds the key to the changes upon the Earth, then he will be on the path towards his own spiritual awakening.

This is actually a very special time to be on earth. We have assistance from both beings in spirit and space brothers at this time, prepared to offer assistance. The earthquakes and violent weather changes are but the beginning of many changes, which will usher in what is to be a new age. This is a new chance for mankind if he can only grasp the importance of this time and live to his full potential in love and compassion for all on the planet.

I hope that this will awaken the hearts of many and remind them of their importance in the scheme of life. We are all here at this time for a very important reason. We *chose* to be here for the purpose of awakening the planet and ourselves. This is the earth's chance for ascending into a higher dimension and our chance to reach a higher vibration through prayers and meditations, and love.

The news we are being bombarded with of disasters and wars *need not be real for us* in our individual consciousness if we do not allow it to affect us. If our focus is on love and compassion we can stay centred in these times. Love is the ultimate tool for changing the world, and love can bring miracles of a kind that has never been seen upon this planet for millions of years. This is humanity's choice. We can choose which reality we want to live in.

The battle between ancient beings of light and dark has arrived. Many spiritual beings of light have come to Earth to complete what is needed on the planet. The call has gone out to all beings of Light to be fully aware of what is happening and to be discerning. At this time, the dark forces are playing their hand in an effort - a final effort - to cause fear all over the planet and try to prevent the ascension.

Many extra-terrestrials from other worlds are here now helping the earth at this time. They hold an interest in the earth's evolution, not only for our sake, but also for the earth's herself. They do not want to see us destroy the planet, which holds so much potential, beauty and diversity. They are now preparing her for a new birthing into a time of great joy.

I have written this with much love and hope that these changes will be positive and uplifting for everyone. My guide, Astara, has given us much inspirational advice throughout its pages.

It is we, the humanity of this world, that make our planet what it is. Without humanity the planet would be missing so much of its character, life and vitality. When we have learned to share, to integrate our lives with what nature has given us on the planet, then we will know that the time of awakening is here. Unless we raise our vibrations through forgiveness, tolerance and understanding, and bring union to all life, we will not be compatible with the changing planet as she rises to a higher vibration.

The destiny of the Planet Earth is destined, whether we agree with it or not. Our own awakening can, and will, occur in the right time for each of us. We ascend as we take in that part of ourselves which is our Higher Self or God-Consciousness. The more light we take into our bodies, the closer we come to our own ascension.

This book can be used as a guideline for bringing that light into our bodies. It is through knowing our own power; through forgiveness of our neighbours and of ourselves; giving gratification and blessing for all that we have; and understanding the changes that are occurring on our planet and why, that we will attain our ascension along with the planet.

Many are finding themselves lightened and lifted by what occurs around them and seem to be just observing the daily dramas like they were detached from it all. Yet others are finding themselves so caught up in the dramas that are playing out on the earth at this time that they are pulled down into their deepest dreads and fears. When we learn to face our fears we will find the strength and the power within us to overcome our worst nightmares.

The events of 11 September 2001 were a harbinger to awaken the populace of Earth. The explosions of the planes into the twin towers of New York, and into the Pentagon, has hit America right in the heart of the financial centre of its world. It has brought much fear to many hearts, and distress and heartbreak for many. These events began another war, but because of the amount of light upon the planet, this was not as bad as some feared. Fighting terrorism cannot be accomplished until we have fought the inner demon within each of us. There will be no winner. All that has occurred is an attempt by those in the lower vibrations to keep a hold of their diminishing power.

The light forces are, in the meantime, beaming light towards this planet at a phenomenal rate. We are receiving help from our Space Brothers to help us reach a point where we may one day become members of the Intergalactic Brotherhood. They are here in full force in many areas of our lives. Through dreams they speak to us and guide us; through meditations and prayer they hear us; and they are constantly warning us to be vigilant and discerning as we interact with "others" who mean us no good.

For all those who read these pages, let your life be filled with love and enlightenment. I pray that this be so. You may well be those of humanity that are being called to awaken. Each and every soul has a purpose on this planet, and for each of us the time of awakening is imminent. It may be different circumstances that awaken us, but each soul's own timing will be exactly at the right time for them.

I began my awakening with the passing of my eighteen year-old daughter in a tragic car accident in 1990. This brought me to write my first book *On the Path to*

Enlightenment This book goes further in that it shows the changes to the earth herself through the potential changing within mankind.

I believe this is a message of hope for humanity. Let these pages fill you with light and hope, guided by the love of Astara's words and of your own guides and masters.

CHAPTER 1

EARTH'S CALL

As earthquakes rumble, and buildings fall

Remember who has caused it all

Through mankind's treatment of the earth

He's given her much to now unbirth.

She has to release the energies within

As droughts and floods cover her skin.

She spews her release through volcanoes too

And who can mankind blame but you?

For we've treated the land our fathers had

With poisons, pollutants and explosions grand

We thought it didn't matter at all

And now our planet has felt it all.

She has awoken and will not now hold

The poisons in her any longer, I'm told.

She will awaken and the time is here.

So remember this when the changes you fear.

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A little planet on the edges of an outer universe of the milky way called out in her pain, to any and all who would hear her call. She was dying. Her inhabitants' destruction and abuse to her exterior, and the pollution, which had now resulted from it, caused her pain. Nuclear explosions had damaged her interior. Her cry was registered in the universe by a weary sound of resignation – a faint echo that had become feeble – too feeble to cry out lustily. Her weakened condition was a certain signal of her distress and her nearing death throes. Her environmental condition was critical.

The people she had nourished and cared for throughout the ages had caused so much pain to her body and spirit that she was becoming a dying planet. They had forgotten

that this was supposed to be a partnership. She had given all she had, while mankind upon her surface had taken all and not given back in return.

As she was crying out to the universe for help many heard the call from the far reaches of the most distant star. It was decreed that only those, whose intention was for the highest good of this planet should come to assist. Those that heard the call and responded had known of the planet's incredible beauty and diversity, and knew it had great potential to reach its original state again. Much had died that was good. Creator-God had decreed that the planet was to be helped before it was totally destroyed. The dark energies upon the planet had done so much damage that it was almost at a stage of annihilation of much of its diversity and light. The pollution had stripped the planet of its purity and left it a dying planet.

What could be done to save the planet? Its life force was ebbing and it was crucial that this planet must not die. It was originally created for the highest purpose of the Creator, to house a library of all life in the universe for the purposes of learning. More diversity was given to plant and animal life upon this planet than on any other. It was a beautiful planet – a jewel in the universe, sparkling like a diamond in the night sky, inviting creatures of every colour and hue and welcoming them to her with delight.

What had gone wrong? Somewhere in the planet's far distant past, something had happened.

The earth is awakening. She has been asleep for many aeons ... or at least it seemed like she was sleeping. Mankind had hurt her so devastatingly that she could barely breathe any longer. She was suffering from almost every kind of ailment. The hurt she was feeling was so deep, she had wanted to remain asleep so she wouldn't suffer any more. But she did suffer. She suffered it, and cried out in a feeble effort for some force to help her. And help did come - from far distant stars...

We are living in very important times. Each one of us has chosen to be here at this momentous time in Earth's history, whether or not we remember. It is a time when the meaning of history will hold a different meaning. We will be living in times when our children will turn around and ask us, "What is war?" Our future generations will look upon these times as the dark ages. They will not understand why mankind was so unenlightened; why he walked in fear; why he was so controlled by others; why he allowed others to tell him what to do. Didn't he know he was a God-being? They will muse - ah...the ignorance of those that have gone before. The future and past are all the same. Dreams are our link to the spirit world. They are our guidance for our daily life. Why didn't those of our parents know this? They will say - didn't our forefathers realise that the earth is not only a living consciousness, but the soul nourisher of mankind himself? They treated the earth as if it didn't matter what they did to her. They poisoned her bowels with chemicals; they polluted her waters, exploded nuclear bombs in the oceans just for fun; rent her asunder with explosions of every kind; and allowed mass killings in wars, starvation and bloodshed.

If it had not been for the untiring work of the Brotherhood, mankind would not have survived and nor would the earth herself. They worked unceasingly to stem the tide of the hurricanes, cyclones, and typhoons, and breathe their energy into the earth for her

very survival. They even assisted in averting meteorites that were in dangerous proximity to hitting the earth.

It took a desperate plea from the ailing body of the earth herself, to the ears of the universe, before her help came. But help did come. And it came from many quarters of the galaxy from those who cared. Those that came were of every type of being imaginable. Some were what would be called humanoid others were not. But the outer skin, or covering, did not matter. It was their energies that came to assist. Such diversity that exists in the universe was part of the plan of Creator and all life was for the purpose of experiencing. All life is Divine. Mankind on earth however, had gone too far. He had passed the point of no return, or had he?

Earth Changes

I think most people are aware that changes are already happening to our planet. The shift in the poles has already begun. We are experiencing freak weather patterns all over the globe. Where there were once torrid temperatures, now it is more tropical. Where there were milder winters and milder summers, now extremes of both seasons are occurring. The earth is now far more vulnerable than she has ever been, and the destruction has been greater and far wider reaching. Her oxygen is disappearing as her trees are being ripped up for mankind's greed. Her poisoned earth, her polluted waters, her suffocating ozone layer and her blood-soaked war-devastated lands are just some of her sufferings.

But her call has been heard, and God, in It's great goodness, has granted Grace to all those who are prepared to listen to their inner calling and walk once again in godly fashion upon the earth. The earth *will not be destroyed*, as have other planets before it. The decree is final. Those dark forces however, will not stop trying until the very end, to control as many bodies, souls and minds as they can.

The only way to prevent a complete annihilation of the earth is to bring a great cleansing upon her, which is being done with the help of the light being beamed towards her. It is through understanding of our own selves that we will bring about the changes we seek in our lives, which will lead towards our eventual ascension with the planet.



All that remains of a house during a Landslide

- Swiss Alps in the tiny village of Gondo

Every 26,000 years, our earth goes through a cycle of great changes. Prophets of old have predicted these changes, because they have known of the shifts and cataclysms

the planet has undergone before. There is scientific evidence that our planet has undergone the shifting of the poles before, and it will again. In fact, by the studies scientists have made, it is believed we are due for another shifting very soon. Some believe it has already started to happen.

In the last decade or so, we have seen cataclysmic avalanches, mud slides, droughts, floods, destructive bushfires, cyclones, tornados, hurricanes, tidal waves etc. of great destruction. We have known of the earth plates shifting, and have seen more earthquakes in the last twenty years than in our recorded history. Volcanoes that have been dormant for centuries have suddenly become active. We have seen more destruction caused by these 'natural' disasters than we ever have before.

On a global scale when disharmony is caused through ill will towards another, it upsets the balance of the etheric grids of the planet. This is why we so often see countries that have been at war, suffering the worst of the earth changes - the famine in Ethiopia, the earthquakes in Turkey, and the freaky weather in parts of Europe to name a few. Now we see famine and war in Afghanistan, and as recently as March 2002, there was an earthquake on the Richter scale of 6, killing more than 1,800 and destroying 10,000 homes. Is this the earth telling us something? Let us also not forget the numerous tornadoes, landslides, and tidal waves in the USA. All of these countries have been at war and shed blood upon the land at some time or another. The earth is responding to the unrest within mankind itself.

We know of the El Niño and El Niña affects, yet we do not as yet know exactly what causes them.

As further changes in our weather unfold, I was told :

You are indeed going through the beginnings of great changes. Your weather is but one of the signs, yet there is much more to come. Stay centred in your heart and be at peace amidst the turmoil, for that is the way to reduce the amount of panic and chaos that will be present around you. Much has been stated about these coming times and the destruction and devastation has been predicted for many centuries of your time. Know that this is not the first time your earth has seen these changes. But now things are a little less predictable as change has come about in mankind's consciousness, and this could change the very direction of the chaos that is to come.

As mankind is now approaching mass consciousness, a rise in the level of earth activity is to be expected, yet around those whose purpose it is to assist in these changes, there will remain a calm.

All is as it should be, and nothing is done without the full allowance of the Creator. You, yourselves, are co-creators, and together with your Higher Selves, you assist in raising the consciousness of the planet to its full potential. What you do not realise is that when you raise the consciousness of the planet, you are also effecting changes in the whole universal structure of life. You do not yet see how inter-connected all things are. There is not one iota of change that occurs within yourself that does not have a rippling affect upon other aspects of creation.

You yourself stand at the helm of these changes and it is within you that the power to re-create the New Earth lies. Listen to your inner calling and know that you all have your own individual tasks – yet these are intrinsically connected in the coming of these times.

Allow yourself to be in peace no matter what seeming disaster or chaos arises around you. Allow yourself to feel love – love that expands outward to all, for as you allow this, you allow the Universe to place this energy of love where it is needed for the highest good of all. We in spirit envisage a beautiful new world emerging and we cannot express enough how much we honour you, who have agreed to do this work upon the planet.

We bless you in Light and offer our assistance to all and any who ask for our help. Simply call on Spirit – on your Higher Selves, and on the Light to do its work through you. You will always be in the right place at the right time. There is no wrong decision. Stand in your light. We love you.

The living earth is responding to mankind's own thoughts and growing consciousness. She is not a dead planet and never was. Our own actions and thoughts have been felt and recorded within the body of the earth mother who nourishes us. The mother is the nourisher, the father is the external force. The indigenous peoples used to say the earth was the mother, the sun was the father.

Our food, our clothing, our warmth, the air we breathe – is given to us to support life, and our bodies are made of the same basic elements as that of the earth. Nature's cycle of giving back to the earth what was taken from it still continues. As bodies die, human and animal, they are buried within the earth or burned and the ashes scattered upon the earth's surface. This nourishes the earth, and it begins again to give rich soil for future growth.

Trees that have been buried within the earth for many thousands of years become coal, which gives us warmth. Precious stones are hidden within rocks, holding energies for the planet. Manure becomes sustenance for plants, fruit and vegetables. Nothing in nature is wasted. In forests, every single life form, from the tiniest insect, to the larger animals, has a purpose. All waste is regurgitated in nature, in some way. I watched a dung beetle the other night on a television nature program. The dung beetle was eating the dung of the grass-eating animals on the plains in Africa, and taking it down into the earth for regeneration. When the rains came, the grass shoots shot out from the dry ground and the cycle of eating and defecating and recycling began all over again. Nature does not waste, nor does she condemn the uncaring actions of mankind. Her harsh weather patterns are a reflection of what she has received from mankind. Our treatment of the earth has resulted in much of the destruction around us.

We are approaching the end of the 26,000 year cycle. We have been told by different sources that our earth is also at the end of another 6,600-year cycle.

We know that the poles have shifted several times before on the planet, because scientists have studied the knowledge of the indigenous races, and seen evidence of this. One of the earliest races on earth is the Australian Aborigines. The knowledge they possess, has given us much insight into past cyclic changes on the planet. The

American Indians also carry knowledge within their tribal rites about the secrets of the planet and her expected changes. They are at last having a chance to be heard.

Our scientists also know that it is time now, for another shifting of the poles. This can cause catastrophic changes to the planet, as it shifts the cold, hot, and temperate zones, thereby altering the weather patterns we have known for centuries.

In the process of evolving, the earth must be cleansed. This includes all pollution, wars, tribulations on the earth itself and the destruction of her natural resources. We must expect earthquakes, volcanoes, floods, droughts, tidal waves, cyclones, typhoons, landslides, avalanches, etc. as these are the ways the earth cleanses herself.

Many times in the past, these drastic weather changes completely destroyed whole cities, even entire civilisations, and we lost much of the prior knowledge of earlier civilisations, as it was buried within the earth. Within recently modern times, the volcano of Mt. Vesula destroyed and completely buried the city of Pompei. Rome as it once was, ceased to exist.

The way we perceive the ‘disasters’ on earth, will be the way we move towards our future. In fact, in nearly every instance where these earth cataclysms strike, mankind has been brought together in an attitude of sharing. The two world wars brought many together in common bonding. The natural disasters are bringing together people from the common street vendor to the business executive. It may be that the earth changes are a catalyst for awakening mankind. From the Kobe earthquake in Japan to the great fires of Mexico to the hurricanes of 1998 and the September 11, 2001, disaster, we find people working towards helping each other in a fellowship of togetherness.

The changes that are brought about by our weather patterns radiate extreme amounts of energy. These energies are affected by our very thinking. Our thoughts of destruction are being reflected back to us by the earth itself.

The earth is in the process of a great transition. We can help her best by understanding ourselves and remaining centred. Our greatest tool is meditation, and by going within. The planet is receiving new energies from the spiritual hierarchy at the present time as this is vital to the planet for its transition, and we too, are being affected by these energies.

Energy in Thoughts

The energies that we emit through our thoughts are very strong. We do not realise how great our potential is to change everything around us, simply by giving focus to our thoughts. We *do* have the ability to change the world. But will we?

Have you noticed how many times during disasters like bushfires and cyclones, for example, some houses are left standing, while others are totally destroyed? Is it because some people are more consciously aware than others are? It appears to be far more than just physical changes that are affecting us. We are being affected by an intelligent force, or energy, which is causing some to ‘lose their cool’ when they cannot handle the energy.

This was channelled to me in the year 2000:

This year is going to be one of change for many. All around you, you are going to see people in conflict. You are going to see ones you love 'fly off the handle' in frustration, in anger, in confusion. Now is the time to stop and stand still. Now is the time to listen with your inner voice. It is now the time of great awakenings upon your planet and many will come to you for assistance and assurance as their lives turn completely about and they know not where else to turn.

You are the chosen ones. You are the Light Workers who will be called upon in these times of stress, these times of change and these times of challenge. You will be the ones depended upon to stand your ground as those around you fall into disarray. There will be arguments, and conflict, and disconnectedness. These are the times that have been spoken of by the prophets of old – and they will affect many.

There will not be one person unaffected in some way by the massive changes that are in progress. This year and the following one will bring more change upon this planet – upon the consciousness of the planet – than at any other time in her history. You will see what you term 'disasters' all around you. People's jobs will be unsteady, and many will lose their jobs. Marriages will break up as one partner seeks to find his purpose. Financial security will not be as it was.

Many will transition into spirit during this time of great emotional upheavals. Yet the key to finding Peace is to go within, and listen to the guidance which you will receive. It is most important at this time for you to listen to your inner guidance. There are many who surround you on the etheric plane, who are only too willing to assist you at this time, and in fact they have come, and you have come, for this very purpose.

You all chose your circumstances. And you all chose to be on the planet at this time. You really do not at this time see the wonder and the beauty that you are. You cannot realise the greatness with which we, in spirit, admire you. You have taken a step. You are living in the embodiment of a physical body, yet you are one of us. We are connected in mind, yet you see this not in your daily travels through life. There is no separation – yet for a time it appears so.

Many are called, few are chosen. You chosen ones are here now. You are upon the earth to witness and do wonders of light towards the upliftment of the planet and her peoples of all stations. As you go into your daily life, remember to connect to the still small voice within, the centre core of your being. Remember who you are. Remember the Love that you can share with yourself, with others. Yet deny yourself not. You have much to give to others, but first be content within.

Spirit has given us so much help along the way, yet it is often difficult for us to see it. It is hard for us, going through our daily grind in life, to recognise the power we have within ourselves to create all that we really want. We start to feel, time and time again, the powerlessness of fighting society, of such a defencelessness in simply surviving, that we have a difficult time letting go, and allowing things to happen to us without this control.

We see, or hear of, suicides, killings, and people in great distress. People are dying from diseases we thought we'd eradicated years ago. Others are suffering through depression, and mental illnesses, or through stress related or fear driven problems.

All around us we see situations we feel so helpless about. Yet it is through changing our very thought patterns that we can change this. We do not need to focus on what we are fed by the media. We can think for ourselves and form our own feelings and thoughts. It is by going within and facing ourselves, that we will discover the answers to our problems in society, as well as within ourselves.

We are living very much in a 'control' world. It is trying to hold onto the reigns, that cause us so much stress in a changing world such as we are now facing. It is by giving in to our powerlessness, that we come to a point of crisis, and we find that just by NOT trying to control a situation, things just start to happen of their own accord.

The planet is a living entity. She has suffered much for a long, long time, and is now at a point where she will show mankind that she is ready to move on. We can move with her by simply allowing things to happen. There is no "them" and "us". We are all connected and have to learn that we do co-create our very futures.

The Cycle of Change

One of the most powerful channellings, however, spoke about the cycle of change:

Greetings and many blessings. We come to you today with gifts of happiness and light.

Your world is on the brink of a great cycle. It is a cycle of great but terrible and wonderful changes. These changes are happening to each of you on an internal level and yet there are still many who do not recognise this as a gift.

They are feeling panic and fear because they do not understand what is happening to them, and cannot integrate the new birthing within themselves with the old that they are so familiar with. These ones need the consistency of those of you who are now beginning to understand what is happening to you. They need your understanding. They need your light. And despite their strong counter attack that they may bring to their actions, this is because of their tremendous fear of changes they do not understand.

We ask you, the Light workers, to stand in your light - to hold your belief and your knowings - for you ARE gods in becoming and your light is brighter than it ever has been.

Even in your seemingly dark moments you shine - in a myriad of different colours of light - for you are recognising your own understanding and seeing that it is all part of the game of living. If you could only see your colours - you literally radiate with vibrant colour in your etheric body - it is wondrous to behold.

I, Archangel Michael, have offered my sword of blue lightening to all and any who wish to serve in assisting others to throw off their old outworn ways of fear and limitation. I offer to assist all who open and are prepared to walk this path of

understanding. Much encouragement is being given you. Even your darkest hours are closely monitored, for your growth is rapid, and each step you take, through the darkness, that you overcome, helps others also. We are standing by your side to assist you, and we only require your acknowledgment and we are there for you.

Be brave my warriors of Light for the darkest hour precedes the dawning of the brightest day that has ever been upon your earth. Your planet is awakening. You can feel her heartbeat through the vibrations of the trees, the plants, and the rocks. She is not idle and has never been more active.

Your animals and family pets are aware of the changes within the earth. They are waiting. They are feeling. And they are evolving also. Many are ready for the evolvement upwards into humanity. They are watching you closely to see what happens. They will be the ones to follow you. Yet they also are your teachers.

Be at one with all life, for all life has something to offer you at this time of this wonderful unfolding of the cosmos.

Many will come. Many are here to assist mankind on earth. Be not afraid of the changes happening around you. One of the best ways to help yourself in your darkest moments is to reach out and help another. Yes, all are on the path together, and you are all greatly blessed for your efforts and your struggle. You carry Divine Intent within you and you are greatly loved.

We are told so often that we have assistance at this time, and it is up to each and every one of us to use this assistance by asking for it. If we fail to ask for it, those angelic beings and guides around us cannot, by universal law, interfere. Yet, even if we ask simply by thought, they can and will help us. They are here to help us, and to lift the energy of the planet, but we also must do our share.

CHAPTER 2

OTHER DIMENSIONAL BEINGS

Star Brothers

I wait upon a starry night
To see my space brothers in their flight
But nothing moves around the sky
I fail to see, and wonder why.
My feelings of impatience grow
I wait and watch to see them show
The night is long, the stars move not
My wonderment is all I've got.
Beneath the stars the horizon moves
The dawn is breaking, and light ensues
My watching and waiting is not in vain
In my heart I know again –
I'll see my brothers, sisters all
When the stars begin to fall.
The light will always with me be
With one day soon my soul set free.
United again with those I love
And in God's light we'll find above
The heaven on earth that's promised true
Will become reality, shining through.
And then the doubt will flee from all
As on the earth my brothers tall

Shall walk with man and with him be

For all his life in eternity.

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The Intergalactic Brotherhood

There are different dimensional beings interacting with our planet at this time. Some are from the fourth dimension, others are from fifth or higher, with spiritual beings from the highest order being on a level of light so far ahead of a physical third dimension that it would be hard for us to relate to. They would seem more like angelic beings to us.

The Intergalactic Brotherhood has been working with our planet for many thousands of years. They are beings from all over the Galaxies, who vibrate to higher energies and have lived physical lives on many planets. Some, but not all, have lived lives on earth, and these ones have a greater understanding of our emotions and have a greater ability to assist. There are star seeds from other planets that are also living on earth in human bodies. They were born into human bodies and many have not yet awakened to their purpose. Some are from interplanetary star systems many thousands of light years away.

Earth's transition is at hand and there is no way it can be stopped. Creator-God has decreed that the earth will not die, and all those who can and are willing to assist, have come to assist. Our brothers from space have deemed it necessary to contact human earth beings in whatever way they can. Some have manifested human bodies and are walking on this earth amongst us. They carry great light, and as seen from space, they are like beacons in a dark place. They shine with the light and knowledge of their purpose and their intention. It is important we embrace our space brothers with acceptance and love, as their task is not an easy one. They have given much to come to our assistance, and it is by the goodness of their souls that they are offering to put themselves in danger by being here. If only we could accept them, and understand that their mission is for our sakes.

The dark energies are also in full force, and it is not without some trepidation and fear, that many on earth will feel the ramifications of these forces. The Brotherhood tells us though, that these dark forces should *not* be feared. They do not hold the power that God holds, even though it may *seem* that way for a time. The darker energies are not without persuasion, and are offering all sorts of *misinformation* and *disinformation* which has been circulating all over the globe, including through the media and via the Internet, reaching many homes and hearts. Their aim is to drive fear into humans, and they are very persuasive in doing just that.

Dark Forces

What are the dark forces? Do they really exist? The dark forces are very real. They are the forces that are causing havoc on earth and evil manipulations of the minds of those whose control they seek. They are causing mental as well as physical harm to all

those who come in contact with them, and those who are not walking in enough light to protect themselves from these forces.

Much has been happening for thousands and thousands of years that these dark forces have controlled. They have existed since antiquity. When creation began, all the energies came from God, but these darker energies were there to enhance the light. Without the dark the light would not shine. They were as necessary as were the light energies. But over time, they got lost when they failed to hear the conscience of God. The God-conscience within them lost its elasticity and after some time, they were unable to find their way to that state of balance, which called for both light and dark in order to experience itself. Their need for control has ruled this planet for many, many thousands of years. They are the forces behind the wars and bloodshed, and as greed and hatred have weakened man, he has allowed these forces to control him.

Those who feel fear are unknowingly drawing these dark forces to them and allowing them to feed off their fear. These energies are the cause of all of the negativity surrounding the planet. There is such a cloud of darkness in the etheric field around the earth, and the energy is so thick, that it is taking all the light the higher beings can beam at the planet, to help negate as much of the negativity as possible. These dark energies are attempting to prevent the planet's ascension into the higher dimensions. They will not be successful, but they are certainly trying.

All those who wield power over others, be they in government or in the armed forces, or in the smaller business sector, are knowingly, or unknowingly, working for these dark energies. They are behind many of the diseases that have spread across our planet and also the financial control. Many are working behind the scenes in the higher governments and in the stock markets, in the gambling houses and in places where greed, fear and intolerance of others is rampant.

The reality of these dark forces cannot be over emphasised. It is important to surround ourselves with light, so that no darkness or fear can enter. The love of God is always there for the asking, and there are many in spirit who are just waiting to be asked to help. These forces can only hold control if we fear them. That which is not feared or given energy to cannot harm us.

A decree went out in 1995 from God-Creator. It was wonderful news for the planet and all on it. Creator decreed that the free will of the dark forces will no longer be permitted to override the free will choices of the light beings. The wilful destructiveness within the darkness that has prevailed through the gift of free will is coming to an end! This has been a victory for the light and news was brought to earth by sources who visited realms at the highest possible point.

Men in Black

The Men in Black that appear to those who have sighted extraterrestrial craft, or had experiences with extra-terrestrials seem to be that of creating fear in the 'victim' or those who they wish to silence. Many have been approached after they have had a sighting by the Men in Black and warned to be silent or else! Or else what? Those who have talked about their experiences have, in some cases ended up dead or constantly hounded by these same people. But are they people? They are certainly

from the dark forces trying to manipulate and frighten people. They seem to appear in twos and threes and they are totally dressed in black, with dark glasses. Some have even claimed that their eyes are large and elongated. Are they hybrids of the greys? No one really knows.

The Greys

It is well known in circles of UFO investigators that the greys have been abducting and experimenting with humans for the past 50 plus years. Is it because they had an agreement with the US government? Some believe it is. Some even say that the technology received by the US government was in exchange for allowing these greys to abduct humans to use for their biological experiments. There are some however, who say they have spoken to the greys who claim the US government broke their part of the agreement. Claims within the secret sources of the government claim it was the greys who broke their part of the agreement.

The Helpers

Nevertheless, it appears those extra-terrestrials who are on the side of service to others have stepped in and spoken. They are helping our earth as well as humanity to lift our planet, and it is believed that many of the Zetas (often confused with the greys) are working alongside them. They have come to offer assistance. They come from the light and they walk among us. They walk between us and yet work above in the Motherships as well. Those that look like us can pass as an earth human and are often here to assist another being in a time of crisis. This is why so many stories of angels appearing in times of crisis seem to abound, and then the "angel" just disappears afterwards.

These beings have wonderful gifts to offer us. They offer assistance. They step in as angels in our times of need, to lift us up, to give us hope and to revive our dwindling spirits. They offer the hope of God and the touch of spirit that lifts all. The Brotherhood is called such because there are many beings and soul groups from many parts of the different galaxies. They all work together in unison towards the one purpose – that of service to others. They have come to save our earth from destruction and to bring hope and light to the souls walking on earth. Their light cannot be diminished, yet many have come through the densities and forgotten who they are. This is a time of remembering - remembering our connection to God and our Oneness with all that is. We will not ever be denied a request for assistance. It was the earth herself whose call for assistance was answered, and they have come.

Some of the extra-terrestrials are actually quite like us to look at. Those from the Pleiades and Sirius, the Arcturians and some even from Venus, are not unlike us. They are quite beautiful creatures physically, as well as being benevolent and of service to mankind everywhere. There are some who don't look at all like us, and would be, to us, frightening in appearance, had we not had some foresight in films such as *Star Wars*, *Star Trek* and *ET*. But many can appear to us as they wish to appear, which again I think would frighten most people.

We have to remember that they have come to help – not just the earth, but the human race living alongside with her. If panic were to ensue at their open entry into this

world, it would cause great harm to everyone. People could be trampled underfoot as others tried to make their escape. It also would affect the free will of mankind to attain his own awakening without interference. So, contact will come quietly, with as little interruption as possible. It will occur in different countries all over the planet at about the same time, so people get used to the idea. It will be the quiet folks who will be contacted – those who are open enough to understand, without being influenced by others.

Contact

The government has known and had contact with both the benevolent ET's and the self-serving ones. They took advantage of the offer of technology by the self-serving ET's, or greys, and hence they have had to keep the knowledge from the public eye – much to their own detriment. As more and more people were 'abducted', the knowledge of these abductions became too much to cover up. If you asked the average man on the street in the US today if he believed in UFO's, you might be surprised at the answer. Many not only believe in them, but have also had physical contact and communications with them from many different sources. It is only when the government acknowledges openly that they know of the existence of extra-terrestrial beings, that a chance to bring the knowledge and the help of the more highly evolved spiritual beings will occur.

With regard to the possibility of open contact with extra-terrestrials, it is most likely we will see the small scout ships landing first, peacefully, allowing the people to get used to them on a one-on-one basis. Eventually people will become familiar with the Motherships and will know of them and their purpose. There is no problem with language, as our earth languages are well known by all space beings. In fact, most of them will communicate through telepathic means.

Our space brothers have been asked when they are going to contact us openly. The answer lies in our readiness to receive them. There are many people who now believe in the existence of extra-terrestrials, and many believe them to be benevolent. However there are still too many that are afraid of them, no thanks to the media and the films that have been brought out, such as *Independence Day*, *Alien* and *Men In Black*. These films have portrayed every extraterrestrial as being fearsome, trying to take over earth people, and being unsightly in their form.

At the moment these beings are dubious of contacting mankind, as there is still far too much fear across our planet. Some of the more influential people fear that the space beings are interfering, as it is these people have much to hide and are afraid of being exposed. All these and more, are reasons why the space brothers of the Intergalactic Federation have not met with humankind openly as yet. But it *will happen* – when the time is right. Those who are selected to assist with spreading the word of their presence are ones who possess specific genetic codes that allow for more flexibility of their biological structure. These ones have a responsibility towards the planet and the rest of the population.

Contact will be away from the populated areas; far from the landing on the lawns of the White House as has been speculated. The governments will not be ready to give up their power, and yes, they *do know* that our extraterrestrial friends are here. The

governments also know that many are peaceful, but because of the power the governments have held over others through their greed and fear, they have kept their power and domination through deceit and every other means that they could.

We have been told by the Pleiadians, who are a loving race of beings in higher dimensions, that contact will not be as mankind is expecting. The Pleiadians work to assist the planet and Earth humans to reach the higher state. They tell us not to worship them, as they are the same as us, except they have travelled further. One day we will attain their level of enlightenment. They have given us much information about our DNA, how it was altered and about the libraries of knowledge which we on Earth hold. They tell us that this time is vital for us to awaken. The Earth is in transition and it is we who must transition with her if we are to survive.

There are many races of diverse beings waiting to contact us, and some of them have a more selfish agenda. Some of these beings are ultimately wanting control of this planet, and the first races to make open contact may not be those who are here for the benefit of the human race. The reptilians have agendas that are not for the good of all. Many will be repelled and recoil when they make contact. They are beings of the Creator still, but they lack the spiritual awareness that those who were waiting for us to be ready.

A great deal of discrimination will be needed when first contact has begun. We will need to feel the energy we receive from the ET's as it will be our guide to whether the being we are interacting with is self-serving or here to help us. Not until mankind is ready spiritually in awareness and love of all, will we be contacted by the more highly evolved beings. This will only occur when mankind has learned his lesson to be patient and not to allow greed of power and self-centred desires to take over. We are being prepared to one day become a member of the Intergalactic Federation of Planets, but we will not be allowed into this Federation until we have learned to live without our fear and our greed.

Others

There are other energies, which have also come to earth. These energies are neutral. They are neither positive nor negative. Many of them have their own agenda. They are here to observe the earth beings as they realise it is the last chance they will have to see earth beings such as ourselves, prior to the change that they are aware is coming.

There are the beings many know as the "Zetas" because they come from a planet called Zeta Reticuli. They appear similar to the "greys" in appearance but have a lighter skin. These Zetas have a diversity of purpose and intent. Some even come from the future. There are so many different varieties of these beings with different agendas, that they cannot be categorised together. Some are working with the Space Federation and are peaceful. Others are seeking their own purposes. Yet, they all know that they cannot override the free will of man if we ask through our own guidance for assistance. We must overcome our fear of them. Fear is our enemy, not the aliens. Those that were interfering with mankind have been told to stop their experiments as time now is too important for the Space Federation, and only those who genuinely come to assist, are allowed to come here now. Some are here, along

with the Intergalactic Brotherhood, to assist the earth. These ones are the workers, obeying orders and generally doing what they are asked to do by the Brotherhood. Most of them *do* work in relation to the good of the planet.

There are some, however, who are mainly working towards their own self-centred purposes. They are here to gain what they can from what they believe is a collapsing society. They are taking from beings genetically, through their "night-time experiments" thereby hoping to bring more longevity to their own race which they are aware is dying. They are not "bad" per se, but just in need of something they believe we have. They have great technological knowledge but lack in spiritual awareness, and in emotions. They are very curious about our emotions. They were not aware they were hurting people. Humans are Divine beings. They have a right to be treated with respect, and what many of the aliens have not done, is show respect for them as beings of Divine Light. They work in darkness and cause fear and terror to humans to the point where they cannot continue a 'normal life', in peace. Where fear resides, love cannot enter.

For many people, what is happening through their 'abduction' experiences is not of the Light. They are taken and been mesmerised, or hypnotised, so that they do not remember the experience and the associated fear. Most of the fear then remains in their subconsciousness. People have nightmares because they have vague feelings of what has happened but cannot recall the experience in a rational way. The feeling of fear is a warning that is in-built into the human body and is there to protect us, as in flight or fight scenarios. Without the ability to *feel* this fear, we humans are totally bereft of the right to BE. We must work through this fear. It is part of the human emotion.

Our own guidance is the best place to find answers to the we seek. Once we seek the answers, doors are sure to open to us. Slowly and surely, we will come to realise that the peace we seek lies within our own ability to draw from that "Higher Self" that is within us. We cannot allow those who are not of the light to enter our lives. Humans feel powerless when these entities paralyse them, violate their bodies, and force them into strange places and dimensions that they have no control over.

We have to know that these are strange times. We are living in a time of shifting vibrations, but we, the humanity of this earth can raise above the fear-stricken abductions, and know that they cannot touch us once we realise our own Divinity. It is us that sub-consciously allow these things to take place. And it is up to each and every one of us to know that these experiences cannot happen unless we allow it.

Spirit Beings

For every one person living in physical incarnation on earth, there are at least three or more beings in spirit working with us throughout our lifetimes. In many cases there are ten or more spiritually enlightened beings.

We all have guardian angels. We all have guides and many of us are surrounded by the soul essence of those whom we have loved, who have passed over. There is great love for the planet and for humanity in the world of spirit. The invisible world around us is literally teeming with life. It is we who seem dead to them because we fail to see

the truth of who we really are. We are light beings, hidden behind a thick veil of deceit, greed, separation and forgetfulness. We came to earth with the veil in place, and we chose this time on earth for the purpose of lifting that veil and letting the light in so we could allow truth to be spread across the face of the planet.

We are told by those in spirit to surrender our fear. Fear is behind much of our pain, our suffering and our need to dominate. We are told to release judgement of others and of ourselves. We are told by spirit that our prayers have been answered and that unfoldment is taking place. We are told that our circuitry is being realigned, and that all natural phenomena is a direct result of the creative thought process.

We are advised not to doubt, as it is a wasted process. It makes it harder for spirit to help us. When we attune to spirit, everything falls into place with ease and grace. We need to release our human programming and feel unlimited. The more technology assists in helping us, the more we feel "at home", as that is what we are becoming. (For the star seeds who are awakening, the reason they love to use their remote control, is that for many of them, it reminds them of the days they were on their own spaceships.) As our circuitry is being changed, we are advised to release fear and walk in love for all beings, as we are all One.

These beings in spirit are working with us to try and lift the veil. It is time to stop the dark entities on earth from taking over. It is time to allow the light of truth to fall upon this planet and allow her to breath again. Many of these beings are speaking through earth humans in an attempt to get their message across. Many are waiting to assist, working silently with the souls of those just passing over. Many work with us as we sleep. This is where most of us get our ideas. We are being given assistance during our sleeping state.

Our souls never sleep. When the body rests, our souls are at work, often travelling to other realms to either assist or learn from situations in other places. Sometimes we have travelled to other physical planets in our sleep, sometimes it has been with the help of our guides that we travel to other dimensions where we are more at home. Some of us are originally from higher dimensions so we find coming back to earth life like entering a very heavy bog. We know that we are here, but we feel that we would far rather be elsewhere. That is because we are! We are multi-level souls, and as such are able to work in other realms *at the same time* as we work on this world.

We are multi-dimensional beings. Although we see ourselves as third dimensional beings - eating, drinking, sleeping and working, we are actually working on many levels at once. We are far more than we think we are. We are, on the spiritual plane, a culmination of our souls. We are many aspects of the one soul. Sometimes our ideas may come from one part of us, sometimes from another. Have you ever felt like a part of you was telling you something and another part seemed to say "don't be silly"?

That is often a part of our multi-self giving us an idea. Whether we accept or reject it is up to us. Much of the information coming through to us may be coming for another part of our soul group.

Soul Groups

Soul groups are groups of energy to which we are connected. We all have a soul group that we belong to. Some of us are connected to soul groups, many of whom are not incarnate at the moment. Usually there is always at least one member, usually more, of a soul group that stays behind in spirit, to help and assist those who have incarnated in case they go astray and need assistance.

We are never left without help. All our lives we are guided and prodded to follow the path we mapped out before we decided to move into a physical body. We all have "life plans" and the constant prodding and nudges in our lives are to help us get back on track. We cannot remember our purposes for a very good reason. If we knew why we came here, it would not be so easy to learn from our mistakes. We are learning constantly, and it is by Grace that we passed through the veil of forgetfulness so that we could learn faster. Part of our learning, in this lifetime, as it is such a special time on earth, is to *remember*. This is why we have to wake up and realise the danger we are causing to the planet, and to future generations and ourselves. Once we have overcome our fears, and our need for accumulation, we will come to realise that we do not need to "have" so much as we now believe we do.

Our soul groups are ever-prompting us to live in the moment, by constant little reminders or promptings, through our dreams, and through our daytime visions, when we let ourselves go. It is through disasters and tribulations, such as the loss of someone dear to us, that we have an opportunity to grow. We need to *feel* and allow these feelings to be released. As we release these feelings, we also allow the Earth to release her feelings.

CHAPTER 3

ENERGY

As energy swirls around us
In a myriad different ways
We do not understand it
But it changes all our days.
We feel it rather than see it
And our senses know the range.
We cannot really understand
But we know things have to change.
The energies, vibrations,
Dimensions out of sight
Whatever you chose to call them
They're something of the night
It isn't something you really know
With your understanding mind
But it's within that changes happen most
As new energies we find.

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Everything is made up of energy. I was recently watching the film *Phenomenon*, where George Malley, played by John Travolta, experiences a flash in the sky, presumably a UFO, and his mind is affected in that he has a much greater brain capacity. It is discovered that he can read books at a phenomenal rate, learn languages in moments, is able to track a lost boy through his super-sensitive feelings, senses earthquakes before they happen and more. He can cause pages to lift off a page without touching them and pens to roll towards him. He explains that the energy used in his 'partnership' with the pen is a mind meld with the object itself. Everything is made of living energy, he explains, even inanimate objects. When we can learn to understand our relationship with energy, and how we can affect it, we will be able to lift our vibratory rate towards a higher energy.

Energy is neutral. It is neither good nor bad. It is how it is *used* that determines the results of that energy. What is energy? Energy is what every life form in the universe is made of. Without energy there would be no life. Scientists who need proof of this energy - who doubt the existence of such things as telekinesis, psychic phenomenon and the ability to move objects without touching them, only have to go as far as the use of electricity. They cannot see the electricity, but they know it exists because they see the results of its use in the myriad appliances and instruments all over the world. Energy exists all around us in many forms. It can be found in the smallest atom or molecule.

Science has discovered that everything is vibration. Everything, no matter how solid it may appear to the physical senses, is vibrating at its own particular frequency. Every living thing has its own band of energy, as individual as fingerprints. The forces, which George Malley was able to use, are what is termed by some, Supernatural Force. It is a supernatural energy often observed in the form of heat, light, electricity, magnetism and chemical reactions.

Our earth is receiving great energies at the present time. Many scientists are aware of this. They are causing solar flares, which are affecting a lot of our electrical equipment, particularly computers. Our planet is undergoing a transformation from Light Waves from the Great Central Sun. These are sent by God Creator to assist the planet in its awakening. All who are on the planet will feel these energy waves at some point. They can be felt as solar flares. We are finding our electrical instruments and computers breaking down on us quite frequently now. Many do not accept that anything out of the usual is going on, and these are the ones who are struggling so desperately with the old energies. The energies are therefore affecting them in adverse ways. The more we ignore the fact that changes are afoot, the more the affect will be devastating for us as our lives change. Those that try to hold onto the old ways will find themselves facing their greatest challenge – facing their "other" self!

Astara has given me the following:

There are etheric waves that are flooding the planet at this time. These etheric waves are what some would call light waves, energy or vibrational waves. They come to bring change. Their purpose has been decreed by the hierarchy for the reasons of bringing change through encoded energy. Yes, there are codes within these waves. They hold the codes that were to be given to the planet from its first inception as a planet. The planet was always planned to be a light planet, yet because of occurrences of which many of you are aware, this did not happen as planned. The planet's energy was changed by interference, mis-planned experimentations and ego based actions which first carried fear.

These waves bring something akin to shock treatment for many of you. Those who are not prepared, or at least beginning to grow in their light body, will feel something like an electric shock strike their bodies as these waves filtrate the earth. It is not unlike an electric shock. Those that have begun preparations to open their chakra systems will not feel the waves with the same force. For those who are prepared, there will be less of a traumatic transition as these waves interact with your physical bodies. The waves are not only going to affect the human race, but the animal kingdom, the plant

and vegetation kingdom, and the oceans, but the earth herself will be vibrating with these waves.

This is why you are seeing so much change happening with natural disasters upon your planet.

The earth, for millennium, has suffered and endured mankind's mistreatment of her. She has put up with mankind's greed, bloodshed, selfishness and hatred for far too long. Her time has now arrived for her to finally release these energies which no longer serve her. She is ready and waiting for these waves, and they have finally arrived. She is releasing the last remnants of these unwanted energies, in order to take in the light waves that are emanating onto her surface and beneath the surface right now.

As this year and the next year, indeed the next ten years of your time approach, these waves will increase many-fold. Many upon the planet, who are not prepared, will find themselves facing their fears. Many will go insane, as they cannot cope with the 'electric shock' they receive through these waves.

Within these waves are energetic codings. These codings are given to you, to awaken you to who you are. You will start to feel the reasons for your very existence. You will see that these years of many, many, incarnations upon earth are now past. The time has come. You are going to feel the need to speak out and tell others why they are here. You will feel an urgency to express your feelings. Others will not turn away. There will be too much insanity upon the earth, and it will cause others to listen. They will find they need to listen. No longer can the old energy hold out against the vibrational energies and changes that are occurring to the planet.

The original plans that were laid out for the planet are about to be opened for all to see. Those in denial cannot hold out against the strength of evidence that shall be forthcoming. They will listen.

What is being given to humanity is a gift - a gift of choice. Those of you who read this are the light workers, the way-showers of the world. You are being offered a gift to choose - choose to follow your light, and walk in your light, or not. The spiritual hierarchy has decreed that it shall not fail. Your choice alone can determine this. Your guides are always there to assist, but the final choice must be yours. You are the guardians of the planet and you alone must decide which path to walk.

As you walk your daily path, visualise each step you take as pouring light into the earth. Remember your beginnings. Remember why you came here. You came here with a gift to give, but many forgot, through these eons of time. Now you are being offered another chance.

The codings within these Light Waves are stronger than any that have ever been given to your planet before.

The time to wake up is NOW. Be at one my children and walk your Light. Adieu

It is up to us how we allow these energies to affect us. We can allow the energies to uplift us, or pull us down. They are causing great confusion to many. Those who, for example, go about their daily life, working on an external level, without searching inwards, will find they are taxed emotionally. They may find themselves having a "break down" or what is termed in today's words, "depression". This is caused because people not slowing down and facing their inner beings. Creator loves these unawakened beings just as much as those that are awakening and understand. These souls have just not awakened yet. They are unconscious of their own mastery. It is for those who are the leaders, the teachers, and the ones bearing the light of knowledge, to help awaken these dear souls. They are just as cherished by Father/Mother/God as every other, for they have chosen the hard path - the path of greater resistance.

The codings that are referred to in the channel are signals for us to awaken. They are like a time clock waiting to go off. They are within all of us, and this awakening will happen at different times for different ones. Those that are facing these times of depression may well be at a point where they are being given a wake up call. Some people are facing the death of a loved one – even a child or sibling – as a means of awakening their inner calling. Everything that happens to us can be termed as a catalyst in some way. There will not be one soul unaffected in some way by these changes. Just as the death of my dear daughter was a wake up call to me, others have also had their 'challenges' as a catalyst for their own awakening.

We all came into this world with DNA codings. We were to awaken at certain times when it was triggered by changes around us. That time is now for many of us. It is through remembrance of who we really are that these memories will be triggered and we will discover our purpose of being here at this time.

At the present time, energy is being beamed to the planet at a phenomenal rate. This is the work of the hierarchy and the Intergalactic Brotherhood whose services are invaluable in preventing mass destruction of the planet. These beings have worked in service to planets throughout the universes for thousands of years. They have given service in brotherhood and love for all of God's creatures everywhere.

The light is coming from a source called the Great Central Sun. This sun is the centre of our galaxy and it feeds light to our own sun. The rays of solar energy that have been shooting out from our sun are actually what is helping to create the changes within our cellular structure. This is assisting our bodies to receive more and more light, to prepare us for entry into the photon belt. Without this energy of light, we would not survive the oncoming changes that are occurring to this planet. Her time has come, and it is for those who choose to ascend to take up their cause and allow the light into their bodies.

The light is neutral. Some are resisting this energy, and are finding it difficult to move in the new energy. The energy is affecting some people adversely as they are becoming unbalanced and unable to cope. These people have been badly controlled by the dark energies and the light is forcing change, which they are not ready to accept and cannot hold. So we are seeing mass crimes of every nature as those that are not balanced are turning away from the light.

Take, for example, the energy of electricity. Electricity can be used to power many things, from household appliances, to larger industrial machines and lighting. But sometimes this energy is used for ill-intended purposes – such as electric shocks to other human beings or using electrical appliances to maim or kill another. If this energy was used in such a horrible way, then the power of the electricity is not at fault. It is how it is used that causes the negativity and harm. It is the same with guns. They are not bad in themselves. It is the *use* of the guns that causes harm. The energy that surrounds this controversy is giving energy to the dark side. If guns were used for skilful purposes and no harm intended, then they would not be considered harmful. It is their mis-use that has, and is, causing harm.

Wind is pure energy. It is a pure force of intelligent energy. It sweeps our pathways and roads clean of rubbish, it brings a cool refreshing breeze on a hot day, yet it is responsible for devastating havoc during storms when roofs are blown off, trees fall across roadways, power lines and houses and great damage is done. Sometimes homes and buildings, trees and even entire towns are blown away. Seas become choppy causing small craft to be lost, ships at sea fight the elements to try and stay afloat – yet it is not the energy itself which is harmful. It is the way we see its results. Nature has an intelligence of its own, and in its own way, it is cleansing the planet of much of the debris left by man as well as releasing an energy force in its own right which man sees as disastrous.

Everything in the universe is made up of energy. Even our thoughts are very real energy. It is the negative thought-forms that surround the planet, that are affecting so many people on earth today. There is so much dark energy in the etheric clouds around the planet, that those whose weakened systems have no resistance to them, are attracting these darker energies to them. This is why the decree has gone out, to send more and more light to the planet, to help dispel the darker energies, or at least try and neutralise them.

It is through allowing love into our hearts and minds, that we keep any darker energies away. As we allow more love into our minds, we allow more light to enter. As we allow more light to enter, we become lighter beings, thereby changing the very cells of our bodies and releasing the baser energies. The more we release, the closer we come to understanding our own souls and the more we remember and the closer we come to being a light body. It is through meditation that we can come to understand ourselves, to see our souls, to connect with our guides and angels, and to realise our One-ness with all. The new energy coming to earth is giving us a chance to do this.

What is the New Energy?

I have just learned that there is free electromagnetic energy which is found in the fourth dimension, the dimension of time, called compressed time-energy - because it is energy from the void spaces in between all living things - will soon be available. It is a motionless electro magnet-device that can provide free energy. Our scientists are discovering more and more about new energy that will soon be available for the people on Earth.

The new energy seems different from the old energy of the past century. It not only can be used as a source of power, it affects our bodies through cellular change. It is best described by Lee Carroll, through Kryon, who has spoken in his books about the energy shift that we are moving through.

One example of what it is like is as if we are all riding on a train. This train goes round and round in circles. The third dimensional energy we were in was always stable, and those that can see out the windows can see what is happening. They can see what is ahead of the train on the tracks. They are able to predict what will happen when the train reaches a certain point. The train goes on and on, but surprisingly these predictions do not happen. And why do these predictions not happen? The train is still going round and round the same tracks – that is, they appear to be the same tracks. But something has shifted. Something has changed. The train has now moved *up into another dimension!* What those who were watching from the window thought would happen, *simply did not happen!* The train moved up a dimension and everything changed!

Our earth's energy has moved up a notch. We are no longer living in an energy that is predictable. We are living in a time when we can only take each day, moment by moment. This is why we have been told over and over by the world's greatest teachers to live in the now. The new energies require trusting in the moment. They require trusting that what will come will be for our highest good, no matter what it is.

Another story relates to a man who was very much an awakened soul. This man was driving quite fast towards a bridge. He was used to this trip. He had done it many times. But this trip was different. Suddenly he noticed that the bridge was no longer there! What should he do? Should he slam on the brakes and stop right where he was, assuming of course, that he was not going too fast to stop. But no, this new-age man does not do that. He knows that he creates his own reality, and that the energies that he is now in, are different. He puts his trust in something that he hasn't seen. He trusts in his own power to create his own reality. He wants to close his eyes, but keeps driving onward regardless. As soon as he nears where the bridge *used to be*, he realises he is being flagged towards a detour. He then notices a *brand new bridge*, much better than the old one, already built and waiting for him. The new bridge was already being built, unbeknown to him, but it was out of sight! He is able to safely cross the new bridge to the other side.

This man had moved beyond his greatest fear and created his own future by trusting in his ability to co-create with spirit. Spirit had created an answer to his needs, even before he asked for it. He had co-created what he needed in the now moment! In the new energy, trusting in the moment and knowing that we have the power to create whatever we need is where we, and the future of our planet, are heading.

The energy we are finding ourselves in is different from the energy we have been used to. If we fight the flow of the energy we will find things harder and harder for us. But if we go with the flow, even though we are afraid of what might be waiting for us, we will find that we enter into the new energy with a great deal less effort. We can really create what we wish by our very thought. Our thoughts are far more powerful than we could ever realise. Just by imagining a world that we *want to be in* we will be living it before we even know it. Thought is energy, and it was pure thought of

Creator that first came into being. Thought existed before physical matter. Thought as in energy was is what is responsible for every possible manifestation on earth.

We all have the power within us to create our reality exactly as we want to. This is the type of energy we are moving into. We have the ability to create from our very thoughts all that we desire. We are moving into the new energy where all that we think creates our new reality. When we come to realise who we are – that we are not the simple human being following others upstream – we begin to understand that we created our whole world of illusion as a stepping stone towards a greater reality.

Our own light is beginning to shine as we integrate this new energy fully into our beings. Our bodies are beginning to change, as diseases and viruses come to the fore in their final attempt to be released before we move into the new energy. We are beginning to know ourselves as to who we really are. We are pure light energy. The body is our outer coat hiding a beautiful being of light. We see around us energy in creation. We, as human beings, are responsible for this creation of light.

Those from spirit see us as pure energy. They see combinations of vibrational patterns and colours that would astound us. Our energy exists as patterns, which weave in and out of our bodies like a beautiful display of coloured holograms. Everything we do affects everything around us, and everything that affects everything around us, also affects the universe itself.

One factor that our scientists are aware of, but do not wish to go public about yet as they do not have an explanation for it, is that our universe is going through a light energy belt, or photons of light, as it spins through space. Different scientific circles have called this by other names, but it is basically an energy that will affect our planet for the next two thousand years. In fact, so many of the star constellations are now in different positions that scientists are afraid to admit it for fear of ridicule.

The Photon Belt

The earth's arrival into the photon belt is also beginning to awaken the masses.

Controversy exists as to what the photon belt is. It is erratic in its course, so there is no way our scientists (if they were allowed to admit knowledge of it) or even our helpers from other planetary systems, know exactly what will happen.

The photon belt is actually supercharged ions and atomic particles gathered into a vast band from a supernova which exploded billions of years ago. It has collected other cosmic debris over the eons until it reached its mass. The belt's cycle of movement is somewhere between 24,000 and 27,000 years, the closest point coming to our planet approximately every 12,000 years. It is soon due to enter our solar system, if it hasn't already begun. Its entry will herald in a dusky sky visible to the naked eye.

One article, written by Noel Huntley, Ph D., which was posted on the Internet, states:

"By means of satellite instrumentation, astronomers in 1961 discovered what appeared to be an unusual nebula. We normally understand the nebula phenomenon as a vast cloud-like mass of gas or dust. This one, however, appeared to have anomalous

properties and was named the Golden Nebula. The public's attention was not drawn to this unusual revelation until much later, presumably when it was realised that this nebula's location was coincident with the projected orbit of our solar system. Around the early 1980s a radio announcement in the U.S. was made (heard by the author) that our solar system was, in fact, going to collide with an 'electromagnetic cloud' in the not too distant future..."

Each time the earth has entered the photon belt it has caused pole shifts and gigantic changes to the weather patterns. In fact, it has caused great changes to the life forms on the planet itself.

There are three possibilities that may happen. One is, there may be no serious repercussions as the belt's movement is in the direction to take it away from our solar system. Unfortunately the belt is not in a fixed orbit, and has irregular movement, so its current direction could change. If this happened, however, mankind because of his pollution will probably destroy the earth.

The second probability would be that as the photon belt came closer to the earth and the solar system, it's huge mass could cause cataclysmic results, the shifting of the poles, and almost wiping out life on earth. This scenario is one that our space brothers will do everything possible to avoid.

The third probability, which some believe is the greater possibility, is that the solar system could enter the belt without harm. This is the likely scenario that some see from the higher dimensions. If this transpires, the entry into what is called the null zone on the outermost areas of the belt will last a few days. This is very hard to predict, but it is likely that three to four days of darkness will cover the earth. This will be total darkness – darker than we've ever seen before. Nothing of electrical or electronic nature will work during this time. This time is not to be feared however, as this is the chance for a cleansing, heralding in great changes to the planet herself and those upon it. It is a time to meditate into ourselves and understand our very nature. We are now third dimensional beings, and these changes will bring about changes in our very physical make-up, allowing us to enter the fourth density or dimension. Some, however, say this will not happen.

To survive entry into the photon belt however, our very cells must change. This is being done now with the help of the higher light forces – working to bring more and more light to the planet so that our bodies will be able to survive these changes without harming us. The more light we allow to enter our bodies, the easier the transition will be for us when these changes take place. These sources tell us that we first entered the Photon Band in 1987 and have been steadily moving into it further each year. Half of our solar system was in the band in 1998 and the entire orbital path will be engulfed in the wave of light by 2012. It will take 2000 years to travel through the band. The light forces working towards the serving of the planet are correcting any difficulties the earth has. This includes the sensitivity we are having to the energies, and until we become fully fourth dimensional, working towards greater love, this will continue.

During this period, completion of karmic lessons has been speeded up at a colossal rate. This is allowing more light to enter our bodies and make way for the eventual

release of all karmic lessons, as we enter the fourth dimension. This will eventually shift to a fifth dimension or density as we move through the lessons we have agreed to learn. We have chosen all our pre-birth agreements in order for us to be here at this momentous time in the earth's growth. One of the main purposes our Intergalactic Brotherhood has come is to alert mankind to the disastrous consequences of his actions towards the living earth. If severe measures are not taken in the very near future towards a cleansing of the planet, it just *cannot* survive. Life cannot be sustained on planet Terra if mankind does not mend his ways.

Changes are inevitable upon the physical face of the planet even now. It is too late to stop them. Cleansing *will* take place, and many will lose their lives. Part of what the space beings are here to do, and are doing, is sending energy to regions of potential upheaval, to lessen their impact. The energy is stabilising and balancing those forces at work, to prevent, as much loss of life as would otherwise occur.

The energy released during this process will assist the earth in righting herself in her orbit, until eventually she is able to remain balanced without assistance. The dark energies have sped up their energy too, and it is taking a huge amount of effort on behalf of all those who are working with the light, to remedy this situation.

Our planet, and that of the other planets within our solar system, has already begun moving into this photon belt. By the year 2013 our sun, and the earth's rotation around the sun, will have moved completely into this photon belt of light energy.

This could well be one of the reasons so many people are having problems with skin cancers. Many are finding their immune systems breaking down. We are finding we are having problems with the light hurting our eyes, as it never did before. Babies are being born with no resistance to diseases. New inexplicable illnesses are ailing people of all ages and races.

People are changing. Many are finding their bodies acquiring diseases they never thought would occur on a planet where technology had all but eradicated many of them. We are facing surging emotional issues, which are causing havoc in many lives today. All this is coming to the surface to be healed. We are finding ourselves running out of time. We are being bombarded with "bad news" from every angle. Mankind is being forced to look at himself - from *within*. My husband developed psoriasis in his late fifties, never having had it before. He was one of the healthiest people I know. A friend informed me that she also started getting psoriasis in her fifties. Many other skin diseases, eye problems, dietary problems and physical ailments are now so prevalent that doctors are at a loss to know how to treat them. Many are finding they have no immunity to the pollution on the planet.

Many athletes today wear sunglasses. This has only been a very recent development. Once it was only on very bright days that you saw people wearing sunglasses. Now a large majority of people wear sunglasses when outside. I wonder, is this because of the brightness of the light, now we are travelling through the photon belt? Our skin is certainly more prone to skin cancer than it ever was before, and it is not possible to sun-bake like it once was as the heat and burning potential from the sun is so much more potent than it ever was before.

I believe these affects will lessen, as we become more aware of what is happening to our bodies, and give them time to readjust to the changes. We are, after all, beginning to take in more of our light bodies as we enter into this new age.

Photon energy is also affecting the plants around us. They are feeding off the photon light and are growing much more rapidly. Once we are fully into this new energy, we will not need the sustenance of the sunlight as much, as the photon light will nourish our bodies, and we will find we do not need to eat as much. We will find that we can be as trim as we wish to be, as weight will not be a factor. We will be able to become who we wish to be simply by thought. Prior to this however, we will go through a period of adjustment as our earth, and our sun, moves fully into the photon energy.

Once our sun is fully in this photon belt, we will be in a period, which many call, the Aquarian Age, for approximately two thousand years. We will be living so much in the moment that time restraints will not be visible to us any longer. It will be another Golden Age. The dark ages will be over. The young will hear stories of wars that the earth once knew and find it hard to believe. Life in this new energy will be uplifting and kind to both our bodies and our souls. This is where time ceases to exist for us in the way it does now.

Male and Female energies

Masculine energy is predominantly technology. Feminine energy is energy of the earth. It is the ability to work with the devas, the angelic spirit of everything that exists. In many ways, our Earth is experiencing Lemurian energy. There was a time on earth when Atlantean energy was at the fore and this was the more aggressive male energy. Many of the technological energies we have today are the Atlantean energies. These exist on the mental plane for those inventors and creative thinkers to tap into when they need to. The Angels, led by Archangel Michael, are working to assist light workers all over the planet at this time, in using these technologies to help bridge the gap between the human and spirit realms. This is occurring with both the Angelic and Nature realms on the planet right now. As earth shifts into her higher vibrational state, much wisdom will arise, ensuring us of the key to enter this new reality.

At this time on the planet there is a great surge of energy being transformed. The masculine energy has been ruling the planet for a long, long time, and a chance has arrived to reverse this polarity, as feminine energy is on the rise. We could see signs of this in the 1960's with the women's movement, the uprising of free speech and the age of the hippies. Masculine energy is the creator energy. Feminine energy is the nurturing energy. Both are needed equally in order to have balance.

If we could imagine a plug being placed into a socket, this is how the masculine interacts with Mother Earth. Mother Earth is the feminine and we can imagine grounding masculine energy by plugging into mother earth.

Male energy is a powerful driving force and many females due to lack of male energy have lost their trust in men and taken over the masculine role themselves. However it causes an imbalance and does not lead to wholeness. It leaves a void and emptiness

within her heart and soul. The same applies to a man. If he is low on male energy he will find few male friends and find it hard to interact with men in general. These two energies are the same thing on different ends of the polarity. Men and women are definitely different in physical, emotional, biological ways, and the way their minds work. Balance must be found for everyone.

Once in our earth's history, feminine energy was dominant, but it became unbalanced. Masculine energy then became dominant, as the ruling classes called for war and eruption. The sun is a positive or outgoing force, a male energy, yet although it is good, it can do much harm when it burns us. The negative or feminine energy is nurturing, sprouting in the dark. Babies grow in the darkness of the womb. Yet when the seed is pushed out by the positive energy (male energy) it needs to be received by negative or receptive energy (female energy). Both energies are essential to create life. In nature, masculine energy is the creating energy. We need masculine energy to birth a baby but feminine energy is necessary to nurture the baby in the womb. Masculine energy is the *active* energy, whilst feminine energy is the *passive* energy. Feminine energy is the passive, nurturing energy. Both are as necessary as each other in order to have balance upon the planet.

Our planet has needed balanced energies in order to exist. When one becomes unbalanced there is always trouble and the earth is in a dangerous state of chaos. As earth is now evolving changes are becoming evident through the consciousness of mankind and his relationship to all life.

CHAPTER 4

CONSCIOUSNESS CHANGES

The earth has give us our life,

So freely does she give.

She yields her body for all mankind

To nourish and to live.

But man has treated the earth so bad,

He rapes and pillages still

And yet she keeps on giving so

Ev'n when he poisons and makes her ill.

There is only so much the earth can take

Of all the attacks upon her.

She has laid dormant all this time

Despite explosions that do rip her.

We have to stop our destruction now

For the time has come today

The earth needs to awaken too

And will surely have her way.

The earth will then rebel in kind

With earthquakes and wild weather,

If man does not give love to man

And treat him like a brother.

For us to show we are sincere

We offer to the earth –

No more destruction of her bowels

And peace upon her girth.

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The earth is alive. The soil is alive with potential, the water is alive with millions and trillions of organisms, and the atmosphere is filled with microbes of every kind. If we look around us, we will notice that trees are growing at a faster rate than they ever have before. They seem to be accelerating their growth and are taller than it would have believed possible some years ago. Changes are occurring all around us in nature at incredible rates!

But the living planet is alive with more than this. She is alive with a living spirit! The Indigenous peoples of this planet have known this for thousands of years. They have always shown respect to the earth and given thanks for anything that they received from the earth. This is why they lived in peace with the planet for so many thousand years. They have been in touch with her spirit – her very essence. Mankind, in general, with his new growing technology, has, over the last couple of hundred years, abused the earth and lost his connection with the wonderful partnership that he once had with this beautiful planet we live on. It has come time for the earth to awaken, and awakening she is. The changing weather patterns and catastrophes that are currently affecting our earth, are to make mankind listen.

I feel we are being told to listen more often to the inner voice within. This is a chance for mankind to awaken, and the sooner he listens to this voice within, the sooner he will feel these changes emerge for his highest purpose and he will then know that his responsibilities lie in every action or reaction he has towards others. I feel very strongly about this. There is much that the earth is feeling and her changes are going to become more prominent as she rebirths again in a way that has never happened to the earth before – into a higher dimension, or vibration, which *must* come about for her own evolution.

We are on the verge of a new happening, a new experiment, not experienced before on this earth. This is a time of great rejoicing. It is a time when we are to look at every aspect of ourselves, accept it and embrace it in all its fullness. We are not to judge or give name to things. For in doing this we are separating ourselves from what is actually part of ourselves. For we are all inter-connected. When we accept everyone for who they are without judgement, and just by allowing we are altering the pattern of the planet for her highest good.

We are co-creating in all things, and this is a new experiment on this earth. The angels have given us charge over it, to co-create it for the highest good of all. We have been gifted with this opportunity as never before. Angels were designed by our consciousness so they could come back and assist us in these very times.

Co-Creation

We are all co-creating with our planet. We are not separate from it or others. We are on a new plane of vibration, and this has affected everything that we do. Everything we think manifests almost instantly now. What we give out, comes back. For example, in another lifetime we may have hurt someone. It took several lifetimes for the law of

karma for this experience to come back to us. Now we are finding even a harshly spoken word, an insult or injury, will rebound to us within days. We cannot escape our own action. And it is happening so fast now. Where it used to take, maybe several lifetimes, for something we did to bound back to us, now it happens within days, or even hours.

Karma as we knew it, the law of cause and effect, is being lifted, and we now have an opportunity to rise above all the lower vibrations into a new chance to co-create with All-That-Is. We can co-create through our own will power to change our circumstances. We have the power to co-create. If we could just realise the strength we have within ourselves to make this happen. Our very thoughts are so very animated that they are creating our realities without us even realising it. Thoughts are so very powerful.

When our thoughts are turned toward our negative ego mind through despair, sadness or grief, we often attract those energies that are on the lower planes. This emphasises the negativity, and can sometimes be hard to extricate ourselves from.

It is by looking within, to the beautiful Self that is our guiding angel, that we can lift our thoughts and find joy, thus realising the continuity of all life, and the interconnectedness of all things. We can help so many struggling on this path, through the upliftment of our thoughts alone.

Here, my guidance speaks of bringing in the joy that is so important at this time:

It is I, Astara. I greet you this day. Many are called, but few answer the call. This time of your new beginnings is something so incredible that all of heaven rejoices. It is the first time so many have answered the call. The multitudes of earth are now waking up. Yes, they really are! They are answering the call of many eons ago, and are readying themselves for the work ahead. This is a joyous work. It holds no strings and no conditions. You are given the chance at this stage in earth's development to take your mantle - to take hold of your Light, and use it to the greatest advantage - that of creating a change upon your earth for the betterment of all souls.

This wondrous time is celebrated by all the spirit world. They know of the struggles and the trials you, the brave warriors of earth, have had to face. They know of the challenges and the hardships which you still face, and are rejoicing with you, because you do not see what they see - that your hardships and struggles are the end of these hardships for all time upon this planet!

The Light has entered. It has entered your planet, and the seemingly negative, or bad times, are only the maya of the physical world, that is fast raising its vibration to this higher dimension.

Do you ever feel pulled down, down, so far that you are totally depressed and so very low? Yes, we know many of you have felt this. But you will find, if you allow this despair to enter you, it will pass through you. It will transmute into another form. You will be finding these periods of despair and depression shorter. And yet they seem to come more frequently. This is part of the finishing off of the contract on earth. Take heart when this occurs, dear ones, and hold the intent of joy...for indeed that is what

is coming. It takes a strong soul to accept these challenges. You, who have chosen the hardest path, are indeed the bravest souls. Therefore we honour you greatly.

You will also find that the periods of darkness can change so suddenly. You can be at rock bottom, and then suddenly, you are lifted up into a lighter state of joy and laughter. You do not know why...yet that is what is happening. Let your intellect take a break. Let it rest, while you integrate these changes into your body. Too often dear ones, you try to rationalise these things, and yet it is with mercy that the Creator has allowed them to be, without any form of judgement or trying. Let spirit work through you.

This, my dear ones, is spirit at work. Spirit is working with you to bring in your deepest desires. What you think, truly is. Therefore whatever your energies put out, that is what you will get back. Allow the joy to flow through you. Remember always that gladness for a blessing received is multiplied many times, and returned back to you.

Those in fear, will become more fearful...but it will only be for a time. Those who find the joy, will find its ultimate peace to be everlasting. This message is one of blessing. We are proud and happy to announce the incoming changes that will bring in the transformation of these energies. May you walk in Light and be blessed.

When I read something that resonates strongly within me, I feel an excitement running through my veins. It is like a confirmation of something I *know* deep down. I feel the love of the Creator, and know that I am really blessed. It is a knowing that all things are just as they should be. The Creator has endowed us with powers beyond anything mankind has ever been given before. We have been given this opportunity to bring life into this planet again – to bring forth a birthing of a new energy. It is happening around us all the time. The experience is something so many have sought, but not really believed possible. But believe me, it *is* possible! To be alive on this planet at this time is a great gift – a great joy and one that is only offered once!

We are being given a great opportunity right now. All these changes are a wonderful thing because they signify that our earth is indeed alive – and she is giving us a chance to co-create with her. All life is One. She accepts your negativity, because she transmutes it into new life. She will rejuvenate the earth and it will grow as a beautiful new bud.

In one channel I received the following:

You speak correctly about your planet earth. Her changes are indeed a sign of her awakening and your hearts should allow the joy of this awakening to enter in.

You have all chosen to be on the planet at this time. This is no small thing. This is a time of great change and ascension of both your planet and humanity as a whole. Many, many souls are seeking to be here now, because there is an opportunity like never before envisaged on the planet, for souls to experience the most profound growth. There has never been an opportunity given to a planet like this before. What happens here will affect many other planets in all dimensions. It is an experiment never before tried. You, as humans on earth, are being given a unique opportunity to

ascend along with your planet. A living entity, your beautiful Gaia is, and she has awoken. She is now announcing herself. Every time you hear of a cataclysm or a natural disaster, remember it is your planet speaking to you.

Be joyful dear ones on planet earth. Each time you hear of so called "natural" disasters – rejoice! It holds meaning far beyond what the human mind is capable of comprehending. It is a gift to you in a way no other gift has been offered. It is Lady Gaia's way of speaking to you from her heart. Each time a "natural" disaster occurs, remember it was you who released your negativity into the earth and she is transmuting this energy from you in her own way.

She is alive with potential, and by giving your planet your love, your caring, and your light, together you will ascend into the glorious creation of Light you were always meant to be. These days are each indeed special. As the vibrations of negativity are transformed by your earth, a renewal takes place. A new energy is released. This is the energy that will build and maintain your new world. This is the light that has been promised. Many are with you in the spiritual realms now, assisting, overseeing and assuring you of your purpose, and of their promise to you.

Never fear for your future. All is allowed and all will occur in its own time. Keep your light shining throughout, and feel the joy of knowledge – the joy of light as you walk your path. I give you assurance that we walk this path with you. You are never alone.

The earth herself actually perceives our thoughts and feelings and she is responding to our thoughts and feelings through her changes. She has been asleep for many aeons, and is now awakening, thus she is now returning, to become again, a planet which is fully alive. We are finding many people who are feeling these changes. Those who are empathetic and compassionate will be the ones to experience pain in their solar plexus, when they see and hear of the loss of life and limb of those who are living in 'disaster' areas. Some people suffer headaches, of stomach cramps when the earth is suffering because of their super sensitivity and compassion for the planet.

These changes however, are vital in order for mankind to awaken to the truth and take the next step forward towards ascension. The changes should not be feared if we listen to our inner voice, as we will know then, when, or if, it is appropriate for us to leave certain areas. Animals and birds know when to leave certain habitats, nests, or their homes by following their instincts. Let us learn from them.

The following was channelled through me regarding consciousness changes:

The many changes that are happening upon the planet in all parts of the world, indicate that the changes are imminent. There is no greater time to be on the planet. Many are making the transition as they leave their earthly bodies. But in the main, they are remaining to experience the joy of being alive at this most momentous time in the planet's history.

I have also been told regarding consciousness changes that what we seem to perceive as negative, is not necessarily so:

Peace be upon you. Your world is growing in consciousness daily. It is a delight for us to see this in the higher realms. So much of what you feel is painful, negative or evil, is in fact, just releasing of old outworn energies. If you could but see the potential of light that is growing on your planet, you would be amazed. Your light is radiating stronger now, than it has since your earlier beginnings, even in the days of Atlantis, and before that in Lemuria. Much is being opened to you as you grow and expand upon your path. Gifts of energy from Divine Source are being showered on your world at vast rates – so much so, that you would be awed if you knew of the potential that is being given to you towards your transition.

If you can believe in miracles, do so now – for the vast energies emanating towards your earth are indeed offering you the chance now for miracles to happen. They can open a heart, or pierce the darkest crack. The chance for transition and change is here. Take it and rejoice.

How many times have we said to you to find joy in your daily situations? Oh, if you but knew the potential joy that is being offered to you through these gifts of the Creator! These energies can unleash much of the negative also. This is why we say to find the joy – find the peace within your hearts – for in seeking peace, joy, love and miracles, they will indeed come to pass for you. If, however, your focus is towards your more negative vibrations, these are what will transpire and increase for you.

The hope, the love, the joy, must come from within your own heart. The Creative Source will send the energy and it is up to each and every one of you to use this energy for your highest good.

Love that which comes to you. Find the golden jewel within the centre of every situation. Therein lies your Peace – your transformation and your future. May you see your light and rejoice.

Thus we are being told that even in the midst of disaster, we can find joy. There is never a time we are left with something we cannot handle. We are beings of light, and that light shines in the darkness throughout all the dimness of the shadow which seems to engulf us at times. The energy has been given to us to find peace, joy, hope, and miracles, which are abundant around us if we look for them. We are told that all we have to do is put our trust in our own gifts from Spirit.

Even in a room that is totally dark, the smallest pinprick of light will always shine through. If there were two rooms, one dark and one light, the dark room could not even invade an inch of the light room, but a beam of light from the light room, could light up the dark room, like sunlight pouring through the dark foliage of a forest. Even nature is offering us her own gifts of awakening.

Crop Circles

I have seen a video of a light moving above a section of farmland, which only runs for a few seconds. It moves very fast and then disappears. Shortly after this light was videotaped, an intricate crop circle appeared. No one can really explain why. There have been many hoaxes in the crop circle field, which has had the affect of causing people to lose interest in them. The controversy over how they are made has been in

discussion for over a decade. It has almost topped the question that used to be on people's minds as to whether extra-terrestrials existed or not. But are these crop circles really trying to tell us something? Maybe our extra-terrestrial friends have the answer. Or maybe it is the earth herself who is showing us something?

I believe the Earth is leaving her own mark as she awakens. She is, as I have said, a living entity. She has been opening up our coded memory patterns, by forming perplexing patterns on the earth in crop fields. These patterns are sometimes formed with the assistance of our space brothers. Some of these patterns are so intricate it would be hard for even a mathematician to duplicate them. I believe these patterns are to assist us awaken. We have codings hidden in our DNA and this is being awoken in our cellular memory as we view these patterns in all their complexity. When one view these crop circles, it awakens a resonance in man's DNA because they mean something to our inner calling, which we cannot understand. The earth herself is assisting mankind to awaken.

These geometric patterns are triggering something within the very soul of mankind. We know, at a deeper level, what their meaning is. We know, also, that the earth is alive and very much a conscious being. With these crop circles, or patterns of amazing geometric accuracy, Earth is giving us all the proof we could ever need that she is indeed alive and responding to the changes within her, as she rises to a higher consciousness.

The crop circles have been getting more and more complex. It was recently discovered that a face has been found among the crops in Chilbolton, England. There was also a figure found in the same place, which was almost identical to the 1974 message sent out into space by NASA from the worlds largest radio telescope as part of its search for extraterrestrial intelligence. Could this message have been intercepted and a reply sent back to a wheat field next to a radio telescope in southern England?

The Dolphin Connection

We cannot forget the work that is being done by our cetacean brothers. These incredible creatures do have a purpose to fulfil at this time in earth's history. The dolphins can relate to us telepathically. Their intelligence, and that of whales, is at least as great as man's, if not greater. They show us how to enjoy life by imitating our tactics in the water. Those that are in captivity exhibit feats that show us how to live spontaneously, and seem to live life to the full with the greatest delight. They could show us so much about how to live in joy. There is a special place where children with handicaps are taken to sit with dolphins, and their sonic notes have a healing affect on these children.

The dolphins have an uncanny way of picking up our telepathic thought patterns. The dolphin energy is Lemurian and they vibrate to the energy that once existed on Lemuria. In those days humankind and cetaceans were able to interact on a one-to-one basis. They are now making a connection with mankind again, and they are helping to awaken us to release our hidden fears. Timothy Wyllie in his book *Dolphins ET's & Angels* writes of a contact with the dolphins:

"The movement was so fast, so unexpected, I felt the hairs on the back of my neck rise, with the fleeting impression that one of the dolphins had responded to my telepathic challenge before the thought was chased off by a somewhat safer rationalisation. It could have been a large wave..."

(He admits the sea was smooth).

Wylie describes later how the dolphins connected with him many more times and healed him of a life-long fear from his childhood that he had not even realised he still held onto.

Wyllie further writes, in another of his books *Dolphins, Telepathy & Underwater Birthing*:

"Over the next ten to twenty years, all of us will have the chance to experience an extraordinarily rapid period of growth. As the planet transforms, so will we, and vice versa. We are being given the chance to work collaboratively with angels and extra-terrestrials, to become recipients of all the knowledge so long hidden from us, to be able to re-form our ideas of an inhabited universe and what it might mean to become part, once again, of our cosmic family."

Wyllie also cites instances of dolphins being present at the 'new' idea of under-water birthing. They have an exceptional way of knowing exactly how to calm the mother during the childbirth, and it is believed this way of birthing is very beneficial to the new born child.

Dolphins have an uncanny way of knowing our thoughts. They sense our feelings, as most animals do, and because they are a group consciousness, when one human relates to a dolphin, it is like all dolphins pick up the same thought-form or feeling. When a dolphin has kindness shown towards it, it will reinforce its love for mankind. When man harms a dolphin, however, such as when they are snared in fishermen's nets, all dolphins sense intuitively what has happened. They bear no grudge, but are saddened. They are here to awaken our compassion, and it appears they are doing just that.

When we first came to earth as light body souls, the dolphins sung to us and healed us with their sonic sounds. They nursed the light bodies in their cocoons until it was time for the souls to be reborn into bodies. In the earliest days of man's journey on earth, the connection with the dolphins was such that the communication was a two way communication. Unfortunately man lost his ability to communicate.

Some of the more evolved beings of today began their earthly sojourn as dolphins, before they incarnated into the bodies of man. This is where a lot of memories of dolphin consciousness come from, and why there is such a large attraction to dolphins. The consciousness of the planet is rising, and the dolphins are certainly playing a large part in this.

The consciousness of this planet *is* changing. The compassion that is aroused when dolphins and whales are beached is one prime example. Many more people are becoming aware of the need to support our planet and the life thereon. There have

been mass beachings of whales around the world, and people have been showing compassion and concern for these wonderful mammals, trying to assist their survival by keeping them alive until they can be dragged back to sea.

Dolphins have really only been coming to popularity in man's consciousness since the latter half of the twentieth century. It may be that they are achieving their goal of awakening us. We may be seeing something that has been buried deep within our subconscious from the beginning of time. Our lives were always intended to be experienced through joy, and the dolphins are showing us this by their playful tactics and their eagerness to share their playfulness with humans.

They also are willing to share their souls with us. Their generosity and loving characteristics are awakening our memories to the times when, as members of the last 'Golden Age' on earth, we played with the dolphins, and all belonged to one soul group.

Whales

Whales are large mammals of the same family as dolphins. They seem to understand man and are also capable of great feats. Whales have an expanded cranium. They have a huge brain capacity, within which they hold knowledge for mankind's awakening. They have been receptacles for this knowledge for thousands of years, waiting until the time when mankind was ready to receive this knowledge. Once mankind has taken back this knowledge, there will be no more need for whales to be on this planet, and they will be free to go home.

Whale energy is galactic. From intergalactic sources we are told that whales send messages to other planets which are heard in outer space. Their deep whale sounds, which sound like a loud bull-like roar, reverberate under the water and echo throughout the seas and up into the hemisphere. The film *Star Trek IV* may not be so far from the potential future after all. The twenty-fourth century was suffering because a sonic beam had gone out seeking the sounds of the whale song and it was not answered because there were no whales left to answer it. James T. Kirk and the crew of the Enterprise returned back in time to earth to the late twentieth century to rescue a pair of whales and take them back to the future and brought balance back to his century. The way mankind is treating whales with his whaling exhibitions, there may not be any whales left when we move into the next century.

Whales are of the same soul group as dolphins, and both groups have a mass consciousness not individual consciousness like man does. That is, the mass whale consciousness knows what happens to one whale by telepathic means. This is why we find whales beached on the shore. There is a reason for this. They are here to awaken humanity and to bring mankind to an awareness of a higher intelligence. They are awakening mankind to empathy and understanding, which opens our consciousness and spreads this quickening throughout humanity. They are also waiting to share the knowledge they have held for aeons with mankind, of his origins and his true purpose on earth.

It has recently been discovered that the whales are now singing a different song. First one group of whales, then more and more have begun this new song. Could it be that

the consciousness of the planet has awakened enough that the whales are broadcasting the great news out into the galaxy? Or is it a call for help? These beautiful creatures are here, with mankind, on the planet at this time, to assist in her awakening, or ascension, and being given the opportunity to ascend with her. By giving the earth our thoughts of love and upliftment, we can assist her and create herald in the dawning of the new day.

CHAPTER 1

WHO IS ASTARA?

Astara lived

Many eons ago -

A priestess of Egypt

On the shores of the Nile.

She carried the scrolls

From Atlantis afar

To the new land where dwelled

Now the Temple of Ra.

The scrolls held the secrets

For the people to share

To help them lead lives

Of love and of care.

To teach them and show them

The wonders of Light

That flames can do much

To bring everything right.

The Priestess Astara,

With others she came,

To seal in the Truths

For the future of man

The scrolls there she buried

Hidden deep 'neath the earth

Under the Great Pyramid

Awaiting a new birth.
Her task was to share
Of the knowledge she held
With the people of earth
With whom she was to dwell.
Her home was a star
Many light years away
And her dream was to reach it
In some mysterious way.
She here met a soul mate -
A twin flame who knew
That her task here on earth
Held a different view.
So she stayed on the earth plane
Knowing full well
That through many lifetimes
Her decision would tell.
Now her time on this planet
Is near ending soon
And her twin flame remembers
When they were in tune -
To the magnificent forces
That held them so tight
And promises made
When they'd go t'wards the light.

So as this century
Draws to a close
The promise of aeons
Once again we'll behold.
And we'll travel on homewards
Our task now complete
And with tears of joy cry
As we once more do meet.

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The name Astará was been given to me as an identity for a part of my Higher Self. I believe she is an aspect of my Higher Self, possibly a past life I have lived many thousands of years ago. Through deep meditation, with the help of a friend, I was given the name of Astará. At the time I did not know who she was, but the identity of the name seemed to resonate deeply with me.

Not long after this discovery, I had a vision, which drew to me the above poem.

I felt I had *been* Astará in a previous lifetime, in Egypt, and before that in Atlantis just prior to its final fall, and felt the wisdom of that time pass through me. I also felt that this lifetime I had a purpose that had to be fulfilled, and somehow it was connected with the wisdom of Astará.

Astará, along with many others, had come with Thoth, the Atlantean, from Atlantis to Egypt, just prior to the final cataclysm when the last of the islands were engulfed by the sea. She carried the scrolls that contained great wisdom, and was responsible for their burial for future generations, many thousands of years hence.

Many people were there in the times of Atlantis, as it existed for many hundreds of thousands of years. The Egyptian lifetime was connected to a Greek life, which seems to have existed as a multi-dimensional aspect during the same lifetime. Multi-dimensional lives exist all the time, yet we are unaware of them. There are others who have felt the power of Astará and know of her existence in these ancient times. The name, Astará, was not an uncommon name in those times. I believe the aspect of Astará that contacted me, was from another planetary system many light years away. She longed to go 'home' during those ancient times, but knew her duty was here until such time as the earth was once again ready to lift into the higher dimensions. That time is now.

Much could be said of these times, and the reader is welcome to search out information.

At the time I felt Astara's energy coming to me, I felt words coming into my head. I tried to write down the *feelings* that come through the words, and when I read it later it always seemed to answer an inner question that I had unconsciously asked. Such is her wisdom. As for twin souls, you will have to wait till later in the book to read about them.

This book is about the changing destiny of our planet. Until humanity can learn lessons of forgiveness, understanding gratitude and the need for peace, we will not be able to ascend as the earth reaches her destiny.

I believe many, many souls are here at this time, with help from their guides, masters, and higher selves, to assist the earth in reaching the higher dimensions. Astara holds just one aspect of the higher self that is guiding us towards the new day.

Just before I went to sleep one night, I scribbled this down as it came to me. It was the beginning of regular channels that came through from her.

It gave me a bit of background into who Astara is:

I Am Astara. I speak to you from ages past and yet I am that part of you now that advises and assists you. My knowledge was well learned in days of old and I am within you now as you recapture parts of yourself when you lived as me.

The knowing I held was great. The responsibility bore heavily upon my shoulders and many times you feel the weight of this responsibility. Know that it is I, Astara, prompting you to remember. There is much from days long gone that is to be revealed within your generation. The gods and goddesses of old are now emerging within ones such as yourself to take you to the power points, the places, and the memories that will reveal this hidden knowledge for the benefit of all mankind.

That which was buried beneath the sphinx and in other parts of your world is soon to be revealed to all – yet many will deny – many will not believe.

I, Astara, tell you that these things are indeed true. This knowledge will be revealed. Take heart and be sure to share this truth with others. They too are being guided as ways and means are opened for communication between light workers throughout the entire planet.

You will be where you are meant to be. You will know when the time is right to reunite. Your feelings and intuitions are given to you as a prompting. It is one way of making you remember.

Remember . . . when mankind remembers, the wars will cease, hunger and pain will be no more. Man will know his destiny.

Remember . . . we are who you are. We are One with you and you are One with all. Every thought, action or deed you perform will inevitably bounce back to you. There is naught you do which does not effect yourself eventually. Because I, Astara, and you are One, all of life is connected now and eternally.

Remember this. Remember . . .

Adieu. I AM Astar.

CHAPTER 2

OUR BEGINNINGS

We've travelled many highways,

We've seen and done and been.

The experiences we had were great and small

We relished them all so keen.

We started with love

And it grew and grew

But needed some colour and fun

So we held in our hands the tools for change

And our journey had then begun.

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Creator had given free will to all its creations in the hope that it would expand in its experiences to learn more about who it was. Creator needed to experience itself from another point of view so it split into many sparks of energy. These sparks of energy became angelic beings serving the Creator. These same angelic beings created more energy sparks until finally souls were created with a free will to experience their own experiences.

Creator has never prevented free will, even when it realised that some of its creations were separating and becoming more self-serving in their attitude. It watched and waited as it saw its creations being beaten, enslaved and killed by others of its creations. It stood by and felt every pain that its creatures felt, empathised with every experience, and knew every thought of every creature. It knew that one day all these creatures would eventually learn from their experiences. It knew that one day they would learn what it was like to *be* hurt, instead of hurting others. It knew that one day they would learn what it was like to *be* killed instead of killing others. It knew that every experience always had two sides. It knew that a creature learning can only go so far, and then he has to turn around and come back, facing whatever it is on the way that he may have caused. Every cause creates an affect. This is where the law of karma came into being. As each creature experimented through word, thought or deed with another creature, so therefore did he have the same done to him. This was an irrevocable law and one that could never be broken. This applied to all God's creatures everywhere.

As mankind on earth stepped further and further into the dark, it became obvious to Creator that his creation had lost its way. He had stepped too far along the path and created many densities of negativity which were just too hard to overcome. He had

become trapped in his own self-desiring ways, and it seemed there was no way for him to step out of his own self-induced quagmire and bring himself back toward the light of his original Creation. The densities that surrounded mankind's mis-deeds were so heavy that they engulfed the earth with a great sadness. She was intact herself, but the energy around her was keeping her creatures in sadness and despair.

There was a time in antiquity when few creatures remained in the light. The call for help went out, and sadly, God-Creator decided to end its mistake and begin again. A great flood spread over all the lands. Those that had walked the path of light were given immunity to what was to happen. They were given a chance to save their physical beings and rescue as many of those of Creator's creatures as they could manage. This is where the Biblical story of Noah and the Ark originated. But there were many Noah's in many different lands in different parts of the globe. Many believe that it was extraterrestrial forces which assisted Noah with the ark and helped him to survive the deluge. This however, was before the time of Atlantis.

As we left Source/God/All-That-Is to journey into the unknown to experience life. We originally began life on a higher plane than what we are currently experiencing. Our first earthly physical experience was in a fifth dimensional body, radiating pure love. In the fifth dimension there is no fear, as everything resonates at a high vibration, and we are aware that only love really exists.

Lemuria

We began our earthly sojourn on the first continent of this planet Earth known as Lemuria. This land existed between the continent of present day Australia and the western coast of the Americas. What is now Hawaii were the peaks of the mountains of Lemuria.

Mu was the capital of this civilization, which existed as an equalitarian race of highly spiritual beings. There were no leaders, no hierarchy as such, as everything was shared. When people's hearts were opened, they could raise themselves up to fifth and sixth dimension. Lemuria was very advanced in their ability to heal and they used colour, sound and light as well as crystals as mediums of the mind. Each soul served the Creator and worked towards the evolution of the whole. These beings were so highly developed spiritually that they had an equalitarian society. Their bodies at that time were androgynous and each existed as a whole complete form. It was what we would call today, an idealistic culture. But as time went on God-Creator decided to explore more possibilities.

The aim of Lemurian life at that time was to bring each soul to its highest vibrational peak by sharing everything with it. If a soul was struggling with its growth, everybody stopped and helped until that soul reached the point where everyone else was. All served the One Creator through total love. Most souls were using ninety to ninety-four percent of their brain capacity and held the highest vibration possible in a physical form. It was here, in the fifth dimension, that beings could disappear and reappear in another part of the world, as spiritual knowledge was so accomplished at that time. Beings were very spiritual and were so highly developed that this was possible. The molecules and atoms could be disassembled and reassembled elsewhere.

The Lemurians at that time were not quite like us. They were more than carbon-based physical bodies, as they also held full God-Creator Force. They existed in their light bodies. That is why they were able to perform feats such as we can only wonder at today. They lived for many thousands of years, as they were able to regenerate the body to last them what would be the equivalent of many, many lifetimes of our lives on earth now. They existed totally in service to Creator and their lives revolved around total unconditional love and serving one other. It was decided at some point that the Creator wanted to *experience* more of life, so the vibrational level was dropped to the fourth dimension. Lemuria existed for a long time, prior to and during the early times of Atlantis. Then there was a shift. A race of beings who originated from another planet came to Earth, to Atlantis, shifting the whole energy and dynamic of our world.

During this time, the land of Atlantis became more populated. It was discovered that, the land mass of Lemuria was slipping into the sea. The Lemurians foresaw the end of their world and also knew that there would be a very long cycle in which the technological culture of the Atlanteans would dominate. They were able to understand that the time would come when earth's consciousness would rise and this conflict would again appear. This time however, it was hoped that the races would walk together, hand in hand, with respect for each other's differences.

Atlantis

Atlantis at this time was really starting to dominate the world. They had a system, which enabled each person to receive education from the government at no expense.

Atlanteans had what would be similar to a transport vehicle, which travelled on a vortex of air above the ground. They had machines, which were not unlike small space ships, able to fly wherever they chose; and they were able to travel into the depth of the ocean in vehicles, which enabled them to breathe under the water.

An article from the Internet tells us that Atlantis was a most technically advanced civilization, and in its early days it was as spiritually righteous and peace-loving as Lemuria, but over time it degenerated. There were groups whose conduct left much to be desired. It goes on to say that the infamous Sons of Belial would kill to gain access to the knowledge that the priests held. The Atlantean knowledge was far superior to many of the races that existed on the earth at that time.

It was prior to the times of Noah's Ark that Atlantis existed. That great and wondrous land which became just a myth for so many centuries. It was a land of incredible technological advances, far beyond the imagination of the humble creatures that lived in other areas of the planet, and far beyond what it fell to afterwards. It had once been the ruling kingdom of the known world. It, and the land of Mu, or Lemuria, existed in once spectacular splendour, until they eventually succumbed to the negative forces that had, by then, taken over in the land.

The beings that arrived from other planetary systems were very developed mentally and were not able to trust in the nurturing feminine energy to provide for them. They tried to control their environment with the technology they had developed in order to feel safe. Ultimately the two races collided and became polarised. This led to the

destruction of Atlantis, and the creation of the hole in the Earth's energetic body. The rift that was created in the energetic body of the Earth, is what is being healed today with the coming together of the rebirth of these two very different races, creating a new reality.

Tales of Atlantis and Lemuria are with us today, and many of those who lived during those times are back in physical bodies again. Some souls have learned their lessons and some have not. It is to those who are still seeking self-centred desires – those that walk with the dark energies – from which the earth is trying to escape. She cannot survive if those forces once again wield their weaponry against her.

More and more souls moved, or incarnated, to Atlantis. This great continent was experiential in using technology. It had basically been a mind civilization, where much knowledge and technological information existed. As it evolved, more and more experiments were played out in this land. It was here, that the splitting off of the sexes began. And it was here that the original symbolic story that has been cast down to us of Adam and Eve first began.

Atlantis existed between what is now the East Coast of America, and Africa and the west of Europe. It became renowned for its great technology and powers. The Atlanteans also had the knowledge of re-generation of the body, which they used extensively.

Thoth, the great Atlantean tells us in *The Emerald Tablets of Thoth* that regenerating the body through balancing the poles within the body could prevent death.

"Know that thy body when in perfect balance may never be touched by the finger of Death. Aye, even accident may only approach when the balance is gone. When ye are in a balanced equilibrium, ye shall live on in time and not taste of Death. Know that thou art the balanced completion, existing because of thy balance of poles. As, in thee, one pole is drawn downward, fast from thee goes the balance of life. Then unto thee cold Death approaches, and change must come to thine unbalanced life. Know that the secret of life in Amenti is the secret of restoring the balance of poles. All that exists has form and is living because of the Spirit of life in its poles.."

The Atlanteans, like the Lemurians, had the ability to generate life through their balance of the physical body. They knew the secrets of the physical body's alignment with the earth. They did not even have to die as we do today, unless it was by choice, as they had mastered the secrets of life.

Atlantis existed for eons and eons. During the last few thousand years, it gradually began to disintegrate as a civilization. Many of those in power became proud and the ego began to take over. They wanted more power and delved into the darker energies to seek it. By using the darker powers, many forgot the light, and energies became unbalanced. Many experiments were performed. One such experiment used on people was when they began changing the human DNA and altering the genes. This resulted in the human being losing what was known as soul-memory, as the DNA was scattered, leaving an existence without total memory of past lives etc. It allowed for the ability to procreate, without having full conscious memory of why they were here on earth.

It was the destructive greed by those darker forces during these times, which infected the minds of men and women to such an extent that they were no longer in contact with their God-selves. They wanted more and more, and created grotesque creatures to serve them, and work as slaves to do their bidding. They found the work of mining too much hard work, so they took DNA from various forms of animals and mixed it with human DNA, thereby creating creatures which were half-man and half-animal. These poor souls were entrapped in their unsightly bodies for many, many thousands of years. This is where our tales and myths of half-man, half-animal beings come from. These beings are what Edgar Cayce called 'things'. They existed for many centuries.

Some, who still remained unaffected by the darker forces, tried to help the poor creatures – to free their bodies of its grotesqueness – so that their souls could once again be freed. It was these gentler souls, those still remaining in service to the One God, who tried to warn the people when the signs of destruction were nigh. Some escaped. Most did not. The earth was on a collision course of disaster. Atlantis, and Mu, sank beneath the oceans, only to be survived by tales of their existence. Those who showed compassion for these 'things', opened up special temples later in Egypt, called the 'Temple Beautiful' and the 'Temple of Rejuvenation', and many kind souls worked in these temples to balance and bring about wholeness to these grotesque forms.

Prior to this time, much contact had existed with what we call today, extra-terrestrials. These ET's, or extra-terrestrials, had knowledge which they shared with those on earth. Some were well-intentioned, others were not. Those that were self-serving are here today to learn the lessons they did not learn back then.

As earth beings in Atlantis continued misusing the technology that they had been given, the breakdown in the civilization reached its peak. Those who still held to the old codes tried in vain to maintain the spiritual values which had once been the basis of their society. These were the ones who still worshipped the One God. They adhered to their pure life-styles despite much opposition. It took a total of three cataclysmic disasters before all of the land of Atlantis finally sank beneath the sea.

When it became known that the land was not going to survive, many escaped, taking with them the scrolls of the history of mankind and life's secrets with them. Some of them took their vehicles or their boats and landed on the mainland of Europe, Asia and Africa. Some escaped to different parts of Middle America, some to China, and some to Egypt, where they tried to re-build as much of their former society as they could. There are still remains of pyramids, columns and monoliths from that time standing today. Some escaped beneath the earth, hidden in the inner earth, where there still remains a civilization of sorts today.

The Underground People

These people are very much afraid of being discovered and they cannot live in the light. Some were originally from a race of extra-terrestrials that were left behind when the others departed prior to the cataclysm of Atlantis. Many of the Indians of America were once a part of this race of beings, and this is where much of their knowledge comes from. The Native Americans know that their origins were from the stars, and

this is where they primarily came from. Those that emerged after many years from the underworld became the various races of Native Americans.

The underground people that exist today are not entirely in our dimension, so even if they were seen, it would seem like we had dreamed it. The hidden subterranean caves where they enter into the underworld would not be accessible to people walking by them. In the very unlikely event that anyone did happen to stumble into a hidden cave, they would either see nothing, or they would likely not live to tell the tale, as there would be too much risk involved for these 'unapproachable' beings at this time. They still hold great technology, but are not equipped to handle sunlight, having lived underground for so long. After the ascension of the planet, we may see some signs of these lost people, as they interact with the higher dimensions.

There are certain groups of these underground beings however, who not only have great technology, but space ships which are often seen coming out of the earth. These beings are called the *deros* and are very dangerous, as they have been known to use rays on humans, which have been not only paralysing but have caused death. If one of these beings or their ships were ever encountered, it would be wise to stay as far away as possible, as one could never ascertain which types of underground beings one was dealing with. Some *deros* have been known to delight in fostering wars, creating terrible accidents, even in causing nightmares by training "dream mech" on us while we sleep. This could explain why so many suffer horrendous nightmares in a world they cannot relate to.

The Remaining Atlanteans

As many fled Atlantis, they went to places such as South America and Asia as well as Egypt. Astarla was one of those who went to Egypt to help set up a colony there and share the knowledge that the priestesses had brought with them. She, with many others, carried with her, scrolls which held secrets for the future of mankind which will one day be unveiled as more secrets of the pyramids are revealed. The Atlanteans had knowledge of space travel, and some had ships at their disposal. This was their means of reaching safety. The spaceship they travelled in was buried beneath the sphinx, as most of the local inhabitants were very primitive at that time.

The pyramids are much older than has been thought. It is only now being discovered by the waterline on the sphinx, that it is much older than 6,000 years. It is believed that the sphinx was once under water as the Nile was known to have flooded frequently during those early days. The earliest of the pyramids were built using sound vibrations and levitation. What is known as the pyramid of Cheops was not built, as has been thought, by slaves of the Egyptian society. The stones were from many miles away, and the precise way they were almost melded together indicates a greater technology involved. Some believe the pyramid was built by a form of levitation using sound and vibration. Those in esoteric circles believe that vibration and tone *can* move objects. (During the battle of Jericho of biblical times, Joshua and his men marched round the city for three days, causing the vibrations of the land to shift, at the end of which the walls just fell inwards.)

It is believed that evidence will soon come to light of the existence of the Atlantean society. Atlantis became more well-known than Lemuria, as it is where many souls

first entered physical form. Many of those on earth today were in Atlantis. This is why our knowledge of computerised technology is being taken to so easily. Some take to it like a duck to water. This is because they have done it all before – in Atlantis. We can only hope that the technology is used in conjunction with spiritual growth this time around, so that the same disastrous results will not occur.

It was hard for those that were in a declining civilisation to raise the vibrations at that time. As Atlantis drifted into its demise, it was more and more difficult for those who worshipped the One God to hold the people's attention. Those that proclaimed the Sons of Belial began sacrificing humans, and practiced all manner of evil deeds, which caused the downfall of this once great society.

As the earth rises towards a higher vibration it is becoming much easier, with the energies that are being beamed to earth, to help eradicate the negative vibrations around the planet. But there is still much work to be done, and we must not slack in the pursuit of bringing light to the planet. The dark forces are ever prevalent while we are still a third dimensional planet, and they will use everything in their power to hold what they believe, is their right.

Fourth dimension is the spirit dimension where souls go immediately after they leave their physical bodies. Even within this dimension, there are so many divisions. I have been told that fourth dimension is to do with time. Time as we know it now, is not the reality. In effect it does not exist, and the overlap in our lives is becoming more and more of a puzzle for our psychologists and scientists today.

We have gone full circle in our soul's journey descending from the fifth dimension down to third dimension, and are now ascending on our way back up to a fifth dimensional vibration such as we once knew in Lemuria. Once the planet ascends, we will be returning to a love-based equalitarian society where we will once again vibrate with the pure light of Source.

This is what Astara, and many other channels have come to tell us. We are all in this school-house of evolution, and we have come full swing round on our journey. We have passed the furthestmost point of God-Source. We have allowed our souls to experience every kind of degradation, in order to *experience* life. We now know and understand why we have come. We have been everyone, and done everything, on our journeys through our various lives. Our many past lives are living within us now as we move forward on our journey back again.

It is only through going within that we will discover who we are, and where we are heading. The earth is waiting to ascend into the fourth dimension and she wants to take us with her. We will be moving onwards towards fifth dimension and eventually even higher. This will make us invisible to those who remain in third dimension, and this is why we are unable to pick up beings with our space probes on neighbouring planets with our physical eyes. Many beings on planets in our solar system and beyond are not in a third dimensional form. As they vibrate higher we can not see them. Like the blades of a fan, as the fan speeds faster and faster, the blades become invisible. But they are still there. We just cannot see them.

We cannot move forward into the next dimension with all the heavy emotions we carry around with us. Are we ready to let go of all that has been hampering our growth, and move onwards to where we are meant to be? In order to complete our journey, we first have to release our feelings of hatred toward our fellow man. We must release and forgive, as we move onwards. We can only let go and move forward on our search for the peace that is within our heart, waiting to be acknowledged, when we find out *who we are* and *who we have been*. This is the way to creating our future and moving into the light that is our right.

I believe the journey of our soul is akin to moving up a spiral. We are constantly moving upward on our spiral each life incarnation. But the spiral also goes down again. So we also have lifetimes where we learn the darker side of life. Each time we reach a certain point on the spiral again, we are slightly higher than the time before at that same point. Some lives we are moving upward, other times we may wish to experience a downward path, for the learning experience it grants our souls. We may have a life that is not as uplifting as a previous one. But our journey is in the learning. There is no 'good' or 'bad' lifetime because we are learning differing aspects on our journey through the polarity of life. All lifetimes are a culmination of our learning experiences, and all the roads lead us back to our ultimate destination.

Our journey back has just begun. We are on our way back home – back to where we really belong. Through journeying inwards to discover who we have been, we release our past, and create a new future. It is by knowing our history, that we will find the power to create our future. We can release all that no longer serves us, knowing that no experience is ever wasted. Nothing is ever lost that has been experienced. Once we release the experience to God-Creator-Source, and we are free to pursue a path towards a new life where we will find peace, love, joy and total unconditional love. One of the first steps is in understanding ourselves and each other and learning to forgive past wrongs.

CHAPTER 3

FORGIVENESS

I've been through many lifetimes
I've seen many an unkind deed.
I've felt anger, hatred, jealousy
And left chaos in my stead.
I've felt so tired and weary
Struggling through lifetimes over again.
But each time this dimension pulled me down
And trapped me once again.
I feel I've kind of failed
My low self-esteem being great.
Feeling unloved and deserted
Alone, I've felt fear and hate.
Within my head, within my heart
I know that others care.
And yet I can't quite accept this love
Because such doubt is there.
May we cease our wars and fears,
Our petty differences and greed.
And know that what we do to another
We do to ourselves – indeed.
This world is beauty, and it's love -
Let us not destroy it now.
If we could but understand how much we share

And see our Oneness somehow.
Our time has come to awaken now
To what we've all been through.
We are not judged – we all are loved
And forgiveness of self is what we must do.
So let us understand ourselves –
That we've all been everyone.
We share more than we'd ever dream
Around our solar sun.

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Where does forgiveness fit in with the ascension of the planet? Well, without forgiveness, mankind would not be able to progress towards his eventual enlightenment. Forgiveness is not easy. We need to understand what we need to forgive. If we can understand our own journey, we will begin to understand others, and what they need to experience. Once we have done that, we will be on our way towards forgiving ourselves as well as others. Lack of forgiveness is holding up the spiritual progress of the human soul. It is the major cause of every problem mankind has ever faced, lifetime after lifetime. It results in most of the illnesses we face, as we harbour them within our bodies. It causes disagreements and dissatisfaction through not seeing that what we perceive in others is actually a part of our own make-up that we have not acknowledged. It brings mistrust and misunderstanding on a greater scale than one could ever imagine. It is non-forgiveness that causes most of our anger and resentment.

I have felt anger and frustration many times in my life. Usually it is a time when I am refusing to face the real obstacle that this occurs. I might feel anger at a co-worker because I am asked to do something I do not want to do at that time. I may be busy doing something else, and the anger just springs up because I am annoyed at being interrupted. I have come to recognise that this is because I have not allowed myself to understand his point of view. I have been totally engrossed in my own work and have found it hard to pull my mind away to follow his instructions. This creates a frustration and searing of my own feelings because I cannot express myself. I feel I cannot forgive him for his interruption at the time. This is only a small example. There are many times I have felt so angry that I feel I cannot forgive others. Yet if we reflect on it, it is usually something *we* are not facing that causes this anger.

On reflection of our life, we see that most of the time this non-forgiveness is of ourselves. Many of the repressed feelings that have been hidden all our lives are now coming to the surface to be healed. All these repressed emotions and feelings need to see the light in order for them to be finally cured.

It is now coming to our attention how many times underhand and unfair abuse has occurred within the higher ranks of our churches and governments, where we would have once least expected it. We are beginning to hear many stories. It seems that politicians are being exposed for various illegal and sexual issues. President Clinton's sex scandal was one such incident. Here in Australia a certain politician faced a scandal for illegal use of a government phone card. Many incidents in politics are being investigated. It seems like scandal is common. It appears that every secret is coming out into the open to be revealed. The Bible said "nothing shall be hidden from their eyes". There will come a time when we will no longer be able to have any secrets. Our auras will reflect any feelings we have, and others will be able to read them.

The sexual indiscretions with the church leaders that we have heard about may well be the fact that they have been deprived throughout their lives. It may be that deprivation in any form is unbalanced, and the soul searches for that balance in ways that are not "politically correct". We cannot condemn anyone unless we walk in their shoes, but we can realise that these things are now being brought into the light. In the case of the priests, this could well be because they have deprived themselves of sexual union all their lives, and are trying to find their life's experience through whatever means they can. Incidentally it is through sexual expression that the human soul can find its true expression of self. Priests have denied themselves for years, by being celibate, and yet this is not the way the Creator intended it. We were always meant to experience sexual union as a beautiful experience between souls.

So many of our feelings of guilt revolve around sex. What was always meant to be a natural form of expression, has been dirtied and made to be ugly by many of the church's clergymen. Yet we do need to understand ourselves, and it is through a natural expression of orgasm through sexual intercourse that this journey towards the self is leading us. We must find the means within ourselves to forgive any and all of the feelings of guilt we have carried throughout our lives regarding sex. Understanding ourselves is half the battle. We have to write a new slate for ourselves. Forgiveness is our pathway towards releasing our negative feelings and finding the unconditional love within.

We have all faced lifetimes where we have made contracts with God. We have been the priests and nuns of ages past and have made contracts not to marry, or not to own money, because we had given our lives to God. This is why so many are finding their lives lonely, or finding themselves poor. The cellular memory remembers. We are now being given the opportunity to release these old vows, as they no longer serve us. It is now time for us to re-new these contracts and begin new ones. We have reached a stage in human evolution where we now have the opportunity to accept the new energy we are being offered and take up the mantle of self-forgiveness and renewal. Forgiveness is the first step towards Self-love. Self-forgiveness is the key to the kingdom. It not only opens the door. It is the hinges on the door and the key to the door. Self-forgiveness is the first lesson in reaching that wonderful being who is our Greater Self – the being that is our own Angel within us. Once we release any negative feelings we have, we find the unconditional love within.

When we fail to forgive another, we are actually seeing something that we cannot forgive or accept within our own nature. It may be something we had done in the past and cannot forgive ourselves for, or even remember, as we have pushed it so far back into our minds. Or it may be something deep within our soul, for which we feel guilty,

carried over from another, or other, lifetimes, and it is still there today, deep within our cellular memories.

The bottom line is, whenever we feel something like this – a withdrawing, or a withholding of our feelings, we can always be sure that it is SOMETHING that we haven't faced within ourselves that is triggering this feeling and holding us back. When we pass from this life, one thing that can hold us back from our eventual meeting with the light is the tightening feeling of non-forgiveness. When we refuse to forgive another, you can be sure that there is always an element of something within ourselves that we are refusing to face.

The only way we can stop this blockage and face the person, or overcome the feelings within ourselves, is to forgive them. Even if we are not consciously aware of what we are doing, it is by letting go – completely letting go of this feeling of tightness that enfolds us, that we begin towards the path of forgiveness not only of others, but most importantly of all, of ourselves.

There is always some underlying feeling within ourselves that needs to be dealt with, when we have this tightness. 'To forgive is Divine' - this is one of the great teachings of the Masters. Forgiveness is the most gracious way towards reaching enlightenment as it is in so doing, that we reach a deeper understanding, not only of others, but of ourselves and our whole unified nature as part of creation.

Like everyone else who walks this planet in human form, I have many such feelings towards others. It is inevitable that we will have some times in our life's experiences where we find we are holding back, withdrawing, or blocking what is coming. We find that we cannot face certain people. It may be something they should have done, or something that they haven't done that we feel they should have done. It may even be a feeling of conflict, anger, or animosity that we feel towards them. We do not know why, and yet the feeling is there. They may have done something that we are consciously aware of, or it may even be something that we just sense, without knowing why.

Journey of Our Souls

Our souls are not new to physical life. Most of us have had many lifetimes on different planets, as well as on planet earth. We have lived on planets within this solar system as well as in other systems many light years away. Some have had lives on Venus or Mars before they were made inhabitable to our lifeforms, and also on Maldek – a planet, which was destroyed many millions of years ago, and is now part of an asteroid belt. We learnt many things through our previous lives. When we look back and see why we did certain things, and understand ourselves, then we will see why others are also experimenting and learning from their own experiences.

We began our existence as sparks of living energy. These sparks were innocent souls. We came to experiment. Much of the learning of the arts evolved on Venus. But there grew a time when those souls learned to discriminate between themselves and those less fortunate. This created vanity, pride, bitterness and separation. Through a string of varied circumstances, fear of those who were different from us was infiltrated into our souls.

Those that lived on Mars learnt communication and survival skills. But they also learned to fight. They learned about war. They carried over their pride, greed and bitterness from previous lifetimes. In time they remembered many of the experiences from earlier lifetimes. Those experiences included helplessness at an inability to help others who had chosen insanity as a test for them. This occurred almost at a point in their evolution where they were ready to move to a higher vibration. They had agreed to accept these souls to their planet as they felt they were ready to help them. They found the challenge too difficult and unfortunately they became confused, frustrated and discouraged. It had the effect of blocking their further evolution and many did not evolve as they might have done.

The wars, the differences, the jealousies and pride, were carried into future lifetimes on different planets such as Maldek, when Mars became inhabitable. There they faced other experiences. When this planet was destroyed, the souls were taken as light bodies in cocoons to the oceans of earth, where the dolphins tendered them until it was time for the souls to be reborn on earth. It was decided by the Pleiadian Emissaries of Light, who were our guardians, that these groups of souls would not continue to have recall of past lives on this planet, Earth, as this had proved to be too painful in the past. So the memory cells were blocked when the souls were born again in bodies on this planet. Here though, communication was freely experienced with the dolphins, the mer-people and the fairies. They were very visible and communicable to the new Earth souls, and they were able to relate to them one on one. This was in the early Lemurian days on planet Earth.

The hardest part of growing for these souls, however, was the blockage that they had carried over from other lives – that of non-forgiveness. The memory cells held all their experiences from previous lives within these new bodies. They found it too hard to really forgive themselves for their failed efforts. This is where most of the problems of these souls really began, as they had great difficulty forgiving themselves, and yet they did not even consciously remember why!

We have to understand how forgiveness relates to our souls. We have lived many, many lives and sometimes the cells of our bodies carry memories from other existences that we have blocked.

Rebirth, or Reincarnation

Reincarnation has often been misunderstood. Many people have thought it means that the personality of the soul incarnates again, but it is not quite like that. Once a soul has passed over, that segment, or aspect, of the soul that lived, does not "come back" again. A soul is whole in its entirety, and only a portion of a soul will incarnate in a body at the one time. The particular facet of the diamond that comes to experience life again is another facet of the soul that still needs to be polished.

If we could imagine the soul as a complete book, each page being a year in the life of that soul. All the pages follow one another, as each year follows another. Each chapter represents one lifetime. All the pages connect to make the chapter that is one lifetime. Each chapter is a different lifetime. Some are shorter, others are longer. All the chapters have to connect in some way, but they are all different, yet each chapter is

separate by itself. This is what our soul's journey is like. Each lifetime we experience a different *part* of our soul's particular journey and learn a different set of experiences.

During the time when the Christ walked the Earth, it was accepted that re-birth was a given among the some groups of Jews, the Gnostics and the Essenes. The Essenes were discovered when the Dead Scrolls were uncovered and many believe now that a lot of Jesus' teachings came from them. Unfortunately it was written out of the pages of our Holy Book sometime in the fourth century. It was then that the feminine energy was taken out of the church, and male dominance ruled. There are many reasons this was done, but the most predominant one was that the church wanted to maintain power over the populace. If the people were free to realise that they could re-experience life again in another body after they died, then they would not be beholden to the church. Fear was then the tool to hold people in obedience to the church authorities.

Karma, or repaying for our 'wrongs', is not a punishment. Rather it is a form of choosing to make up for something we feel we have failed to do, or that we have done 'wrongly'. There is no right and wrong, for all is a learning experience. One of the greatest forms of learning, however, is learning to forgive ourselves for any oversight or for anything we feel we have not done right. The law of karma is cause and effect. Whatever we send out will inevitably come back to us. Whatever feelings we hold onto, even if it is fear of something, will be always drawn back to us.

The act of forgiving is learning to have faith that what we need is already accomplished as we let go of prejudices, judgments, grudges and selfish feelings. There can be no greater healing for mankind, or for the planet itself, than that of forgiveness. When people of the world forgive themselves, and release their past, peace for everyone will surely follow. Forgiveness is total acceptance and letting go of all, or any, of our past that we are still holding onto. If we cannot forgive, we are blocking the natural flow of life, and preventing our lives from moving forward. Likewise, we are also blocking the movement of the planet herself to move onward towards its transition.

Many of us do not even realise that we are blocking our energies, or why. We may be holding a grudge against somebody, or even feel we cannot forgive ourselves. We may feel that a loved one who has passed on does not forgive us and we feel guilt, as it may be *us* that we cannot forgive. It is imperative, if we are to move onwards towards the awakening of our souls, that we learn to forgive ourselves. We have to see ourselves for who we really are. It is time for us to wake up and remember who we are. It is time for us to wake up and remember why we came here. And it is time for us to wake up and forgive our brothers and sisters, and ourselves. We are not who others see us as, or even as we think we are ourselves. We are far more than that. We are a child of God, a spark of Divine - a being of light. We are, in fact, in everything that is around us.

Who Am I?

I have often wondered who I really am. I have had countless experiences with so many different people, and to each I was a different person. I am a mother to my children, a wife to my husband, a friend to my friends, an employee to my boss, a co-

worker to my workmates, a daughter to my parents, a sister to my siblings, etc. To each of these relationships I am a different person, and they, no doubt, all see me differently. But I am none of these. In reality I have a vast multi-dimensional soul that experiences many things. So do you. If we can see how minute this part of ourselves really is, we will see that holding grudges against somebody is just wasted energy. To let go and let God is really all we need to do.

We are beautiful beings of light. We cannot perceive this most of the time, because we are so caught up in this world with all its troubles, fears, diseases and impurities. Yet this is our true essence. I asked the question of my guides ‘Who am I?’ I received the following.

You are the wonder of all that you see around you. You are the beauty of the ocean, pounding upon the shore; you are the beauty of the peace that the ocean is; you are all that you see and so much more. You have the gift of physical life. This is only a portion of who you are. Do you not notice all around you that people are changing. They are being affected by the awakening of the earth herself in myriads of ways. The earth is reflecting back mankind’s own responses, with great upheavals throughout the whole planet.

Can you not notice the politics of the world changing? These are but one of the many subtle differences. Your economic system is another. These are reflections of what is happening within the changing soul of mankind – the changing perceptions of man.

As man questions within himself the rightness or wrongness of his own life, so too will these responses be reflected outward by your Mother Earth. All is One. And what happens within the mind of man strongly affects the outward reactions of the planet. You are not separate and never were. All is happening through the changing perceptions of man, and the questioning that is going on all around you...

...For all those who suffer, your peace is assured, as you come to the understanding of who you are, and why you are here. For you have chosen this path for your own glory and your own learning of life. This is an honoured thing to do.

For all those who are finding stress in your life, you are also blessed. For the answer to your yearnings for peace is only a step away. You have this glory and beauty awaiting you as you step into your new day. Go with peace and know you are blessed.

We really must release the stress in our lives by learning to forgive, beginning with ourselves. When we have learned the lesson of forgiveness within ourselves, we will find that all the anger, hurt, jealousy, pride, and hatred we ever felt towards another human being, will just dissolve. If we can just do it once, we will find that the next time is easier, and the next time easier again. We will find that there is no more animosity against anyone, when we have learned to forgive at the very core of the problem – within our own selves, of ourselves. When we truly love our selves, our Greater Selves, we cannot hold a grudge against another. We will see things in a new light. We see in them a reflection of ourselves, and when we release any negative feelings about ourselves, then they will mirror back to us who we truly are.

Understanding who we are is important in seeing the reasons behind much of what we feel. Many of us are carrying ancestral karma. Some are here in this lifetime to heal many generations of karma from our fathers and forefathers. This is why the ego is having such a battle. When we begin to transform our inner feelings, we release *all* karma from all of our lives and of those of our family who went before us. This is why so many are feeling burdened by all that is happening to them. When we transform karma through forgiveness, this brings forgiveness through all generations of our family history. Fear of the ego (separation) being lost is causing people to fear. But the opportunity for learning and growth for many generations past is here for us this lifetime if we can let go of the ego and forgive others, and realise we are all one. If we allow resentment and non-forgiveness to damage our souls, we will not be able to move forward with the planet when it raises its vibration and transitions into the new age.

Negative Thoughts

I feel that negative thoughts are like weeds. If they are allowed to grow they multiply and are very hard to get rid of. They have to be constantly monitored and pulled out. The best thing we can do is to get rid of them all as soon as we are aware of them, and replace them with thoughts of compassion, kindness and sharing, and allow our light to shine on all without exception. Just by acknowledging our thoughts, or observing them, we will soon be able to release them altogether. Just watch yourself next time you feel anger toward another. What is really going on in your mind? Can you find it in yourself to forgive yourself for the anger, and to forgive the target of that anger?

One of the things that has caused this planet to deteriorate so fast is mankind's greed. Greed is based on a feeling of fear of not enough. But if we could but realise it, life is eternal. We live in a universe of unlimited prosperity, and there is no need for us ever to feel fear of poverty or lack. We have everything given to us by spirit that we could possibly want. Thoughts of greed and want only come about when we start to let fear enter our lives. This fear causes us to feel guilt. Our soul knows its own perfection and knows that there *is* nothing to be guilty of. We must allow ourselves to be forgiven for any, and all fear based feelings we have ever had.

As of 1999 there was another uprising of war in the Middle East. By 2002 there is still conflict in the Middle East. Until this country finds peace through forgiveness, the rest of the world will be unable to find it also. This country is important for the whole world as it is a vortex of very powerful energy. The Middle East is the entire focus of the world grid at zero point. It is the centre of the whole matrix, a major zero spot on the planet. It must become a peaceful spot before peace on earth can finally be realised.

I hope and pray that together, those that are enlightened can make a difference. So many wars have been fought in the name of religion, and it is one of the greatest tragedies of all time. The Taliban and his Muslim reign caused such havoc in Afghanistan, not to mention his hatred of the Americans. It is a case of Muslim against Christian all over again. It is through religion that wars of the worst kind have been fought. It is through religion that churches have tried to control mankind. Churches have become so powerful that they have held many in chains, spiritually.

The area around the Middle East holds a lot of negative energy. Only by sending healing energies to this area, to soothe the burning hatred and anger that is presently rife in the Middle East, will we possibly be able to help these tortured souls to forgive one another. The most important thing for these souls to receive at the present time, is understanding. They need to be understood before they can be forgiven. We really do have to 'walk a mile in another man's shoes' before we can begin to understand where they are coming from. These people are brought up from young children to fight. They don't know anything else. How can they learn to understand themselves as beings of light if the world continually refuses to forgive them and is constantly fighting them?

Forgiveness is such a hard thing to do sometimes. I have found that it is preferable in some circumstances to not try so hard to forgive, as this just puts more energy in the place where it is not needed. Sometimes if we just let go and not allow resentment to fester, things will dissolve by themselves. It is better to completely release others than try to forgive, if we find forgiveness too hard. That way we take away the energy that has caused the problem in the first place. The collapse of the Berlin wall came about, not through forgiveness, but through total apathy. Those who were on either side of the wall just lost interest in why it was there in the first place. Maybe that is the best thing we can do, if we find it difficult to forgive someone. Maybe just losing interest is the answer. By releasing hold on something or someone, we let it go.

It has been proven that the hundredth monkey syndrome works. This began when some monkeys living on an isolated island were given potatoes that were covered with sand. One monkey began to wash his potato in the sea to get off the sand, and one by one all the monkeys began doing it. On the mainland many miles away other monkeys suddenly began doing the same thing, and before long monkeys everywhere seemed to be doing the same. This is called the critical mass. This is why prayer and healing work, particularly when sent by a group of people as many more people feel it. The energy created through mass prayer or meditations is very strong. If one person joins with another the strength of the prayer is much stronger. As more join in, the affect can be far reaching. We were told "If two or more gather in my name, I will be there"... We *can* affect others by our thoughts and feelings and by our prayers. A small group sending healing can affect a whole country. The effect of the one affects the many.

If we can visualise one person receiving healing and forgiveness of self, we affect many more. Our most powerful tool is our imagination. I saw a picture of a youth holding out his bloodied hands from a window to others below who were applauding his murderous deed. If we can send positive feelings to help this one soul awaken to the fact that killing another does not stop anything. If we can send feelings to this youth, that his actions are pointless or help him remember that he will only have to re-live the same circumstances over and over, until he finally realises that love and forgiveness is the only answer to the conflict in the Middle East. If we can send him healing energies to heal himself through forgiveness, and somehow help him realise that war will only stop when he forgives his fellow man, then the affect will reach many more, and we will be assisting the world to find peace. It is the soldiers who do the fighting, not the heads of state. It takes each individual to awaken within himself. We do not need to be controlled by the heads of government.

The song "Universal Soldier", written in the 1960's by Buffy Sainte-Marie, comes to mind:

"He's the universal soldier,

And he really is to blame.

His orders come from far away no more.

They come from here and there, and you and me,

And brother don't you see,

This is not the way we put an end to war . . ."

It goes on to say,

"He's the one who gives his body

As a weapon of the war

And without him all this killing can't go on. . .

He's the won who must decide who's to live and who's to die

And he never sees the writing on the wall."

When each man on earth thinks for himself, this is when mankind will have a chance to put an end to war. The light directed by us to just one soldier, has an effect more far reaching than we could imagine.

Those light workers who are here on earth, people like Maryanne Williamson with her prayers of peace, and others, like James Twyman, who is singing peace prayers in all the war-torn parts of the world, are helping the earth tremendously. Time and again, Jimmy has gone to the war places – Ethiopia, Ireland, Bosnia, etc. and has asked for the assistance of prayers to go along with him as he sang his peace songs. As people joined him from all parts of the world, no matter where they were, things changed in those places where he was. Miracles happened, and wars ceased. Did we ever think we'd see a black President in South Africa? Did we ever think that the Berlin Wall would just collapse, or that communism would stop in Russia, or peace would come to the bitterness in Ireland? The power of prayer cannot be underestimated. It is one of the strongest ways of bringing about positive change to the world.

The Planet *is* Changing

One of the most potent things in forgiving another is to understand where they are coming from. If we can realise *why* they did what they did to us, understand their upbringing, and see the reasons behind why they do what they do, it makes forgiveness a lot easier. Forgiveness is beginning to be understood as a necessary tool in moving into this new age. We have seen in Melbourne in recent years, thousands of

people walk a Reconciliation Walk in honour of those with whom we needed to reconcile with throughout the world. Young children up to old people took part in this walk, which was symbolised by hands of many colours being placed along the way.



Newspaper clipping (above – Ringwood Mail mid-2000) showing schools in Melbourne’s east part-taking of an international campaign, inspired by a social justice development officer and supported by the churches, to help a Debt Relief program. They are calling on countries like the US, Britain, Norway, France, Italy, Germany, Japan and Canada to cancel all debt in third world countries so that the poorer countries can provide basic essential human services like health care, clean water and education in accordance with basic human rights. They have symbolised this by making chains to be cut.

We have seen politicians apologise for the hurt and abuse done to the indigenous peoples of the planet. The pope also apologised to people of the world in recent times for the past abuse of the church.

There has now been gatherings of the Council of Elders of the indigenous races on earth, who have held knowledge and been at one with the earth all these years, and they are being allowed their say at long last. It appears peace, forgiveness and reconciliation *are* happening as the earth moves forward into the higher consciousness. It may be that the children are having something to do with it. Maybe the children (described later as Indigo) are bringing an awareness into the consciousness of the people and awakening them.

We’ve been told that forgiveness is the balm of the soul. Without forgiveness we cannot move forward. Without forgiveness we cannot move towards ascension with our planet. Forgiveness releases the feelings of hate and injustice we have allowed into our minds. It soothes every ache in our heart. It releases any pent up anger or hatred we might have. It allows us to be a whole being, living within a planet of polarities, and yet holding forth our armour of love towards our fellow being.

Forgiveness has to begin on a small scale first. When we have conflict in families, we are told:

"It is therefore in parents and children forgiving each other for what they have not done that the Holy Spirit's lessons are learned. Each will have looked on the other, no longer to fulfill certain needs through specific roles, but as brother and sister who God has joined to walk forgiveness' path together..."

Forgiving begins with those closest to us – our family, friends, relations and neighbours. When we have learned to forgive, we allow our hearts to open to peace on the Earth, and we become free from the tightness and blockages that held us in their chains. We need not feel guilt any longer. We need not feel fear or animosity towards another fellow human being. When there is no resentment left in us, we can then become open and sharing. We will have begun the journey of healing ourselves and finding release and have become a master of our emotions. Maybe then, we will find inner peace.

CHAPTER 4

THE SEARCH FOR PEACE

Sometimes I feel so terribly dejected
The distress that I feel is making me wretched.
I can't find a way to let go of the pain.
I wonder if I'll ever rise up again.
The tears do come, and there's no stopping them.
I feel like a wretch and my covering is thin.
It's so very hard just to find who I am
And the person I am seems caught in a jam.
I wonder if my angel is really still there,
Because he seems distant, I don't feel his care,
But the tiredness will ease, of that I am sure
And I'll relish again his love and much more.
I suddenly feel a warmth in my heart
And know that the truth is really a part
Of this love that is here, right here inside,
As I rest, and lay all of my trials aside.
I was losing the thread in this test of my life
But the light did win through all my turmoil and strife
As the love that was there I started to see –
All the splendour of truth that will soon set me free.
I feel that we're searching, being so afraid
To find the peace that was promised, but seems to evade.
But it's there, deep within us, for us to retrieve

As Spirit holds peace for the world to receive.

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What is peace? Peace is a feeling of contentment, of joy and of knowing. Peace is to turmoil, as love is to fear. With peace in our hearts there can be no war, as with love in our hearts there can be no fear. The Oxford Dictionary describes peace as "freedom from or cessation of war; treaty of peace between powers at war; freedom from civil disorder...quiet, tranquillity, mental calm..."

Yet it is much more than that. According to Marianne Williamson peace is described as a condition unto itself. "There is more to being healthy than the absence of illness, and there is more to peace than the absence of war." She goes on to say, "We can't fight war without warring. Our goal at this point must be the creation of peace. Where love is absent, war of some kind is inevitable. Let us be very clear, as we sign our names to the invisible declaration of independence from the ways of war: The commitment to love is treasonous to the ways of the world. War does not threaten the status quo; in many ways it bolsters it. Only love is a threat to the established order, for love really changes things. Only love breaks all the way through.... Our modes of thinking have not kept pace with our technologies... We can send a man to the moon but we can't keep peace in our families and neighbourhoods. That is because the former task does not demand compassion."

Greg Braden in his book, *The Isaiah Effect*, tells of his visit to the Abbot of a monastery in Tibet. He asks the Abbot what is the most important message he can take back to the world. He is told "Peace is the greatest importance in our world today ... in the absence of peace, we lose what we have gained. In the presence of peace, all things are possible: love, compassion and forgiveness..." He goes on to say that when people find peace in themselves their peace can be mirrored to the world. The Essenes, a sect of religious people from pre-Christian times, had a discourse which said "Peace is the key to all knowledge, all mystery, all life".

One may wonder does humanity really want peace? Mankind has had wars and skirmishes and arguments with his brother and country for as long as our history is recorded. It seems hard to believe that the greatest experience of our soul is to find peace with each other. Despite our troubles in life, we are here to experience the pulls and pushes of life, hard as they seem. Our ultimate goal, however, the one that we are all inwardly seeking, and that is to find peace in our own hearts. This can only be found through self-love and self-acceptance, which gives birth to love, understanding and brotherhood to all mankind, no matter who they be.

Sometimes we do not want to be healed of the turmoil that resides within us. We are so used to it, that it is foreign for us to shake our enemy's hand. It is foreign for us to put down our weapons and smile at our brother, whether he is black, white, red or yellow. We are so used to war and turmoil, discontent, anger, judgement, self-righteousness, greed, and condemnation that we actually create wars by our fear of confrontation, and thereby resist the peace that could be ours. This is what so many are doing today. They are building a resistance to peace by inducing their fear, and in the process, are actually antagonising matters and creating a war. If we could replace

these fear-based feelings with Love, Peace and Brotherhood it could, and *would* change the world.

This most unlikely scenario could really change the world. If our world leaders could send loving energies to each other, each being receptive to the other's energy, they would gain understanding of what was in the other leader's heart and soul. Both would then find that they were not so different. It could bring about a total change in each of them. If, for example President George W Bush were to go into a meditative state and send loving energies towards the Taliban and Osama bin Laden, this would over-ride all his feelings of anger and hate and fear. This would in turn be received at the other end if the Afghanistan leaders were receptive. This could be the beginning of peace within these countries. Unfortunately we cannot see into the hearts of the terrorists, and I feel that unless we can "walk a mile in their shoes" and see where they are coming from, we will not be able to really understand them.

The majority of people within the western countries feel that terrorism has to be stopped, but is killing more people – and mostly innocent people at that – going to really stop it? At the present time, the above scenario seems highly impossible, but who knows, if enough people in the world pray for this possibility, that it may not have a chance of success?

People all over the world are seeking peace. They are sick of the wars and fighting that has gone on for thousands of years throughout the world, not only on a global scale, but within their home lives and their businesses, their families and their friends. Most are not even aware of what they seek. There is so much conflict within them. They are finding their jobs, their home lives, and their way of life not satisfying any more. And yet many do not even know why they are searching.

If you ask anyone what they really want, they would most like say they wanted peace. But is this the case? If this was so, why do we have wars? Why do we have fighting, arguments, disagreements and crime? So many have proclaimed they want "World Peace", but the situation between the Americans and the Afghanistan terrorists at the present time belie this fact. Surely if we were really wanting peace these things would no longer be. We may proclaim to want peace, only to go out and have an argument with our neighbour!

It takes something in our lives to really shake us up, before we realise what it is we are seeking. I believe the events of September 11 have been a catalyst to awaken many souls. Sometimes it takes the knowing that we are to die, an accident or illness, or the death of a loved one, to cause this kind of digging deep into our souls. We find we are frustrated with the way our life has been. We used to be happy with it. But now, somehow there is this feeling of dissatisfaction, and we do not even know why. We are looking for answers. The places we used to find answers seem to no longer fill our needs. People are turning away from the churches that once provided them with sanctity. Our insides crawl with the need to find soul food, and we do not understand why we should even feel this way. The old ways are just no longer working for us any more. We are moving into new territory. We are moving forward, and once we have made the decision to go forward, there is no going back.

Our world seems to be shattering around us. We feel alone. We feel that no one understands. This is causing many people to become depressed. They are seeing their old world crumble. Their nice secure jobs no longer have any meaning for them. Many people leave secure and well-paid jobs to search - for what? They don't want to go to work. They can't talk to their partners. Some just seem to have changed and they no longer see things the way they used to. They now see things differently. Life seems to be upside-down.

Dissatisfaction and discontent are becoming more predominant as this new age approaches and escalates. Some people are going insane. Killings are far more unpredictable and prevalent, as these changes are turning people's lives around and they do not understand what is happening to them. They seem to just go out of control. Depression has been diagnosed more often in the last ten years or so, than it ever was before. People are just not handling life. And why are people not coping with life? Is it because their own soul is calling to them, trying to awaken them, to the need for peace? They are not even aware that this is their soul's calling, but they cannot progress and evolve, unless they let go of the old ways, and find the inner peace that is within their very soul. We have been told that by sitting quietly and listening to the still small voice within we can reach this state of peace.

Everybody is searching for something, yet few know what it is they seek. It is said those who think they know, know nothing, and those that know, know how much they don't know. In other words, a fool will tell you he knows all, yet he knows not. A wise man remains quiet, knowing that the more he discovers wisdom, the more he sees that there is to know as truth is ever growing. He knows that the soul will find its own truth in time only through searching. We are ever searching for our truth.

This restlessness within the soul is producing our desperate need to change. It is causing us to seek a new path. Somehow, no matter how hard we try, peace always seems to evade us.

We have been told:

Peace is here. Your only problem is that you have to tap into it, and many are resisting this. When your Bible stated that the angels sang "Peace on Earth, Goodwill to all Men", it was not a symbolism, but a fact. Once your higher consciousness is reached, peace is automatically yours.

When the new child, the Christ child, was born, it was to be a new beginning for mankind. This child, as he became a man, walked the earth with a higher consciousness than most of his fellow men of that time. He came to bring about the beginning of what could have been a golden age. But mankind wasn't ready. Now the Christ within each of you is awakening, and it is truly the beginning of an age of peace – an age of light and a new golden age.

So many are still in resistance because they are afraid. They are afraid of going against the status quo; of what others will think of them; of how they will 'survive' if they follow what seems to be 'wishy washy bunkum'. They have not yet come to realise that it is in their own power to create a future where peace and joy reside. The fear of what has been their past has such a stronghold upon them, that they cannot

even conceive of letting it go. It is all they know. They are afraid of stepping into the void of nothingness and trusting only in themselves.

The outer trappings still hold far too much sway with them. They are afraid if they let go, they will lose their mind, as they have heard stories, or known of others, who this appears to have happened to. They only see what has happened outwardly. If they could but see the inward changes, and see that the changes that occurred were but an awakening – an awakening within those individual souls to their own inner Selves. Sometimes these selves were not liked. They were avoided and pushed into the hidden recesses of the mind, and for many years, the outer appearance had been a layer of materialism to hide behind. So when they finally did face their inner Selves, they rebelled and went through long and painful periods of adjustment.

These painful periods of adjustment are what appear to be disease, or breakdowns, or depression, because these souls do not seem to fit into the outer world any longer in an accepted way. They have diverged from the path they were on – the path of following others in the materialistic world. They have begun their inward search.

If man becomes unbalanced in either direction, it is likely to cause great disharmony with the soul. Living in the outer world but not of it – that is, holding the focus within through the love of Self – our inner Self, the one who knows all – is what is our most important goal at this time. Hold your focus, hold your light, and walk each day in the outer world, knowing that you are creating your own future, your own peace on earth, from within you.

This channelling describes much of what is happening in the world around us. So many are being diagnosed as depressed, and so many more are coming down with diseases that have not been heard of for generations. There is a greater increase in suicides for reasons that do not seem to make sense to us. Many are finding irritations like skin diseases, heart problems, eating disorders etc. afflicting them. It is becoming apparent that these conditions are all a state of imbalance in one form or another.

It is now so important to find the middle path. It is essential for our future ascension for us to find the path of balance between our soul self or spiritual self, and our physical materialistic self. We cannot allow one, or the other, to overtake us. For if we do, we will find ourselves caught in the imbalance of this energy that is neither good nor bad, but energy that must be realised for what it is. It is an energy that gives us an opportunity to change and grow for the benefit of our own greater Selves and our own eventual ascension.

It is important for each person to honour himself or herself as Spirit – to acknowledge the awakening of the Christ within. We all have a Christed being within us. It is finding this Christ within that will enable us to find our inner peace. Congratulate yourself on who you are, on what you have achieved, and on how far you have come. Each and every soul is awakening in some way, and each person needs to congratulate himself or herself on how well they are doing.

Facing our Troubles

Walking away from our fears and our problems is not the answer. Those who are facing torment within are given these opportunities for growth *because they have the strength to overcome them*. We have often heard the saying "God doesn't give us more than we can handle". Well, it is to strengthen our souls that we are given these heavy burdens to carry. On a higher level we ourselves *chose* these very circumstances for our own growth and opportunity. There are times when our troubles seem to pile up on us, and it is only because we fail to see the opportunities in them, that we find it so hard to progress. Though our troubles seem to outweigh us at times, it is all illusion in the greater scheme of life. If we can see beyond the illusion and accept all that comes to us as a gift, all things will unfold for us from there.

A channelling that I received when I was low said that :

Your troubles are not to be heeded. They will pass. All things are part of the tests that one must pass in order to travel onwards to the higher dimensions that are awaiting you at the end of your journey. These tests and trials are but temporary residences of your heart. They exist as an illusion – a self-imposed illusion through which you must pass in order to see the true beauty and the true light which is you.

Each baby step you take towards your truth will bring you closer to that which you really are. Fear not that these pains, these illusions of dread, are real – for true reality lies in the beauty of who you are.

Each time you exert your free will in an effort to face your challenges – you grow. And that growth is as a light shining in your aura. You take on a colour of exceptional beauty in each choice you make which opens your heart towards love. Fear and trouble is the illusion, and it is playing itself out so perfectly upon your planet at this time. It creates the challenge and therefore gives the light a greater chance to shine. But in truth it is but an illusion – part of the game of life – waiting to be discovered, understood and accepted so it may dissolve as surely as water evaporates into steam to become one with everything else – to join with All-That-Is and simply BE.

Reality is Love. There is nothing else. Let the troubles of the world dissolve like melting drops of dew, leaving behind their beauty – their essence only, which does naught but deepen into the true brightness of purity, peace and Love.

Can we imagine a world where peace resides? Can we imagine a world where there is no more war or fighting? Can we imagine a world where harmony, love towards all others, sharing and prosperity reign? I believe it is not only possible, but it is essential for the survival of our planet. She is determined to ascend, with or without mankind. Do we want to go with her on her journey of awakening? If we turn away from the TV's, radios and newspapers and look to the visions of our dreams we can pretend and create our world of peace. The new reality of love will bring more peace than we could ever create in our dreams.

We cannot take our heavy emotional baggage with us as the earth rises to its new vibration. Therefore it is now time to release it so that we are free to move on. We talk of peace, but we turn around and fight it with weapons. We smile at someone, only to talk about them behind their back. Do we really want peace? When we truly know ourselves, then we will know the answer to this question.

It has been discovered that soft, ethereal notes of music can bring peace and soothing balm to an ailing soul. Yet ironically enough, music can also be a form of discordant sounds with quite disturbing vibrations, such as some disco-type music, which can *disturb* the very peace within one's soul. It prevents the mind from focussing within, and finding that place where contentment and quiet reside.

Peace is the ultimate goal of our soul and it comes through awareness. It is when we find our personal power that we become aware of what we are really capable of. When the world finds peace, all our dreams will be realised. The people of this planet will find that when they can forgive themselves and release their past, they will find the peace that is in their hearts waiting for them to acknowledge. It is then, that they will truly realise just how powerful they are.

Through meditating on a regular basis we can find the peace within our souls. Many times we hurry through our daily lives so fast that we don't take time to do this. But it helps, even if it is just a walk through nature. Having a deep communal understanding with nature is another way of finding an inner peace. It is in learning to appreciate what we have, and understanding that the more we open ourselves to the gifts we already have then our hearts will fill with love and peace.

It is said that peace has to begin within. The surest way to find peace is to know that we have the power within us to bring this about. If we can discover who we really are, meditate regularly, think constructive thoughts, turn fear into confidence, let go of old habits, resolve challenges, release guilt, forgive others, love and accept ourselves, and work through and release grief by living in the moment, we can create great joy for ourselves. We also tap into our own power, which becomes an incredible source of strength within us.

CHAPTER 5

THE POWER WITHIN

You are strong, beautiful and powerful within
Your courage and love will help you to win.
You are brave and trusting and carry such light
Your knowledge is blessed by an inner sight.
You carry within you wisdom and light
And in God's presence you're called tonight
To feel the truth that within you lies
As you reach toward heaven and the beautiful skies.
On wings of light you'll surge on forward
To a higher place where you will find God,
Your longing will then be but an empty space
When you finally find inner wisdom and grace.

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We have barely begun to realise what powerful beings we really are. We so often shun our power, because we are afraid to show it. We keep it under a bushel, because we do not want it exposed to the light. We may *feel* powerless, but we are not. Our strength comes from within, and we have more than we could possibly imagine. No one is a victim. We only feel that way if we allow ourselves to be. We can overcome anything if we so choose.

Inner strength is not judged by outward appearances. The weakest person may have the greatest inner strength of all. They will battle all odds to overcome any adversary. They do not use physical strength as in the strength of a weight lifter, or a person of outer strength, but they show an inner strength, unsurpassed by any that show only brawn.

Mother Teresa showed remarkable strength. Although she was a weak little old lady, she would go out into the streets of Calcutta and carry in dying bodies. These were people who no one else would touch because they were afraid of becoming infected. Her inner strength carried her through many, many years of working non-stop with sick people, healing them as best she could and comforting them. She empathised with those who suffered poverty and hunger and gave them bread, understanding and love. She fought against all odds to live a long life of serving others.

An Australian, Ian Gawler, showed enormous strength when he walked from Adelaide to Melbourne. What is so amazing about this man, is that he had suffered cancer and lost his leg. He managed to walk over 700 kilometres (over 420 miles) with one leg! His inner strength was so great and his determination so all-encompassing that he was able to achieve a feat many others would consider impossible!

Our inner strength comes from the heart, or the soul, and our souls are so much more than we could even imagine. We have the power to create anything we desire. Even in our weakest moments, we can find this strength within. I have often felt incapable of finding any strength to overcome the all-powerful feeling of defeat, and entrapment. But I was told that we have the strength within us to overcome anything. Even in our weakest moments, we have more strength than we can possibly imagine. We have great power within our inner souls, as we are one with the Divine Source itself.

We often do not acknowledge this, as we are afraid of what others will think if we show our inner strength. We are afraid they will think we are too bold, or too outspoken, or too proud. But this hidden power is within each of us. When Jesus spoke to the wind and the waves, he was showing us that when we command the Higher Powers within us, we too, can speak to the elements of nature and command them in our power.

I often do not feel like I am powerful. I often feel like I have no control of a certain situation. I feel helpless. Yet Astarra tells us:

Your strength within comes from being who you really are, not by listening to others. Be charitable to others and listen quietly to their advice, but then go within to your own feelings and abide by what you feel. Trust in your own inner knowledge.

Many before you have fallen through trying to please another and not listening to their inner voice. Hold to your own, and you will never be disappointed. You have far more strength within than you realise. I leave you now. Another comes to talk with you.

It is I, Michael. You know me as Archangel. My full essence could never be fully experienced through any human vehicle, but you are experiencing a part of my essence. You are one of my own. You have yet to recognise this and remember. We have been connected for aeons and I will never desert you.

There is much power within you, but you have hidden this power for fear of it being known to others. You have been afraid of your power, because you have mis-used it in times past. Now is the time for this power and your brightness, to shine for all to see. The world has a great need of it. Many of my legions are now upon the earth plane, and many are being awakened now. This reminder is for all who feel the tug of compassion in their heart. Your time is NOW.

Do not fear for your future. You write your own future. You write it with fear or with love. Let not others persuade you away from your true lesson – the calling which you feel in your hearts. The purpose you came here to do is now being called upon. Rise

up and claim your power – your birthright – your light. You are my children. You are stars of the Creator. And your time for revealing this has now come.

Stand in your power. Be who you ARE. I bless you and give you courage in this time of need. I am Archangel Michael. So be it.

We are being told by Spirit that it is now our time to stand up and be counted. Our time for holding back has passed. It is now time to release all past that does not serve us, and move forward. The world is waiting for us. It is waiting for us to emerge into our true selves, and be who we were always meant to be. It is time now for us to stand in our power and face the world the way we were always meant to face it.

We feel powerless so often, when we become sick. Yet we do not realise at the time that we do have the power to overcome sickness of any kind. We often choose a certain condition to learn a particular lesson. When we can come to understand that everything is alive, even inanimate objects from computers to cars, as they all have living elementals, or spirit, within them, we have the power to create anything we desire. We can ask the spirit in our car to look after it, and it will. I knew a man once who used to do just this. He was a great teacher. One day he drove his car into the garage for a service and the garage mechanic told him it was a wonder the car got him anywhere as it was in such a bad condition. He did not tell the mechanic that he had asked for the little spirit in the car to look after it for him and keep it going! He also taught me that we have the power to ask for whatever we need to be there *before we need it* and it always is. I have tried this and it really does work! It only has to be said once and then forget it. Spirit never forgets our request.

We can send love to our computers and they will respond by not crashing on us. How many of us, in moments of anger and frustration, have had the computer crash on us? You can bet it always happens when we are in a bad mood. Have you ever wondered why? It is the thoughts we send out that attract a like vibration. We can focus thoughts of love on anything around us, and it will respond in kind. Inanimate objects have the ability to communicate to us the physic energy they pick up from things around them. It is entirely possible that in years to come, we will be able to pick up the vibrational level of an object. Each object has a vibrational level of its own. As we become more in tune with nature and more sensitive to things around us, we will find we can hear these objects speak to us.

We are also told that Earth is a living body, alive like us, and deep within Earth's core is the Flower of Life, the source of the Spirit that binds all in its form. It is the same Spirit that holds the heart flame within us that gives life to Earth. We could become deathless, living from age to age as a Light among men, just as those in Lemuria and Atlantis have done before us. We have the power to free our soul from bondage of darkness and let it take wing in its flight to the stars. We are also told by Thoth, "Here ye and listen, O my children. Magic is knowledge and only is Law. Be not afraid of the power within thee for it follows Law as the stars in the sky".

Death cannot harm us. It is just a passing through into another dimension, and back again to experience life. We eventually attain the higher dimensions of such great light that we no longer need to incarnate again in physical form. We can take with us whatever we desire for our own potential and our own growth. We *do* choose

however what we take with us in each lifetime, and that which is intended for our highest purpose. We come here with a mission – a life plan and it is our guides that help to prompt us to carry it out.

We have the power to create our own future. We so often let worries about the future or fears about the past overtake us. Our future reactions are based on what we have experienced in the past. We need not be afraid of what our future will hold as we write our future in each now moment. We must not let fear overtake us and drag us down. We have to lift our energies by being positive in our every moment:

I am Astará. I come to remind you to lift your energies. Do not let feelings of despair, fear or gloom overtake you. These vibrations do not lift the earth. They hold her down like a chain net, which cannot be broken. Lighten your thoughts - do not let fear enter your mind and heart.

By allowing all, you are accepting all into your heart, and not restricting your movements by fear-driven feelings and thoughts. These feelings place a lock, or blockage, on your emotions, which stop the Love from flowing through your veins.

When you relax you will be surprised at the difference it makes to your vibration. You actually slow right down and become one with the things around you. As you do this, if you could see into the etheric world, you would see streams of coloured lights spinning off you and onto every item that catches your vision. It is a most beautiful sight from where we sit in the spiritual realm. The colours that radiate from you are most magnificent.

As you travel through your day, be in tune with the inner feelings you have about things that come into your day. As you experience each feeling, let it pass through you, and observe how you feel. Do not try to take this feeling to your heart. Rather let it pass through you and watch it travel on its way. You are beyond these feelings and far more than you could possibly realise.

If you look around you at the presence of others, you will see their angelic presences and know that they reflect your angelic presence also. Everything you see and feel has a connection to you in some way. By living and allowing all to pass without judgement of it, you are becoming a lighter person, and raising your consciousness towards a heightened vibration. As you raise your vibrations, you also lift the vibrations of the planet you walk upon, and each time you do this, you are assisting in her birth towards her new consciousness. Remember these words as you carry on into your day. They are for all people.

If we can use our problems and illnesses as opportunities to think about how to change our lives, we have power. Taking responsibility for ourselves is one of the greatest powers we have. Many people come through catastrophic illnesses saying it was the most wonderful thing that ever happened to them because it gave them a chance to see their lives differently. In my case, the loss of my daughter was a catalyst for me finding myself and awakening to the strength within me.

If, on the other hand, we feel we are victims, we will find it hard to find our power within. So often we feel intimidated by others, or we feel that we just can't do what

we know we ought to do. It is not an easy thing to face the strength within us and move forward. But in order to break our pattern of powerlessness, we must accept the responsibility of our own power.

Nelson Mandela, the African leader, wrote in his inaugural speech in 1994 :

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are born to make manifest the glory of God that is within us. It's not in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others."

We serve nothing in the plan of ascension if we hide who we are. We have lived so long as victims that we are now afraid to own who we are. We have power within us beyond our wildest dreams. Our power is to be used for the good of all. Often in the past, in previous lifetimes we have had this power and misused it, and it has caused disastrous consequences to all concerned. We may have been given much authority, and abused it, and this is the reason why we now hide the power that is within us – because we are afraid of repeating a past mistake. Our souls know the reason we have hidden it for so long. But we have learnt from our past, and it is now the time to allow it to come into its own.

Through regression, Dolores Cannon discovered one of her subjects had a past where he'd tried to help another planet. He saw himself fitted with space outfit and all, landing on a planet that he'd tried to assist. Through his intervention however, he'd interfered with the indigenous people of the planet and prevented their growth as it should have happened naturally. In this, his current lifetime, he was afraid to allow himself any power for fear he would repeat his past mistake. I think we all have similar fears for holding back our power.

Those who use power for selfish purposes will not survive in the New World. Those who use sexual prowess, for example, to keep another in abeyance or servitude will no longer be able to use this as a means of power over others. Each person, knowing who he or she is, will be master of himself, and there will be no more victim-hood among mankind. We will not be allowed to claim our power upon this planet any longer if we are intending to use it for ill purposes. The God-Creator/Source/All-that-Is has seen it all happen before. He/She/It will not allow another catastrophe to occur upon this planet because of power abuses. The dark energies that are trying to hold their power will not survive.

Mankind will no longer be allowed to use these powers unless they are for the highest good of all. It is time to acknowledge our own powerful energies, and to use them for the good of the whole. Our power can be used in the most positive ways – to help others to see themselves for who they really are, to help others fight their depression, their lack of self-worth, their illnesses and their fears. So many souls are in need of

hearing this at this time. Depression lives in the lower chakra of the body, so if we can lift our vibrations we can rid ourselves of this debilitating emotion.

The Power of Emotions

We find our emotions rocketing to and fro so often these days. We are always fighting them, trying to stay centred. These emotions, and the strength of them, can be frightening. The time has come to do some 'spring cleaning' of our emotions, sifting through all the forgotten corners and coming to new realisations. It is time for crying those unshed tears and letting go of any remainders of unresolved emotional residue.

I have been finding lately that I have anger coming to the surface. It has been rising to the surface so frequently of late. Simple things seem to cause me to become irrationally angry. My husband braking his car when I was reversing behind him, and not giving me warning, caused me to go into work fuming one morning. Yet there is no logical reason why this should be so. The anger just wells up so unexpectedly, without rational cause. By releasing this anger, it has evaporated and is no longer within me. If we hold the anger in, it is more likely to cause us harm further down the track. It is anger, frustration, resentment, etc. that are the causes of most of the diseases of mankind that develop in old age. Even doctors and psychiatrists are now admitting that a deep hidden anger or resentment, over many years possibly causes cancer. We are so powerful we can do this to ourselves! We have to deal with the fear of this now, as the old approach will not work. We manifest these sudden illnesses almost instantly now, as our power has become more obvious and we are calling these things to us.

The strength within us may be staying hidden because we don't want to acknowledge it for fear of its power. We know, deep down at a soul level, that we have allowed our power to cause harm upon the planet before. We know its potential, and we are afraid to unleash it. If we allow it to be released by sending it love, accepting it, and acknowledging it, telling ourselves that it is okay to be angry, that it is okay to be emotional *as long as it doesn't hurt another*, then it will cease to be a problem for us. We can unleash our anger by hitting a pillow, or even walking the dog. Any feelings that we lock up inside us will inevitably come to light again as a physical disease at some stage later in our lives. But if we allow it release, then the earth will transmute our anger and our other emotions, and we will find them being replaced by feelings of pure love.

The greatest power of all is that of self-love. This love will give us everything that we have ever needed. The power is within us through understanding our own potentials and our own inner selves.

James Twyman, a peace troubadour and author of the well-known book *Emissary of Love*, among other books, interviewed a little child recently by asking her about her ability to see psychically what others were thinking. She felt that the gift she had was the same as many children today have. This child demonstrated the use of telekinesis and showed her understanding of the minds of others. For the benefit of James Twyman, she focussed energy on a bud not yet in bloom, and within seconds the flower opened in front of his eyes. For her it was a minor accomplishment. She felt her purpose in being here was to show others that they also had this gift.

This child was aware of other children all over the world with the same gift whom she had never met. But her main concern was that people today are afraid of the power that they have within them. They are afraid that the power they have will make others see them differently. The power that can, and will, change the world is *love*. Love is the vibration that emanates all things to a higher vibration. It is through love of all things – even inanimate objects that can cause them to move without being touched. It is the energy of love that moves objects, hearts and minds toward a greater understanding. This is the power we have within us if we would only lose our fear and use what we have. If we do not use it correctly we can become ill.

We do have the power within to help the world. A great master has told us:

"The greatest service you can render to mankind is to work truly and earnestly on the inner plane to radiate love and establish on the physical plane of life the thought, the ideal, the feeling of brotherhood. Never waver in your belief that all is working together for the good of humanity. In the measure that you hold fast to this truth, so will you increase your power to help the world and all humanity. Preserve in your heart the strength of the spirit of Christ; give forth good thought - love thought. Humanity will absorb the light that you send forth. Instead of absorbing the dark and destructive forces, they will absorb the Light, the constructive, the Godlike, the Christlike qualities of life."

Power in Prayer

Miracles have been known to happen when we give power to prayer. Greg Braden, author of *The Isaiah Effect*, writes of a miracle where an elderly gentleman was strolling towards a parking lot and missed his footing with the metal cane as it collapsed and sent him crashing to the asphalt. He crumpled into a heap on the sidewalk while his wife screamed for help. Before he knew it, a woman was already there, cradling the gentleman's head in her hands. She gently moved the layers of skin around the neck to see where the bleeding was coming from. As she did so, she seemed to silently pray, as onlookers saw her looking towards the sky. They watched in amazement, as the open wound seemed to close. Moments later the ambulance arrived. They also traced the bloody marks on the skin and the clothing, only to find no wound there.

Braden talks about the power of mass prayer when, in November 1998, the effects of prayer were felt throughout the world as Iraq's time to end their war was upon them, and the military was in the process of firing on Iraq. At the very moment that countries around the world joined in this vigil, the president received a cease fire agreement. Is this a coincidence? Until we understand the intricacies of prayer, we will never know. He has discovered that prayer is not so much in the thought, or the words, but in the emotion, the *feeling and belief* of it already happening.

The earth is now raising it's own vibrations, and unless we do the same, along with the planet, we will no longer incarnate upon the earth when our time is over. There have been other planets prepared for those who still wish to focus in third dimensional energies. Our planet will no longer be in a vibration to sustain the lower energies and must move on in its own evolution. One way of lifting our vibrations is to allow ourselves to feel gratitude for all things around us.

CHAPTER 6

UNDERSTANDING GRATITUDE

You cause my heart within to sing
The church bells now, I hear them ring
You've wakened me up to a brand new day
And in my heart this prayer I pray -
Oh Lord I ask that you always be near
To hear my pleas and release my fear.
I know that you your promise have kept
And the one you promised has not left me bereft.
So Lord I thank you from the depths of my heart
I know that now we'll never part –
No, not if cataclysms cause havoc on earth
Will this love be divided as it brings such mirth.
The joy I feel in my heart today
Will carry me upward from my feet of clay
They'll lift me high into the sky
And on wings of joy I will surely fly.

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Understanding gratitude and its place in our lives is hard for many to believe. Many would not think gratitude had a place in world peace, but it does. Because everything around us is given to us freely by the earth herself, what she desires in return is mankind to be aware enough of her to thank her for the goodness and abundance she offers. The American Indians, the Australian Aborigines and all the indigenous people of the planet knew this and have known it for hundreds and thousands of years. There is life in *everything*. That is why it is important to be grateful to everything that crosses our path, even inorganic objects, as they too have their life forms, even if we cannot see them.

Material and earthly abundance can only be achieved through a deep connection to Mother Earth. Abundance is the love and gratitude for what we have received. If there

is no feeling of gratitude then the receiving is not as powerful, or fulfilling, as it could be. When we are free and allowing, we feel gratitude for everything that comes to us. We can be open and grateful for every little thing as if it were a gift from the Universe. This way we begin to see what can be accomplished by the simple act of gratitude. When we offer blessings, we are giving to ourselves that which we wish to receive. Gratitude towards what we have is one of the surest ways to receive blessings without exception. We receive blessings as we give out gratitude. This is a natural law and one that is immutable. "For what we are about to receive, Lord make us truly thankful" - our prayer for our food. This is like saying we have already received what we are expecting, and it is the right way to go about praying. If we pray like we already have what we are asking for, we are creating it already and are sure to receive it.

We don't really understand the power of prayer, or why it has such a strong affect on those things around us. When we pray with a deep heartfelt desire, we are actually causing our own cells to awaken to their true God potential. These cells connect to our subconscious, which hears our words and they likewise respond. I have been told many times that I only had to pray and my prayer would be answered. I seem to have a connection with the angels as my prayer is usually always answered for me. I can also send healing this way, through praying for people as those in spirit are only too ready to oblige.

Each morning when we step out of bed we have another new chance to begin again. We should never carry our worries and our distresses over from the day before. Each day is a gift in itself. We are alive. We have air to breathe. If we are lucky we have food and clothes. If we are even luckier we have a good job and a roof over our heads, and even a family or friends. Sometimes we forget just how lucky we are and how much we are blessed. Why should we fear for yesterday or tomorrow? Each day the sun shines for us, the air is fresh again, the sky is different, and the earth is newly awakened.

Despite the news of tragedies that surround us at times, there is always something to be grateful for. Even the smallest thing can make a huge difference, as we lift ourselves by our attitude, and it builds up our spirit. Each moment we are creating our own reality and our own world through the gift of gratitude. Our gratitude for the new day has a very large bearing on how we see the day, and how the day treats us. There is always something to be grateful for despite the state of our health. We have the opportunity at each sunrise, to change any thought, either negative or positive, that we have carried through from the previous day. Every little bit helps. If we are depressed and low, we attract those things of like to us, but when we lift our hearts, even a little, it can do so much for our morale and our spirit.

We don't realise what a great gift we are given by Spirit. If our gratitude is truly sincere, we have the addition of an extra gift, as everything we are grateful for, is given to us many times over. Every time we send gratitude for a blessing received, heaven takes the acknowledgment and doubles the blessing. Thus is the greatest gift of all time given to us.

The Indigenous peoples of the world knew how to give thanks. They were much closer to Mother Nature, as we were when we first came to earth, and they knew the

importance of giving thanks for everything they took from the earth. They would give thanks to the vegetable or fruit before they plucked it from the earth. They would offer thanks for the life of the animal before they killed it. The Indigenous people did not just give thanks before eating, but before taking life. They were in touch with the vibratory construct of the planet itself. They *knew* how life worked, and that by giving thanks and gratitude, all things are lifted to a higher vibration.

The seer, Edgar Cayce, in a trance state, would see the molecules changing in the food as it was blessed. Holy water is water that is blessed so that the molecules change, thereby altering their composition and repelling anything of a negative nature.

The Australian Indigenous people have showed gratitude to the earth and their land by blessing it before the event of the Olympic Games in Sydney in 2002. This, to me, seemed a remarkable achievement and a wonderful gesture by the Olympic Committee. In fact, all of this grand event in Sydney, offered an opportunity, and indeed was received as such, for every country of the world to see how giving and sharing can bring about great things. It was gratifying to see the Australian Aborigines blessing the land in a ceremonial way, at the Opening Ceremony of the Games. I felt it was one sign that our world *is* changing, and that the consciousness of the planet, has indeed shifted.

In fact, with all the fears about the new millennium at the turn of the century, on the first of January 2000, it was gratifying to see the peoples of the world, all singing in joy at the beginning of a brand new era. It held quite a spell, watching such a momentous event on our television sets, and the world watched in excitement, and some trepidation, wondering what would happen. It became a joy to watch such enlightenment spreading across the face of the planet as people sang and danced in exultation.



The Indigenous people of the Americas, the Indians of America, would rise each morning and raise their hands to the sun, singing and dancing, and give praise for the new day. They would always give thanks for anything before they took it from the earth, and pray to the soul of the animal, thanking it for its life, before they took its life and killed it for their food. This was done in ceremonial ways.

Like the Australian Aborigines, the American Indians had members of each tribe who would not touch certain animals. Each of the people within various tribes had their own particular totem. I remember hearing a story of an Indian Chief who would never eat or kill buffalo. When he was old, his tribe left him in his tepee to die, as he was too old to continue to the warmer climate. One morning when winter was nigh, he was near starvation, and he came outside. There, lying in front of his tepee, was a

buffalo that had come to die. It had given its life for him to live; knowing it was going to die, in gratitude for his refusal to kill the buffalo!

Gratitude in Nature

We can see how gratitude works within nature. The birds wake each morning and sing in gratitude, then go about the task of collecting food for their young. They are never disappointed. Nature provides their every need. Every morning and evening the birds can tell us something. They sing every morning out of sheer gratitude to the new day. They do not hold anything back, but give it their all. Their songs actually cause the vibrations of the air to bring growth to the trees and plants. Have you heard of people telling you to sing to the plants?

Plants do respond to light-hearted sounds, and the bird song is one of nature's greatest gifts to the earth. It is the melodious sounds within the bird-song and the different notes that are sung, which cause change and growth in the plant kingdom. (This is why it is important for an unborn baby to hear the classical music on a multi-note scale as it increases the expansion of their brain cells. Hence babies that have experienced this type of music in the womb tend to be more intelligent children.)

The birds do not know where their next meal is coming from, but they sing in gratitude *for it*, knowing that they will be provided for. This reminds me of the time the Master spoke of the birds of the air - they do not toil, neither do they reap yet they are fed and clothed in all of nature's glory. They ask nothing but receive all, because they are grateful just to be alive.

The birds and animals also understand that gratitude for life is an assurance that what they need is already provided.

On gratitude, Astarra told me :

Dear One,

When gratitude fills a heart, it not only lifts the vibrations beyond the thought of the human form, but it actually opens the cells of the body and allows more light to enter in. It is the basis of creation. It allows all things to take place. You have read in your holy books that the angels in heaven are continually praising God. This is how life forms - through gratitude. Love and gratitude are the things, above all else, that will lift mankind and create anew. They are what will raise the planet into a new vibration of light.

When blessings and thanks are given for food before you eat it, the cells within the food actually respond and change, thereby altering their composition and creating a vital source of life and light, allowing light and life to enter the body when they are taken. Vegetation is alive and conscious, as well as the animals upon your earth. Each has a consciousness that understands Universal Law, and responds to gratitude, as it understands all things in their place. For when you eat foods with gratitude, you allow the life forms of that which is eaten to enter your system, thereby transforming its life into something else. It becomes another form of energy, which is another form

of life. This is the cycle of change that is continually happening in nature, and one which you help to continue, by blessing all that comes to you in gratitude.

Gratitude opens the heart. It allows blessings to come pouring in. Have you not heard that when gratitude fills a heart, heaven takes the acknowledgment and doubles the blessing? This indeed is what happens. It is the law of giving and receiving. All that you give out is returned to you multi fold.

When you send blessings to others, you are opening the path for blessings to flow back to you. It is how all things flow within the Universal Law. Have you not noticed how we close our greetings to you with a blessing? Yes, my child, gratitude and blessing have great power, and are far more than mere words. They hold within them the very power of creation themselves. Bless you this day.

Blessing is a gift that we give ourselves. When we are open to thanking ourselves, we are open to receiving all that we ask for. It is indeed important to thank ourselves for the God within which is in all of us. If we send our prayers of thanks to others, we are in effect, giving our power away. By praying within to our Higher God Self, we are offering ourselves a double blessing. Blessings and gratitude actually open us to that part of ourselves which is called our Higher Self. True knowledge comes from knowing that the power of blessing our inner self, or Higher Self, is our greatest strength.

When we are grateful for what we have, we open a channel for more to come into our lives. If we go about our daily lives grumbling that we don't have this, and we don't have that, then nothing that we want will come to us. But when we go about our lives being grateful for all that we do have, then we will find our paths open up, and all that we could ever desire will come to us.

By being grateful, we open the channels for all good things to flow back to us. We can even be grateful for the sad times and the times when we appeared to have nothing. For even in these times, we had opportunities given to us to expand and grow. The wisest men in the Chinese culture believe that when these sad times come it means good luck. They say that when we have our sad and bad times it means that we can only go upwards from here on.

The ancient act of tithing actually originated because it followed a universal law. By giving *freely* without any expectations in return, we open ourselves to receive from the universe. It is a universal law that what you give out comes back. When people were asked to give one tenth of their income and they did so freely, they could fully expect to receive ten times in return from the Universe. Whatever we give out, always comes back to us many times over. If it is food or clothing we are in need of, then we can be sure that what we give out in the way of material possessions, or even a kindness, will always come back to us, and usually just at the time we need it most. I remember one story where a man driving along a highway late at night helped a stranded woman driver change a tire. This man was on his way back to his sick wife and three little children. He really didn't have time to stop but he did. Because of his kindness, he in turn was given a kindness when a neighbour came to the door and offered the family food and medical supplies. When we help others, it has a

boomerang affect. The universe works in this way. We give in gratitude for what we have, and the more we give, the more we find others doing the same.

We do create what we want by the way we view ourselves. If we believe our income is limited, for example, then we have to ask ourselves who limited it? Our universe is an abundant universe. There is no lack within nature or within the universe. It is only our belief system that is limiting us. Everything that comes our way can be looked at as a gift in some way. We always receive from the universe what we need the most for our own growth. And remember it is we who asked for this on a soul level prior to this incarnation. The greatest tragedies of our lives can be looked on as stepping stones, or gifts, or catalysts to help us on our path forward in life. It is when we come to realise the gifts we have been offered that we have begun to understand how gratitude works. It opens opportunities for our further spiritual advancement.

Jesus once told a story about a man who was going away on a journey. He called his three servants together and to the first he gave five talents, to the second, two talents and to the third one talent, according to their abilities. While he was gone the servant with the five talents traded them and made five more. The servant with the two talents did the same and made two more, but the servant with the one talent buried it and hid it in the ground for fear of losing it. When the master returned he was impressed with the two servants who had doubled his money, but when he discovered the servant who had hidden his talent in the ground he was very angry. He took the talent from the servant and gave it to the one who had ten. In Jesus's words "To him that has much, more will be given, but for him that has not, even what he has will be taken away". A talent was a particular sum of money in those times. Jesus was showing us that if we are grateful for what we have, and use it wisely, we have more given to us. But if we refuse to make good with, or bury, what we are given, we lose it all.

I have heard of people who walk around telling everyone that they 'don't have' this and they 'don't have' that. They seem to be forever wanting, and are never satisfied. They may be ordinary people like you and me. They seem to be like us, but they are the type of people who wear you down because they are always complaining that they 'don't have' what they want. They are the 'have not' type of people. Then there are other people who appear to have little, yet you never hear them complain. They will be grateful for the small change they receive from their groceries. They will be grateful for the person who baked a cake for them. They will be even grateful for a small cup of milk, or being able to smell a rose. They are grateful for having seen a sunset. These people are the ones who believe they have everything they could ever want.

The difference in these two types of people is that the 'have nots' are never grateful for what they do have. They are always wanting more, and are never satisfied. The people who are so grateful for the small things are the ones who are always grateful for everything. Things just appear to come to them. Can you see the difference in these two types of people? When people are afraid that they 'don't have' all the time, this causes so much resentment, that wars can start because of it. Why do you think wars begin in the first place? It is because the leaders of a particular country think that another country has more than what they do, and they want it.

From our smallest resentments and arguments, to the total futility of war, it all begins because one party wants what the other party has. But we *do* live in an abundant universe, and the sooner we can reconcile this idea in our minds, the sooner we will receive through our gratitude and the knowledge of this truth. What we believe we have, we manifest for ourselves. If we believe that we have all that we need, then the universe provides all our needs for us. Others who see this, think that they should have it, and may try to take it, causing more pain for both sides. Otherwise they might go about with resentment in their hearts. They may feel that what they have is 'not good enough'. What they believe, manifests. What they have, no matter how good it is, will never be good enough, because that is what they believe. They believe they do not have what they need and they manifest a 'not have' attitude for themselves.

I'm sure we all know someone who is always complaining. It would not matter if you gave them everything you had, including the shirt off your back, they would still be the same. It is their attitude that is the problem. Until they are ready to acknowledge what they have, and be grateful for it, they will always be the same. We probably all have moments when we are not as appreciative as we should be. We might grumble about something, only to realise later that it was the best thing for us at the time. When we start to realise that what we are given, is exactly what we ask for, then it will change our attitude towards everything. An enlightened attitude will bring all that we desire to our very own homes.

The universe gives us everything, and we often fail to recognise this, and in so doing, we are negating it and pushing it away. Gratitude fills the heart. Resentment cannot live with gratitude. Gratitude is fulfilling by itself. Remember, we *do* live in an abundant universe! We should always remember to thank our guides and angels before we receive what we are asking for. This is the way the law works. We *expect* to receive it, therefore we thank them for it, knowing that it is already there for us on the next plane.

By being grateful for the small things we *do* have, we can change the very vibration of the law of life. Gratitude creates a vortex of energy around us, which brings everything to us that we could ever want. The unchanging law of giving and abundance that is Universal, will bring more to those who offer thanks and are grateful, many times over. There is no limit to what we can receive if we open ourselves to the eternal spirit of gratitude that is within us. When we fail to have gratitude for what we have, we fail to see the opportunities that are there for our growth. We also fail to see the need for gratitude in the evolution of our planet. When we are grateful for all that comes to us, we raise our vibrations, and that of the planet. Once we allow this consciousness to be a natural part of our daily lives, we are assisting in the earth's ascension in ways we cannot even imagine.

Our gratitude should be to the living earth itself, as she provides all our needs from the smallest seed to the air we breathe. Gratitude can change the whole way we see life. It gives us a power over our negative feelings, as it boosts up any feelings of resentment or depression we might have. When we begin our day with gratitude in our hearts, we allow all things we could ever desire to come to fulfilment in our lives: peace, love, joy and the light of true knowledge. As we find this light of knowledge, we become more open to the reality of the spiritual world that surrounds us.

CHAPTER 7

THE SPIRITUAL PLANES

The spirit that's caught in the dark lower planes
Is waiting to find release from its pains.
It hovers and hinders the people on earth
As it takes all its energy from the place of its birth.
But spirits need love no matter who they be
And we can send love to set their soul free.
We can surround them with light, and colours so bright
And show them the path that is waiting to lead.
Them into the light, and a new chance to see -
How they kept their soul bound and locked with a key.
Their chance then becomes renewal at last
And they see that their life can now grow so fast.
And once they release their bonds of the dark
Their path then leads upward with visions so stark.
They see what they've done, or failed to do
And remorse then sets in as they feel these things too.
But after a time they see what to do
To make amends then with recompense too.
So towards the light their spirit then sails
As the spirit helpers remove the nails -
That had kept them bound, and now they're free
To pursue their life in eternity.

The above poem was written to describe a soul that becomes trapped in the lower dimensions of the spiritual planes. This does not happen very often, but it does happen. We on earth have the power to help release these spirits by sending our love vibrations and also our prayers, to them. In Brad Steiger's book *Our Shared World of the Supernatural*, he describes visiting a house where several entities were haunting the place because they did not know they had died. He brought with him a Dr. Matthews, who prays to the beings of Light to come and lead these lost souls towards the light and their eternal home in the heavenly kingdom. Always we must surround ourselves with the Light of Love, we are warned, before we attempt to do anything like this.

The spiritual world however, is a very real world, and those souls who do become trapped do not even know they are dead in the majority of cases, and need a bit of prompting to walk towards the light. The spirit world, or plane, resides parallel to the physical plane. There are many varying dimensions that may be called different 'planes'. Many call this a spirit world – a place where departed souls go after they leave their earthly bodies. There has always been a belief in the after-life, and churches are no exception to this belief system, as they talk about a "better world" after one has passed away. This world is not a place per se, but another dimension where mind is the controlling force.

At a recent funeral I heard Jesus' oft said quote: "in my Father's house there are many mansions". I do not believe he was referring to actual *places*, but to many different levels of vibrations, or densities. Each soul vibrates to different energies. Some hold higher energies which are lighter and more transparent; some tend to be trapped in lower energy levels which are denser, or darker, and which therefore keep them from discovering their true Selves. Like attracts like, so when we leave this planet, we inevitably attract those spirits of like vibration. Some souls are so highly developed that their true form is pure light.

The true Self of a soul is a beautiful Light Being, radiating with love and purity. Because we tend to judge ourselves so often, we actually limit our own perceptions of what we are. It is the limitation we place on ourselves that actually holds us in certain vibrations, instead of freeing us to be all that we can be.

Once a spirit is in the light, if it feels that it needs to contact us, it can leave the higher dimensions by lowering its vibration, and visit us. This is what happens when people are "read to" by mediums and spiritualists. I have often wondered whether what the medium does read at times is from the astral body of the person and not the whole soul, but this is something we will not understand fully until we also join them in the light. The medium "sees" the spirit around the person and are able to give evidence of life after death.

Most souls move onwards in their journey after they have made the transition into the light, but it is possible for them to contact us if they wish to. Mostly this is through dreams or through little messages they leave – often not long after they have gone.

I watched an angel show on TV the other night and a young girl had died. This young girl had always had a fascination for angels. After she died, her parents found an angel book lying on the floor of her bedroom one night. A few nights later they found

one lone angel cookie on the kitchen bench. They did not even own an angel cookie cutter! The young girl was giving evidence of life after death by manifesting angel treats for her parents to see as proof of her continued existence.

We lost our daughter when she was just eighteen years of age in a terrible car accident. This shock left us with our lives changed, and the change caused by this tragedy became a turning point in our lives that has, for me at least, changed my view of life. It was this tragedy which I attribute directly to the writing of my earlier book, *On the Path to Enlightenment*.

One of the symbols of The Compassionate Friends, of which I am a member, is the butterfly. The Compassionate Friends are a group of people who have all lost their children in one way or another. Many people equate the symbol of the butterfly with the emerging of new life from the cocoon of the old life. This has become a symbol of hope – a hope of continuing life after this physical one. Many have had some form of experience from a loved one who has passed on, which leaves them feeling uplifted and convinced of continuing life.

For us, we were given, what we believe, was evidence that life does not end at death and the energy of the soul continues on. I had had a tape in the cassette for some time. It had been there since my daughter passed on into spirit, and was still there some months later. One day I went to use the tape and it was almost totally blank, except for a few distorted sounds, interspersing the tape every now and then. It had not been moved from the tape recorder since before she died, and it had worked perfectly at that time. I had it tested, and was told that it was like a magnet had passed over it. Could it be that the energy of the spirit of our beautiful daughter, had come to visit us in our time of grief, and had unknowingly magnetised the tape, through bringing its higher energy into the room?

Late one evening, not long after her passing, my husband was sitting alone at the computer. The rest of us had gone to bed. He suddenly felt a gush of air across the room, and the door slammed shut. The hairs on his head literally stood up on end. Someone, or something, had touched the back of his neck, ever so gently, almost like a soft kiss had been planted there. Not being an imaginative person, he was totally stunned. He checked to see if either our other daughter or myself were up, and we were both in bed asleep. He knew something had happened. It changed his mind about the reality of the spirit world then and there. We could find no other explanation for this, other than that the spirit of our departed daughter, came to say her last goodbyes before she moved onward into the light.

After a soul passes over, sometimes their energy is still around on our plane, for a time at least. These souls will, with encouragement, eventually move onward to the light, and they can be helped by those here in physical form sending them love and praying for them. Even if we don't believe in prayer it is not important. It is the energy we send out through our feelings that will help release them. Occasionally a soul will get trapped in the lower density realms of the astral plane. They seem to stay there until they find release in their own minds. Sometimes they are not bad souls, but just lost. These souls tend to get so attached to their physical bodies, that they cannot free themselves enough to discover who they really are. More often than not, their emotions are what hold them in the lower vibrations. Because these souls hold onto

their emotions, it prevents them meeting with the rest of their spirit family and realising who they really are. They need to be led towards the light.

Powerful beliefs will often lead a soul to the place they expected to see on arrival in the spirit world. It takes some time for them to let go of these beliefs, and it is only after a time, that they will move onward. Certain religious sects take the longest time to reach full awareness because they have so much inbreeding of dogma and rituals that they fail to be at peace. If we pray for these lost souls, it helps to speed their journey towards the light. Their guides and helpers will come and assist them if a thought form, in the way of a prayer is strong enough to be sent their way. A soul may become so enamoured with feelings of anger, fear, greed, hatred, lust, resentment, or even attachment to material possessions, that they have enormous trouble letting these emotions go. All these lost souls really need, is a nudge in the right direction.

There are many angel-like beings, or guides, waiting to take these souls onward toward the light, but their own limited beliefs prevent them from even seeing these beautiful beings. These lost souls are not to be feared. Rather, they are to be helped to go onwards towards the light as kindly as possible. It is their ultimate destination, and often their interference in the earthly life, is just a divergence before they more onwards again. This is where so many stories of ghosts and spirits that have a frightening affect on people, originate.

The souls that get caught in the deepest lower planes, are the ones who often incarnate again without really going into the light. They are in such a heavy density, that they cannot extricate themselves from it. They will enter the body of a newborn before they have even had a chance to really meet themselves again. Sylvia Browne, in her books on the spiritual world, describes this as coming through the left door. They walk around in darkness and never go to the light. We do have a chance to help some of these souls, through meditation or through our dreams, if we can persuade them to walk towards the light.

As the vibrations on the earth heighten, those who are of low vibration will no longer be able to incarnate upon the planet. They will be moving to a planet that is still in third dimension and is being prepared for them. There they will wait, maybe thousands of years, until their souls are ready to move onwards. The vibrational shift on earth will bring the planet to such an intensity of light that these souls will be unable to stand the intensity. The time spent learning again in a third dimensional world will give them time to look into themselves and review their past lives, hopefully searching their soul, and enabling it to move onward.

We incarnate over and over again, and we learn each time from our experience. Usually the portion of our soul that is in the physical comes to learn a particular lesson. The higher aspects of it may stay behind in the ethereal world. The more times we incarnate, the more we are likely to learn, and the more likely we are to be vibrating at a higher rate. There is no judgement on lower and higher, as all souls are aspects of the beautiful light of God, and all are on different levels of experience in each of their lifetimes. The cycle of life is ongoing until we eventually reach that point where we will no longer need to incarnate into a physical existence.

The reason we do incarnate in a physical body, and the reason so many are eager to enter new bodies, is because we learn faster in this physical existence because we have to face the duality of positive and negative vibrations.

Gary Zukav in his book *Seat of the Soul*, explains it this way:

"Unlike animals, or in Nature, Man has an individual soul. You are an individual energy system, a micro of a macro. Part of the chain of evolution within our earth is the process of advancement. There comes a point when the physicalness experience no longer serves the soul's awareness, and therefore, the soul chooses to learn in the non-physical realm. Our non physical Teachers are from these levels of Light. These entities are teachers to our plane. They do not, for example have the splintered personality aspects that we have. They do not have shadow sides, so to speak. That is the difference between that which is whole and in Union with God/Light and that which is growing into it.

"Duality only exists in certain levels and not in others. Spirit Guides are teachers to our plane, Earth. We are therefore, destined to evolve beyond the nature of duality. Duality is that which is understood in time and space. As you evolve beyond that, and also when you leave your physical body and journey home to your non-physical plane of reality, you will not exist in dualism.

"A soul has no beginning and no end. Consider that the ocean is God. It has always been. Now reach in and grab a cup full of water. In that instant, the cup becomes individual, but it has always been, has it not? This is the case with your soul. There was the instant when you became a cup of energy, but it was of an immortal original Being. You have always been because what it is that you are is God, or Divine Intelligence, but God takes on individual forms, droplets, reducing its power to small particles of individual consciousness. It is a massive reduction of power, yet the power is as full in that droplet as it is in the Whole. It is as immortal and as creative and as expressive, but in its tinier form. Its energy is reduced appropriately to its form. As that little form grows in power, in selfhood, in its own consciousness of self, it becomes larger and more Godlike. "

So, each soul, when it leaves its physical existence, is going *back* into Itself. It is re-joining that part of it that it left behind before it formed its physical body. This re-joining may take many years of our time before it actually reunites with the totality of its true Self again, as it will reunite with aspects of itself until it becomes whole again. Depending on the spiritual advancement of the soul, this may happen instantly for some souls. We will all eventually meld back into the All-That-Is, which is a compound of everyone and everything, taking with us our experiences and our personalities into the whole. This may take many, many lifetimes.

Our basic essence is Love. Therefore it is by experiencing *love* that we are fulfilling our purpose in coming to this physical body. On passing over, a loved one will reach out to us on our arrival in the spirit world and take us towards the light. This light has been written about in many books. Those that have had near-death experiences (NDE) have seen themselves travelling down a long dark tunnel towards the light. But those that have returned to their physical bodies were either given a choice to return, or told it was not their time and they had to come back. Those that have come back to tell us

about it have said they didn't want to come back, as the place they visited was so beautiful and so peaceful. This seems to have been universal - despite cultural, religious or any other differentiating backgrounds, or barriers, we humans seem to put in place.

In Dolores Cannon's book *Between Death and Life*, there is a description by one of her clients who describes the death experience as such:

"People should not be afraid of dying. Death is no more to be feared than breathing. Dying is as natural and as painless as blinking your eyes. And that's almost the way it is. At one moment you're in one plane of existence and you blink your eyes, so to speak, and you're in another plane of existence. That's about the physical sensation you have, and it's as painless as that. Any pain you feel in the process is from physical damage, but spiritually there is no pain. Your memories are intact and you feel the same, as if your life is continuing. Sometimes it takes you a little bit to notice that you're no longer connected to your physical body, but usually that is noticed right away because your perceptions are broadened to where you can perceive the spiritual plane without the veil in the way. This is the clouded mirror, as some have likened it to. What happens is that at first there is a period of orientation. You are still very conscious of the physical plane but you are exploring and absorbing the sensations of being aware of the spiritual plane, until you get used to the fact that you're really on the spiritual plane and you are comfortable with it."

There is enough written about the fact that our lives are ongoing and there is truly nothing to fear in dying. In fact, we return, by choice, time and time again, to remedy any situation we may feel we need to remedy from a previous life on earth. This has been well documented in many books. But as the earth is changing - it is actually rising to a higher vibration and we will find the need to re-incarnate less important. In fact, many are choosing to incarnate now, as this is a most important time on planet earth.

Many Souls Here Now

Scientists are telling us that the world is becoming overcrowded. Many, many souls are seeking to be here now, because there is an opportunity for their growth like never before. This is one of the greatest chances for soul evolution ever experienced on Earth.

We are being given an opportunity now to release many of the fears that have had the spiritual plane trapped for thousands of years. This is a wonderful gift. As we release our negative feelings *while in the physical body*, we are creating opportunities for those in the spirit plane to do the same. This physical plane is denser, and the lessons learned are so much easier in physical form because we have the greater difficulties to face. As we lift ourselves up to higher and lighter vibrations, we are also assisting those on the other planes to raise their vibrations.

This is such a wonderful opportunity to help our loved ones and those who have shared this planet with us in the past.

I have had many experiences where I have been teaching others in my dreams. I remember reading once about Edgar Cayce, the seer from the first half of the twentieth century. He spent many hours talking to groups of people about his experiences. He had an uncanny way of knowing, not only how to cure physical illness, but he also was able to see into past lives, and even into the future of one's present life. One day, he was lecturing to a group of people, and he looked up and saw a large group of Jewish people in the back of the room. He noticed they were different. It was only later, when everyone left, that he realised these people just vanished. He then came to the realisation that these people were in spirit, and had come to learn from his lectures!

Dreams

The world of spirit is very real to me. I know that I have interacted with other souls during my sleep state. Sometimes I have felt tremendous love. There always seems to be someone talking to me, as if it is a guide, leading me and showing me things. Sometimes we face our worst fears through dreams. It all seems so real at the time. In fact, often it is more real to me than my waking life. I have been told that we are releasing many of our fears through our dreams. It is a time of great emotional release, and for many of us, this is what is happening to us in our dream state. It is by facing our fears in the Dream State that we can overcome them. I remember reading a dream diary my daughter had left behind. In it she described a dream she had where she was running away from a monster. Suddenly she turned and faced this monster, and it put out its arms and said, "I only wanted to be loved".

When we dream, we are often facing ourselves, or other aspects of ourselves, in the dream, even when it reminds us of someone else. It could be an aspect of that person that reflects a hidden part of own personality. The part of our personality that needs to be reviewed is often shown as a relative or friend. The other people in the dream are nearly always representing a part of us.

Sometimes we dream of a lost loved one, and that is because we *are* interacting with that loved one on the astral plane. It is possible, when we are in our dream state, to travel to the astral plane to meet with loved ones. This happens almost every night when someone close to us has just passed over. I often dreamt of my late daughter, especially in the months and years immediately following her passing.

The message from a dream will usually always hold a purpose for our highest good. We are being pushed and prodded by our guides and loved ones, to follow the path that was our original goal in coming to this life. I often find the dreams I have being prophetic, with feelings or moods that will happen in the day ahead. This has been the case so often that I feel it is guidance and I usually try to go with the flow rather than fighting the waves. If I have dreamed very emotional dreams, that emotion follows me throughout the day. If the dream has a happy ending (and I try to go back to sleep to make sure that it will), it alters the course of the day for the better.

Messages from the Other Side

James van Praagh, relates some instances where those spirits that have departed, have messages for those left behind. Sometimes it can be a need on the part of the soul to

ask for forgiveness, or to explain something they now understand that they did not understand while on earth in physical form.

For example, one spirit came to van Praagh explaining that she needed to talk to her daughter. She told the daughter that she now understood the reason for her incapacity in life. She had suffered from agoraphobia nearly all her life. She saw a past life, after passing over, where she had lived in a castle. She had been warned not to leave the castle, as her father's enemies would use her to hurt him. She left the walls of her father's castle, against her parents wishes, and been killed tragically by these men. Her cell memory had remembered that it was dangerous to leave the four walls of safety, and she had carried it over to her last life. Although the memory was not with her in this life, the *emotion* and *feeling* were still in her cellular memory, and her soul remembered the experience, so, she had felt she could never leave the house. It was a great revelation to her, on passing over, to understand why she had suffered such incapacity.

A little girl spirit came through the medium to try and contact a lady in the audience. It took some time to realise the recipient of the message. A woman in the audience suddenly spoke up on hearing that the little girl had been knocked down by a car while chasing a ball onto the road. She had been on her way to work one morning and a little girl had run out in front of her car after the ball. The poor lady had been mortified by what had happened and had blamed herself for it, carrying guilt in her heart all the while. She had gone weekly to the child's grave with flowers. The child came through to give the poor lady evidence that she was still alive, and there was no need for her to blame herself any longer. She was told that she should forgive herself, and let go, as it had been the child's time to go. The poor woman broke down in tears.

Another young man received a surprising reading when the spirit that came through for him was an old janitor from his primary school days. This janitor had been like a guardian angel to the lad as a young boy, saving his, and his friends' lives, when a fire broke out in the school after an explosion. The spirit came through with such urgency and asked to speak privately to the young man. Apparently the young man had been on drugs, and this was a warning that if he didn't stop, his life would be ruined. It shook up the young man to such an extent, that he not only gave up taking drugs, but also became a guardian angel to others. He began lecturing in Narcotics Anonymous, and has been instrumental, in turn, in helping others, just as he had been helped not once, but twice, by his own guardian angel.

Spirit is always at hand, guiding us and prompting us. We are never alone, no matter how often we feel we are.

One channel I received was telling me just this:

Dear one, you are never alone. All your life there have been presences around you, helping you and surrounding you with their love and attention. They never interfered, but sometimes they ached to. Their arms were near you, just waiting to reach out and embrace you, but you did not realise this and you kept them at a distance. All that you had to do was ask. It is as simple as that.

Loneliness is only felt when you separate yourself from your Self when you let yourself part by pushing away that which is always meant to be a part of you. Every part of your many aspects is connected - much like electricity is always connected and only has to be activated for many things to begin to happen. When you turn on a switch which has many plugs attached to it, you can turn on a multitude of attachments at the same time, and light up appliances all over your place at the same time. And you know that all electricity is connected. It runs through all homes in all cities in all countries at the same time. Therefore it is always there. It is only by turning off switches that you cut yourself from this source of electricity (unless there is a power blackout - laughing – which of course is like others taking this source from you but in fact this is not what happens)...

So you see, when you turn off your "switches" you push away the connection that has always been there for you. In all your years, how many times have you called on us? It has been infrequently compared to the many times we have waited and watched and wanted to comfort you. You are NEVER alone. In your quiet times of solitude that is when we come closest to you. We whisper in your ear, we light up the light in your head, and we hold your hand and comfort you. We send you love from our hearts to yours, and we envelop you in this love like a cocoon enfolding the chrysalis. All we do is love you. And we are always there.

When you separated from the source, you never really separated. There was always an invisible thread of light, which held you to us. We are spirit beings of light and we are connected to All-That-Is by other beams of invisible light. We hold you in those beams. Even in your deepest, darkest hour you will find us there. When you are desolate, deprived and sad, you will find us waiting. When you are isolated and imprisoned, you will find us beside you. When you are ostracised by society, and thrown out of home, you will find us holding out our arms to comfort you. The road you travel seems lonely, but it is only in your perception. There are many hidden prizes waiting for you along the way, that have not yet revealed themselves. Be observant as you walk your path, and you will be surprised and delighted at what will appear before you. We are waiting there, holding these presents for you, and holding you in our presence. Know, always, that you are loved. I am Astará.

The veil that has been around the world for so long has thinned, and this has affected both sides of the veil. Thus the higher beings in spirit wait, always, to contact us and assist us. Those planes where spirit resides, are where we were prior to choosing our present incarnation. Now many of the souls coming to this world are bringing with them a new gift. They are bringing with them the memories of where they are from and what their purpose is while on earth. These children are referred to later as the indigo children.

At the time of the earth's final transition, it will just seem to those who are still in the old energy that others have just disappeared. Those who will be living on a higher level of vibration will no longer be visible to those in the lower dimensions. Those newly living in the higher dimensions will be able to see and communicate with those on the higher spiritual levels of life, and those in the spirit world who have finished their life on earth and moved on. They will also be able to lower their vibrations at any time to help those who are still struggling. There will be no longer any separation, as all things will be as one.

Those who have lost a loved one through so-called death will no longer be separated from them. And as the dimensions thin, there will be more and more contact with those in the spirit world. We will be able to feel them close to us at all times if we wish it. Separation will be a thing of the past.

CHAPTER 8

TIME SHIFTING

No time, no time, I hear people say
I work like a Trojan all through the day.
But there never does seem to be enough time
We're always hurrying and it seems like a crime.
From the moment we wake, till the time that we sleep
We're working our butts off following others like sheep.
No time, no time, says the busiest man
No time to catch up, I hear it again.
Until there is someone who stands out in a crowd
And says so firmly in a voice stern but loud –
"Take heed and slow down, and time won't pass you by,
For time is disappearing as the years do fly by.
Go deeply within and relax in yourself
And you'll find then that time exists not of itself.
For it really is futile to race to and fro
For we get far more done if we follow our goal
And take each separate moment individually and know
As we concentrate fully that there is only now."
So if we can just live for the matter in hand
Time will dissolve and each moment be grand.

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What is time? In our human third dimensional terms we see time as being a moving phase through which we pass. But is it? If we slide along on a skateboard, past a group of people, who is moving? To others we may appear to be the ones moving, but

to us, we seem to be stationary as the skateboard rolls along, while all those looking on appear to be moving.

Einstein's theory of relativity has a fundamental error in that he confuses the measurement of time with the passage of time. Einstein would say that relative motion and gravity both have the effect of slowing time. However time appears to be an absolute and relative motion and gravity slow time through dependent processes. In fact, Albert Einstein wrote "Time is not at all what it seems. It does not flow in only one direction and the future exists simultaneously with the past."

Many believe time to be the fourth dimension. Some say that time in a third dimensional experience is winding down. Man is always looking for answers beyond third dimensional paradigms. We do not however, know how time relates to us while we are sleeping and dreaming. How often do we move through our present lifetime to things that happened to us when we were much younger? Or even as many believe, into past lives? These states of consciousness are very real to us at the time we are dreaming. We are taken back to past times, and often the past and present are mixed, as our brain tries to unscramble the dream upon awakening. How do we know that this is not the 'real' state of our being and this waking life isn't the dreaming life. The Indian sages believed this life was maya, or the illusion, while the dreaming life was closer to our reality. It is believed that when we finally leave this life and pass into spirit, it is the dreaming life that we will be faced with.

The Australian Aborigines believed in the Dreamtime, where great beings came down from the sky and taught them how to hunt and survive and also taught them their respect of the land. To them the dreamtime was very real. Time for them was continuous, generation after generation, as they followed the teachings of their ancestors.

The Great Masters have said of the beginning of time:

". . . There was void and nothingness: a timeless, spaceless, nothingness. And into the nothingness came a thought, purposeful, all-pervading, and it filled the Void. There existed no matter, only force, a movement, a vortex of vibration of the purposeful thought that filled the void . . . so into the all-pervading thought grew the Law of Time . . . time changes not, but all things change in time, for time is the force that holds all things separate, each in its proper place . . ."

Time, as we know it is changing. Because our vibration is changing, it no longer seems to be the same as it once did. It only exists for us in a chronological way because we have been living in a slower energy. But all this is changing. As we move further through the photon belt, we will find that time will not be as important to us any longer. We will be living more in the moment, as all things will be as if they were now. There will seem to be no past or future. Even now many are finding their memories of past events are disappearing or becoming distorted. It is because we have been attached to our past, that we expect things to happen a certain way in the future. But if we let go of the past we will find that our expectations of the future will be unanticipated, and things will happen spontaneously for us.

Time is speeding up to become meaningless for us, and passing in a blur. I have been finding it very hard, while writing this book, to find time even to write. If we watch time by the clock, we will find it hard to get things done 'on time'. If we focus on what we want to achieve and live in that moment, we *will* get things done. It is our expectations for the future, from past experience, which hold us in a bind and keep us trapped in time.

I am told that time is literally disappearing. Time is compressed. Time, as we know it is just not there any more. It was a tool for our growth, and as we move to higher vibrations, time will seem different. It has escalated to such an extent, that sometimes we find that things seem to disappear in the blink of an eye. We don't know where they go, but they are no longer there. Is it because we have shifted in time? With the shifting of our vibrations, time has speeded up, and seems not to exist as it did. While we are becoming increasingly timeless, time itself is speeding up so much that it has become almost meaningless. The years are going like a blur.

Many people are finding themselves moving through time. The dimensions that surround our physical bodies and our etheric bodies are overlapping. As we move from third to fourth dimension, many are finding that they are shifting through time, and as the veils thin more between dimensions, they will find they can move between these dimensions. Have you ever noticed that sometimes you seem to literally 'shift' in your perception? You may find that something that was there a moment before seems to no longer be there. And when you look back, there it is again. This is because you have shifted into the higher dimension for a millisecond, and back again. The same goes for moving forward or backward in time. Time is fluid in that we can shift back and forth through time with our minds. Our minds are what creates everything for us. If we can use the mind as a powerful tool to create, we can literally *re-create* our past, and move beyond the pain or suffering or other feelings that we may have lived through, and bring to our mind a happier outcome – bringing a new meaning to the word "creation". We can thus create a new present.

We can lighten up our life by creating these new 'now moments' for ourselves. This also heightens our vibrations. When we begin to move between these dimensions, those who are on lower vibrations cannot see us. When we heighten our vibrations through love, or simply by lifting our thoughts, we may become invisible to those who are in the heavier dimensions.

Something that is occurring to some people in the U.S. at the present time is what has been termed human spontaneous involuntary invisibility. There are a number of cases, which are cited in various articles. It appears that these people are shifting between third density and fourth density involuntarily. It seems that those who have had contact with "aliens" have had their bodies altered in some way, causing them to drift between densities, or dimensions. Some people that have had what has been termed "abduction experiences" have been known to literally disappear from before peoples' eyes. This, it is believed, is because in some way their vibrations have been altered through the transportation to the ships, and for them, time has changed.

The following examples relate to experiences that happened to people who claimed to have had abduction experiences. A woman was standing in a queue at a bank. People lined up behind her, and when her turn came, the cashier called to the man behind her

and she was just not seen! The woman made the comment to a friend later that she could have robbed the bank and walked out and no one would have noticed her!

Another instance happened when a woman tried to pay for something in a supermarket. She stood there for several minutes and others just walked right on past her, even though she was in the queue. She was literally not noticed, just as if she didn't exist! The phenomenon of human spontaneous involuntary invisibility seems to happen to people who are well adjusted and well educated. These people also seem to have a higher than average psychic ability. Because they can't be seen, it produces frustration and, in many cases, a sense of fear at something they don't understand. Maybe the saying "they acted like I wasn't even there" isn't so unbelievable after all.

These are just two of many instances where time shifting seems to involve a connection to another dimension. Other cases have involved a woman who was sitting quietly on her couch the whole time and her husband went through and through the house searching for her. She'd had no idea he was looking for her. It wasn't until some time later, he saw her. She had just not been visible! Or there is the case of a teenager who decided to play pranks with her friends by stealing from a department store. The police arrived and they were all taken into custody. All her friends were charged except her. She just walked out of the police station unnoticed. The other teenagers involved swore she was not in the Police van with them when they were arrested.

Time is relevant to how we see it in linear fashion with regard to our present. As we shift through time, we shift through dimensions. Madame Blavatsky of the Theosophical Society, witnessed invisibility for herself and was given the secret, thereafter accomplishing this for herself on several occasions in front of witnesses. Shifting *through* time is like slipping into a wormhole. We become invisible to those around us until we return to our normal third dimension again.

The Bermuda Triangle has many strange occurrences surrounding it. The stories that are of greater interest relate to people arriving at their destination *ahead* of time! One incident I recall reading about, was of a pilot arriving at his destination *before* the time he actually left! Is there any other way to explain his shift in time, other than the explanation that time is not solid? I have a friend who lives forty-five minutes drive from work. She realised one day that she would not get there in time. She had to be there in twenty minutes to get there on time. She was talking to her guides during this time, and was so engrossed in the conversation, she literally shifted through time. She ended up arriving at work five minutes early! This would have been impossible had she not shifted through time.

We do not yet understand the intricacies of time itself. We do know that on the higher dimensions time doesn't exist as we know it. Time is something we have as a tool, to work through our lifetimes in order to grow and evolve. We can move through time simply by allowing our minds to move. We live in the past often. We make all our judgements now because of things that have happened in the past.

We often cannot let go of things *because we are living in the past!* We can also move forward to the future. We can visualise and create a future, simply by our thoughts. We can shift into the future or the past, as fast as a wink of the eye. The only time we

really have is right now, this very moment. We can make amends for anything we have ever done or wanted to change by putting our focus on it, and re-living it, as we wanted it to be. By creating and changing our past we are actually creating a new future for ourselves.

Time is not a solid concept. It is not really linear, as it is only in our minds that we make it so. Because we have the ability to shift into our past and also cast our minds into the future, we are actually moving between dimensions all the time, and are therefore not really living by a twenty-four hour time clock. Time is becoming more fluid. It is not a concept of the higher dimensions, and those that move through time are not seen by the third dimensional world as solid. We have to lift *our* vibrations to see them.

Time is very controversial, particularly at the moment. We live in what many have termed "the end times". This has a meaning most do not even comprehend. It actually has a very diverse meaning – making it hard for most people to even begin to grasp.

We have been living by our clocks and watches. Yet even though we count seconds, minutes and hours, we are not living the same seconds, minutes and hours that we once used to live, say one hundred, fifty, or even ten years ago. Our time has been shortened. One fact is due to the heightening of the energies reaching our earth at the present time. This has had a very great bearing on our time as it alters our bodies and our cellular memories.

In the Master's words he spoke "lest these days be shortened ..." This is what has happened to us as we began approaching the end of the millennium. We are experiencing time shifting, and this has been going on all over the planet, within the last fifty years particularly. The explosions of automatic activity that have been tested around the world have affected the very fabric of our planet, and brought our time forward by many years, changing the very matrix of the energetic grid.

Our days have been shortened. The technological age has speeded up our "time", as we know it. It has shortened the time it takes to travel; taken hours off the time it would have taken to do daily tasks that once used to take us days; and it has opened communication barriers across the world. It now takes only seconds to transmit data that once took many minutes or even hours. Many are finding there is too little time. The Pleiadians tell us linear time is a human creation. The first thing we do when we wake up in the morning is ask "what time is it?" This decides our day. We might go to the bathroom, have a drink, shower, dress and go about our day. We are always finding of late there is not enough time. We scurry about like mice in a maze to find a solution where there is none. In reality time is ours for the asking. It doesn't matter what the clock tells us, or what our boss tells us. We can begin to sculpt our life according to our needs. We can create an outcome by aligning ourselves with our purpose during the day. We can give time to ourselves as a gift, spend it wisely and spend time honouring ourselves.

We are finding that it is much easier to slip between dimensions. Many are starting to take seriously, the possibility of moving between frequencies, or dimensions, into time travel. It was once thought of as pure fiction, but with movies out like *Quantum*,

Frequency, Back to the Future etc. the fiction appears to expand one's imagination, as more and more people begin to think for themselves.

The Philadelphia experiment, which occurred in October 1943, may have actually proven that we *can* shift in time. If what I have read is correct, and I believe it is, then the experiment was, in fact, a great success. It was a success in so far as the ship was concerned, but an absolute tragedy in that the lives of those on board were completely devastated. The navy of the day was not prepared to face up to the consequences. All of those involved were affected adversely in some way. When the ship, known as the *Eldridge*, reappeared, some of the personnel were found melded into the bulk head. Others were insane or on fire. One of the 'experimentees' was drinking in a pub some time shortly after, and was seen to just walk through a wall! The survivors also recall seeing extra-terrestrials during the time the boat 'disappeared'. The greatest tragedy of all was that most of those involved in the experiment, were put into homes for the insane, because the navy did not want the tragedy of what they could not control, made public. It appears that the molecules of the physical bodies were actually altered in some way, causing them to shift through time periods without their control.

One of the survivors of the *Philadelphia Experiment*, Al Bielek, alias Edward Cameron, and his brother Duncan, according to Bielek, found themselves in the year 1983 on the grass at Montauk Army Base on Long Island after they stepped into the water as everyone around them was going crazy on the *Eldridge* in 1943. Somehow they were able to be 'sent back' in time to 1943. Duncan Cameron died three years later of very old age. Bielek was given a different identity. He believes that the navy has more at their disposal in the way of knowledge from the extra-terrestrials than one would believe. They have abilities beyond our current comprehension.

Future possibilities, however, are endless. We are beginning to explore avenues we never once did. We are beginning to see that we are limitless. This opens up yet more of our minds as we stretch our imaginations to realise we are not limited by concepts we once thought we were.

We have been told that we only use a maximum of ten percent to fifteen percent of our brains. What is the remaining ninety percent? If we could only realise how unlimited we are, we would have powers beyond our imagination. Those that have psychic abilities are possibly using more than the average of their brains. Wouldn't it be wonderful if we all could do this? If Uri Geller can bend spoons and make broken clocks work again, why can't we?

Years ago the lack of technology may have held us back, but now the knowledge that humans possess is directly relevant to our possibility for expansion and growth. It is important, however, that our growth expands to include our spiritual growth. Without spiritual growth we will not be able to move forward. The possibility is still there for us to completely destroy ourselves, if we do not wake up to the need for spiritual growth.

Time has been given to us as a gift – a gift that allows us time for growth and time to see the mistakes, or learning experiences, we have passed through. It gives us time to change that which we have done. It opens up the possibility to change the past - simply by our thoughts and the way we perceive things.

If we insist on being victims, being the 'bad guys', or being the slaves to society, then our experiences will multiply for us, and that is exactly what we *will* experience. We can change our past, and our future, by going back to the experience, and re-living it in the way that we would like it to have been, in our minds. We therefore change that experience, and our memory of it, and use the gift of time wisely.

The shortening of the days is one reason why so many are struggling in vain to make up time, to get jobs done that seem impossible to get done in the time, because the old heavy energy simply won't work any more. We have to live in the moment, and take each minute as an opportunity in itself. We can no longer stop to take stock of things. If we consistently try to do this, we will find there is just "no time" for such.

We are no longer working with time. We are working with 'remembered time'. We are working with time as we remember it.

We need not hold onto painful memories any longer. Yet those memories which are so very treasured never leave us. They are always in our hearts and we only have to re-visit that particular memory and we are there. So where is the time? It doesn't exist. We can step back into the past by simply re-visiting it in our minds. So many of us are living our time in the past. It is now time to release the past – to completely let go of anything that may be binding us or holding us back. We have to relinquish the memories that no longer serve us.

We now have the ability to set our own time as we hurry and bustle saying, "I haven't enough time". We can stop and say, "wait a minute, if I'm the one making my own time, then I will do it".

We can create our own time, and enjoy doing it in the process. Instead of focussing on the lack of time by saying "I've only got ten minutes to do this", we can just focus on what we want to do, tell ourselves we will get it done, and put our focus there. Then we will find it is done within our allotted "time". If we focus on the task in hand instead of the clock, we will get it done.

Our third dimensional planet is one of the few in this part of the universe that has linear time. With the higher dimensions, there is no time such as we have here on earth. It simply doesn't exist. That is why so many people who predict the future, are finding their predictions no longer coming to fruition. This planet is moving up to a higher dimension. Those who may have been able to see these things in the past were still in the old energy. Our energy has shifted. This has a direct bearing on our future, as we now *create* it ourselves. No one can predict anything for us. They can only predict *probabilities* of what they see in the energy of the time.

The planet's vibrations have shifted. They have been raised a notch or two, and are continually rising all the time. We are no longer in a third dimensional vibration. We are probably getting close to fourth dimension now. So any predictions that were made in the old energy simply cannot be relied upon any longer. Many psychic people who have been able to listen to "spirit" in their meditations and when giving readings, have had predictions of time given to them. But often these things just did not happen in the period of time that they were supposed to when the information was received. This was because, in the higher dimensions, time does not really exist the way it does

in third dimension. It is seen differently, and therefore what those in spirit were seeing was vague with regard to time. It is very difficult to predict in the higher dimensions, because they *do not run* on time as we do.

The concept of time has been studied and thought about by many brilliant minds. Yet no one has been able to come up with an answer as to why time is the way it is. Some are able to travel back into the past through their meditations. Time travel has been a dream of mankind for generations. The movie, *The Time Machine*, by H.G. Wells, was a great hit in its day, and caused many to ponder on the possibilities of time travel.

Regression is another method of transporting souls back to the previous lives they have lived, sometimes thousands of years previously. In fact regression has also been responsible for sending us *forward* in time, to viewing the future, or probable future, of our world! Thus was Nostradamus able to see so many years ahead, even to the point of predicting the uncovering of his own grave many years later! He was also able to see the probability of a future world beyond 2000.

Dolores Canon, regressionist and author of many books, has had her subjects travel *back* in time and talk to Nostradamus. The subject saw him sitting at his desk and had some conversations with him. From Nostradamus' point of view, he may well have been seeing the future and this subject of Dolores' was where he got his information from!

Future and past are an enigma. What a lot we fail to see by focussing solely on our twenty-four hour time clock! If only we could see the way nature, in all her glory, runs through time. She stands as being one of the most eternal gifts to mankind, because she has lived through time – as indeed mankind has himself – throughout the eons. And she will no doubt remain an everlasting memory to the eternal existence of spirit within our lives forever. Death cannot take from us what we have shared in time.

Thoth shares his teachings on passing through death:

List ye, O man, drink of my wisdom. Learn ye the secret that is Master of Time. Learn ye how those ye call Masters are able to remember the lives of the past. Great is the secret yet easy to master, giving to thee the mastery of time...as thou pass through the state of transition, surely the memories of life shall pass, too. Then shalt the past be as one with the present. Then shall the memory of all be retained. Free shalt thou be from all retrogression. The things of the past shall live in today.

So Thoth, in his wisdom, helped souls to carry with them their past memories as they pass through their transition into the light of their own future.

Time is a tool, an asset, and a gift to us, which we can use to its fullest advantage if we so choose. We are here to experience time in order to evolve enough to move upwards, towards the higher dimensions, and eventually this will lead us to what we have always wanted, to once more find our way home as our planet rises to meet its own ascension. Every living thing on our planet is also moving upward in vibration.

Astara tells us:

I, Astarta come with others to tell you that it is time, my dear ones, to lay down your weapons of fear, distrust and separation, and to realise your unity with all life. You are all, without exception, connected to all life, all other beings, all other creatures, plant life, and every living thing upon your beautiful planet, as well as being connected to all other planets and universes within the cosmos.

There is no separation within the reality of God-consciousness. This was a fragment of the 'game' that you came here to play in order to realise the greatness of your own God-ness and to test the waters as to how far you could immerse yourself without getting lost. Unfortunately you did get lost – for a time – and the memory of your original plan was also lost as you degraded yourselves into the muddy depths of forgetfulness. We are here today to tell you dear ones, that the call has now sounded, and you are all finally being called to remember who you are. For it is now time for you to finally COME HOME.

As your memory cells are altered, sometimes through meditation, sometimes through your sleep patterns, and sometimes through your waking daytime, you are being triggered to remember more and more of who you really are. You will feel the Oneness and the Divinity within your own cellular structure as you connect more and more with the crystalline core of the earth herself, as her calling home vibrates within you.

This is a special moment in cosmic time. This is a time even the heavens themselves are rejoicing about. They have watched you from afar for many, many aeons, wondering if you would ever be able to extricate yourselves from the depths to which you had fallen. But you have won my dear ones. You have exceeded anything that the spiritual beings from on high ever thought you capable of achieving. Through dispensations sent out from the Spiritual beings from God-Source, you were allowed certain privileges. You were given many great gifts of light, and outpourings of Love, which you have accepted within your beings. This has allowed you to receive even further contact from on high, and opened the channels, which have allowed the opportunity for more and more souls to be awakened.

We honour you in your service to humanity at large. You have worked tirelessly within the murky waters, bringing more and more light into them until they became clear enough for you to see your way. And in doing so, you have paved the way for many others to see. You have served and walked among the darkest parts of the planet. And you have brought light to wherever you walked. You have given the gift, through your physical bodies, of Light to every part you trod. This is now your time – your time of being gloriously welcomed into the place you have always wanted to be. This is now your time to accept the call and return HOME.

Joy and honour await you. You have only to take the step now fully into the Light. Your planet is being bathed in this Light and nothing that is not of this Light will soon be able to exist. For you have achieved the greatest gift to all life everywhere – by recognising your truth and walking in that truth, and in being a beacon of Light for all to see.

We give you our blessings and our love and surround you in this Light for the final step of your journey – back to where you belong – back HOME.

Adieu my dears.

Our souls have been on a journey – one that is helping us learn the complexities of who we really are. It is by experiencing life in this form that learn how to overcome our past, create a better future, and bring our vibrations to a height which will transcend all time as we move into the higher dimensions.

CHAPTER 9

INDIGO CHILDREN

An Indigo child
Is soft and sweet,
One who learns quickly
To stand on their feet.
They see the world
Through different eyes.
Their "knowing" is strong.
They can't tolerate lies.
Their calling is such
That their mission's ingrained
Into their waking lives
All through their day.
They can't tolerate things
That don't hold their attention.
They bore easily
If they don't have direction.
Indigo children have
Energies unmentioned,
And cannot concentrate
Unless you hold their attention.
If these, as young children
Are given choices and care,
Their love is returned

In ways so aware.
They live in the NOW
And simply can't see
Any time than this present
And they just want to BE.
For Indigo children
Discipline is essential;
They love problem solving
Constant guidance to mention.
They may get frustrated
By ways that are rout
'Cause they need stimulation
To think things clearly out.
So if you know someone
Who is an Indigo true,
Make sure that you show them
Your respect, and love too.

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Our planet is receiving new energies incarnating on it in the form of souls with a higher vibration. These new energies are different from the old energy, and are struggling to bring in a new and different vibration. They are the teachers of the future. These are the Indigo Children.

'Indigo children', was a term first used by Nancy Ann Tappe, who had an ability to see auric colours around people, and began seeing a new colour, indigo, around children coming into physical life from around the early 1980's.

Many of these little souls are here for the first time, and are having trouble experiencing the energy of this lower third dimension. Once our planet passes into the higher dimensions, they will find it easier to adjust. They have only been used to living in their upper chakras, and are not used to the heavy energy on this planet at the present time. They are different because they come into this world with a new energy. They appear to be problem children, but they only appear this way because they have come from a higher dimension. They are not used to our heavy energy, and are here to be our future teachers when the planet ascends. They are very aware of where they come from and exactly who they are. It is most important that these children are given love, discipline and respect.

These little souls have lived in their upper chakras and are unable to cope with the heavy third dimensional energies that our earth has been living these past thousands of years. They are the children of the new age. These children are fully aware of their purpose, and are here to fulfil that purpose. They are our future leaders as our earth moves up into fourth and fifth dimensional energies.

A wonderful book written by Lee Carroll and Jan Tober called *The Indigo Children, The New Kids Have Arrived*, has cited many instances from schoolteachers, psychologists, doctors and psychiatrists, and special education teachers, that seem to indicate that these "new kids" are different from the normal kids.

Teachers are finding a greater number of children are unable to sit still and listen any longer. There are problems with all the young ones moving up in the world. This is because these children are different. The rise in the so-called 'problem kids' with ADD (attention deficit disorder) and ADHD is becoming alarming.

Nancy Gibbs quoted one mum in *Time* magazine as saying:

"These kids can be very bright, very charming – and impossible to live with. They think of things that are fun and creative at the rate of about ten per second. While you are trying to put out the fire and they set toasting marshmallows on the stove, they are in the bathtub trying to see if goldfish will survive in hot water."

These new children are very bright. In fact their IQ's are probably above average in nearly all cases. They can bounce from one task to another in lightening time, as their brains absorb more and more information. They are beautiful, loving and giving children, but they need our discipline and respect. They need to be allowed to make choices and to be treated as adults, which they know in their soul that they are. It could be Indigo children that have gone astray that are responsible for some of the terrible things that are happening today to other children. This is because sometimes their mission gets blocked, and they believe they are eliminating what is blocking them. If they are not given discipline at an early age, they do not know when to put the brakes on. It is crucial that these children are understood. They desperately need discipline and guidance, and respect for who they are. Their souls are not naive. They are great teachers, and they need to be shown the way.

Many are questioning, whether they are gifted or troubled children. They are probably both. They are gifted in that they have wonderful psychic abilities, and they are troubled because they are at a loss to understand why they are different. But once we understand them, we are the ones learning the lesson. They have a high sensitivity, excessive amounts of energy, they bore easily and appear to have a short attention span. They show signs at an early age of intuitive intelligence, seeming to know what their adult parents are thinking, and give many instances of knowing exactly who they are. We need to be able to lead them in the right direction to use their gifts wisely.

These delightful children can be very demanding, and become emotionally upset if others do not understand them. They come with a mission, and they know that their lives have a purpose, and they are here to fulfil that purpose, so they appear different to other children. They imitate everything they see an adult doing, and are very quick to learn. They are always on the move and seem to understand far beyond their years.

Here is one story from a parent:

"Little Emma was only 15 months old. She could not utter any words, nor could she walk or stand – yet great understanding and compassion were already hers. Something was going on in that little brain of hers; somehow she knew that her grandpa didn't feel good and needed cheering up. So she crawled over to him, and pulled herself to a standing position using his knees for support, and handed him her favourite stuffed bunny. It was incredible how that man literally sprang back to life, smiling and talking to her. This happened only two days before he passed away . . . our own little miracle!"

Little children just seem to know, on a soul level, where they are going. Indigo children are open and honest. They will speak openly when confronted. It is one of their greatest strengths. They are not settling into our school systems because they know that they have a higher purpose. They already *know* everything they are being taught, and they get bored with repetition.

These children need respect, and they need discipline. It is most important to show discipline to these children, as it is their guiding light. It is imperative they are taught discipline in positive ways, and not punished for their seemingly bad behaviour. They need to be taught what is right and wrong, for these young souls do not have the cellular memory of earth experiences that we have. They are not equipped to make the sorts of decisions that others with more experience would be able to discern. It is best to give these children choices, for example ask them which chair they would like to sit in at meal times, or what they would like to do next. They will always have an answer and they won't hesitate. Problems arise when you try to force them to do something that is out of alignment with their life's purpose. There is always a compromise that should be able to be reached.

They are the children of the future, and as such they carry within them great potential for the planet. They hold the future codings for all of the planet, and they will be here as our teachers to lift us forward into the higher vibrations if we allow them their reign and show them our love, our support, and our respect. They are very intuitive. You cannot fool an Indigo child. They know intuitively what you are thinking and will be very disappointed in us if we say one thing and do another. They are little

adults and as such they do not need to be treated like a child. They laugh at us when we speak in baby talk at them, because they already know who they are, and they most likely think we are silly for not speaking to them as adults. Their understanding is so much greater because they still remember where they are from. They expect to be treated like royalty – for they are indeed special.

These children are also known as star-seed children. They are different in that they ask a lot more questions. They have a knowing far beyond their years. They are capable of performing healing work, are psychic and can do remarkable things. They come in to the earth plane with full memory of who they are. They are angelic-like beings and they come to give us many gifts. They are from other planets in the universe, and they choose to come here to be the leaders of the New World order. They are coming from a totally different reality base as they have lived in a fifth-dimensional reality. These children need to be nurtured so that they can complete their mission here on Earth.

I have also been told that some of the new children are Crystal Children. These children are from other planetary systems and are carrying a new energy to the planet. As time passes, we will find more and more of these children will be different, as with the coming of the new age, new energies will be coming in to help earth's ascension. Many of the souls leaving the planet en masse during the wars and famines will be returning in the crystal vibration. They will be more evolved as they will be consciously aware of why they are here.

Since the Harmonic Convergence of 1987, these souls have been coming to the earth in their thousands. They show such innocence in the face of punishment and blame, for they are really blameless, innocent souls. They are experiencing life in the best way they can, and doing the best they can with what they are taught by us, the adults.

I believe my little grandson is an Indigo child. From the time he was born he has exuded love to everyone. Every time I have been with him, the love I have felt from his little soul remains with me for days afterwards. It appears he has that effect on others also. When he was still a young baby his little hands were never still. They opened and closed with great rapidity and he could not keep them still. He hardly slept. He wanted to see the world and anything that was going on around him. He had more energy than a young puppy. As he grows he imitates everything we do. It is like watching a miniature adult in action! When he was only about four months old, I read that these new children will be helped to recall their purpose later in life if we keep their energy in a crystal. I laid a crystal in my little grandson's cot, and let him touch the crystal. He actually somehow managed to move this heavy piece of quartz around his cot. When he had been with it for several hours, I then wrapped it in black velvet to put aside until he reaches his teenage years.

A crystal is known to store energy. If we keep a crystal near these young ones over a forty-eight hour period, or allow them to hold it so that it receives their vibrations between the ages of four to six months old, it will receive enough of their energy. When they reach their teenage years we can return the crystal to them, and by holding or playing with the crystal, they will be able to recall much of their life's purpose from the energy stored within the crystal. One day I will return this crystal to him and see what his reaction is. Even today at two years old, he exhibits signs of knowing all.

These children are often a handful. They need so much attention and love and it is hard for a busy parent to provide this. They are restless and enthusiastic about everything – until they get bored – which they do very easily. They constantly need something to keep them occupied. These kids are finding it hard going in school and are often the troublemakers because they need stimulation, which they are not getting in our current school system. They seem impatient and also don't like waiting in queues. They have so much to give, if only we could listen to them for a change!

These Indigo children are beautiful souls. They come with so much innocence, and yet so much knowledge. They are not used to the heavier vibrations of this planet, and often have a hard time adjusting. They are little miracles within themselves.

The following little true story provides us with evidence that these children *do* carry their own little miracles. They somehow don't reason the way we adults do. They just *know* things intuitively.

A Miracle⁵

Tess was a precocious eight year old when she heard her Mom and Dad talking about her little brother, Andrew. All she knew was that he was very sick and they were completely out of money. They were moving to an apartment complex next month because Daddy didn't have the money for the doctor bills and our house.

Only a very costly surgery could save him now and it was looking like there was no one to loan them the money. She heard Daddy say to her tearful Mother with whispered desperation, "Only a miracle can save him now."

Tess went to her bedroom and pulled a glass jelly jar from its hiding place in the closet. She poured all the change out on the floor and counted it carefully. Three times, even. The total had to be exactly perfect. No chance here for mistakes. Carefully placing the coins back in the jar and twisting on the cap, she slipped out the back door and made her way 6 blocks to Rexall's Drug Store with the big red Indian Chief sign above the door.

She waited patiently for the pharmacist to give her some attention but he was too busy at this moment. Tess twisted her feet to make a scuffing noise. Nothing.

She cleared her throat with the most disgusting sound she could muster. No good. Finally she took a quarter from her jar and banged it on the glass counter. That did it!

"And what do you want?" the pharmacist asked in an annoyed tone of voice.

"I'm talking to my brother from Chicago whom I haven't seen in ages," he said without waiting for a reply to his question.

"Well, I want to talk to you about my brother," Tess answered back in the same annoyed tone. "He's really, really sick... and I want to buy a miracle."

"I beg your pardon?" said the pharmacist.

"His name is Andrew and he has something bad growing inside his head and my Daddy says only a miracle can save him now. So how much does a miracle cost?"

"We don't sell miracles here, little girl. I'm sorry but I can't help you," the pharmacist said, softening a little.

"Listen, I have the money to pay for it. If it isn't enough, I will get the rest. Just tell me how much it costs."

The pharmacist's brother was a well-dressed man. He stooped down and asked the little girl, "What kind of a miracle does your brother need?"

"I don't know," Tess replied with her eyes welling up. "I just know he's really sick and Mommy says he needs an operation. But my Daddy can't pay for it, so I want to use my money.

"How much do you have?" asked the man from Chicago.

"One dollar and eleven cents," Tess answered barely audibly. "And it's all the money I have, but I can get some more if I need to.

"Well, what a coincidence," smiled the man. "A dollar and eleven cents - the exact price of a miracle for little brothers." He took her money in one hand and with the other hand he grasped her mitten and said "Take me to where you live. I want to see your brother and meet your parents. Let's see if I have the kind of miracle you need."

That well dressed man was Dr. Carlton Armstrong, a surgeon, specializing in neuro-surgery. The operation was completed without charge and it wasn't long until Andrew was home again and doing well. Mom and Dad were happily talking about the chain of events that had led them to this place. "That surgery," her Mom whispered, "was a real miracle. I wonder how much it would have cost?"

Tess smiled. She knew exactly how much a miracle cost... one dollar and eleven cents ... plus the faith of a little child.

A miracle is not the suspension of 'natural' law, but the operation of a higher law...

Walk-Ins

Many souls coming to this earth, as Indigos, return with their full memory intact. There are some, however, that do not wait to go through the birthing process, as it is too slow for them. They know they have a mission to help mankind, and cannot wait that long. So they enter into a body – usually the body of a soul who wants to leave. This is always decided on prior to the incarnation of the original soul. They take on the memories of that soul, as well as their own, and find it difficult at first realising their new life on this heavy planet. But they are here to help speed up the evolution and ascension of mankind.

A soul usually makes a completion in this lifetime when they die, but in certain lifetimes they complete their work early. In these cases, it is permitted by prior

agreement that another soul takes over the body so that the original soul may go back and do other work in spirit. These incoming souls take on all the karma of the original soul, and complete any work that was undone by the departing soul before they can get on with their mission. Some of the walk-ins are fortunate enough to have full memory recall. They have to integrate into a human body which for some is not easy. If the former occupant did not look after the body, it can be quite a task. Sometimes the former spouse is a stranger to them, and it takes some working together. This is why many partnerships fail when a walk-in takes over. Sometimes it can be a near death experience, whether a drowning, a severe car accident or a life and death operation, which can bring in the walk-in. The other soul chooses to depart at this time and the new soul enters. This is a pre-arranged situation.

One walk-in spoke of the fact that they often have an energy field around them which is higher than normal people, and sometimes people can walk around them and not even see them. They almost run into them. If the energy field is high, this can be a problem for a walk-in if they are trying to communicate with others. She spoke of the problems they sometimes have of learning our languages, of trying to relate to our families and of fitting into societies on their arrival. Those known as walk-ins are sometimes from the ships that are above the earth. Sometimes they can come and go as they choose, and another soul will enter. But this is rare. Usually a walk-in will come and stay for the duration of the body's physical life.

The difference with a walk-in and those souls born into the body from its inception is that the walk-in comes with full memory intact of its purpose and prior existence. A soul born through the birth process often loses much of its memory as it grows. All those who come through birth, or through entering the body later, will eventually recall their cellular memories but this takes time. One's purpose is being given priority now, as the earth's consciousness is changing and the time for this awakening is imminent.

CHAPTER 10

HUMANITY'S COLOURS

The light within the human soul

Is what is our true being

We see ourselves so physical

But we miss our spiritual seeing.

How great it is to see such form -

The beauty of the soul

We cannot live without it

Only with it we are whole.

The colours that are seen of us

Show beauty inconceivable.

We cannot visualise the light

That shines within our vehicle.

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We have been told by our guides and angelic helpers that we carry light within us – a light so beautiful that, seen from the other dimensions, it radiates with many colours – even colours we are as yet unaware of. I have heard that in the new age we won't need light any more because we will radiate with our own Inner Light. I do not find this hard to believe in view of the fact that we are light bodies within a physical casing.

Have you ever noticed someone who is radiantly happy? They seem to glow with an inner light. We may not be aware of what we are seeing, but often we are seeing the glow of their auric light without even being aware of it. We *sense* light around people even though we do not really understand at the time what we are seeing. This is why we tend to withdraw from people who are sad, angry, or depressed.

Kryon, channelled by Lee Carroll, used to say we 'earn' a certain colour by coming to this planet. In other words, we actually earn our colours by a physical incarnation upon earth. So when we arrive back into Spirit, all those who greet us see these colours around us and know that we have been here. We are seen by those in spirit as radiating multi-coloured beings.

People choose colours on days when they are in certain moods. Sometimes we might pick a bright red outfit – often unconsciously this is when our energy is low, and we need to feel the lifeblood of the red to bring us back to life. Other times we may choose pink because we are feeling a warmth and love for others. Sometimes we might choose a yellow to brighten our day, or a blue or purple to give us a spiritual lift. Whatever colour we choose, often they reflect our feelings on that day. Some people cannot wear certain colours because they don't have an affinity for them. I, myself, seem to wear green very little. I do not know why, but once when I had an "angel sketch" done, every prominent colour was seen in the picture, except green. I asked why, and was told – "because I don't see green in your aura". Green is a very healing colour and many people are healers, so likely this is not my choice in this lifetime.

Colours Reflect our Inner Feelings

It is quite amazing, but the colours around us *do* relate to our inner feelings at the time, and can give those who can see these lights, an indication of what is happening within our physical body – often even before we are aware of it ourselves! Usually these lights are flashing different colours over and over and are never still. They appear to be ever-changing. I have had an aura photo taken with a friend, and both of us had very similar colours in our auras. We were told that because we'd been together much of the day this was likely to happen. Apparently we pick up each other's thoughts if we are in close proximity to others.

The lights that surround us while we are meditating, or in a higher state, however, tell us that we are much more than our physical bodies. We seem to radiate many colours, sometimes all at once!

Even when we are feeling great emotion, these lights surround us at their zenith. Astaro told me:

You are finding often of late that your emotions are rising to the surface. This is not a thing to be judged. Rather it is a thing to rejoice, for as these emotions are accepted, forgiven and released, they create a vortex in the heaviness which has held your world in darker density for many thousands of years. As each individual accepts and forgives himself, accepting his emotions and his pain, he passes through this density and into the Light of higher vibrations.

These things are happening for a purpose. You may not have acknowledged yet, what your deeper Self already knows. That is, that you chose this particular time, this particular lifestyle, and this particular circumstance, especially for the learning and the valuable experience you would gain from this lesson. You cannot always see things as they are. We see from a perspective that is pure light. We see what you could not possibly imagine. From where we are, you all look like beautiful ever-changing lights, the beauty of which you could not even imagine!

Try to visualise the varied lights that light up upon your Christmas Tree. See how they change as they flash on and off? Well, imagine if you can, that these lights change colours every second – to a myriad of different and varied colours. This, dear ones, is how we see you from our side of the veil in Spirit.

You call on us for help, and we come. We honour you so much, and hold you in so much respect – for it is YOU who have chosen this experience. It is YOU who have chosen to come to this earthly plane, this heavy density, for the chosen experience of integrating your emotions from many past lifetimes, into this current lifetime, in order to lift all the density around this planet into the Light. This was your choice – freely given – and we are here to assist you at any time you request our assistance. We love you and honour you. You have chosen the harder path, and because of it, your glory will be all the greater. You have given much to come to this density, and you will be honoured so much more, for having been here.

Cherish your moments. Cherish your feelings and your emotions, for they are just a passing phase as you walk through them into the new dimensions. Allow each feeling and emotion to exist – to co-exist – with the lighter feelings you also feel. This is why you have chosen a duality existence.

Love each and every thought, emotion and feeling you have. By accepting and allowing these emotions within yourself, you are honouring and accepting them in others. This, my children, is how you are creating Heaven on Earth.

I leave you with great Love and Blessings.

We are being told to accept and cherish our emotions, as they are part of the emotional body, which resides within us. We cannot see the colours within ourselves, but those in spirit can see these colours, and they radiate out from us like a myriad of rainbows.

Chakras

We have internal spinning colours in our bodies that are called chakras. This name originated in the Eastern countries. A chakra is the name for an energy system within our bodies that vibrates to different colours. We have seven major chakra centres. Each chakra colour is associated with issues we are facing. Other smaller chakras are located at places like the ankles, knees, wrists, elbows.

Our base chakra is located at the root of the spine, and is red. This is where we energetically experience flight or fight. The next energy centre is orange and deals with creativity and sexuality. The third chakra is yellow and this is where many mediums reside when they experience clairvoyance. It is the seat of personal power. The fourth chakra is the heart chakra and is green. This is where we experience love. The fifth chakra is blue and is in the throat area. This deals with speech and expression. The sixth is deep purple and is located in the forehead, or third eye area. It relates to vision or clairvoyance. The seventh chakra is white or indigo, and is the opening chakra at the top of the head. This is where our spirit enters and leaves our body.

If we look at a rainbow, we can see the identical colours of our chakra systems in the rainbow. We each carry our own rainbow of colours, and these are visible to those in the higher dimensions. This is in fact, how they see us.

The Christ Within

Christmas time is a time when we see bright coloured lights all around us. One year I felt like I had lost the old feelings I used to have, and didn't understand why I felt different.

This message came to me in the early hours of the morning, near Christmas. It is very relevant to me personally, but many of you may also find it pertains to your own feelings. I felt I was being shown how it is not an 'outside' Christ that we should look to at Christmas time, but the inner Christ light within.

Dear Ones,

This is a time of great transition. It is a time of great release. You will find there is much polarity showing in your world at the present time. There is much joy on one hand, and much seeming negativity on the other hand. I say, seeming negativity, because all things come from Source, and all is only as it is perceived. You will find much coming to the surface at this time - much of your feelings of despair, feelings of dissatisfaction, feelings of disappointment. All this is good. It is a lifting of these emotions to the surface so that they can be transmuted and healed. Let them go. Do not try to hold them in. Do not let the ego convince you that things should be a certain way, and that these feelings should be held back. It is time for their release.

The new beginning that is happening in your world is one of such balance, that all feelings are overridden by a knowing of great light. This is the balancing that is to happen in your world of polarity. These feelings of dissatisfaction, disappointment etc. come from expectations that you have held for many years of what things should be at this special time of your planet's celebrations. The reasons for these so-called 'negative' feelings, is that no longer is the old pattern of appearances to be maintained. All of your feelings will surface in the coming months, and all will have to be accounted for. Do not repress these feelings, for they are part of the great healing that will happen, both on a personal level and on a planetary scale. This is all part of the releasing that must happen for the transition to progress, both of yourselves personally and for the planet.

Have you noticed that things seem different this Christmas? You will find that the old traditions no longer have any meaning for you. They are falling by the wayside, as it were. This has been happening slowly for the past few years. The world is changing...and the old belief patterns can no longer be maintained.

Look within to your heart, to your inner depths, and there you will find the peace of the Christ within your own heart. This is where the true Christmas message resides. Only when there is peace within the very depths of your inner soul, will you realise that the Peace of this planet depends on your own transition within.

It is the small gifts that jerk your heart. It is the small stories of love from the very depths that make your heart rejoice. This is what the meaning of giving to the Christ within is all about. You give to yourself, your inner Christ flame, when you rejoice inwardly. All that has come to the surface is there for transmutation. Once it has been released - not held by the ego - but released, it makes room for the wonderful transition that is to follow.

This Christmas time is for always - not just now. It is a gift given by your own Higher Selves to awaken you and bring you towards the Light that is waiting, here in the now, for you to reach out and gladly accept as your own gift.

Let your feelings pass through you till you reach that gift deep within your heart.

This is the Christmas message for you all... This is for always.

Blessings my children.

Adieu. I AM Astar.

I believe we have light that radiates out from our bodies each moment. This light is affected by our thoughts, by our emotions, by our moods, and by our actions. This irradiating light not only affects ourselves, the others around us, and every part of the planet we touch, but it also assists in lightening the heavy atmosphere of negative energy that is surrounding this planet.

It is for mankind, in his partnership with earth, to prevent war. The best way for him to do this, is not to fight war with war. War should be fought with love. The energy of love is far stronger than mankind could realise. Pink is the colour of love energy. By sending out waves of pink light to surround the troubled areas, we are creating a vortex of light energy that cannot be penetrated by anything of a lower vibration. This is one of the strongest, surest and most positive ways, to enlighten our planet and prevent these energies which are threatening us, from causing any harm upon the planet.

The energy of earth has shifted. We can see this in the energy fields around ourselves and around plants, trees, and all physical manifested life. James Redfield, in his book *The Celestine Prophecy*, describes seeing the energy and colours around the rocks, trees etc. When he was looking at different plants, really focussing on them, he could see a bubble of white light encircling each plant.

He writes:

"I stepped back in shock. Around each plant within my vision was a field of whitish light, visible, yet totally transparent, so that none of the plant's color or form was obscured. I realised that what I was seeing was an extension of the plant's unique beauty. It was as though first I had seen the plants, then I had seen their uniqueness and presence, and then something had amplified in the pure beauty of their physical expression, at which time I had seen the energy fields."

We could all see these energy fields of light if we were able to take the time to practice. It is not impossible, as James Redfield has shown, and in the future, it is going to be possible for us all to see them.

Auras

We all have auras, which reflect our moods, and some colours, which are with us more than others. Auras are spiritual colours, which if we were psychic we would be

able to see. There are some mediums who see auras around people. Usually children have this ability but cannot describe what they see, as they feel it is a natural part of life and don't even question it. One medium describes how, as a boy, he saw lights around people. He had an aunt who he always saw pink colours around and she was his favourite aunt, pink being the colour of love. Once he saw black around a man he bumped into while walking into a shop. The following day he saw a picture of this same man in the newspaper. He was wanted for murder!

Red has been associated with anger, especially if it is a murky red, but bright red shows sexuality and life force. Blue is a spiritual colour as is violet. Yellow is intellectual. Those that have green around them are often healers. Orange indicates self-esteem and ambition. Brown can indicate self-involvement and greed, but it can also signify illness, as can grey. Grey is generally the colour of depression or sadness, and black is often associated with death. There are many good books available on the colours of auras and what they mean. Often these colours can be mixed and it takes someone who understands them to interpret them properly.

Dark colours in the aura can indicate something wrong within the body. Some mediums have seen dark colours around parts of the body that are quite healthy at the time. It has transpired shortly thereafter, however, that an injury or break occurred exactly where the medium had seen the dark shadow! This happened to a friend who was asked if his ankle was all right. He told her it was fine. She explained she saw dark energy around it. The next day, he fell from a ladder and broke his ankle!

Another medium was asked if he saw auras all the time, and he replied:

"We all perceive the auras of others whether we are conscious of it or not. Have you ever walked into a party where you didn't know a soul and as you walked around there were people that you just didn't like? Maybe some of them didn't fit into the range of acceptability because of their physical appearance, or because of what you could pick up from their conversation as you walked by; You just knew that you were not interested in them, or perhaps they were even frightening 'for some reason'."

Incidentally, speaking of colours, did you know that the human eye can see more shades of green than any other animal? When we pass into the new life beyond, I am told we can see colours that we cannot, as yet, even imagine!

Edgar Cayce, the late seer, was able to see colours in people's auras. He once was about to step into a lift descending to the floor below. He stepped back in shock. Every one of the people in the lift had no aura. Seconds later the lift collapsed and they were all dead. He had always been able to see auras around people from the time he was a young boy. It appears that the auras around these people, who were going to die within seconds, had already left them! It makes one question – do our souls depart *before* we die?

As James Redfield discovered, even plants have auras and fields of energy or light around them. This was shown through Kirlian Photography where the plant was cut and yet the aura was still shown when a picture was taken with a special camera known as a Kirlian camera. Kirlian Photography is also known as "the aura camera". The camera that is used at psychic and holistic fairs isn't a Kirlian camera. This

camera records the image on a computer, which then denotes what colour your aura will show up on film. The actual camera itself must have physical contact with the object being photographed. This means that what you're taking a picture of, must be touching the film itself. These "Aura Cameras" measure the temperature through the fingertips. An auric light on the other hand, can be seen around the plants, trees and even humans without any touching.

The light of the Divine is within each of us, all of humanity as well as in plants, trees and rocks, and it is up to us to radiate it out into the world to help lift her towards her ascension.

CHAPTER 11

TWIN FLAMES

A little flame split
From its source long ago,
And for eons did travel
To find its true home.
It found a place
On Earth's sunswept sea
It split into two –
Two dolphins so free.
The sparks separated –
Each to its own,
And went off in search
Of adventures unknown . . .
They experienced life
In its various forms
And soon forgot they
Were once part of the Divine.
A yearning within
Sent a signal so pure
It soon manifested
In a telepathic cure.
The links were now forged
With truth and insight
And impatience to meet,

Produced flames in the night.
The twin flames remembered
The years that had passed
The splitting of selves
Seeking togetherness at last.
The journey is now
On its final last stage
The flames are rekindled
And together again.
The twin flames shall
Once more become one
As homeward bound
To their Source they come.

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There has been much written about twin souls and twin flames. Twin souls, twin flames, and soul mates has received much exposure during this past few decades. These days, many lightworkers are reuniting with their twin flame or twin soul. Because so many of us at this time are "obsessed" with finding our spiritual counterpart. This has become such a passionate and driving force that many light workers are beginning to feel that they cannot be a 'whole' person unless they find their 'other half'.

From years of intensive and exhaustive past life hypnosis on clients, Dr. Michael Newton, in his book *Destiny of Souls* disputes the notion of twin souls. Not once did a client of his use the term "twin soul" during a past life regression. Also, when regressed to the time of a soul's creation, one client stated that the soul was not split-off from another soul or flame, as the twin soul theory suggests, but was instead "spit out" from the source as a tiny white light with a group of other little lights, each one unique. His clients do report however that they have a "primary soulmate" rather than a twin soul.

When souls were created, Creator wanted to know of itself. The Spirit of the Creator wanted to experience itself, so it split itself in order to experience and understand who it was from another perspective. It knew everything, but it needed to experience and learn more from outside of itself. As it kept learning, it wanted to experience the different sexes that resided within it. So it split off into male and female (or as Dr

Michael Newton has discovered, the souls were 'spit out'). This is how twin flames first began. They are a part of the same soul self, but they needed to experience it in different forms.

Our souls are androgynous. We first began life as one soul. We wanted to experience life from outside ourselves, so we split into two. Somewhere along the way, however, we lost our way. We forgot what we came here to experience as we got caught up in the ego self. We wanted to experience the energy of the lower chakra systems, but on entering the lower planes, we got trapped in these lower energies.

We are now on an upward trend, on our way back home again. We are only now beginning to discover other aspects of ourselves. This is why so many are searching for their 'other half'. They feel they have lost something, yet they do not know what it is. Some people go from one partner to another, continually searching, not even knowing fully what they are looking for. Hence they search endlessly sometimes, for that aspect of themselves that they lost long, long ago. Each is searching, and the sexual attractions are but one way they seek their self-fulfilment. Through pure sexual union, souls can experience their true God-self. This is why they are continually searching. Sexual fulfilment can bring a soul closer to their God-source than any other means, while in the physical body.

Jess Stearn, quoting Dick Sutphen says, "Relationships and the concepts of destiny manipulating us on the chessboard of life have always been my primary interest. I know that shared past lives are the prerequisite for an important relationship in this life. People appear to come together by an unseen plan. Their union is often a reward, structured for them to learn or teach together, sometimes to support each other in a shared purpose or mission, recalling Edgar Cayce's 'Life a glove slipping onto a hand, like a tenon into a mortice.' "

Soul mates are those souls that, when we meet them, we feel we have known them all our lives. Sometimes a soul mate can be a brother or a sister, or even a parent. It is not unusual for soul mates to incarnate together, or plan to meet up in a lifetime, such as when two people meet and feel they have known each other before. We all have many soul mates that we have known in past lives. We often choose to incarnate with a soul mate, or even two, as they support us and bring in that aspect of ourselves that we have forgotten. A union with a soul mate can be a testing time also. They can come to teach us a lesson we needed to learn in this lifetime. We may not recognise it, but we often are being shown aspects of ourselves in a soul mate, that are reflected back to us to help us take the next step forward.

Kuthumi, one of the masters, has told us:

"There is often some confusion between the terms Twin Soul and Soul Mate. You can and do have many Soul Mates but you only have one Twin Soul. This is not a "New Age" concept but one that has been a part of the ageless Wisdom since the beginning of third dimensional existence. Through many lifetimes you have travelled, sometimes together and sometimes not. You have experienced all the relationships together. It was never limited to that of lovers. Not always did you get along harmoniously. Some of the worst things that happened to you, you did to each other. This was part of the plan, for all experiences are part of the evolution process. You

had to repel each other before you could attract each other. Most of those ascending to the 5th dimension at this time in Earth's history have their Twin Soul there already. They will become known to you at the proper time. This is not something you can make happen before its time.

"A word of caution: It is easy to get carried away with the romance of this concept. Keep your feet firmly on the ground with this issue and be discerning. It is very easy to believe that someone is your Twin Soul because you want it so much. Be very wary of people who tell you that they know who your Twin Soul is because those who do know will not tell you. They will only confirm it for you when you say, "I think this person is my Twin Soul." A friend may suspect and say something to you. Do not let a mere suggestion become an accepted fact. I tell you this to spare you much hurt."

Twin souls are part of a multi-soul group, and we often find we have twin souls, or kindred spirits among those we meet. As like attracts like, this is not a rare occurrence. There are many from the same soul groups who remain in spirit, or in the non-physical realm, while part of the soul group incarnates. Very rarely do all of the parts of a soul group incarnate at the same time. These often act as our guides in spirit, or our guardian angels. They share much with us and are of like vibration. They assist us in many steps of our life on earth. Those that do share our life are so in tune with us, that they often share our very thoughts.

Twin flames are so much alike, they can be repelled by each other. If they were to meet, they would find the intensity unbearable for any length of time. So they often chose to experience separate aspects of the same soul essence at the one given time.

We are all complete within ourselves, but we have parts of our souls experiencing other things at the same time. Creator wanted to know of itself. The Spirit that was Creator wanted to experience itself, so it split itself in order to experience and understand what it was. It knew everything, but it needed to experience and learn more from an objective point of view. As Source kept learning, it wanted to experience the different sexes that resided within it. So it split off into male and female. This is how twin flames first began. They are a part of the same soul self, but they needed to experience it in from a different perspective and in different forms.

Our souls are androgynous. We first began life as one soul. We wanted to experience life from outside ourselves, so we split into two. Somewhere along the way, however, we lost our way. We forgot what we came here to experience, as we got caught up in the ego self. We wanted to experience the energy of the lower chakras, and we got caught in the lower energies. We are now on an upward trend, on our way back home again. We are only now beginning to discover other aspects of ourselves. This is why so many people are searching for their 'other half'. They feel they have lost something, yet they do not know what it is. Some people go from one partner to another, continually searching, not even knowing fully what they are looking for. Hence they search endlessly sometimes, for that aspect of themselves that they lost long, long ago. Each is searching, and the sexual attractions are but one way they seek their self-fulfilment. Through pure sexual union, souls can experience their true God-self. This is why they are continually searching. Sexual fulfilment can bring a soul closer to their God-source than any other means, while in the physical body.

We are part of a multi-soul group and there are many from the same soul groups who remain in spirit, or in the non-physical realm, while part of the soul group incarnates. Very rarely do all of the parts of a soul group incarnate at the same time. These often act as our guides in spirit, or our guardian angels. They share much with us and are of like vibration. They assist us in many steps of our life on earth. Those that do share our life are so in tune with us, that they often share our very thoughts.

Twin souls complement each other. We often find we have twin souls, or kindred spirits among those we meet. As like attracts like, this is not a rare occurrence. Those that do share our life are so in tune with us, that they often share our very thoughts. When one has found their twin soul in their lifetime they are very blessed. It is not that they are not whole without them, but that a twin soul will *complement* them so well that their life feels fulfilled.

Twin flames are so much alike that they can repulse each other. If they were to meet, they would find the intensity unbearable for any length of time, so they often chose to experience separate aspects of the same soul essence in their own way. A twin flame is sometimes the other side of the coin to our own selves, and as such we would find the intensity too overpowering if we were together too often. It would be like two flames meeting. They would burn each other out within a very short period of time. They would be very *alive* to be sure, but so much so that it could not last while in this dimension.

Some believe that we were once dolphins, sharing the consciousness of the planet with all life; freely playing in the seas and opening our minds to all. If this was so, then the dolphins today have a lesson for us. They hold within them the memories of times long past. They have not forgotten. They teach us how to share, to play joyfully and to exhibit feats of incredible strength and agility. Their sonic sounds have the ability to reach our cell memory. It may be that their communication with man is so strong because they know that we were once connected to them. It may be that they share a soul with mankind – that mankind's soul is twin to the dolphin soul. Their ability to awaken us to the higher consciousness is such that we have changed because of them.

Our time is now to awaken to our own independence and know ourselves. We do not need to be with a twin soul, a soul mate or a twin flame, as we are whole within ourselves. A twin soul may *compliment* us, but we have the power and the strength to stand alone and know ourselves, from the inside out. But we do not *need* to find a soul mate or twin soul to continue our life. So many people in the world today believe we need to find our "other" half, and do not feel whole without someone. But this is not the case. Far too much media play is behind the "need" to find our soul mate or twin soul and it causes great stress upon relationships and marriages. Our dependency is our weakness. When we can stand alone, then everything we have ever desired will come to us. This is the law of the universe. We attract to us what we give out.

In a moment of mental torment, wanting to understand who I was, and how I related to someone whom I felt I might be connected to, on a soul level, I unintentionally called on my Higher Self, in my desperate need to understand what was happening:

You have called and I have come. I come to bring you reassurance. There is much happening upon your world, and emotions and balancing of its polarities, are most important at this time.

You all have a twin flame. This flame reflects the other side of you that you are not experiencing at the present time. So dear one, you are right in that what you feel will often be the polarity of what your twin flame is feeling. The two melded together make the whole. You cannot have one without the other and have completeness. So if you can imagine it is like a form that has many facets. Every time one facet is polished, another facet of the whole is shown as being shadowed, or darkened.

The purpose of this is to begin to polish all the hidden little facets that do not often see the light. As each facet is polished, more and more of this diamond of light, that is your complete soul, will emerge. When the focus is on only one facet - that is, one partner of the twin flame finding joy, it is not enough for the other partner. ALL facets must be eventually brought into the light and polished. Do you see?

It is with joy that each part is brought out. More and more of the parts making the whole are being exposed. This is part of the game board of life. You have found a part of you in your twin flame, but that part will bring up some degree of the 'unpolished' facets within yourself. Accept this and be joyful. It is not that you are falling down into sadness, but that these deep hidden parts of yourself are coming out into the light. Once they are polished and brightened, the whole will be made more glorious.

Every part of every soul is being exposed to the recent influx of energies that are entering upon your earth. This is part of the plan of the Great Ones - that each soul be given this opportunity for growth to its full potential. Many will find they are facing these sides of themselves - but it is not a detriment. It is a good thing, because as each part emerges into the light, it is enlarged, encompassing the ALL of it - and eventually it will be completely whole.

The nature of Creator never stops. He/She/It is ongoing and ever enlarging and expanding as growth takes place. Eventually the WHOLE will be so much richer for having been through total exposure and become a most glorious LIGHT.

Be of good cheer my dear ones, for the time of this growth is NOW.

I believe this wholeness comes from our total acceptance of, and being, who we really are. Until we are completely at peace and accepting of ourselves, we will never be able to handle the other part of our twin flame. To be prepared to face and re-unite again with that part of us that split from us in the very beginning of our formation as spirit, we have to be complete and totally compatible within ourselves.

So many feel that they need their divine complement to become whole. But in truth, all that they need is already there – within themselves.

I have seen those who have felt they could not handle life until they were with their twin flame, or twin soul. They have been prepared to forsake life and limb for what they believed they needed to fulfil their life. But I am being assured time and again that all that we really need is within our very own souls.

We are multi-dimensional souls. We are whole within ourselves. We may be experiencing many lifetimes at the same time, either on this planet, or in other star systems. We come from various soul groups consisting of many souls of the same vibration as ourselves. We have chosen to be here to experience all the varying forms of life, and each aspect of ourselves has chosen a different experience. There is no right and wrong. There is no good and bad. We are each, every aspect of the other, with one aspect being more predominant.

We have chosen to experience the different feelings and are polishing up the different aspects of our total soul. Each lifetime we may choose a different aspect to polish up.

Coping with Emotions

Our earth here is one place we experience emotions. When we reach the higher planes, we don't have the same emotional pull as we do on this plane. Our emotions are what we are here to experience and overcome. Sometimes our emotions become too much for us, as we rise and fall, over and over again in an effort to control that which seems to overwhelm us. Our relationships with twin souls, twin flames and soul mates all bring up emotions that we are finding it hard to relate to.

We often find it so hard to cope with our emotions. We cannot put them aside, yet we have a hard time so often because they actually affect us physically, as well as emotionally. If we allow our emotions to become too much for us, we become sick. The only way we can really get through these emotional periods of our lives is to accept them, let them play themselves out, and let the emotions pass through us. If we block these emotions, or refuse to face them, we cause ourselves only harm. By allowing them to flow through us we transmute the emotion and release it, thereby allowing ourselves freedom from any blocked emotion. We are told not to judge our emotions as they rise to the surface. It is time to rejoice when this occurs, as it means the emotional body is healing. The emotions are coming to be accepted, forgiven and released. Earth beings are learning and growing because of their emotions, and other planetary beings are very curious about it because we are able to express such strong emotions. Oftentimes these emotions will surface through dreams. As we release each emotion, we are allowing ourselves to vibrate to higher dimensions of light.

Our emotions tend to lead us astray at times. So we are being told that we have to walk through them, facing them daily, for this is the path of duality we are on at the moment. It can help if we don't allow ourselves to get into duality but to see the wholeness of all things. Through compassion for others this becomes possible. We have to see beyond the outer appearance of others and see them for the beautiful spirit that they are. It's important we don't attach ourselves to the outer appearance of things. Things are not always as they appear. There is so much fear and misinformation and so much hatred swirling around right now we have to become aware of these elements and not get bogged down in them. We need to continually strengthen our compassion. This can help turn the tide. We need to feel compassion without getting caught up in duality.

Without emotions we wouldn't be human. It is part of the human spirit. Our emotions are what stands us apart from some other life-forms, such as the Greys mentioned earlier, as they do not have emotional bodies. It is in mastering our emotions through

compassion and understanding that we can rise about the painful memories of hurtful emotions. Once we have mastered our emotions, realising that even those feelings we feel towards our twin flame can be mastered, we will find elation and joy unbounding as we rise forward, on our path upward to the higher vibration our planet is leading us towards. We are all one, and it is in understanding the interconnectedness of our human and soul forms, that we will begin to see this. No man is an island. No man was meant to live alone. It is through interaction with others and sharing of our lives that we learn.

The twin soul or twin flame that split off from itself long ago is now re-uniting. This is happening because we are beginning to find our own hidden strengths. All soul families are now coming together again. With the help of the Internet, and with the ease of overseas travel nowadays, connections are being made with like-minded souls in ways that would once have been impossible. All things are now possible. Our soul's experiences are not limited. We just have to allow all things to come to pass without resistance. As we move deeper into Spirit, we will find everything moving in synchronicity around us. As we allow all things to pass through us, without judgement, we will complete the path we originally chose when we first birthed as a flame of light from Creator.

As this age ends and a new age dawns, we will find that more and more souls are re-uniting with another aspect of themselves. As the earth ascends, so do these souls. They are on their journey back to share all their myriad experiences with the Creator Source.

CHAPTER 12

CHANGING REALITIES

The prophecies of old told a tale so sad
And many believed that our future was bad.
But if we look into ourselves fully now
To see beyond what was destined somehow
We'll find new reality and a future of light
And know we can walk on this path, oh so bright.
The path to the future can go either way
Are you prepared to step into the New Day?

Throughout the ages, prophets have predicted dire consequences and a terrible war for these times we are now facing. Yet if we read into the predictions far enough we will see that there are alternative predictions where mankind can choose his own future depending on his readiness to change his reality. Either reality is valid. Those that cling to the old way will find that for them, chaos and devastation are indeed taking over the world. Yet for those who see hope and light in this world, they will find peace and a new future of hope.

We do have the power to change our reality through our thoughts, prayers and meditations. During the Israeli-Lebanese war of 1988, people all over the world meditated and prayed in a mass purpose to stop the impending war. Just moments before the US was to launch their bombs, an agreement was signed and sent to the president just in the nick of time following the mass meditation of people throughout the world. James Twyman also showed us that there is hope through prayers. When he went to the troubled countries on his mission, people all over the world prayed when he was singing his peace songs. It created a change in the reality of those countries he was in.

Many of us are facing a new reality. It is one that takes them out of their little 'safe' world into a reality that belongs in a different world. They are finding it difficult to let go of their many conditionings and judgments, as the reality they are finding is one which stretches them in all directions at once. They are also in the process of shifting vibrations, which often throws them out of balance as they try to re-adjust to this new and different type of reality. These changes are occurring to almost every soul on earth in one way or another. The Clarion call is out to all of the light workers to be fully aware of the battle which will split the solar system into two separate realities and the outcomes will be very real for all life forms in both systems. We can no longer afford to sit on the fence. We have to make our decision which side we want to be on.

There are many extraterrestrial souls from different worlds now here in human bodies. Many have not awoken to their true identity. Many could well be reading this book. There are many souls, both in and around this planet, who are also working to help the planet awaken. They are working towards the ultimate goal of lifting our reality into a wider scope so that we may see that we are not this small body in this little planet, but a part of a far greater scheme which the Creator has designed for all of us. We, and all those - both in spirit and in the realities of space, are all part of one great Creation. We have reached a point in our planet's history where all things will unfold as surely as the new day dawns. We are on a path moving into new realities that will encompass us in a great expansion of warmth. We may not see it at the time we face our struggles, as we are often so encumbered by our fears. Sometimes these can be so great that we can be blinded throughout the experience. Yet the ultimate goal is to expand our realities to become who we were always meant to be - a realisation of our part in the Universe.

For the last hundred or so years, and particularly throughout the past fifty years, people have been becoming exposed to interplanetary beings of many varieties.

They are working towards raising the consciousness of the planet and are contacting earth beings in an effort to achieve this. Some earth beings are actually from these higher dimensions, and have stepped down in an effort to assist in the planet's awakening. They are doing a great service, yet many do not even know of the other realities that they work in, while they are living a third-dimensional physical life.

According to Ronna Herman Archangel Michael tells us we are "left vulnerable without an identity we can relate to or parameters to guide us". We are releasing all we thought was important in our third dimensional reality - relationships, possessions and our perception of who we thought we were.

We will gradually take on higher frequencies and more refined energy and become more comfortable with our fourth dimensional realities. Our emotional energies are coming forth from our subconscious mind and cleaning out all the old outworn perceptions we have held. The pulsating light frequencies reverberating throughout our cellular structures are breaking loose all the impacted energies that accumulated down through the ages, stirring them up and moving them out to be released throughout our cellular structure. This allows our Christ-Self to take residency in our vessels.

We may feel we have taken a step backward when we suddenly manifest sudden dramatic illnesses but these things are being released from our bodies so we may move forward and give ourselves as gifts to humanity. When we feel a void or sense of loss, we are tapping into the higher frequencies of our being and allowing it to penetrate the very core of our physical and emotional part of ourselves, releasing any corresponding negative energies that resonate at a lower frequency. Because time is changing so rapidly, we are moving through these changes at an unprecedented rate, and we often feel giddy as we experience the shifting realities within our lives.

It is not that we are being forced to step out of the way of the life we have always known. It is that the way of life we have known is no longer there for us. We are shifting vibrations. We are moving into an age of enlightenment where the things we

may judge as a negative experience, may not be as they seem. These incidents are an awakening to our soul in order for us to move forward through the experience into the path we had chosen before our birth, but had forgotten about. It is like these experiences are a trigger - a point of change, which we have been waiting for and one which has been on our soul's agenda. It is an experience, which is triggered by the catalyst of the experience, which often shocks us, or forces us into seeing things in a different light, in order to awaken us.

We have so much to learn, and once we can look at life from this higher perspective, we will be more able to see that it is our fears, our conditioning and our judgments, that have held us back. The greed of mankind in general has been one of the greatest drawbacks to achieving an enlightened race of beings. We have become obsessed with placing other races, other religions, and other creeds in boxes of their own, causing great separation, bitterness and hatred among mankind. If we had instead begun to embrace all of humanity as one, we would have come so much further towards reaching a point of Universal Consciousness. We would then have been more fully ready to join the Brotherhood of Light in the Galactic Federation.

Nothing is without consequence in the ever-changing vibrational shift of the planet. The space beings are helping to assist the planet as it moves through these changes. They are assisting us to face a new reality. Without their help, and those of all souls working in the etheric and higher dimensions, our earth would have seen far more loss of life. They are helping us achieve ascension in much less time than it would have taken, had it been left to the human race to evolve on its own. This, combined with the incarnation of so many advanced souls, has brought the planet to a higher vibration than had previously been thought possible. The last measurement of human consciousness was taken in 1987 at the Harmonic Convergence, and the next one is due in 2013. As more people's vibrations are raised, the loss of life is less. We are being prepared to live on a much higher vibrational level and this will occur possibly within the next twenty to fifty years of our lifetimes. Our bodies are actually being altered by our own Source, as a means of extending both longevity and quality of life. We are being assisted greatly by our space brothers.

Throughout the history of our planet there has always been interaction from the space brothers. They came originally and seeded our planet. So many variations of sentient beings have visited us since, that we now have one of the most diverse life forms of flora and fauna in our entire galaxy. The human form is the only one that, although different in skin colour and features, is basically the same genetically. This is why our planet holds so much interest to all those who have come, either out of the willingness to help, or from idle curiosity. It truly is a wonderful time for the planet and for the human race. It is through facing our fears, our difficulties and our challenges, that we grow. We are not only a spark of God-All-That-Is, but encompass the whole of Creator within ourselves. Our space brothers are showing us what we have only hitherto forgotten. We never learn anything we don't already know. We have so much knowledge within our own soul that it is just a matter of being awakened to this greater reality.

Reality is relevant to our time, our place and our connection to All-That-Is. We have reached a point in the history of mankind where we are ready to move on. It is time to

let go of what we have been taught, and reach within to what we know. Are we ready to join the human race as it transitions into a greater reality?

We appear to be in a world of multi-dimensional realities. When the September 11, 2001, tragedy occurred, it split the way people saw life in the known world for so many. People's vulnerability was heightened and what had always been a 'normal' reality appeared to be no more. A huge fissure had opened for them. Nothing was as it was before. For many it must have been a nightmare that didn't end. The veil between the realities of light and dark, positive and negative, good and evil seems to have widened. We are sometimes partially in one world, and partially in another. We often don't know which is the 'real' world.

As we enter this time of uncharted territory we will find our old illusions are shattered and we will be entering a time of great awakening. What we have trusted to be stable will no longer be able to stand in the new realities being thrust upon us. Our reality is an enigma. We do not know which, or what, reality is the real one. We want to believe everything is stable and solid, but as everything falls around us, we are finding out just how vulnerable we are. The openness and realness of this fragility are painfully uncomfortable to bear.

From the beginning of our recorded time, prophets from St John of Revelations to Nostradamus, and as recently as Edgar Cayce in the early half of the twentieth century, have told of dire consequences for the end of "the world". Cataclysms and chaos, war and pestilence were predicted...but there was also an underlying second prediction for those that followed the path of God. When St John asked the angel "Is there no hope?" the voice replied, "There is always hope, O thou for whom heaven and earth were created..."

We can walk the path with our higher consciousness knowing there is not only hope but a new reality, a new world and a new chance for mankind. It is up to us to decide which reality we want take. The gap between realities is widening and it will soon become obvious just how great a chasm exists between the two realities. We can no longer afford to sit on the fence. It is time to decide which side we want to go with. We can no longer straddle both worlds. We can overcome the old world 'realities' by refusing to be a victim and taking full responsibility for everything in our lives. This is hard for those who have always felt they were victimised. We must realise that we do create our own realities by our very thoughts and by our belief systems. When we have learned that we chose this path for a learning experience, then we have come far, and we can advance to the next stage of our awakening.

Part of our growth is to understand how gratitude works in our lives. We also need to learn to overcome our feeling of lack of abundance. It is gratitude that brings things into our lives as we accept we are worthy of them. It also lifts up our heavy load, and as we give, we in turn, receive from the Creator. We need compassion and love to overcome feelings of anger, as we need to see difficulties and struggle as gifts of lessons in themselves. Any resentment or envy we hold can be turned into something positive by being grateful for the lessons it has taught us.

Each time we are frustrated by delays or obstacles in our path, we can accept that Creator knows the best timing of all things for us. There is perfection in Creation and

it is our chance to learn to trust in that perfection. Obstacles are just opportunities for further growth, as we accept them as a way of learning to overcome them.

Our loneliness is self-directed. We are never alone we only think we are. As we express love for everything around us, be in animate or inanimate, we are making a conscious choice to allow everything in our lives to have a purpose. We create our own companionship by allowing all things to have their place.

We are told that spirit is always there just waiting for us to ask. All our problems and obstacles are only what we believe them to be. Even our work life which we often say we hate so much, is only so because we have perceived it that way. If we do want to create a new reality within our lives, the best way to do this is to focus on what we really want. Let our imagination do the work. Let our imagination be our guiding light as we imagine the world as we want it to be. This is the greatest way to bring our reality into the one we want it to be.

It is important in moving through to this new reality, to focus on giving to ourself also. When we have low self-esteem we are allowing our negative ego to be in charge and not letting our Higher Selves reside. It is important to find a balance of energies within ourselves, as we need to allow others their place also. As this new reality begins in our lives, we are waiting in great anticipation. We do not know the exact timing but we know that it will happen. For each, the timing will be perfect. Accepting that all is as it should be will accelerate the process in God's good grace.

I have been told :

When man finds the peace within him he will see peace in the outer world. If man resists the coming changes, through his own refusal to accept that these changes are imminent and by imminent we mean within the next generation or so then he will find himself struggling more and more against the new energies and changes which are upon him.

Many are so entrenched in the way things "were" that they cannot conceive that the old ways and the old energies simply do not work any longer. They are expecting their comfortable way of life to continue. They are expecting money to be the god of their world, and so very many see this as the only way to the future, and their only future security and happiness. But therein lies a great untruth. Money will no longer be the ruling tie that has held man for so long. He is awakening to the fact that peace and fulfilment comes from within, and there is no greater peace, security, love and understanding, than the root of this feeling within.

When mankind has learned to share all he has, when mankind has learned to live for his brother, and give equally to all around him, in thought, word and deed and worldly goods, then he will be well on the path towards the enlightenment that the great seers spoke of.

The greatness of the human man on earth can be seen in his sharing on all fronts, the understanding of, and the oneness with his fellow man. For all those who seek, you are blessed, for your answers are soon to be found. You will find these answers within you as you listen to your heart and what it tells you.

As all realities around us alter and change, we will see business and politics as usual, but things will be gradually changing within these systems. Many companies will fall and many more will find themselves in scandal and strife, as keeping the lid on will become impossible, and nothing will be able to function very well.

We came here knowing it was a turning point in our time. We chose to go through a transformation at this time. Whether this transformation is that of transitioning through so called death, or through awakening through ascension is the individual choice each soul made. We are being prepared inwardly for the wondrous and amazing, or the frightening and awakening experiences we will each experience.

As we move beyond known human boundaries into the new reality, we enter a place of healing, nurturing and fulfilment. We look at the 'old' way, and we are in awe that we didn't see sooner what lies ahead in the way of transformation. We can begin to see that death holds no boundaries for those who have accepted it as simply a 'moving on'. Each death is a birth into spirit. How many are there to welcome a soul who has just crossed over? Wouldn't it be wonderful if the world could accept this en masse? It could change the whole way of thinking of mankind and alter all the patterns of the dark side. Sometimes we may awaken from a dream where we have dreamt we were killed, and thought 'thank goodness, it's morning'. We then go about our day. How do those we left behind in the dream world feel? Their reality is just as real to them. Do they feel loss at our going and grieve for us?

We would find it very difficult defining what reality is. For each of us it is very different. I was watching *A Beautiful Mind* recently, and I realised that John Forbes Nash, Jr., the character played by Russell Crowe, gave one an insight into what reality is like for those who suffer schizophrenia. It is so hard to walk through daily life, seeing other realities and not knowing which one is the path that is 'real'. Those people Nash was seeing as 'unreal' were ego-driven realities which seemed to give him an importance he otherwise lacked. It is human ego, which can split our reality into a schizophrenic personality. If we focus on having open hearts and giving love instead of seeing ourselves as we would like others to see us, it will prevent a lot of the suffering of tormented minds.

Sometimes we feel an emptiness with the change in realities occurs. This is not something to be frightened about. It is a good thing. When this happens it allows for new things to come into our lives. It allows for an opening that will enhance our chance to let light enter.

I myself have been feeling this emptiness lately. It is like the old feelings I had have deserted me and left me empty. I was told :

Let patience be your guide. By allowing peace to enter in and giving way to whatever comes, you are opening a part of yourself to receive the blessings that are waiting for you. Do not be afraid of this emptiness. It is but a passing moment of time. The new reality is already there - just waiting for you to be ready to accept it. It lies in another reality just waiting for you to step into. Go in peace.

As we move into a new reality, new energy, or new vibration there will be times we will find ourselves uneasy and unsure as we manoeuvre our way through the new

course we have chartered. It is never easy. But this is one path that is essential if we are to leave behind the old and take on the new. This world will no longer be able to hold the old energy of the old reality, and if we wish to move with her, we have to raise our vibrations and step into the new reality through love, compassion and non-judgement.

On reality, Astara tells us :

I AM Astara.

I come with greetings this day. Your reality is changing and many are finding themselves slipping through the cracks. Those of us in spirit watch and wonder and wait for the penny to drop until you see yourselves as the children of light that you are. Walk in trust and do not fear.

The reality that you seek will be yours. Touch that which you crave in your heart and give it life through your imagination. These times are given to you to know that what you have believed as your reality is no longer. So much is hidden from you that the Masters of old only held the key to. Many others did not want mankind to know these truths, so the priests and the Pharaohs and the kings kept them from the populace.

Slipping between realities is no different from taking off one cloak and putting on another. There is no separation between life and death. Only a passing for a time which will surely reunite as you step into the new reality. Your old world is indeed crumbling...but it is crumbling to make way for the new. The new world of wonder and light is only just a step away. Have faith and trust in the goodness of the love of God. All is in perfect accord and all is as it should be. Be at peace. I leave you now. I AM Astara.

As our realities change and lift, we are preparing to move towards the higher consciousness, which will awaken us to the grandness of who we really are. We are seeing the shift in everything around us and it will become more obvious as the years progress. We are moving towards our destiny.

CHAPTER 13

OUR DESTINY

As all things do, life e're evolves
And we are now approaching,
A time on earth when all things here
Will vibrate to a higher dimension.
As these things start to happen now
The changes within us we'll feel
We might experience sudden bursts
Of times that don't seem real.
Even things like fish and weed
Will lift beyond their dimension,
As everything is raised up higher
For that was God's intention.
The animals upon the earth
Will be used for food no longer,
As mankind starts to realise that
With just vegies he's much stronger.
For we share this planet with animals
And they are our earth brothers
And as their vibrations raise up too
They evolve, as do all others.
The planet is ascending now
And we shall find our earth
To be a brighter, happier place

Where all things have new birth.

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Our world *is* changing. Many spiritual groups are arising in countries all over the world. Kryon has spoken to many countries and given them hope. Through Lee Carroll who channels him, he has given inspiration and hope to many people in countries such as Israel and France, Australia, New Zealand, Scandinavia, and much of Europe. We hear of meditation groups in France having to hold their meetings in secret because the government has clamped down on spiritual meetings. I do not believe this is a thing to be judged. Rather it is a sign that the darkness in the world is meeting its match. Finally there are groups who are prepared to do what they believe in, and not be kept in abeyance of the law. An uprising is happening all over the world as people stand their ground for what they believe.

I believe that hope is happening on a grand scale. For all the devastating news we hear in the press and otherwise, I feel that the future is going to be a positive one. It has been brought to our attention that we have not had, as of this writing April 2002, any more major terrorist attacks since the twin towers tragedy, and people are turning their attention to problems such as poverty and unequal distribution of wealth, as well as towards the environment. People everywhere are fighting for their beliefs. This is inevitably going to force massive global change. This is major change I am referring to here, not just environment changes. This will affect the very paradigm of the way we live. As more people become aware of the need for change, more will step into the ring and follow. This will force governments to take notice and eventually bring about the much-needed tax reforms, and take people off the co-dependency which they are now on. It will eventually bring hope and equality to this world.

The shift of the ages has begun. We have now reached a point in the time of our planet where we are about to enter a new Golden Age. The great shift into the new age is almost upon us. We have been through other ages in our history's past, which have lasted approximately two thousand years each. In the known history of mankind, we have been through four ages.

There was the age of Taurus, recognised as the age of "I Have". This age was known as the age of the Pharaoh. It was an age when material possessions and physical experience were most predominant. Very much an earth element, this age was ruled by the planet Venus, and revolved around pleasure, abundance, healing and wealth. The age when the Pharaohs reigned was also an age of magic, worship and reverence. There was a greater distinction between the polarities of good and bad, and everyone was of the light or the dark. They were not as polarised as we are today. There were those who worked with the darker forces, and saw no light. Others, like the Pharaoh, worked totally for the good of the people. They worked with the light and possessed great powers. Division grew during this time. It also was an age when the leaders ruled, and those that were 'less than' became subservient. It created great division in many aspects among the people, as possessions ruled and those that had less, were under the dominance of those that had more.

The second age was the age of Aries. The ram featured predominantly in this age. It was known as the age of "I Am". The leading figure in this age was Moses. It was

ruled by the fire element and this is where individuality of the soul was first experienced. It heralded in the initiation of the spirit. Mars was the ruling planet, and it was a time of passion, courage, aggression and independence. It was during this time that the bull was worshipped. Remember the golden calf that was made by the Jewish people when Moses was up in the mountain receiving the Ten Commandments? Many instances of bull-worship seemed to appear in our history at this time. It was a time when passion ruled, and skirmishes were fierce. Mankind was searching for his own I Am self, and each person was fighting for his own beliefs.

The third age was the Piscean age, ruled by the figure of Jesus. This was the age of "I Believe". It was ruled by the water element and brought in an emotional and spiritual outlook. The ruling planet was Neptune, giving visionary experiences, inspiration and mystic connotations. It also was an age of prophets. This is the age we are just leaving. It was during this age, that we have seen more religious wars, more emotional outbursts and more of the inspirational arts than ever before. Many of the worst wars and conflicts in this age have been fought over religion of some kind. It has seen division and separation because of beliefs, as each man was searching for his own truth. Mankind has forgotten that he is all one, and has lost his connection to his united whole and to his Source.

Mankind has been on a search – a search to find himself, and has been through many trials and tribulations in the process. The ‘religious’ outlook is now giving way to a spiritual outlook, which will herald in equality among mankind.

We are now entering the age of Aquarius. This is the age of "I Know". It is ruled by an air element, emphasising the metal and etheric aspects of man. The ruling planet is Uranus offering uniqueness, the unexpected, reformers and humanitarians. It is an era when everybody will be unsurpassed unto themselves, yet seek brotherhood with mankind. This is an age when we will not need proof any longer, as our word will simply *be* truth. We will know without question when something is true, because it will resonate within our inner being. It is a time when people will take a stand. It is a time when the unexpected, miracles, and the magic of the soul will bring many surprises. It is an age where fear will be replaced by love.

We are at a point in earth’s time where we will be moving through the great shift. It is already under way. It is now time for mankind to remain centred, as this will be the most momentous time on earth, as man remains in physical form, yet he will become different. He will become far more than just his physical body, as he will be consciously aware of the light body that resonates so strongly within him. This is also a time when meditation will be our greatest ally.

The timing for this shift into the new age will depend, however, on the mass consciousness of mankind. When humanity reaches critical mass and when mass consciousness is in direct correlation to the portion of souls on the planet, these changes will be rapid.

One thing that cannot be overlooked in the awakening of the planet is that our Galactic Brotherhood has played a large part helping the earth. It is time we stopped looking at our space brothers with fear, and began looking at them as brothers here to help us during the strife and turmoil we will face as the earth goes through her

ascension. They hold the technology to help us clean up our planet. And they hold a greater consciousness, which will assist in lifting our consciousness when the time arrives. The fossil fuel we have used in the past will no longer be available. We will be moving into a new era where fuel in the revolution of the future will be natural energy and photon light. This is where our space brothers can help us, as they have a great deal of knowledge about the types of energy that will work, and that which will not cause harm to the environment. The Pleiadians, the Sirians and the Andromedans are the main body of space beings that will be assisting us during the shift. There are many books available on the space brothers and their work here with us.

Our Guardians will not yet make mass contact, because they would encounter force resistance from unbalanced ET groups. Though they could easily win in such a confrontation, this display of force would disrupt the delicate balances of the Earth's magnetic grid and possibly cause destruction of Earth's energetic portal system. They are therefore working behind the scenes and are requesting the assistance of certain humans to help prepare the Earth and its people for the transition period. The fear many face today of mass landings is because this same scenario brought about a reversal of evolution at an earlier point in earth's history. At the time when Atlantis was on a vibrational downturn, the arrival of space beings heralded in the beginning of a downward spiral for mankind. It is in our cellular memory, even though we cannot recall it, and many beings unconsciously remember this on a soul level, and fear another downward spiral. But as ascension takes place, the thing we fear most will be reversed. The mass arrival will be heralding in an upliftment, and we need no longer fear them. They are here to help us. Our acknowledgment of the Galactic Brotherhood being here is necessary for the mass consciousness to awaken. Once we have acknowledged their arrival, we will find that we will not need to hold fear and suspicion as our armour any longer. We will find that it is only by love and trust that we will move forward on our soul's journey.

The journey we take on our soul's path is far more important than the arrival. So it is up to each and every one of us to find our path. If we continue to face the future possibilities with denial, we will miss out on all the joy and excitement that can be ours. The fears we carry within our cellular memory will have to be brought to the surface to be healed. We cannot carry the baggage of our fear-based emotions around with us into the new age if we are to ascend. This is why we are seeing so much of what may be termed 'negative' things happening all around us. Any repressed feelings or emotions will inevitably rise to the surface to be released.

We are told also that our bodies are changing. This could explain why so many are suffering from illnesses including influenza-like symptoms, viruses and gastric problems. Our bodies are being cleansed of all toxins and this is one of the ways to clear them. Our bodies know what they need. They are cleansing themselves to take in more and more of their light bodies. As we move into the time of the shift, our bodies will no longer be totally carbon-based. We will have a better connection to the God-Source. We will find we have a greater use of our brain, which will also expand to accommodate our new knowledge. We will find we have talents and techniques that are unbelievable to us at the present time. What we think, will just be. We will find that if we want to be somewhere, we only have to focus and we will be there. By this time, we will have become members of the Intergalactic Federation of Planets and have access to far greater knowledge.

One of the physical changes that will occur over time is that we will have less skin pigmentation, and this may come as a bit of a shock to many of us. Our vocal cords will diminish. We will be using our mouths mostly for eating, as our communication will be mainly through telepathy. There are tribes in Africa today who hardly speak, as they use almost total telepathy to communicate. These changes will happen over many hundreds of years. They will not happen instantaneously.

Sex may take on a whole new meaning. It will not be the rough and often boisterous activity that it is now. If we could but imagine making love in ways that were so unique and soul connecting. If we could imagine something akin to the joining of light bodies as seen in the film *Cocoon*, or the joining of energies as in the film *Barbarella*. The way the young couple made love in this film of some thirty years ago was through the touching of hands and sharing of their total energetic vibrations. If we could but imagine such an experience, we would have some idea of how awesome it could be. Sex could become totally orgasmic in every way.

Our food intake would become much less. Firstly eating only vegetables, then fruit alone would be sufficient. As our bodies take in more and more light, we would only need the intake of fluids, and then after a time, would be able to subsist totally on the energy from the air. Breathing would become more and more, a conscious experience. This would, however, occur over many hundreds, maybe thousands, of years.

As we move through the changes, we must become aware of what our body is telling us. The body is sensitive to the changes, and it will tell us what it needs. If you feel a desire to eat a certain food, even though it is something you are not used to eating or something you have sworn off for many years, it is important to listen to your body. Eat what you feel is right for you at the time. You will always know what is right if you listen within.

Money will not exist in the new frequencies of light and those that have tried to control humanity will have their work cut out for them. As ascension occurs, the split will not allow the lower vibrations to be sustained in the higher dimensions, be they human or ET's. We will probably use some sort of barter system. This is the new reality the rest of humanity will be facing throughout this sector of the Solar System as our consciousness rises.

Crystals upon the planet will become more active in reawakening mankind. We can feel the energies vibrating from them even now, and as the future unfolds, we will find they talk to us even more strongly. Listen with your heart. Listen with your vibrations. Listen with your feelings. You will know exactly what is right for you, and you will know on a very deep level when the time is right for you.

We are finding the incoming vibrations causing powerful reactions in the earth and in humanity itself. As each year unfolds the periods of vibrational acceleration will become stronger. Many are not able to handle the upward movement of the earth's vibration. They sense it coming, but cannot put a time frame on it. The arrival of the recent comets and possible meteor strikes has brought its own calamities, one of which is the offset of yet another war, one of the bloodiest and most violent in the Middle East through the many suicide bombings.

The kundalini of the earth is rising and there is no way to stop it. As the energies move upward to the heart centre they encounter fear blockages and it burns through these blockages on its way upward. Things will get more intense as we move further into the new age. We will find our capacity to hold and process more and more complex information greater, and as we go even further into computer technology, what we know now will become almost obsolete. Our bodies will keep upgrading themselves to cope with these new changes.

Trees and plants also will have a life of their own. We will be able to listen to the trees and plants and be able to gauge what is happening regarding weather patterns. They will tell us, intuitively what is happening around the planet. All plants share one consciousness, so what happens in one part of the world is shared through a joint consciousness. Plant life will be more fully conscious. So, too, will the animal kingdom. Many of the animals will be able to communicate with mankind as happened once before on planet earth. Those that are our pets, having lived closely with mankind, will be reborn in a higher vibration, and begin life as humans. We will be able to see, and communicate, with those elementals who work with the plants and animals. We will know intuitively what is right for us to eat for any ailments that affect us, or any disease that may occur, although disease upon the planet will be very rare once we have shifted vibrational energies.

As we move into the awareness of the fourth dimension and higher, we will find we are aware of our emotions, but not connected to them in the same way. It will be like looking at ourselves from a distant. We will have total recall of all of our past lifetimes. We will be able to bring any emotion we desire into our present being.

One of our most thrilling aspects will be the ability to share inner feelings of love. Love is not something we have been totally proficient with, as we have not had as great an understanding of what love is, as we would like to believe. It will literally radiate out from us, and others will be able to see it as a visible force field around us. Everything that we do will be a labour of love. There will be no more forcing ourselves to go to work, as what we do, we will enjoy because we love doing it. Our understanding of non-physical realities will be far greater as our brain expands to enhance these realities into our physical bodies. It will be like we have suddenly become totally psychic. We will love learning new experiences, as we will amplify our growth through the experiences.

We will be able to live for, possibly hundreds of years, as our hearts will have slowed to such a rate, that the aging process will be almost diminished. Death will be like just moving on. We will choose when we want to die, and just transition into a new form of life. It will be a time of celebration as we move forward into a new life experience, saying warm farewells to those who choose to stay. Our pineal gland is responsible for producing hormones that keep us young. When it is reprogrammed it will bring back our longevity to several hundred years, which was always meant to be our life span. We will also have twelve-strand DNA instead of the two-strand DNA we now have. The soul will just decide to vacate the body when our time to leave arrives, and will do so peacefully. Pain and fear will be a thing of the past. We will have balanced right and left brain in both stellar light and matter.

When the Atlanteans wished to experience longer lives, and generate youth again, they knew how to balance the poles within the Earth. They would lay for an hour each day, with their head to the positive magnetic north, holding their consciousness from the chest to the head. Then lying one hour per day with their head towards the negative southward pole, holding the consciousness from chest to feet. This long held secret will bring youth to an aging body, and new life.

We will find our total connection to the essence of God Creator, and our life will be fulfilled, knowing we have returned, from our long and often painful journey, back to where we belong.

Here is Astará's final word:

I come with greetings and with joy. I wish to tell you that the world is changing and there should be no fear. The ascension of Mother Earth and of mankind is dependent upon the time of the mass consciousness. Beyond that, we cannot tell you when this will occur. We feel for you in wanting to know a time, but we cannot give you a time. We can only assure you that it will happen.

As each looks into his own soul, the changes begin to happen.

Some will never change, because they do not want to change, and because they have chosen not to awaken at this time. They will be ones who have chosen to experiment further in the third dimension and will do so, on other planets that are still third dimensional.

But Mother Earth has chosen to ascend, and the Earth you know today shall be no more, as the changes upon her give you an indication of. The face of your Earth is changing, and it is but the beginning of her change.

Mankind himself will change over time. This may take many years of your time, but it will happen. The energy is shifting so swiftly now. When the greater mass consciousness of your planet has reached its zenith, when mankind himself on the whole has awoken to who he is, then the shifting shall begin. When each soul looks into itself and realises that there is no longer any separation, because all souls have experienced all things, and this is each individual's chance to look in a mirror, then that is when the shifting shall take place.

Have no fear. For these changes are known to you in your cellular memory and you have chosen them all. Your soul knows each and every challenge you chose. Your soul knows every little pebble upon your path. Your soul knows each bend in the road, and yet chose each for its own growth.

Life's journey is about growth. It is about the journey of the soul towards its eventual homeward arrival. It needs to experience all things, and it needs to take these experiences back with it to its Source. All is as it should be. Be at peace knowing that all is in the Divine plan.

We are always with you, throughout your challenges, throughout your trials and sadnesses, even to the end of your journey. Adieu my friend. We are One.

Our soul's journey has come full circle. We now only have to release our burdens of guilt, pain, remorse and darkness, to move forward into the light of the new day.

Earth's ascension is a process of awakening. I believe it also a message of hope for humanity. When the earth is awakened we will be able to communicate telepathically with its inhabitants and it will make a dimensional jump to the fifth dimension. Our DNA will be transformed from the current 2-helix structure to the 12-helix DNA strand and be light body encoded. The shift in consciousness will bring us to a much higher frequency. The spiritual world is now making leaps in advancement and the physical will follow.

The entire universe is energy and since we are part of that universe, we too, are energy. We can make ourselves part of this energy by allowing ourselves to feel it. The Earth's ascension process, according to what we are told by guides and prophecies of the Mayas and others, will be completed by December 2012.

In fact the Mayas had the most extensive and intricate calendar before our time of computerised technology. The Maya vanished around AD830, yet the accuracy of their calendar, the *tzolkin*, carried a timekeeping, which has not slipped one day in over twenty-five centuries. It began in 3114BC and ended in December 2012.

We have begun the ascension process and the changes to our bodies are one of the signs of this. The entry into the photon belt marks this process also. Dr. Jose Arguelles suggests that the present twenty-year subcycle, which began in 1992, marks "the emergence of nonmaterialistic, ecologically harmonic technologies...to compliment the new decentralized mediarchy information society". Many more people are coming together at this time and will continue to help raise their consciousness and prepare for this dynamic event. Mother earth has her own councils, devas, and earth angels that are designed to help humankind and other species that come to earth in all her dimensional realms and existence. Humans have to do their part by seeing all of life as an energy that is interconnected through compassion for all.

It is at this time that the return of the Christ Consciousness, known as the Second Coming, is happening to the earth, as mother earth awakens. I believe the changes that are going to come upon our planet are very positive and uplifting. I also believe that what is about to occur, and in fact is already occurring, is one of the grandest experiments in the cosmos.

I also believe that there are some who will never be able to accept these changes, being so entrenched in the 'old ways' that they will simply not be able to let go. Yet even these ones, are offered hope. I have come to believe that some souls have chosen to be the holders of the old energy for their own particular purpose. Maybe they are holding the balance on earth, until the time for earth's ascension fully arrives. We must never judge *anyone*. I feel that these ones may be part of an already ascended soul, and have chosen the experience of this lifetime to complete their cycle before they transition, and thereby meet their other soul selves in union, ready to experience life on a higher dimension.

Sometimes it is easier to understand an egg transforming its transparency into opacity in a frypan than to comprehend the Earth becoming more transparent and translucent.

But as we soften and find less attachment to things around us, see simplicity in all things and understand the miracles of life, we will lighten our lives and bring hope seeing God in everything. The Earth will communicate in ways that are new to us. We will begin to understand the language of the woods, trees, rocks, and creatures of the earth and sky. Those who choose to stay will experience the magic of wonder and joy.

If we choose to live every day doing what is right for us, so much is waiting for us. It is just waiting for us to take the cup that is being offered, learn to trust in the universe, then lift our hearts towards a higher study of truth, and create our future anew. The God force in the human body knows that humanity is here to bring the new Golden Age to Earth. Understanding ourselves will create a perfect place of peace and allow us to reach heights we could never have dreamed of attaining, bringing joy and peace to all of humanity and ascension to the Earth herself. The hope of humanity resides in the human heart.

THE END