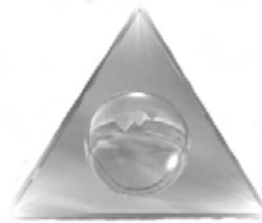


The Return of Light



READER COMMENTS

The overall content and many leveled-qualities of your work ("The Return of Light" and updates to that material) is of such significance to our times that I consider it of comparable value and importance to the work of Sri Auribindo and The Mother, Teilhard de Chardin, and Ken Carey's trilogy of books. I have not said this of anyone else's channeled work, and I believe that I know from where I am speaking.

— Alex Kochkin, co-author and chief architect of "A New America, An Awakened Future on our Horizon" and co-founder of The Global Interchange

I've read the great teachings of beings like Jane Robert's Seth, Lee Carroll's Kryon, and Marciniak's Pleiadians, and what I had learned from them took on even greater meaning after I read Heru's profound wisdom in "The Return of Light". Suddenly, I began to understand in completeness that to which other universal teachers had only hinted. We are part of a great drama to bring Prime Creator's Light and Love to one of the twelve jewels—Mother Earth. Through Heru, I remembered that I came here, along with many others, to play my ongoing part in nothing less than the evolutionary leap of a critical part of the multiverse—Earth! Anyone who wishes to know the truth about the creation of this Universe, and who is committed to fulfilling his or her purpose for coming to Mother Earth, must read Heru's message to internalize the vastly important teachings in "The Return of Light".

— R. L. Robinson, Professor of Law, Howard University School of Law

This is a note to express deep appreciation, admiration, and recognition for your gift of total dedication. Friends, your book is such a gift to the Lifestream of which we are a part that words fail me! As with so much of our commitments to the Light, true honor and acknowledgement will have to wait until the last of the veil is dissolved... yet one day the incalculable contribution of you and your colleagues will be seen and known for what it has done for all of us.

— R. R., Stamford, CT

This is one of the most important books of our time. It redefines Earth history.

— Gary Leibowitz, Waynesville, NC

READER COMMENTS

Every once in a while there comes a book that turns the whole world around for me, and this book certainly is one, for I've experienced surges of healing energy and great emotion when I first read it. I feel great anticipation for it to reach Hebrew readers. With gratitude and great appreciation.

— A. Beeri, Israel

It was suggested that I read "The Return of Light". When I opened up the package and touched the book, all of a sudden my heart opened like a sun bursting, and I experienced a profound sense of light and lightness which I have never experienced before. I felt the weight of the world being lifted off my shoulders and out of my heart. The feelings of abandonment and betrayal left me even before I opened the book and knew what was on the inside.

In the first six pages of this book my life was transformed! I slept with the book the first night I got it and could not wait until I woke up in the morning at five AM to read it again. Later that afternoon I fell asleep reading the book. The Creator came to me in my sleep and I had an awesome experience.

I feel "The Return of Light" is the most amazing and inspirational channeled material ever written. I could only read a paragraph at a time and would have to stop because of the sobbing... they were mostly tears of JOY. This book contains some of the highest truths ever revealed. It is not for the weak of heart. We are now at a level in our consciousness to hear these beautiful truths.

— L. DiMauro, Derry, NH

This book completely changed my life. It gave me a new perspective of what is happening to us and to our dear planet. While I was reading it and even long after I finished the book, I have had different emotional states: from profound grief and sadness to joy and hope. This is for me the most important information I ever had and ever imagined I would access in my life. I am very, very grateful for it.

— C. Luz, Mexico

READER COMMENTS

I cannot thank you enough for this book. I have had some of the same insights but you went further and put it all together coherently. Thank you for breaking up or contextualizing properly some of the myths of our culture which I had already begun challenging, and for making this incredibly wonderful, useful information available to us. Yours is the most comprehensive, true and helpful information I have found.

— N.R., Phoenix, AZ

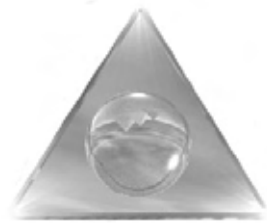
“The Return of Light” is the most amazing and inspirational body of channeled material written to date. For all those embodied souls on Earth at this time who consider themselves purveyors of truth and light, this wonderful book is a MUST read.

What I really appreciate and admire is Elora's unswerving persistence and tenacity to extract as much whole-truth, non-saccharine information as possible from these magnificent beings. To paraphrase her statement at the end of the book's Introduction, I would much rather drink a cold, crystal clear glass of Truth than be handed a mouthful of excessively sweet cotton candy on a stick.

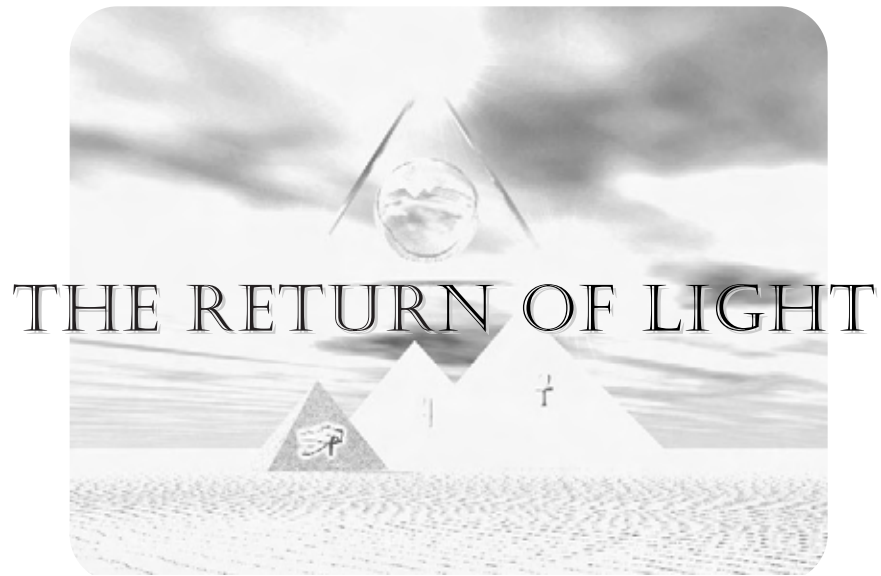
— Beck Horne, Fletcher, NC

Reading this book is like talking to an honest friend who always tells you the truth without tricks or double meanings—that old and good friend who confronts you with the facts and makes you use your own wisdom and discernment. “The Return of Light” is what I call “light activation reading” because as you read it, the messages activate memories and light patterns within your brain and your whole being. While you read it, you start to re-connect with all your dimensional aspects and with the original blueprint of perfection and joy which is our original nature and constitution. The reading of this book is a live transmission of light codes directly to our human bio-computer, which transforms us right at the moment of the reading. This is an opportunity to download this sacred lightware directly to the hard drive of the soul. One simply cannot think and feel the same after reading “The Return of Light”.

— Said Alegría (Reiki Master), Mexico City, Mexico



The Imminent Restoration Of Earth
And Liberation Of Humanity



Revelations From The Creator God Horus
With Karen Kirschbaum
and Elora Gabriel

Second Edition
www.returnoflight.com

Second Edition

Copyright © 2005-2006 by Elora Gabriel and Karen Kirschbaum. All rights reserved.
No part of this publication may be reproduced or transmitted in any form without
permission from the authors. For permission requests, contact Karen Kirschbaum
at karen@returnoflight.com or Elora Gabriel at order@returnoflight.com.

To order additional copies, please visit www.returnoflight.com or
call Green Willow Publications at 1-888-827-8741.

Cover art: "Trinity Logos" by Maia Christianne Nartoomid
www.spiritmythos.org
krystos@spiritheart.org

ISBN # 1-59872-196-8

This book is dedicated to all those beings
who held enough light to make the salvation
and restoration of this Creation possible.

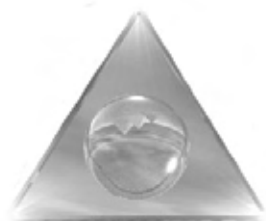


TABLE OF CONTENTS

INTRODUCTIONS

Author's Introduction	xv
Heru's Introduction	xxi
Heru's Introduction to the Second Edition	xxvii

SECTION ONE: THE EPIC OF CREATION

Chapter One: Paradise Remembered	3
Chapter Two: The Fall	11
Chapter Three: The Light Workers	23
Chapter Four: The Role of Prime Creator	29
Chapter Five: The Omniversal Energy	41
Chapter Six: The Light Warriors and The Breath of God	48
Chapter Seven: Planetary Transition	61
Chapter Eight: The Victory of Light	70

SECTION TWO: THE DISCOURSES

Chapter Nine: The Creator Gods	91
Chapter Ten: Light and Dark Aspects	96
Chapter Eleven: Soul Families	110
Chapter Twelve: The Twin Flame Rift	123
Chapter Thirteen: Life Forms and History of Earth	127
Chapter Fourteen: The Grand Plan of Humanity	136
Chapter Fifteen: The Archangels	141
Chapter Sixteen: Coming to Terms With Darkness	154
Chapter Seventeen: Homage to Durga/Sekhmet	171

SECTION THREE: MEDITATION, MANIFESTATION, AND ASCENSION

Chapter Eighteen: Working With Prime Creator	177
Chapter Nineteen: The Three Meditations of Heru	187
Chapter Twenty: Ascension	198

APPENDICES

Glossary	217
Tools for Returning to Light	223
About the Authors	226

INTRODUCTIONS

AUTHOR'S INTRODUCTION

by Elora Gabriel

Please read this introduction.

In many books, introductions are breezed through or skipped entirely. We hope, however, that you will take the time to read these few pages. Otherwise you will find yourself with many unanswered questions as you proceed to read the book itself. In addition, please note that there is a Glossary at the end of the book, which will be of help if you encounter unfamiliar terms.

Who are we, and who is Heru?

This book was compiled by four people: Karen Kirschbaum, Elora Gabriel, Shakura Rei, and Marjorie Bair. Karen is the crystal clear channel who brought through all the information recorded in these pages. It is her superlative ability as a channel which made this work possible. I am generally (though not always) the voice who asks the questions. I have also written a short narrative which introduces each chapter, and in places my comments are inserted within the body of a chapter. Shakura submitted many questions, made the illustrations, and helped with publishing the book. Marjorie served as consulting editor for the book, asked her own insightful questions, and generously shared her expertise in the publishing field.

Heru is best known to our world as Horus, the Egyptian God of light, wisdom, spiritual vision, and protection. Heru (pronounced HAY-ru) is the Egyptian form of his name and is preferred by him to the Latinized Horus. Like Jesus of Nazareth, Heru was called the redeemer and embodied himself in a physical incarnation in the distant past. Like Jesus, he conquered death and ascended, thus holding the title and powers of an Ascended Master. In Egyptian mythology, Heru was known as the son of Isis and Osiris. He defeated Set, the God of darkness and

chaos, in a great battle. Heru was a solar and sky God and was associated with the falcon. He was known for his great wisdom and for the quality of spiritual sight. The Eye of Horus is a powerful esoteric symbol which was used for protection in ancient Egypt and is still commonly seen today. Heru was said to have been the first pharaoh of Egypt and was considered the protector of all the pharaohs. The ancient Egyptians called Heru "Lord of Light" and this title strongly resonates with my experience of who he is.

Heru and his twin flame, the mighty Creator Goddess Sekhmet, have long been active in assisting humanity and the evolution of this planet. Sekhmet was known as the Lion Goddess in Egypt. She has also appeared as the Goddess Durga in India, as White Jaguar Lady in Central America, and as the lion-headed dakini Senge Dong-ma in Tibet. She has asked that we refer to her as Durga/Sekhmet to honor both of the major traditions in which she has appeared. Heru was known in Greece as Apollo and in India as Satyanarayana, Lord of Truth. Each of these aspects reveals a different facet of the being in question.

First and foremost Heru is a Creator God, one of those beings who, in his words, "is capable of taking the stuff of Creation, the plasma from Prime Creator, and manifesting it into form. These forms may be as large as universes and may be as small as microcosms." Heru is one of the greatest of all Creator Gods in that he is capable, in working with other Creator Gods, of creating both human souls and vast universes. These mighty beings are even older than our current Creation, as they derive from an earlier Creation cycle, and were created by Prime Creator Himself/Herself.

Because of his stature as one of the greatest of the Creator Gods, Heru's perspective is truly vast. There is very little that he does not know, although he will readily admit ignorance if the occasion arises. In addition, he has the capacity to organize and synthesize his knowledge into a form that is clear and meaningful.

How did this book come about?

In the winter of 2003-2004 Karen and I discovered that she could channel with amazing clarity and precision. We spoke to a number of beings, but ended up working with Heru because of his all encompassing knowledge and because he is part of my own cosmic lineage. As

our conversations proceeded we began to delve into the mysteries of life, of our universe, and beyond. Heru also answered a great many personal questions for us and never scorned to help us with the problems and perplexities of our lives. As time went on and as we were able to verify the accuracy and consistency of his information in many ways, our trust in him increased. We also came to love this magnificent being for his gentle courtesy, his love, his wisdom, and the greatness of his heart. Perhaps above all, we found Heru to be unremittingly truthful, knowledgeable, and consistent. In the cases where we could test the accuracy of his statements, we found them to be correct.

During the summer of 2004, Heru stated to us that he had "been too long away" from Earth and wished to offer his teachings and his knowledge to humanity once again. He laid out a series of subjects that he wished to speak on, and in addition gave us three powerful meditations which have been life-changing for those who have used them. Thus this book was born. Heru also told us that there is an urgency to offer this material to humanity at this time, given the intensity and power of changes which are already occurring in our universe and are soon to occur on our planet.

This book is not linear.

I nearly wept with frustration in my first attempts to edit and organize the mass of material which Heru had given us. Marjorie pointed out that the information had been received in a series of conversations rather than in a linear, point-by-point fashion, and that therefore the structure of the book itself would naturally reflect this. I would like our readers, therefore, to envision this book not so much as a progression from A to Z, but as something more like a tapestry. Parts of the tapestry tell a story. Parts of it are complete unto themselves. However, once the whole is put together, all parts are related. We suggest that you read the book in the order in which it is presented, but please bear in mind that it is an organic whole rather than a sequential narrative. The non-sequential nature of this book may be even more apparent in its second edition, which you are now reading. The material for the first edition was mostly received in the summer and early fall of 2004. At that time, although the victory of light appeared inevitable, overall conditions were still very grim in our universe. In the seven to eleven months that fol-

lowed the original transmissions, vast transformations have occurred on the higher dimensions. These changes have yet to reach Earth but we are told that this will soon occur. I have summarized these victories and positive changes in Chapters Eight and Eighteen, with a few references elsewhere.

We have chosen to retain the question and answer format in which the information originally came. We could have re-written everything into a standard text format, but we felt that by so doing many of the precise shades of meaning in Heru's words would have been lost. At times, grammatical correctness has been sacrificed for the purpose of retaining as much of the original flavor and flow of our conversations as possible.

You will encounter not only Heru, but from time to time will meet other beings in these pages, such as Sananda (Master Jesus), Durga/Sekhmet, and others.

Unless otherwise noted, it is Heru who is answering our questions.

Heru's teachings conclude with glory, but they are not for the faint of heart.

I will take some of the blame for the relentless pursuit of information in this book, not all of which is pretty. I simply insist on getting to the bottom of things. Much of the substance of this book is wonderful and uplifting, and much of it may be shocking and deeply disturbing, at least while it is being absorbed and processed. Heru does not sugar-coat the truth. He presents it without garnishment and without the saccharine, flowery language or vague platitudes which are so often found in channeled works. Some of Heru's messages took us days and cost us deep emotion to process. However, even the most difficult portions of information were oddly reassuring at the same time, for we sensed that here was someone who was willing to tell us the whole truth and nothing but the truth. There was something about this material which felt like reaching bedrock.

Once we had integrated the more difficult parts of Heru's teachings, we found that the view of God and the cosmos which he presented was, in fact, preferable to our former beliefs. Ultimately his cosmology is more positive and infinitely more uplifting than anything that the sugar-coated rationalizations could provide. And the ultimate conclusion to which Heru takes us, at this time in the history of Earth and of Creation, is one of hope, glory, healing, and restoration.

Indeed, the reality of the Creation we live in is revealed by Heru to be one which is so far beyond our wildest dreams that it is only matched and comprehended by the deepest longings which are buried in our hearts and souls. Our Creator has brought into manifestation, for all living beings, a paradise of intoxicating diversity and matchless harmony. However, the fact is that we're not living in such an environment now. For those who wish to understand why not, who want to know where we have been as well as where we are going, Heru rips away the veils, shredding them layer by layer. "It is time for the truth to be known," he says. "It is time because the hour of our redemption has finally arrived." The teachings which are recorded in this book can be a beacon of clarity in the times of intense change which we are entering.

If you thirst for truth, read on!

For me Heru's teachings have been, not a mouthful of cloying cotton candy, but a clear, cold, draught of truth, like crystal pure water from a deep well. Truth, of course, can assume many aspects in this multifaceted Creation. It can, for example, appear as a welter of correct but bewildering detail. What Heru has given us here is a map—a map of reality as seen through the eyes of a Creator God. Details have been drawn in here and there. But in general you will find in this book that you have been taken high above the Cosmos, flying on the wings of the divine falcon, so that looking down upon Creation the clarity and coherence of cosmic patterns, and the epic of Creation itself, can be seen.

I almost envy you the journey of reading this information for the first time—a journey which ends with the restoration of our planet, our universe, our Creation, and our own selves, to the magnificence and perfection for which they were created. The most exciting, most stirring and most joyous time in our entire history is at hand.

Further information will be forthcoming from Heru.

Updates will be posted at www.returnoflight.com. The realities described in this book are changing so rapidly that we urge our readers to check this website periodically.

HERU'S INTRODUCTION

[Heru:] Greetings, dear reader. It is my wish that you would take deeply into your heart the messages put forth in this book.

We are now at the tipping point of the history of this planet, and also the tipping point of so many larger cycles and systems. I would have you know it is no accident that you are here on this planet at this time and it is no accident that you are reading these words.

This is the time of miracles. This is the time that has been foretold by many prophets. And yet, we have a little ways still to go where it would appear that the forces of dark have the upper hand. I say "appear", for there is a revolution afoot the likes of which is beyond comprehension, because the foundation of this revolution starts outside this Creation—it starts with Prime Creator Itself, and it is the reclamation and restoration of this entire Creation.

Can you say something about who you are as a being?

I, Heru, am one of the Creator Gods. We are a group of beings that Prime Creator created prior to this Creation, and so we are older than this universe. When Prime Creator said, "Let there be light," we were the instruments through which that was manifested. We are the weavers of this magical substance that Prime Creator pours forth endlessly. And we weave and we shape that sacred substance into forms, into elements, into worlds, into universes, into souls. We are the beings who create the soul inside the sun, and we create the sun. All substance that we create with is of Prime Creator. I personally, along with others, was involved in the creation of this universe, the creation of this planet, and the creation of many of the souls who inhabit this planet. So I am father, uncle, and great uncle to many of you. And I would like to reclaim my own—to lift up, embrace, and heal my children.

Why have you chosen to give these teachings at this time?

First I would like to say that, as one of the Creator Gods who was involved in the creation of this world and this universe, I am a responsible party in its reclamation. Even though I have not been very active on this planet for several thousand years, it is my intent to bring forward a

perspective on this Creation that does not currently exist on this planet, and in so doing to become reactivated in all aspects of the reclamation. As I do so, even all of the sweet Eye of Horus charms that exist throughout this world are being activated by my presence. So I am truly returning to this planet, not just in dry text but in actual presence.

What would you like this book to accomplish?

Hope, joy, self healing, and the beginning of the accolades that will be heaped upon all of those that held to the light. I want the unvarnished truth to be revealed so that full true healing can take place. This is not about putting band-aids on a tumor, but it is about restoration of true health.

It is my wish to draw people to this material and have it be available as a teaching for many.

Is there an urgency to get this material out quickly?

Yes, there is. For with the advent of the Light Warriors and the turning of the tide, there will be people still laboring under beliefs that were fostered by the dark—religious beliefs, philosophical beliefs, and self image beliefs. As these are ripped away they will need to have a foundation for understanding what is left. Therefore both the teachings contained within this book, as well as the meditation techniques I offer, will give people a way to not despair, to not shatter, to not cling to falsehoods that would drag them down.

You have spoken often of the corrupting nature of darkness. How do we and the readers of this book know that you are uncorrupted? How can we know that what you are speaking is the truth and that you are fully trustworthy?

That is a most important question. And perhaps there is truly no way to know, outside of what resonates within your heart. It is my hope, my intent, and my dedication, to make this as pure a teaching as possible. Perhaps it is not possible in this world to have any teaching that is a hundred percent pure. But I know that I have done the best that I could. And those working with me—Elora, Karen, Marjorie and Shakura—have all made great efforts to ensure that their integrity is intact at all times. Can I guarantee this? I cannot. Can I hope? Yes. Do I think that this will resonate in the depths of the purest part of the souls of the people who read it? I believe it will.

In this book, you speak of the invasion of the dark and the rescue that is upon us. Why has none of this information been available in any form

until now?

Until the recent advent of the Omniversal Energy, the dark was able to block access to the cellular memory within each individual. In doing so, access to the entire story was successfully suppressed.

Heru, what would you wish to convey to humanity at this time?

Beloved humans, I would have you know that many of you have come into this universe with missions of light and healing and hope. Because of the degraded nature of where this planet and this whole sector are, most of these plans have not been fulfilled. Therefore there is a deep frustration, anguish, pent up creativity, and so on, that is very heart wrenching to witness on my part. I know that for each of you to have had your highest dreams of service subverted and perverted and stopped has to be painful beyond words. And first, I want to say that the most important thing that all of you have done collectively and individually is to hold enough light, enough truth, and enough integrity so that this world and this universe are salvageable and will be restored. That is a service above and beyond any of your individual dreams of service, and this is the most important thing that you have done.

Though some of you may at this point be heartsick, weary, soul fatigued, and damaged, you have been successful. You are the Great Heroes. There is no medal or commendation that could honor you enough. Please take this deep within your heart: that each and every one of you who has held onto even a speck of light, even a particle of integrity, have been victorious. The promise of restoration and restitution is at hand, and the time that you will actually be able to see this is very near.

Some of what you will read in this book is a frank and unveiled look at the past of humankind on this planet. It may be somewhat disturbing to you to read this, but I want you to know that the only reason this stark truth is being allowed to come forward at this time is because of the certainty and the nearness of the dissolving of all that is dark. It is truly very close to us now, and even upon us. And as part of the healing, it is necessary for us to take a good strong look at where we have come from and how close we have come to annihilation. Much of this was withheld until now, for the purpose of not driving people into despair by the extent to which the dark energy had corrupted this Creation. But now that we are at the turning of the tide, we can express to you simultaneously both the harsh danger we have all been in and the rescue that is at hand.

For you, dear reader, as you take into your heart the entirety of this picture, it will trigger very deep emotions for many, as it has for the people involved in bringing this book forward. For there has been much

damage and hardship and loss for so many of you. This will touch upon the very deepest buried memories that you carry within you—in your personal records, in your cellular DNA, in your bones. And it is stored in the very stones of this Earth. As you walk upon her battered soil, you cannot help but pick up the anguish that is everywhere around you, including the many battlegrounds—some of them physical, some etheric—that were never healed.

As these emotions surface, what I would recommend to you first and foremost is not to despair. For the great light has returned. And it will help you to feel that light within you, to feel it supporting you. Secondly, to practice self forgiveness, for many have done acts that would never be in their true nature to do. Self forgiveness is one of the first steps in healing.

I would have you understand that in order for the healing to take place, it is necessary to some degree for each of you to look directly at how the dark has impacted your life, how it has distorted who you are. This is not to jump into a quagmire and spend twenty-five years in therapy working through these realizations. What is being asked is for you to take a brief, concise, self-evaluating look at who you are in the moment and who you would be in an unfallen Creation. You have that blueprint within you, within every cell and every atom of your body. And you have the capacity to call that up and see it.

It is important to look at the past because in order to release what is there, it is necessary for it to first come into conscious awareness. I would add that it is not necessary to re-live every single cut and scrape and broken arm throughout the millennia. What is needed for each of you is to look at your current lives and the imbalances in them—the big stories, the big heartaches, the big frustrations—and to understand that they fit into the overall pattern that you have carried with you for many thousands or millions of years.

Again, hold up your current imbalanced state and compare it with who you would be in an unfallen world—that original blueprint that is so perfect, that is so beautiful, that is such an elegant and eloquent expression of Prime Creator. Your heritage, your lineage, and your destination all pertain to that perfection. That is who you are. Embrace it. And as you embrace it, what you need to process and look at the imbalances will naturally well up from within you as you are ready to heal them. Imagine if you would that there are two blueprints we are looking at, the perfected one and the distorted one. And as you pull your distorted blueprint into alignment with the perfected one, piece by piece, issue by issue, and atom by atom, you will naturally process, in an ordered pattern, what needs to be done. Let me add to this that much help is here for you and

that you may call upon it freely.

Why is it necessary for us to know that we had come close to annihilation?

First because it is the truth, and secondly because it will give you a true understanding of the whole picture. Embedded in many beliefs and philosophies on this world is the concept that darkness is an illusion—that this is all maya and a play of the Gods, that this is the Creator Gods having sport. And that illusion will persist unless a person truly understands the magnitude of this horrific invasion. As a result of living in a fallen world, each one of you will have, to some extent, compromised pieces of truth, pieces of the light, and pieces of yourself. Therefore to hold onto that false belief is to still leave room for the dark to act within you. And this is part of the necessary identification of the dark in order for it to be eradicated.

Can you speak about the relevance of your three meditations to the rest of this material, and why they might be especially useful through this time?

These meditations are tools. They are not a path or a dogma or a religion to follow. They are merely offered to you as an assist at this time, to draw to you sufficient energy to proceed through these changes and to give you many creative opportunities to process and manifest what will bring you back into alignment. The third technique is the heart of these meditations and it may be used in an infinite variety of ways as needed. It can be simply a place of refuge and peace, nurturing and healing, or it can be used to manifest deep and powerful healings and transformations. It can also serve as a room within which to dialogue with many of the helpers who are here at this time.

Heru, would you like to conclude this introduction with anything further for our readers?

Beloved reader, I call you forth to stand in front of myself and in front of Prime Creator; to hold forth your genuine heart and receive within it my blessing, my love, my acknowledgement of your tribulations and your ultimate triumph. I add that the same is extended from Prime Creator. I fill your heart with a golden transforming love that is the promise of full redemption, and I ask that you receive this and let it grow.

[Elora:] We will conclude this introduction with a few words from Durga/Sekhmet.

Sekhmet, is there anything that you wish to convey to humanity at this time?

Yes. I would like to convey the absolute and complete joy in my heart for the advent and the return of the light and the reclamation of all beings large and small in this universe. And I would also extend my hand to any who read this, that I make myself available for help and protection. For this next little while may be somewhat trying, and sometimes a comforting hand in a dark corridor can make all the difference. I extend my hand to all.

I also bring to you the message of hope beyond hope. It is certainty; it is really beyond words to convey to you the incredible magnitude of the change that is at hand and very near. For those of you who are reading this: ask for help in any time of doubt and despair, to be given a vision of how close indeed we are to the point at which humans on this Earth will be able to perceive that in reality the great change is happening. ***And this great change is the blessed return of all light.***

HERU'S INTRODUCTION TO THE SECOND EDITION

Dear Reader,

We are pleased to connect with you at this exciting and auspicious time, a time in which many of the battles in the different dimensions have been won and completed with the light being victorious.

Although the earth appears to be in worse shape than ever, help is closer every day. As you read these words, you will begin to see the manifestations of that assistance in your life, for the vibration of this book carries within it not just the promise of restoration but the actual vibration of the restoration.

Drink deeply as you read, and let this energy play a chord of music among the strands and filaments of your soul. Awaken now into the new reality of the return of all light.

July, 2005

SECTION ONE
THE EPIC OF CREATION

CHAPTER ONE

PARADISE REMEMBERED

This chapter, like most, begins with an introduction by Elora.

Throughout my lifetime, I have continually worked to push back the veils obscuring my memory of other worlds and other existences. Once I had conquered the barriers to past life memory on this Earth, I found that I could go further back in time and could remember lives in other star systems and galaxies. It was not until the spring of 2002, however, that I began to recall what life was like outside this universe.

At that time I was contacted in spirit by a beautiful young man who seemed deeply familiar to me. He told me he was my brother, from an existence in a universe called Virqie and a planet known as Atia, and that he and my other two brothers had arrived in this universe to take me home. Despite the fact that many scientists now recognize not only the possibility but the inevitability of multiple universes, I had a hard time believing all of this. Still, he was adamant that this was the truth of the matter. With the help of my brothers, I began to remember what it had been like in Virqie. I have also been able to compare my memories with those of other friends who know that they come from light universes. While the details of their remembrances differ, their overall stories are very similar to mine.

As I explored my memories of Virqie, I was stunned to realize that none of them contained pain or disharmony, even in the slightest way. Most of my past life memories are traumatic, partly because Earth life tends to be that way and partly because it is the unresolved traumas that we remember most. However, in accessing my memories of Virqie, I simply could not uncover any remembrances of sorrow, suffering, fear, illness, aging, or even of discontent. I realize how incredible this sounds, yet it is the truth of my recollection. I am not speaking of some remote heavenly realm here or some between-life paradise, but day to day life on

a planet, a world just as concrete as Earth. A common reaction may be that this sounds boring. It was not. I have experienced a great deal of tedium in my lives on Earth but I remember none in Virqie. Another reaction may be that it requires some amount of pain to appreciate joy. I also found this to be entirely untrue.

In the Virqie universe, all is beauty, harmony, and love. Evolution occurs through joy, not through suffering and struggle. The presence of God flows through that universe like a great golden tide that is always at the full. While there is the free will to choose among many possibilities in life, the thought of doing anything negative, hurtful, or in any way outside of the flow of God's Will is simply not conceived of. Nor is there any fear of being harmed, either by other humans or by nature. Perfection reigns—and yet not a static, lifeless, and tedious perfection, but one filled with vibrancy, joy, and great creative challenges.

On the planet of Atia where I lived, human relationships are considered a high art. Intimacy and love exist in exquisite delicacy and profound depth. Male/female relationships are practiced within a free-flowing yet committed structure which ensures that love and partnership are always available to all, as are times of aloneness and communion with nature and God. Loneliness, abusive or unfulfilling relationships, and emotional pain of all types are unknown. The decision to bring forth a child is considered a sacred act, and each child is seen as a precious manifestation of the divine.

Nature thrives on Atia in resplendent beauty. Trees, flowers, grass, birds, sea creatures, and land animals live there just as they do here, yet in complete harmony and glorious vibrancy. All forms of life are honored, from the tiniest to the greatest, and all are part of the great tapestry of life. The whole universe evolves together. None are left behind, not the smallest insect or flower. All beings are conscious and all matter is filled with awareness; even the grains of sand shimmer with life as they lie on the shores of the ocean. It is as if the whole universe is one great symphony. There is no illness, and death is simply a conscious releasing of one form to move on to a higher one. Fear, pain, anger, and grief do not exist in the normal course of evolution—although my family did grieve, and did fear for my safety, when I left to travel to this universe and did not return as expected.

I would like to quote here from a passage written by Shakura Rei,

in which she describes an event where one of the archangels showed her his home world in one of the light universes. Shakura wrote: "He showed me his home universe and I was taken there and experienced it in the present. It was filled with winged beings. The sky was magnificent and the air was alive with the essence of God. I saw the birds flying and experienced the air tossing the birds up and down and around, with such glee. The exchange between birds and air was that of joyful play, and he said it was God playing as the air and also God playing as the bird. It was wonderful to experience it. He then showed me a great body of water, unlike any water I have ever seen. It was alive and sparkled with purity. The waves laughed as they hit the shore and again I saw the delight and joyfulness within it. I knew that no one could ever drown in such water, because the water would simply hold them up and carry them to safety." Similarly, I can remember from being on Atia that everything is alive and conscious and would never harm another being. If I walked under a cliff and a rock fell from above, it would know not to hit me. I cannot explain this, but I know that it is so.

As I accessed these memories, I knew that I had come to this universe along with many others in an attempt to set things aright in this part of Creation. I also knew that life in Virqie was life as the Creator designed it to be. This book contains a great deal of information on what is commonly called the fall, which will be discussed in detail in the next chapter. Therefore we have chosen to begin by taking a good look at the original design of Creation and the nature and purpose of our Creator.

THE NATURE AND STRUCTURE OF OUR CREATION

Heru, let us begin this discussion by defining several terms. Please define the term "Creation".

Creation is the manifested will of Prime Creator. It is a vast system of universes and is structured, as you have seen, in the form of a flower. Prime Creator, or the Godverse, is the central source around which the petals of Creation bloom.

Please define "Godverse".

The Godverse is the dwelling place of Prime Creator, although Prime Creator is not limited or encapsulated by the Godverse. It is the place from which all energy originates, and all of the cosmic plasma that we Creator Gods use to create form originates in the Godverse. It is at the center of all Creation.

Please define "universe".

A universe is a structure contained within a membrane. It is created out of the Omniversal matter which is a free flowing, unformed, plasmonic cosmic material that Prime Creator has made. The Creator Gods take that plasma, create a membrane around it, and structure it. *[Are all the universes set up as vast collections of galaxies?]* Most are, but some are quite tiny, as the one I told you about that Durga/Sekhmet and I created. There are microcosmic universes as well. All of them have a certain similarity in structure in terms of the way matter and the elements are structured. There are considerable variations in size and theme, but the larger universes you would recognize. *[Do they each have a great Central Sun?]* Yes. That is integral to holding them together, and actually is integral in holding the outer membrane together.

Please define "Prime Creator".

God is that which creates, sustains, and permeates all.

Please tell us about the nature of Prime Creator; about who and what Creator is, from your own knowledge and experience.

My eyes may see what yours do not, and that is the direct vision of the wondrous nature of our beloved Creator. This is a being without beginning or end, formless and yet formed at the same time, wondrous to look upon, brighter than all of the suns put together. And not only the brightness but the purity of that light is incredible to behold. Out of Creator streams limitless light, streams infinite energy, streams the very space upon which matter hangs. That space is the thought projection of Prime Creator—and so Creator, being infinite, has created infinite space.

Within that infinite space Prime Creator has made many Creations, of which this system of universes is but one. And within the space of this Creation are hung, like the petals of a jeweled lotus, universe after universe after universe, suspended in this infinite space and hung with sustaining lines of energy. Then within each universe, as you know, many are the worlds and galaxies.

So varied is this Creation that I would compare it to one of your deliciously beautiful floribunda roses, where the bushes cascade blossom after blossom after blossom, each one so exquisite in its patterning and

its fragrance and its individuality.

Creator has imbued, within every atom and every universe, its own consciousness, its own connectedness to itself. It is almost a holographic mirror that you could look into. You could look into any part of this Creation and know that Creator is there—present, seeing you look, looking through your eyes, looking at Creation, and mirroring back and forth—and offering you this kaleidoscopic experience that is never ending.

Please say more about the structure of this Creation.

The basic structure of Creation, from the tiniest particle to the alignment of the universes, is all built upon the sacred geometric principles that are taught in some of your esoteric circles. Much has been written on sacred geometry, and it would benefit the reader to at least take a look at some of what has been written—to understand the divine nature of the human body in its proportions, and how that is a reflection of Prime Creator's infinite loving wisdom.

The older universes, closer to the center of Creation, are more basic and simple in their expression of the sacred geometric principles. As one travels outward into the newer universes each arm of the spiral, so to speak, would show universes more and more complex and diverse in nature. The universe you are living in is towards the edge and has a greater degree of complexity. This process is designed to be a never ending spiral, to continue forever with an increasing complexity and increasing beauty. And there is designed to be communication between the universes—ambassadors, educational exchanges, all of that—so that there might be pleasure taken in the experience of each new facet as it is created, each new color that is discovered, each new form that can be created, "fractalling out" from the original forms into infinite variation. In this there is no end to what can be created and discovered.

I have noticed that forms repeat themselves within this Creation, in the microcosm and the macrocosm. For example, the Great Central Sun of this universe has the form of a lotus, and the whole Creation itself looks like a flower.

That is based on the sacred geometries which were set in motion with the first burst of Creation. The plasma that the Creator Gods use to create with has, imbedded within it, certain structures and formats with which to work. *[So the entire Creation, in fact, is in the form of a lotus?]* Yes. *[The Vedanta scriptures describe this; they describe the manifest Creation as a lotus floating in the void.]* Yes, and oftentimes they would show Gods, which would be Creator Gods, sitting on a lotus as well.

Why did Creator desire to make this Creation?

To have a worthy dance partner, one that could receive fully the boundless love that Creator has, and one that was—as much as is possible—able to reflect all of the facets and gifts that Prime Creator has.

What is the overriding theme or intention of this Creation?

Beauty, harmony, rhythm, creativity, expansiveness, joy. When you look in this world at the great beauty and diversity of nature, and you look at the nature of a fractal and how incredibly gorgeous it is as it expands in its complexity, you will get a small taste of what Creator is trying to express.

What was the Creator's intention for all beings, large and small, who should live within this Creation?

The highest wish of Prime Creator is that each individual life form or aspect of Creation would blossom fully outward in its expression to the pinnacle of its individual essence. And simultaneously that it would have the awareness to look back at Source to know who it is and where it came from. The intention is to have a simultaneous full expression of individuation and a full encompassing of union with the Creator at the same time. Creation is designed so that anyone from a tiny insect to a galaxy would have that ability.

Please discuss the communication and oneness between all beings in an unfallen Creation. For example, if I want to communicate with someone in another universe, can I do that easily?

Yes. It is a matter of thinking and it is done. [So there is no sense of separation.] There is not. [The whole Creation is a living organism, and all the cells can communicate with each other?] Yes, and also there is the ability to be in more than one place at one time. This is described in quantum physics. It is basically a matter of focusing on where you would desire to be, and you would be there.

Please discuss the connection and communion with God that is present for all beings in the light universes.

There is no concept of there not being communication, of there not being constant contact. It is in the air that everyone breathes. It is everywhere. It is the medium that everyone and everything lives in.

Is there pain in the light universes?

There is very little, and what there is would be the result of a connection between one of the light universes and one of the fallen universes.

What is nature like in the unfallen universes?

If any of our readers have visited areas of pristine wilderness and observed the beauty and the magnificence there, it would be a magnitude of perhaps a hundred times more perfect. Imagine, if you would, one of those great breaking waves upon the Hawaiian shore, those that the surfers ride, and you see the beauty of the dynamic that creates such perfection of water falling upon itself. Then imagine that wave a hundred times more perfect. I can't put words to it; I can only tell you that even with the forms here that are beautiful, it is better than that by so much.

Are there certain archetypal animals and plants that we would find in most of the universes? Would we recognize cats and horses, roses and oak trees?

Yes. You would recognize many similar forms and also many variations. For example, there are variations in color between different worlds. There are places where the photosynthesis happens almost like a red and green simultaneously. On this planet you see some plants with red leaves, but there are other places where that color predominates. If you look at the red Japanese maples, you would see forests on those worlds where there are varieties of trees with different variations of that deep red—with some green, but the primary color being red. This occurs primarily on planets that would have a hotter blue star and a different spectrum of light.

Please talk about the relationship between humans and nature in the light universes.

In terms of the relationship with nature, there is no concept of exploitation, ownership, or stewardship, as is taught in some of your scriptures. For to walk upon the earth is to walk upon the body of God. To swim in the water is to swim through the body of God. And to breathe, and to eat, and to drink, are to ingest the Creator within the vehicle of the created, and there is no separation. Again there is that complete individuation of the human combined with a total connectedness to God and nature. They are not seen as separate.

Is there technology and mechanization in the light universes?

You would not be able to separate nature from technology. They are seamlessly wedded in harmony.

Is there predation among animals in the light universes?

It is somewhat difficult to describe. It is a harmony and a play which is acted out between predator and prey, where permission is asked and

permission is given. Once the permission is given, it is a service of the prey to be consumed by the predator. It would be much more akin to the river merging with the ocean, where the prey would consider its life form to flow into that of the predator. And it is a harmonious act. It is not gross the way it is on this planet. *[Is there pain?]* No. I would also say that the human type life forms on those planets are all vegetarian. The animals which on this planet are omnivores, such as those in the canine family, would be vegetarian in an unfallen universe. It would be only the felines, and a few of the fish, and a few of the birds, who would be predators. In the light universes predators are in a very small minority, but they serve a function. There are also some carrion animals and birds as well, but less so than here. *[In our world, when a cat catches a mouse, she plays with it in a very cruel way. Is this a distorted reflection of the harmonious playfulness that would occur between predator and prey in a light universe?]* Yes.

Why are humans called the Crown of Creation?

They have the greatest autonomy and individuation inherent in their character, and the greatest ability to reflect Prime Creator to each other and back to Prime Creator.

More than just about any other creature, humans really get to enjoy the fullness of the beauty of Creation. Having a high metabolism and mobility gives humans the ability to explore, learn, enjoy, absorb, and reflect, to the fullest extent.

CHAPTER TWO

THE FALL

PART I—THE REALITY OF DARKNESS

According to Heru—and according to the memories of those of us who can remember back to the times before we entered this universe—the original Creation was without stain, without suffering, without even disharmony. If all this is true, then why are we, in this part of Creation, experiencing life in a way which bears only a small resemblance to that original state of perfection? And what is the condition of this universe as a whole? Are the problems which plague our planet the exception or the rule?

I personally found that part of my spiritual maturation was a series of shocks and disillusionments about the nature of things in our world and even beyond our planet. These have not been pleasant, but the willingness to come face to face with reality has been an essential aspect of growing up for me. Humans who are able to acknowledge the truth of existence on our planet have had to acknowledge the fact that all of our major institutions (government, medicine, finance, religion, etc.) are riddled with corruption, and exist more for the purposes of power and control than for the service of humanity.

As I expanded the horizons of my knowledge and experience, I found that Earth was not the only place where evil existed. I spent a number of years reading every available book on the extraterrestrial abduction phenomenon, and accessed my own memory of a frightening encounter with the Greys early in life. (The Greys are a group of extraterrestrials who are reported to be responsible for the majority of the ET abductions.) Some years later, I teamed with a psychic friend to do extensive work in an attempt to reclaim some of the dark fourth dimensional reptilian races. In the course of this work—both through

my own experiences and through further study and cross-referencing with others who had authentically experienced these realms—I was forced to realize that our galaxy is filled with war and strife. Peaceful planets exist, but only because they are protected in one way or another. Past life memories also surfaced of personal experiences with warring and destruction in other star systems and galaxies.

An even greater shock occurred when I discovered that negativity is not confined to the lower dimensions. As I continued to explore and expand my horizons, I found that dark beings and energies exist even in higher dimensions. I remembered being attacked and almost destroyed as a being at a time when I lived on the sixth dimension. Heru and Sananda told us that pretty much all of the ruling councils in our universe—whether they be planetary, galactic, or even broader in spectrum—were compromised to some degree. We also discovered dark grids on the fourth, sixth, and eleventh dimensions, which were covering large areas of our universe. When we asked Heru if darkness (negativity) was more prevalent in the lower dimensions he replied, "No. It is as above, so below."

It is comforting to think that Earth is a primitive schoolhouse or a brutal but effective boot camp, a tiny and troubled speck floating in the cosmic oceans of love and light. Heru states that this is not the case. If our universe were a place of peace, truth, and joy, he asked us rhetorically, would the situation on Earth have been allowed to persist—the injustice, the enslavement of so much of humanity, the prevalence of suffering? The truth, according to Heru and the other masters we have spoken with, is that we live in a fallen world which exists within a fallen universe.

PART II—THE FALLEN STATE

What does it mean to exist in a fallen state? In this section, I will briefly touch on some of the ways that this reality has impacted the existence of humans and all beings in our world and beyond. I do not mean in any way to say that our planet is entirely negative or that life here is only misery, for that is certainly not the case. Earth is renowned throughout our universe for its exceptional beauty and diversity, and

even under great duress the human spirit can be indomitable. Every person who holds to some degree of truth, of love and of light, creates a small bit of heaven—and it is all of these together which make our world a place of great hope and unexpected miracles.

With that preface, I will proceed. For humanity, the fallen state means that life is short and, in most cases, fraught with difficulty. The struggle for survival dominates the human experience and a high proportion of humanity lives in grinding poverty, barely maintaining the necessities of life. Rather than spending our lives in the delight of creativity, in the joy of spiritual growth and unfoldment, most of our time and energy goes into obtaining food and shelter. Relationships bring love and connection but also deep disappointment and heartache, and many people are alone, abused, or emotionally adrift and lost. True fulfillment is rare and usually fleeting. The hearts of humanity are filled with sorrow, even those of us who are the most fortunate. We exist in a state of separation from God and from Life itself. The fallen state of humanity means that our DNA has been decimated, to use Heru's word, and that we experience illness, aging, suffering, and death.

The fallen state of our planet means that all of our institutions are corrupt, and that no matter how hard we try to change or replace them, corruption again ensues. The fallen state of our world means that we live behind massive though unseen frequency fences or energetic barriers which keep the light of the Creator from us. It means that countries are unable to live in peace with one another and that despite all the efforts of all the peacekeepers throughout history, we still fight and kill one another—and always the innocent suffer. It means that with each advance, there has been an equal or greater decline. For example, as technology has developed it has freed us from the plow on the one hand and chained us to the computer on the other, and has also caused the poisoning and devastation of our beautiful planet.

The fallen state of nature means that even in this least contaminated part of our reality, predation, parasitism, and competition are the rule. The strong devour the weak. Even in the plant kingdom, vines strangle trees and roses grow thorns for protection.

The fallen state of our universe means that the very atomic structures, the building blocks of matter, have been so distorted that matter itself is corrupted. As Heru says, "The very stones of Earth cry out."

Matter, instead of existing in a pure and perfect state, continually falls into entropy. We can still perceive something of the original divine order of things as we study the cosmos. Yet we see chaos even there, as galaxies collide and stars consume one another.

Before we plunge into the details of the fall, I would like to offer some of Heru's words and ask you to hold them in your consciousness as you read the next section. I would also like to point out that, as the second edition of this book goes to press in June of 2005, our universe has transformed in less than a year's time from being 75% dark to over 95% light. Earth is one of the last places to be rescued, but Heru has stated that the liberation of our planet is very close at hand.

I am so glad that I have even a few memories of life before the fall.

It is very helpful, even for those who do not have direct memory, to call upon their soul or their monad to hold up for them that image of themselves in an unfallen state. When each of you sees your original template and understands that you did not cause your fall, that you are not to blame for this fall, you will have taken a huge first step in reclaiming your divine nature. And when each one of you begins that path—the path of separating what is not you, what is the fallen, from who you truly are—it is a path of glory that I cannot put into words for you. There is so much wondrous joy that awaits you in this discovery. For each one of you, each and every individual on this planet, has descended from the very highest lineage. You were created by Creator Gods of the highest order, and as such royalty the likes of which you cannot imagine flows in your blood, in your bones, in your DNA. It is your heritage, it is your destiny, and it is time to reclaim this.

PART III—THE HISTORY OF THE FALL

Heru, if Prime Creator made and designed this Creation to be one of joy, harmony, and perfection, what happened?

Approximately 1.3 billion years ago in your time, there was an invasion which occurred in a universe near this one—an invasion of darkness. What we will call darkness, for the purpose of these discussions, is a non-souled, non-living substance, antithetical in structure to the basic life inherent in every atom of Creation. It is not known where it comes from or who or what designed it. It has the tendency to permeate anything that it touches, though some beings have been able to

resist it, at least in maintaining the purity of their spirit.

The universes had never experienced conflict prior to this event, and therefore the membranes around them were only designed as containment of form and not as a protective barrier. I would liken this invasion to the effect of the bite of a poisonous spider or snake on the human body. The original universe which was affected then sickened and essentially died in a very short period of time, almost immediately. Of the beings living in it, those who could do so fled into the neighboring universes, unknowingly bringing contamination with them. It was at that time that a small assemblage of beings was sent to help. This group was not the one to which the light workers on Earth belong; this was prior to that time. The structure of the one dead universe was collapsed and melted back into the All with great sadness and solemn ceremony.

Those who had escaped seemed at that point largely unscathed. But from that time forward the surrounding universes began to experience some disharmony. And this began to grow and magnify, and spread rapidly, as there is much commerce between universes. This spread continued and did not seem overly alarming, just concerning. When this reached some several thousand universes, it was decided that a concerted effort would be made to deal with the situation. Therefore a large group of beings assembled, and that is most generally the group that the readers here belong to—the group which we call the light workers. They arrived, each of them with their specialty and their mission, and began to do their work.

If you were to examine the state of those affected universes at that time, as compared to the present, they would look far more light and harmonious than your current universe does. It was as though everything was perhaps one degree off where it should be. It was small, it was subtle, it was not dramatic. There was not a great deal of suffering, there were no wars, there was just a level of disharmony, a small amount of disease, and a sense that everything was slightly off. Things were no longer perfect. Meanwhile the insidious nature of this poison, or this darkness, was that it penetrated deeper into the infected beings and deeper into the systems in these universes. The worst part about this poison is that, unbeknownst to the host, it would usurp its free will in a very subtle way and begin to redirect its life.

At this time there was a concentration of many of the great and mighty beings who were contaminated and infected by darkness, such as the Creator Gods, angels, archangels, and Elohim. It is the fall of these elevated beings which, in your mythology, later came to be known as the Lucifer rebellion. Again, unbeknownst to these beings, their free will had been usurped and they were being guided into paths that would

not normally have been their choice. The reason that there were many great and mighty who fell was two fold. One was that the Creator Gods and the angelic beings who were in that original universe were the ones who managed to escape. They were more mobile than a cat or a bird, for example, in terms of traversing great space and time. They then met with their equals to work on the problem, and their equals and counterparts then too became infected. Therefore, because of the nature of those who escaped the original universe and who dealt with the melting down of that universe, they unknowingly ended up contaminating a large number of very high level beings.

Each of these beings would have a job, so to speak. Wherever they were working, and whatever they were assigned to when they returned, would then also be corrupted. Therefore fallen Creator Gods would create fallen universes. These were much darker than your universe is currently and are not salvageable; they are not structured on the basic sacred geometric principles that your universe is structured on. There was also a point in time, just prior to the erection of the frequency fence, when these Creator Gods decided that they would create in their own way and in their own manner. In their delusion they declared this a superior Creation to that of Prime Creator.

Did the contamination then spread from the highest dimensions down?

Yes. As I stated earlier, when the original invaded universe died and was melted down, those highest beings out of that universe are the ones who escaped. Therefore this contamination happened from the highest orders, and actually spread downward through the dimensions. In the fallen universes, darkness exists through the eleventh dimension.

PART IV—THE FALL OF OUR OWN UNIVERSE

Heru states that about six percent of the universes in this Creation are dark. About two percent are wholly dark, for they were created by fallen Creator Gods. The other four percent were created light and were invaded. Our own universe, which was originally a place of "symphonic loveliness", in Heru's words, is one of these.

Heru, we would like to discuss the fall of the universe that we live in. First, how many universes are there, and what percent are dark or compromised?

The universes in this Creation number in the tens of thousands.

Darkness is only in the last outer layers of the universes. Perhaps less than two percent are wholly dark, and maybe an additional four percent are embattled.

Then let us look for a moment at the creation of this universe. We know that universes are made by Creator Gods such as yourself, and that in order to create the large universes they work in groups. Who created our universe? Several years ago we were told, by a source outside this universe, that its creator was called Godin. Who is Godin?

The spelling of this name is G-O-D-I-N-J, and the "j" is almost silent. Godinj is actually not one person. It is the collective signature of the dozen or so Creator Gods who came together to do this. That signature, Godinj, is written in the atomic structure of all matter in the universe, and that is why it carries power.

We notice the similarity between this name and our word "God".

Yes, and I believe if there were scholars who could get this name into the Hebrew alphabet, they would find some good information and make theories around it.

Please explain exactly what Godinj is.

Godinj is a group of Creator Gods who wove the membrane, creating the perimeters of this universe around the great plasma given to them by Prime Creator. They themselves form, in essence, the nucleus of that great cell [i.e. the universe]. And spinning out from them are all of the forms of this universe, large to small. *[Were you and Durga/Sekhmet part of the original collective of Godinj?]* No, we were more in the role of advisors, and we chose the beings that make up Godinj.

Please describe the fall of our universe.

Your mythologies have many descriptions of the fall, the most famous in the west of course being Adam and Eve and the apple and the snake. If we use this as a framework, we would say that the apple is the body of contamination and contaminated knowledge, the knowledge of duality. We would say that the snake was the carrier, the contaminated Creator Gods and angels and archangels. And Adam and Eve would represent the original blueprint of humanity as well as that of this Creation and this universe. When this poisoned fruit was consumed, not only did the blueprint of humanity fall and become corrupted, but the life forms and worlds also fell. So both the Adamic and Edenic blueprints for this entire universe fell.

There was, of course, resistance. The Creator Gods Godinj— those who are instrumental in creating and holding this universe in form—were divided. Some fell, and some were then imprisoned by the ones that fell, giving the fallen essentially free rein. There were some very, very destructive battles in this universe. An uneasy truce was then struck, with the dark dominating the light, but the light holding enough mass and power to prevent the entire universe from falling. Many compromises were made, not for the better, but for the purposes of stalling the dark until rescue could be effected. And that is pretty much where things have stood up until now.

Did the fall of our universe occur fairly early on in terms of the invasion, or relatively late in the game, so to speak?

Early on. It occurred about 900 million years ago, in your time. *[What percent dark is our universe at this time?]* It is about 75% dark.

Going back to the information we originally received, we were told that Godinj made a terrible error in the creation of this universe and that in the process he himself became split into two parts, one light and one dark. Is there any truth to this?

This is an interpretation of what happened. What occurred was that this universe was created close to perfect. It had some slightly flawed blueprints, which have occurred in the outer or newer universes, but everything was functioning relatively well here. When this attack happened, the dark forces used those flaws to create a tremendous fall and rending. When that occurred, it split the overlighting council of Creator Gods who created this universe, so there was a rending within that group. Two of these Creator Gods fell, and this again relates to what you call the Lucifer myth. And those who fell are the ones who have created the completely dark universes.

Please explain the slight flaws in the replication of blueprints in the universes, and how the dark used this.

The basic structures of all life, including DNA and atomic structures, were created essentially the same throughout this Creation. In the process of creating more and more universes, the outer petals on the flower of Creation contained a few minute distortions in DNA and also in atomic structure. This happened as the replications of these basic structures and blueprints were repeated countless times. However, these minuscule flaws were not seen until the dark invaded. The dark then used this as an opening and magnified and further distorted these imperfections. In the unfallen outer universes, this has not been much of a

problem and is being corrected with ease.

Did this damage to the DNA only affect life forms on the lower dimensions?

No. DNA is a multi-dimensional structure which has its roots in the twelfth dimension and passes through all of the dimensions into the third, and the structures of life are then built upon it. Therefore truly each cell of your body is a gateway to the higher dimensions. When the Creator Gods and other high beings fell, the DNA became damaged and distorted. The Godinj collective, for example, is the support for every cell of life in this particular universe. When it fell, every cell within this universe was affected. Therefore the corruption begins at the top and descends out into each cell of Creation, distorting throughout the entire process. And not only the cells are affected, but the same applies to the atomic structure. From the very top, the atomic structure was distorted. An effect of this distortion is the fact that in a fallen universe all matter is subject to entropy. This is one of the laws of physics in your world. In an unfallen universe, this is not the case.

PART V—THE FALLEN EXPERIENCE

As we continue with information about the fall, I would like to remind our readers that this information is only being given out now because of the fact that rescue is at hand. As Heru stated in the introduction to this book: "I want you to know that the only reason this stark truth is being allowed to come forward at this time is because of the certainty and the nearness of the dissolving of all that is dark. It is truly very close to us now, and even upon us." Later chapters will focus on the coming restoration and reclamation of Earth and our universe.

I would like to understand the many ways the forces of darkness have distorted life here and made certain things impossible, and other things of a destructive or unhappy nature the norm. Like children raised in highly dysfunctional or abusive families who have no idea that their experience is wrong and "abnormal", even perhaps criminal, I think we on this planet have no idea of the extent of abnormality in our own life experience. How does all of this relate to the fall?

This is really a vast question, but let me first state that none of these conditions exist in an unfallen universe or world. There are as many

pathways of disease and disharmony as there are illnesses of body, mind, and society. There are countless factors, and I could list them all. Let us start, however, with the fundamental premise that what society has defined as human nature—the aggressive desire for conquest, the desire for dominance, greed, selfishness, cruelty—all of these things are not normal and are the result of the fall. Then when you look at how this so-called human nature has expressed itself in culture, in society, and in the institutions that govern this world, you have an idea of the complexity of what needs to be reformed in every system and on every level. Be assured that all of this will change, and very rapidly, as the restoration of your planet and your universe proceed. And as humans are restored to their original nature, their hearts and minds will again express the divine blueprint and perfect harmony that was intended by Creator.

Are there some sectors of the population, such as political leaders, darker than others?

Yes. Those who are the most aggressive in acquiring and maintaining power and control over others are in general quite a bit darker, and are also oftentimes used as vehicles for some of the fallen beings to carry out their agendas.

What percentage of the human race at this time is not corrupted by some degree of darkness?

All humans are affected by darkness to some degree. Because it exists on the atomic level, there is really no way to escape it. However, we have noted that the souls of some beings have been able to resist this influence. More than half of the people on this planet, perhaps as high as 60% of the humans on this Earth, are in a state where their soul, their spirit, their intention in life, is to manifest light. And that is truly a miracle. Things look so bad, and the negative structures are so strongly in place; yet the weakness in the plan of the dark is that they have not been able to corrupt the human spirit in so many. *[I often think of the humble people of Earth, many of them very poor, many living in underprivileged countries, yet who maintain their purity of spirit and dedication to God.]* Yes, and many of them are much happier than the privileged.

What percent dark is Earth at this time?

Despite the fact that over half of humanity still holds to the light, the darkness tends to be in control here because of all the systems that are in place. Therefore I would have to say that Earth is, at this time, about 75 to 80% dark.

What, if any, is the difference in the personal experience of life between those infiltrated by darkness and those not?

Imagine, if you would, two tuning forks. One of them might be covered with whatever junk that would prevent it from sounding, but the tuning fork itself is still in perfect pitch. At any time that it is unwrapped and struck, it will resonate. Because of that it holds at its core that true resonance, even though it is not sounding. Then imagine a second tuning fork where the tines have been twisted and distorted. Whether it is wrapped or not wrapped, whether it is struck or unstruck, it always carries that distortion at its core. And that is not to say that this is uncorrectable.

Is life easier for those humans who are fallen, who are not resisting the dark?

That is perhaps too broad a question. In some cases yes, in that they would receive a great deal of support in acting the nefarious schemes of the dark. You could say the wheels are greased and their ambitions are oftentimes not thwarted because they are in essence sons of the ruling body, whether that is literally or in spirit. But ease does not equate to happiness or harmony. *[Is there a tremendous pain deep in the soul of all the fallen?]* How could there not be?

PART VI—A CREATION WITHOUT DEFENSES

If this Creation was made without any form of negativity, then was it unable to defend itself against darkness? Why didn't the Creator act to drive darkness out of the Creation?

This Creation is a Creation of love and light, of beauty, of vast amounts of diversity. And as I said earlier, it is an expression of something beyond words, that indescribable place which the Creator expressed from. In this expression there was no thought of destructive or negative forces. These were not even conceived of as being a possibility. Therefore this Creation was created without weapons, without defenses. You will see in the universes which are not fallen, for example, that the whole concept of predation is much different.

When this Creation was attacked, although the Prime Creator was aware of it instantly, Creator was not able to comprehend the danger and was not able immediately to come up with a good solution. Therefore it spread. Really, the amount of time that darkness has been here is a very short one in terms of the time of the Creator. To use an analogy, it

is as if this Creation were a human who was bitten by a brown recluse spider. The initial bite did not seem that bad, and nothing was done immediately. But as with a brown recluse spider, the toxins spread from cell to cell bringing death, rot, and decay with it, until the flesh around the original bite began to die. It is at that point that the body would begin to marshal its defenses. However, as with the brown recluse spider, the natural defenses would perhaps not be enough. And in fact, as stated before, this Creation had no defenses whatsoever.

Therefore it has taken some planning and engineering in order to create weapons that were never before conceived of, to create defenses that were never before conceived of. For you see the angels and Creator Gods, and all of the beings who are on the front line of this fight, have had to cobble together defenses and weapons out of whatever they can pick up. They have been picking up their shovels and broomsticks and trying to fight a highly sophisticated invader when they have no prior knowledge of defensive strategy. And that is why in many cases it appears that the dark side wins the battles. But the shift is happening. The Creator has come up with a strategy. The weapons are in place, the armies of light have been created, and the tide has turned. And in a short swift time, the war will be won.

Still, why did help not come earlier? We're talking about an enormous stretch of time here. Is it not true that all the original beings in this universe have been crying out to the Creator for help with their uncounted trillions of voices, and for eons?

Yes, and it is being answered. I know it seems to humans and to many life forms that this has taken such a long time to accomplish. And there is regret that there has been so much suffering and that this has taken such a long time. I have outlined the reasons, but there is definitely regret that there has been this amount of suffering.

CHAPTER THREE

THE LIGHT WORKERS

Some time after our Creation had been invaded by darkness, plans were made to heal and counteract the damage. The first plan was put into place about 500 million years ago. At this time the true intent of the dark forces had not been revealed, and it was thought that they were innocently harming the universes into which they had spread. Therefore, the first major attempt to help the fallen universes involved the sending of a substantial force of light beings into each of the universes that had been affected. These light beings were mostly from the inner universes, the older ones which are located nearest the Godverse and which are closest to the pristine purity and power of the original Creation. The beings who were sent were healers, restorers, and educators, for it was then believed that the invading beings could be helped and restored to the divine flow of life in this Creation. Most of the light workers on Earth belong to this group, and therefore most of us have been in this particular universe for about 500 million years. The light workers are generally characterized by a high degree of awareness, along with a profound longing for home.

There were many aspects to this initial plan. The one I am most familiar with involved the bringing of pure, uncorrupted genetic or blueprint material from the Godverse to a selected number of critical planets in those universes which had damaged genetics. As you read this section, you may come to a remembrance of your intended part in this great plan.

THE MISSION OF THE LIGHT WORKERS

Please give some additional information on the group of light workers

which was sent about 500 million years ago to help the dark universes. We'd like to know what prompted this group of beings to come, who made the decisions, how they were chosen or how they volunteered, and so on.

The Creator Gods in the fallen universes convened a council. They met and put forth a call for help. This call went out and a great council was convened amongst the Creator Gods of the light universes. An extensive recruitment then took place to assemble a large entourage of multi-skilled, multi-faceted, multi-dimensional beings to come and do what they thought would be reclamation work. It was hoped that the size and skills of this force would be sufficient.

This force arrived into the universes which had been affected by darkness, and at first things seemed to be going well. They set up their schools, their healing missions, and so on—all of the work that they felt would be needed. Some thousands of years into this project the dark achieved a critical mass, declared itself, and sealed off this quadrant of universes behind the frequency fence. And essentially at that point the battles began.

What kind of numbers were sent into a universe such as this one?

Hundreds of thousands of beings were sent into each universe. This venture was considered very important, and the recruiting effort was large. It went across pretty much the entire spectrum of talents and beings. At that time it was still believed that the dark beings could be helped, and so the light workers that were sent were chosen as healers, restorers, teachers, and so on.

Would you speak on some of the other major facets of the plans and purposes of these light forces? I feel this is important because light workers reading this material may remember the reasons for which they came here.

Yes. I would suggest to each of the light workers who come to read this to look at their passion and their talents. For instance if someone has a passion for akashic record work or healing work to look at that, and see it as the seed of the mission they came here to accomplish. It will also be helpful to realize that great numbers of people with similar talents and similar missions were sent into each universe. For example, perhaps several thousand people with the great ability of akashic record reclamation would go into each dark universe and be stationed throughout. Then there would have been the intention to link up with a being in the healing arts, or a being doing genetic work, or whatever. These different groups would have worked hand in hand and put together a com-

prehensive program for healing not only individuals but worlds and systems. Since your personal work involved bio-systems, for instance, you would have worked with geneticists, and would have also worked with beings who specialized in cleaning up various types and levels of pollution. Then there would have been the teachers, the educators, those who specialized in emotional and spiritual work, and so on.

These beings then began to set up something almost along the lines of a great university on each planet, so you would have a whole university type structure of classes on healing and other subjects, which would be coordinated from a centralized location. Since there are many inhabited planets in each of the fallen universes, a teacher or healer would be assigned to many, not just one. Remember that wormhole travel at that time was very possible, though it has largely broken down since then. Parts of this great system were actually set up within the universes before everything was totally disrupted.

Are the remains of this original force of light workers now concentrated on the twelve critical planets? [Please see the Glossary for a definition of the twelve critical planets, of which Earth is one.]

There are remains on each of those planets. However, these areas have been targeted by the dark forces, so many have fled to some safer areas. There are some of these beings in that area where your relatives are, near the edge of this universe. Those who could flee to safety did so, however many were entrapped in the karmic cycle of this planet or wherever they were at the time.

Please discuss briefly what it was like for us when the fall happened, knowing nothing of darkness or even of defending ourselves.

It was horrible beyond words. If you were to look at some of the sections of Michelangelo's fresco of the Last Judgment and you look at the fallen souls, it would look something like that, only magnified many hundreds of thousands of times. The light workers and other beings in these universes were trapped, ripped asunder from their connectedness with Prime Creator and also their connectedness with all their companions. There was the rending apart of twin souls, and many other connections were also torn apart. For example, those who don't have twin souls would have their connection to nature severed, or their connection to the Creator Gods, or to Prime Creator, severed or twisted. It was like a descent into hell.

Have many of us attempted to return home, and have we been unable to do so?

I would say just about everybody who has any consciousness left has desired to go home, but most have had no way to do so.

Did a high percentage of the light workers fall?

Even one being falling is a high percentage. But I would say in the range of 30% fell. And I believe that most or all of these beings will be reclaimed. *[How did you, yourself, resist the temptation to fall?]* In my own case, I never felt the temptation or the lure of whatever it is that darkness has offered, and so for me resistance has not been difficult in that way. It is the only thing I know, to be light and to be of service.

Is it correct that the vast majority of light workers on this planet are from this original group?

That is correct. And it is the light workers, collectively, who have taken the greatest brunt of this destruction. For you simultaneously fell victim to the controlling nature of the darkness and yet could see that this was not the true nature of humanity, for you had your memories intact. So this has been, for all of you, the roughest ride.

Is there anything you'd like to convey to the light workers?

I would like to say that the remnants of the families or the groups that people came in with are here. The time is right for people to seek each other out through whatever means is available, in terms of like minded groups and conversations with people who have similar passions. They may wish to form discussion groups, either in person or through the Internet. There can be a sharing of experiences with no agenda, simply trying to jog each other's memories and come up with common experiences.

The other thing I would like to say is that the beings who came into this project were considered the best and the brightest within the Creation, representing a cross section of all of the kinds of talents of all the Creator Gods across all the universes. They were not Creator Gods specifically, but they were representatives of their particular brands of creation, in a sense. *[It must have been a loss to the rest of Creation, then, to have their best and brightest lost for so long.]* Yes, and I would also like to say that I believe all will be reclaimed. It is my hope that even those who were lost or melted down can be restored, and there are relatively few of those.

Why are these beings from the older universes the finest and brightest souls? Is it a matter of being older?

Well, that's perhaps a qualitative judgment on my part, a preference

on my part. It's maybe not fair of me to say finer and brighter, but they are among my favorites. *[What would be the difference between one of these beings and one from an outer universe?]* It would be like the difference between an ancient wise tree and a young sapling.

Please give some further information about the particular aspect of this work that has made Earth so important—that of selecting twelve critical planets and seeding perfect genetic material into them.

That was seen as part of the rescue mission, as it was seen that the genetics of the fallen universes had been corrupted and damaged. At that time it was not known that the forces of darkness were so adamantly bent on destruction and control. It was thought that they were wayward and were innocently damaging the Creation, not through evil intent but just through being in an inharmonious state. It was not seen to be a consciously driven attempt at destruction, more a byproduct of their flawed nature. Therefore it was felt that if perfect genetic material could be re-introduced into the fallen universes, then their genetics and their blueprints could be corrected.

The further that you get from the Godverse, the center of the universes, the more and more flaws and divergence you get from the original, perfected blueprint of life. Therefore the universes that are furthest from the Godverse are the ones where these flaws have multiplied and magnified. It's similar to the way that DNA will form new cells, but as it multiplies hundreds and thousands of times, flaws develop and then perpetuate themselves and increase. What you and your group did was to take original material from the divine blueprint, material taken from very near the center of things, and bring it way out to the edge of Creation, to this critical point which is Earth. These critical planets were carefully chosen as they form a grid within the universe. In each of the outer universes, in fact with some of the closer in ones as well, there has been this embedding of key points. In the fallen universes they have been fought over greatly and have been the source of many of the wars, because control of these key points means control of the light coming in.

The original flaws in the outer universes would have been easily corrected, had not the dark forces taken advantage of them to damage, corrupt, and destroy the genetics and blueprints in the fallen universes.

One of the most damaging results of the invasion was the fall or taking down of some of the Creator Gods. For each universe is created by a being or beings. Therefore as the Creator Gods were corrupted, what they brought forth was faulty DNA and faulty structures and so on. For what is not created in light is an abomination. The fallen Creator Gods created universes which are almost entirely dark and devoid of light.

Was the perfect genetic material in the twelve key planets being held for the future?

There are two aspects here. There were beings who brought in genetic material to restore that which was damaged. Your mission was somewhat different in that it came somewhat later, as a last gasp effort to retain the integrity of things before it was lost. *[And do you still believe that this perfect genetic material from the twelve critical planets will be able to restore the damaged genetics in this universe?]* It is quite likely, yes. It looks to be still doable.

For those of us who have been here in the fallen universes, has there been any benefit?

The benefit is of endeavoring to save that portion of Creation from being overtaken by the darkness. There is a great benefit there. The great heroics of the beings who have come here have not gone unsung, and the service that has been rendered is very appreciated. These beings become great teachers, and in doing so serve the light mightily.

CHAPTER FOUR

THE ROLE OF PRIME CREATOR

This section mentions two very important components of the restoration of Creation: the Omniversal Energy and the Light Warriors. Details are included in later chapters; please consult the Glossary for short definitions.

PART I—LOSS OF FAITH IN THE CREATOR

Heru, our topic for today is not a pleasant one. After the channeling we did a few days ago, as I was mulling it over, my emotions began to boil. First I felt intense grief as I considered all the suffering that has occurred due to the invasion of darkness, particularly because it was useless and purposeless, not part of some greater plan. Then deep anger and rage at the Creator came up, underlain by a profound sense of betrayal and abandonment. I'm sure these feelings have an irrational component. Nevertheless I'm going to share the track of my emotions with you, because I'm convinced that almost all humans on Earth and in all of the fallen universes have similar emotions, consciously or not.

They do.

First of all, the amount of time that we're dealing with here is staggering. You said that the original invasion happened about 1.3 billion years ago, and that our universe was invaded about 900 million years ago.

That is correct.

Then I started thinking about the number of universes that must have fallen. If the universes number in the tens of thousands, let's say just for example that there are 40,000 of them. If six percent are fallen or embattled, as you have said, then we have 2400 dark universes! And I feel that a billion years and 2400 dark universes is just way, way too much, and way, way, way too long.

I agree.

This is not like a spider bite on a person's arm. It's like losing a whole hand to infection and death. In fact, it feels almost to me as if this Creation is like a beautiful woman who has been raped. Maybe the rape only took place in her vagina, in six percent of her body, but it affects the whole, and it's not a small thing.

That is a good analogy.

When I began to think of the amount of suffering and devastation that has occurred because darkness was allowed to spread, and wasn't dealt with for such an incredibly long time, a tremendous feeling welled up in me that said, "Regret isn't enough." For those on the highest level to say they're sorry they didn't act sooner is just not enough to balance the weight of the countless numbers of beings who went through not just many lifetimes of suffering, but millions of such lifetimes. It's also not enough for those beings who have actually been destroyed, who have ceased to exist. For them, the rescue has come too late. They are gone forever.

That is true.

I feel that hardwired into all life in this universe is the belief that Creator is loving, Creator is just, Creator is merciful. But in fact, those beings in the fallen universes found that when darkness invaded, God did not act. God did not protect the innocent. God did not stop the rape, the devastation of worlds and galaxies and universes. Like a husband who is cowardly or paralyzed, God stood by and allowed His Creation to be raped, stood by and watched and did nothing, when we were fighting not only for our own existence but sacrificing ourselves to help the whole. God is finally acting and we are all grateful, but it feels like too little, too late. Yes, we need help, but we needed it about a billion years ago!

Yes.

At this point Heru, I feel a need to ask: Do you trust God, the Prime Creator?

I trust the intentions. I do not always feel that the Prime Creator can totally reach into the Creation and effect the change that is needed. Just as I recently tried to manifest in your third dimensional world and was unable to, Prime Creator has attempted to deal with this but has been, up until now, ineffectual in dealing with it. *[But you do absolutely and totally trust the intentions of Creator?]* Yes.

I realized that there's a large part of me that no longer has that trust. I feel like a child in a household where an invader broke in and raped, tortured, and killed the children, while the parents stayed on the top floor of the house and didn't do anything. How could I ever trust my parents again?

Then a feeling came that is perhaps even worse than the anger. And that is the sense of being betrayed and abandoned by God. I know that I was part of the group of light workers which were sent here 500 million years ago to help the fallen universes. To use yet another analogy, I feel like a member of a special task force that is sent by my government to a dark and dangerous place. We are sent by our country, and we are sent with the mandate and the promise, "Establish a base—reinforcements will follow, very soon." Heru, am I wrong? I feel in my bones that this was said to those of us who volunteered to work in the dark universes.

It was, and the help was not able to come through.

So we went out. We suffered, we died, we have been ringed about with enemies all around. But no help arrived. We sent telegrams, we sent messages, we cried out for help. But no help came. Not until now. But by now, as a force we are in rags and tatters and a lot of us didn't even make it to this point.

This is true.

The sense of abandonment that I feel around this is so profound that it feels as if every cell in my body could weep for a thousand years.

In any case, to conclude this tirade of emotion, I return to the metaphor of the woman who gets raped. The husband finally acts, the perpetrator is carried off to jail, and the woman is healed of her physical wounds. But what about her emotional scars? She still carries, imbedded in her soul substance, not one trauma but two. First the trauma of the rape, and secondly the trauma of the fact that her husband allowed it to happen, for a long stretch of time that, for her, was an eternity of horror.

Yes.

So now the Creator is finally acting to expel the dark invaders. This is a time of great joy. But as we who have suffered the effects of this event begin to raise our heads and to see the light again, mixed with our gratitude are the painful emotions that I've just described. So I feel that the healing which will take place must also occur within the family of this Creation itself, between Creator and creatures. We have uncount-

able numbers of beings now who have ceased, on some level and to some degree, to trust God. How will this trust be restored?

I don't know that I have the answers to this. These are profound and deeply sorrowful questions. And I am sort of in the middle, where I have participated in the creation of the universes. I have watched them fall, and have been to some degree powerless to prevent or correct that. I don't even know how to begin to address the sorrow and the loss.

I know that when I feel anger at someone, that anger immediately evaporates when I can stand in that person's shoes. Perhaps if we, the creatures in this Creation, could truly grasp what the Creator went through when the invasion occurred, then we could forgive this great lapse of time and the unspeakable horrors that have happened.

Yes. I would suggest attempting a direct communication, having Karen channel the Creator. And express what you have expressed to me, directly.

Can you add anything else?

I would tell you that all of the Ascended Masters have felt similar emotions to what you have expressed. If you would look at the life of Jeshua [Jesus], he would be a pretty good manifestation of the attempt of all of us to effect change, and how that was ruined and distorted. *[Are you speaking of his life, or what happened to his teachings?]* Both his teachings and what happened to him in the crucifixion. As this world fell further into darkness, any attempt at a public ministry by an Ascended Master would meet with the same fate.

PART II—THE CREATOR RESPONDS

Karen and I took Heru's advice, and we set out in an attempt to access some aspect of the consciousness of that being whom we call Creator. I must confess here that I have always felt extremely skeptical of those who profess to channel "God". In fact, in a lifetime of travels on the inner planes, I had never encountered any being or consciousness whom I could call God. However, when Karen and I called in the Prime Creator of this Creation at Heru's suggestion, there was indeed a response from a consciousness which was both awesomely powerful and tenderly loving. I still do not know if our Prime Creator is the ultimate God beyond which there is no other. I do feel that we communicated

with an aspect of the consciousness of the Creator, however. The energy was so intense that the words coming through were sometimes, of necessity, extremely simple. I wish that these words could convey the profound power and love which filled the room during those moments.

Greetings to you, Creator. We have called on you in hopes that we can understand you better, and to heal our relationships with you. We understand that you are the One who created this Creation that we live in. Is this correct?

Yes. *[Are you a singular being, or are you an expression of group mind, an expression of a group or council which created this Creation?]* I am One. *[Do you have gender?]* No.

Are there Creations created by Gods other than yourself?

It appears to me that there are but I do not interface with them.

Would you please describe to us something of the vision that you held when you created this particular Creation?

I have created many Creations, and this was to be my most beautiful Creation yet to date. In large part it is successful. I am aware of your pain and concern in this part of the fallen universes. I would like to discuss that today.

Thank you, we would as well. How did you feel or perceive the initial attack of darkness?

It was actually fairly small initially, like stepping on a nail, or a pinprick or a bee sting, something of that nature. The initial pain was not that severe. However there was a venom that was inserted through that opening which began to spread fairly subtly and rapidly—subtly enough that I did not perceive its spread immediately. This foreign invader began to lay eggs and set up colonies. And that did not appear extremely harmful at first. It seemed benign and it seemed that these universes would not be harmed by it, for I felt there was room for all.

At that point, were you getting calls for help?

No, for these beings were not manifesting their true intent for quite a long period of time. They were well established before they revealed their criminal intent. Regarding when that intent was revealed, let us see if we can set some timelines. Your time is difficult for me to relate to, so perhaps you can help by giving a framework.

Heru states that the initial invasion occurred about 1.3 billion years ago.

To continue, at some point you realized there was a threat, and these invaders were not innocent?

Yes. It seems that this occurred hundreds of millions of years ago, but not billions. And so there would have been that long amount of time for the corruption to spread and to spread amongst the Creator Gods, the Angelic Hierarchies, the Elohim, and the other hierarchies, almost all of which have been contaminated. During that time the dark beings were keeping within themselves, and very closely guarded, the secret of their criminal intent. The fullness of this criminal intent did not become clear until the dark universes began being born out of the darkness. Again, that time was perhaps several hundred million years ago, but not as much as a billion.

It appears that the light workers were first sent into the contaminated universes about 500 million years ago. So perhaps it was shortly before that.

Yes, that is most likely correct. At that time it was not known whether these light forces would prevail or how effective they could be, for we had and I had never encountered anything like this. There was hope that this would be enough. And all along the way, those of my Creation who had succumbed attempted to hide their contamination. Therefore throughout this whole process was obfuscation and delay. These delays made it take longer than it should have for it to become apparent that the efforts of the light forces were not enough.

Were the dark and contaminated universes sealed off at this point so they could not infect others?

I had no mechanism with which to do so. This invading force is able to penetrate anything and everything in this Creation. There was really no material in this Creation built in such a way that it could deflect or seal or contain this contamination. It was at that point that I saw the need to create something outside of this Creation, and began to create a new Creation. And that is where the Warriors of Light have come from.

Why did this take so long?

The declaration of the dark and the erection of the frequency fence happened about 500 million years ago in your time. In the age of this particular Creation this is a relatively short time period, though it would seem incredibly vast to you. That being said, the greatest difficulty in bringing forth the Light Warriors was in creating an entirely new substance with which to create. Creating the forms, the personalities, the talents—all of that—basically followed the patterns that had already

been established. But to create something wholly new, a new substance, takes a lot of time.

Why did you not send help to the light beings who went into the dark universes, as promised?

Help was sent, and it was defeated. [This statement seemed to be followed by a deafening silence, as the tragedy of it sank in.] In fact, instead of my sealing off the invaders, the invaders sealed me off from this part of the Creation. And many have been lost.

Is all the infection more or less located within a certain area of the Creation?

Yes. [*Is it still spreading?*] At this point, no, but only because of the Light Warriors.

I know how we felt, we who were in the dark and fallen universes. We felt abandoned and betrayed by you. We didn't understand that you had sent help. How did you feel at that time?

The whole of the Creation wept. There are no words to describe the grief at the loss of part of my beloved, for this whole Creation functions as one entity. And it was as if she were dying and amputated—that this part of her was amputated, and that the whole of her was going to die. For the whole Creation has been threatened by this invasion.

It has been a terrible thing. But then the new Creation was created, and you made the Light Warriors.

Yes. [*How do you see things now?*] (Strongly) I have created something that no darkness can resist. I have cordoned the darkness off from the rest of this Creation, and have begun the great battle. I myself know nothing of war; it is not a part of what I am. But amongst these Warriors of Light are great captains who are in the process of uncloaking themselves as we speak. And in a twinkling of an eye things in this Creation will look much different. Then the healing will begin. Those universes that were created by the fallen will be destroyed, for they are not reclaimable; they were not built upon my founding principles of light. [*And the invaders will be destroyed?*] Yes.

Will the Light Warriors destroy all the darkness in this Creation?

These Light Warriors will not stop at the perimeters of my Creation. They will reach out into the heart of what sent the darkness here and will destroy it. [*Once this Creation is cleared, will you protect it from further attacks?*] Yes, I will ring all of Creation with the Warriors of Light.

Have other Creations been threatened?

Yes, indeed. There was a second attack, on another of my Creations. However it was much smaller and much later and I was able to fend it off. *[And how about those made by others?]* I cannot say. *[Those are too far distant for you?]* Yes.

Do you know where the dark beings came from?

Yes, but it is somewhat of an indescribable place. There are no words. It is outside of this Creation.

How can the sense of abandonment and betrayal that so many of us feel be healed?

I would say that the proof is in the pudding. When I have eliminated the darkness then the healing will begin. Then faith can be restored, and not until that time.

I realize my own anger at you was unfounded, and ask you to forgive me for that.

My darling one, it is I who need to ask your forgiveness, for it is I who am responsible for what occurred. There are no words to express the depth of my sorrow about this. *[It is hard for us humans to realize and understand that even a being so powerful as yourself is not completely omniscient and omnipotent, to realize that even for you this is a learning process.]* Yes.

The hardest thing for me is the beings who were lost. Will there ever be a way to reclaim them?

Their blueprints are intact, their records are intact. *[But their essence? Is it gone forever?]* Once the darkness has been removed, we will see. It is not known yet.

The communication ended at this point, because I was crying, as was Karen, and it seemed that Creator was weeping as well. The energy was also too strong for her to handle, so we released the connection.

[Elora:] To explain the last part of the communication: certain beings within the fallen universes have been attacked in such a destructive way that the only recourse was for them to be "melted down" and returned to Source. An analogy would be a golden cup which is thrown into a vat of molten gold. The pure metal remains but all individuation is lost. This has been the ultimate tragedy resulting from the invasion of dark-

ness, for many great and beautiful beings have been lost. It is hoped, however, that ultimately even they can be reclaimed.

A week later we spoke to the Creator again. The communication flowed more easily this time.

PART III—THE DANCE OF CREATION

Creator, thank you for coming to speak with us again today. We would like to know, first, can you affect change in this world, in people's lives here?

Yes. It is an interesting paradox. I know you have been receiving information about the fact that when they become enlightened, people have a sort of bubble around themselves where all they see is love and light. To some degree, faith and belief play a big part in that. *[When people have faith you can work more easily?]* Yes.

I am puzzled by something that Heru told me. He said that since we are a free will universe, the release of the Omniversal Energy and the Light Warriors had to be petitioned for and was voted down many times, therefore delaying the release greatly. Is it true that you were waiting on this petition to come to you—and if so why, since surely you are aware that free will in the fallen universes is a mockery?

That is perhaps not quite the way I would describe it. I don't want to say that Heru was incorrect, but from my perspective it was somewhat different. It is one of those synchronies that is the magic of this Creation. For the cry for intervention did not develop until the Light Warriors were ready to be released. Therefore as fragmented—as fallen, dense, separate, and dark as this sector of the Creation is—it still resonates with my blood, with my life, and with my light. And this is proof of it. And that, my dear, should make you very happy. For what that says is that you still belong to me, you are still my beloved, and I still dance with you.

There was not a unified cry for intervention before then?

It was as if the beings in this sector could feel the help that was coming, they could smell it being ready. So as the readiness came, the cry also came. That is why I say it is a synchronous happening.

Even on Earth, we have prophecies which have looked forward to this time. And I've wondered, how did we know?

Exactly. You knew. And you still have that connection with me, in

spite of everything that has been done to each of you.

I have seen that a mighty pulse of energy is going to come out of the Godverse some time in the future. Could you explain exactly what this is?

It is the Breath of God. My breath has great restorative powers, as you can imagine—for healing, for restoration, and for cleansing. *[Will you breathe once in that way, or many times until healing is complete?]* Three times. *[Somehow I want to cry when I hear that.]* Because you know this, and because you know that these three breaths will bring you complete wholeness.

You said that the fallen part of Creation was cut off from you. How did this occur? Have there been frequency fences placed all around the fallen part of Creation so that we were disconnected from you and from the rest of Creation?

Yes. This occurred in the reverse order from what you may imagine. The invasion came. It appeared benign, and spread through a number of universes. Once the invaders had an area sufficient to give them a platform upon which to launch the takeover of this entire Creation, they then built the frequency fences, cut everything off, and caused the universes to fall. All of the fallen universes are grouped together inside this frequency fence.

So the fallen part of Creation became like a cancerous tumor, walled off from the rest of the body.

Yes, but once it reached a certain mass or density or intensity, it would have exploded into the rest of Creation, just as a cancer would metastasize.

I remember from being in Virqie, which is of course a light universe, that there was a continual experience of being connected to God. It was more than being connected, it was that all life was One and all life flowed together. This is part of what was cut off, this oneness with the whole?

Yes.

It seems that there is a characteristic of this Creation—that the highest and most powerful beings, paradoxically, cannot seem to affect the manifest part of Creation itself. Is that how this Creation is, or is it solely due to the separation and sealing off that has been done by the dark forces?

The latter. In an unfallen universe there is no separation.

Some say that you, the Creator, are too far above or too distant to take an active part in Creation, and that the role of active participation in Creation must be undertaken by other beings and forces. Can you speak to this?

In the unfallen part of my Creation I am very present within every action, every cycle, every part of what happens. I am the stuff from which the Creator Gods form the universes, and so there is a process of co-creation with both of us together. It is a beautiful dance. How it has been distorted in the fallen universes, I do not really need to explain. But that dance is a very interesting, multi-layered, fluid give and take. There is the dance between me and the Creator Gods to create form and then there is the dance between me and the form, almost as lovers. The beauty, the intricacy, the intensity of all of this is a magical song. And yes, it has been very distorted.

Karen went to a lecture last night where the speaker was talking about the incredible fire of all-consuming longing for the Beloved. He described that fire as torturous and how it entails going through the dark night of the soul. And that is part of the distortion. It is not created to be painful in that way. Yes, there is ecstasy within that pain, but pain is not native to the process. Yet that fire does live in every soul. And that is where, as a soul, you will find me.

You state that you are the "stuff" out of which Creation is made. This reminds me of Krishna's statement in the Bhagavad Gita: "Permeating the Creation with a fragment of Myself, I remain." In other words, God permeates the entire Creation, yet is also beyond it in an unmanifest state.

Yes.

Are you the guardian and protector of this Creation?

Prior to the invasion of the dark, I am ashamed to say that I did not see the need for protection or guardianship. It was just a lovely dance. I have created the Creation of the Light Warriors to ensure that this Creation will be restored to that dance and will remain that dance. For as you have seen I could have armed this universe and this Creation; but I would no longer want to dance that dance with this Creation. And in the end I would have had to destroy it.

Have you not done so now? Have you not armed this Creation?

Yes, but with something outside of the Creation—and that is the difference. Had I armed it with something from within this Creation it would have destroyed it. *[Because war is so antithetical to the nature of this*

Creation?] Yes. I would have had to arm everything from the greatest universal structures to the tiniest subatomic particles, and so the entire Creation would have been weaponized. And I have no desire to dance the intimate dance with a warrior.

Many humans see God the Creator as a parent, as a father or mother figure. I have personally always been more drawn to the concept of God as the Beloved. Which is more correct from your perspective, or are both of them correct?

Being everything and all that is, yes, both are correct.

It is very hard for us to understand what motivates dark beings. Why do they wish to harm, to destroy, to enslave, to take over other beings?

The reason that it is so hard for you to understand is because it is one hundred percent antithetical to your nature, as it is to mine as well. I do not understand what motivates the dark. I sent and sacrificed many of my parts in an effort to educate, salvage, heal, transform, and reform these dark beings, to make them compatible with this Creation. All I can say is that now they must be removed forever.

CHAPTER FIVE

THE OMNIVERSAL ENERGY

The text that follows is my own story of what I noticed during the first six months of the Omniversal Energy's presence on Earth. It was written in February 2004, before I made contact with Heru. I would like to note that my husband John and I live near Asheville, NC, an area which is very energetically active with many ley lines, portals, and power points. Parts of the country which are energetically calmer have not experienced as much upheaval or release of negative energies as we have here.

PART I—ELORA'S ESSAY ON THE OMNIVERSAL ENERGY

I came into this life filled with a tremendous drive to evolve, as well as a visceral expectation of planetary ascension and of my own involvement in that process. I studied Vedanta as a teenager, read the Findhorn channelings in the 70's and many others in the 80's and 90's, and was convinced that the rapid transformation of our planet was imminent.

Somewhere in the mid to late 90's I began to lose my faith. It was very clear that, at least on the outer level, Earth was not transforming. In fact, because of the increasing environmental devastation, overall things appeared to be getting worse. I tried and tried to understand what was really happening. Had there been a plan and had it gone awry; derailed (as so many have been) by the unexpectedly recalcitrant behavior of humanity and the density of 3D life here? Had interference from the dark side simply been too great? Or had the whole thing been a grand illusion, and were most channelers simply recycling mass thought forms which bore no resemblance to reality? A number of my light-

worker friends felt the same way. There was a sense of weariness, of deep disappointment. So many of us had worked so very hard, and it appeared that the transformation of the our planet—if it happened at all—was probably thousands of years down the line.

That's how things stood with me until September of 2003. Despite feeling discouraged about outcomes on Earth, I never ceased to explore inner realms. It was about mid-September that John and I both noticed a great increase of psychic attacks and various types of attachments in people we knew. Everybody was picking up dark forces, negative entities, and even discarnates. Even John and I were getting attachments, for the first time in many years! I own a small business and had to continually clear my staff. At times the "infestations" were so bad that one sensitive employee couldn't get to work until she was cleared.

John and I separately went to guidance and asked what was going on. To our surprise, we were told that the upsurge in attacks and attachments was due to something positive—an increase of light on the planet. The cockroaches were being flushed out of the cracks, so to speak. This information interested me greatly, so we did our best to get more details. Some of my contacts on the inner said they didn't know where this light was coming from—it was a source so high that even they couldn't comprehend it, but they could certainly perceive it. I tuned in to the Omniversal Energy, as I call it, and found that it felt like an intense beam of light energy which was experienced as descending directly through the crown chakra.

John is quite a good channel and has recently been channeling a being who identifies himself as Maitreya (not the current Maitreya, but the first one on Earth to hold that office). Maitreya had a lot to say about the Omniversal Energy. He said that it is the highest and most powerful energy we have ever known on this planet. He told us that this energy is what we have been waiting for—and while its arrival was expected to occur quite a bit earlier, it is indeed here now. As it intensifies, Maitreya told us, the OE (as I call it for short) would change everything on our world beyond recognition. It will clean up our planet to the very last corner, and as the OE increases in power, absolutely nothing will be able to withstand it. The OE will gradually raise the frequency of Earth as well, so that all matter here will become less and less dense.

Maitreya said that the Omniversal Energy is affecting not only

Earth but our entire universe. It's my understanding that what we call the star seeds on Earth not only came here from other planets, but originally came from other universes in an attempt to help this one. In any case, Maitreya stated that the OE will ultimately cleanse and transform our entire universe. He said there would be dark corners for a time, and that many highly negative beings would choose to leave Earth as the light increases, to hide out in such places. Even they, eventually, would have to face the music. Earth, however, was in line to receive a high dose of this energy and is therefore a good place to be right now. As closely as I could get, the Omniversal Energy had arrived on September 5, 2003, and we started noticing the effects very shortly after that.

We also began to observe that many people around us were experiencing dramatic and intense life changes. For example, Karen had followed a certain Eastern master for all of her adult life as well as for six lives prior to this one. On September 6, she found out that he was not a being of integrity and renounced him. Shortly after that her father died, her apartment was flooded, and she had to deal with ongoing psychic attacks from the astral minions of her former guru. Of the four staff members who worked in my business at the time, three of them had deaths in their families in the months directly after the entry of the Omniversal Energy. I myself broke a karmic contract of over seven million years standing and went through other intense changes and realizations.

I was personally told that this energy or light comes from a central power source within the Omniverse (the central universe within this universal system, often called the "Godverse"). It was for this reason that I coined the name "Omniversal Energy".

Initially, the Omniversal Energy was not well absorbed onto our planet. Due to frequency barriers and the like, much of it was seen to be "sheeting off". That has changed to some extent, and I also see people becoming more acclimatized to this energy as well. A balancing of the OE seemed to occur at the time of the Harmonic Concordance, but I emphasize that it had arrived on our planet before that time.

As of February 2004, things have continued to be quite intense in our area. John, Karen, and I all noticed that areas located on or near ley lines became too highly energized for comfort. In fact all of us moved from such areas to places which were more energetically quiet.

With the arrival of the Omniversal Energy, I feel once again that our world is on track for a rapid transformation. Just how rapid I do not know for sure, but I believe the rate of change is going to be speeding up exponentially. I do hope that those of us who have been doing our work for so long will ultimately be able to ride the waves of change in a joyful way, as well as being able to help others who may be struggling.

I have found that the Omniversal Energy is highly intelligent, responsive, and seems to know everything. I often communicate with it. I don't know what percent of its full intensity we are currently receiving, probably no more than a tenth. Any person who is sensitive to energies can tune into the Omniversal Energy simply by requesting the connection. The connection will most likely be felt directly through the crown chakra and will feel like a very pure and powerful white light. One may also request other colors of this light, such as rose, emerald, gold, or silver; and these may be used for protection and healing.

PART II—THE NATURE AND ARRIVAL OF THE OMNIVERSAL ENERGY

Heru, would you please speak on the Omniversal Energy—what it is, how it got here, and so on.

The Omniversal Energy is a beam or ray of light, projected directly by Prime Creator as a beam of focused intent designed to penetrate all levels of Creation. It has, to a greater or lesser degree, penetrated and touched every atom of Creation with the intent of restoring the true light of the Creator to all Creation. Embedded in this beam or ray of light are encoded many programs and many beings, including the Light Warriors. These programs and beings are designed to be activated sequentially in order to perform the restoration of the fallen universes and all beings and substances contained within them.

Will the Omniversal Energy continue to increase in strength?

Yes. I would describe it almost like the rotating beam from a lighthouse, and it is rotating through all of the fallen sector. It's not so much that the beam will become stronger, as that every time it comes through it will affect more and will penetrate more deeply. The rate of rotation is so rapid that the effect is very constant, not as fast as a strobe light, but it's as much on as off.

But it will continue to increase, in our experience?

Yes, it will. As the frequency barriers fall, more and more of that light will penetrate. And as time goes by more of the programs will be activated as well. *[It will increase until the Breath of God reaches us?]* I know of no time that it will not continue. It may increase indefinitely and may just be a new standard level of existence.

I'm surprised that so few people are aware of the Omniversal Energy and the timing that it came in.

Well, remember the frequency fences at that time were still very much intact. Many are feeling changes in energy and are attributing them to astrological events or the coming of the new age and so on. Much of what has happened in the past year has been attributed to other events and causes.

Is Omniversal Energy the best name for this energy or light?

It is a very good name. *[I experience it as being like a living presence, very intelligent.]* Oh yes. *[And it seems to know everything.]* Yes, it is like the finger of God in your life.

How did the Omniversal Energy reach the fallen sector? Is it being stepped down through the Great Central Suns?

No. Prior to the advent of the Omniversal Energy, the conduit path of energy from Prime Creator would pass through the Central Sun of a universe, to the Central Sun of a galaxy, to the sun of a solar system and so on. However, corruption and fallen energy had taken over so many of these systems that this was not working. So the Omniversal Energy was designed to come directly to every atom, bypassing that whole structure. In your traditions and mythology in many places there are statements that one cannot look directly at God—if you look directly at God you will perish, you will be blinded, etc. And the Omniversal Energy bypasses all of that. For the first time and for all of Creation there is a more direct energetic conscious flow both ways: from Prime Creator to all aspects of Creation, and from each aspect of Creation back to Prime Creator.

So the Omniversal Energy is not traveling on a path?

No, it is being broadcast universally throughout all of Creation, both the fallen and unfallen universes. It has a somewhat different effect on the unfallen Creation, for in those regions it gives every atom a more direct communication with Creator and just sparks up everything a little. I don't know if it's considered a huge change there. Everyone likes it;

it feels very good. In this sector, it is of course having the effect of disrupting and discomforting the dark and bringing hope to all light beings. And this will also assist in the reclamation of the fallen nature of matter in this sector, for the very stones of this Earth and much of the other solid space in this fallen sector have been defiled. The atomic structure itself has been distorted.

When I work with the Omniversal Energy, I feel it through my crown chakra. I call on it and I ask it to do things, and I ask for information. Can you give other suggestions to readers to work with it?

Many people will pray blindly to a God that they have never seen, have only vaguely experienced, and never receive direct feedback of that God's existence. If people will address not only Prime Creator in their prayers but will also call upon the Omniversal Energy with Prime Creator, they will find their connection to become a direct face to face communication. And this changes everything.

Is the Omniversal Energy why so many in the West are now waking up?

People in the West have been experiencing awakenings for several decades. And it is actually still a fairly small minority of people who are having these awakenings. This is not so much tied to the advent of the Omniversal Energy as much as it is tied to the changing of the ages, and the larger cyclical wheels of time that are lining up for the 2012 portal. Given all the delays in launching the Omniversal Energy, it was felt that once it had finally been released, it would be advantageous for its full impact to correspond to the 2012 timing when this was all happening.

Without the arrival of the Omniversal Energy, apparently things would have been very bleak in our universe.

It would look to be at some point a great conflict on the horizon, where the forces of dark would seek to wage a final battle of subjugation of the light forces, and would have almost certainly have succeeded in that. So yes, things would not have looked good without outside help.

How did you feel about the coming of the Omniversal Energy?

Well, we knew. We were petitioning for it for some time, and it was in my mind overdue. And there had been delaying tactics by the dark in an attempt to stop it. *[Doesn't the Omniversal Energy come from the Godverse?]* Yes. *[So how could the dark delay this?]* It's a similar scenario to this planet receiving help from the outside. This is a free will universe, and so there need to be petitions made for something like the Omniversal Energy. And so great discussions were had—do we call for

it, do we not, and again and again things were voted down. *[So it was not going to come until called for?]* Yes. *[And does agreement have to be reached for this sort of thing, not just within the forces of light?]* Well, that is in an interesting question. The light beings cloaked themselves and held a meeting and did this petition without the rest of the council knowing about it. And that is how this was accomplished. However, even once the Omniversal Energy had been released, there was a last-ditch effort by the dark to stop it from reaching Earth. The timeline on Earth was distorted, bringing this time lag about, so that you are in fact not in linear time where you were supposed to have been. Earth's timeline has been rifted, somehow taken out of its proper place and distorted. These beings are very clever.

If the timeline hadn't been moved, when would the Omniversal Energy have reached Earth?

Around 1976. *[That's a long delay.]* Yes, and much damage has been generated due to that delay.

[Elora:] Light workers who were awakened during the 70's will remember the tremendous sense of anticipation that was felt during that decade, and the feeling that the great shift on Earth was imminent. We now know that these intimations were based on the fact that the Omniversal Energy should have arrived on our planet around 1976. It is tragic that the dark was able to move Earth out of its timeline and therefore delay the coming of this great event. From this point, however, we can look forward in the knowledge that no more delays can or will occur.

CHAPTER SIX

THE LIGHT WARRIORS AND THE BREATH OF GOD

PART I—THE LIGHT WARRIORS

We have seen how our Creation was invaded by an alien darkness against which it had no defenses. Heru has explained that angels, Ascended Masters, Creator Gods, and other beings who were created in light have had to stand against darkness in order to prevent the fallen universes from collapsing entirely. None of the beings in this Creation were made to be warriors. When it was finally seen that the dark invaders were both soulless and unredeemable, Prime Creator formed an entirely new Creation. From this Creation were born the beings whom we call Light Warriors. Light Warriors are created for one purpose only—to eradicate darkness in all its manifestations. They traveled to our universe hidden and cloaked in the Omniversal Energy. On August 12, 2004, Heru told us that the uncloaking had begun.

Heru stated that the Light Warriors were beginning to uncloak themselves all over our universe and throughout the fallen quadrant of our Creation. "They are beyond count," he said, "and they are more than sufficient to do the job." He stated that it would take about two years (from the summer of 2004) to win the battle for Earth. This time frame corresponds with statements made by other channels, although none that I know of have spoken of the existence of the Light Warriors. When we asked why it would take that long, he replied that it takes time for humans to change.

In first looking at the Light Warriors, they appeared to me almost as if they were made of a pale golden metal, with an indestructible diamond at their core. Even if their bodies were destroyed, which is unlikely, the diamond containing their soul essence would remain. I also

felt that they were all expressions of a group soul. Again, even in the inconceivable event that such a being could be destroyed, its soul would simply rejoin the rest of the group soul and nothing would be lost. In the great battle which must occur, our Creator has striven to ensure that no further souls will be lost.

Heru, perhaps hindsight is wise now that the Light Warriors have arrived. But it seems clear that only a response by force would be effective. I still don't see why this was not understood sooner.

There have been many debates on this. There were many beings who wanted to use only light and love, for that is the ingrained prime directive in this universe and all of this Creation as well. And in order to deal with this situation, it has been necessary for Prime Creator to create another Creation from which to draw these Warriors of Light. Within this Creation there was not the material necessary to create Warriors of Light. It's hard to describe it, but this Creation just does not contain the proper elements to produce this type of being. This is a great reason for the time delay in the Creator coming to the aid of the fallen part of Creation. This was something completely different than had ever been conceived of by Creator.

There are times when I feel the stain of darkness, and the trauma of what I've experienced, has gone so deep in my being that I wonder if I can ever be completely healed. Do you feel we will ever be healed?

I do. You can work with the Light Warriors, calling them to work on you at the deepest cellular and atomic level, to root out everything that is not of the highest light. Ask them to come within you and work on your systems. Consider everything from pathogenic bacteria to the state of unconsciousness that humans have fallen into. There is quite a bit of work on all fronts. The Light Warriors are able to go into both the microcosm and the macrocosm. That is necessary for the elimination of darkness, for it extends to the subatomic level as well as the universal level.

Given that we have uncounted numbers of these beings, why will it still take two years to free Earth from darkness?

Perhaps because of the need for personal work, and because humans can only change just so fast.

The material you have given us on the prevalence of darkness in this universe has been difficult to absorb, but I wish to extend to you my heartfelt thanks for your willingness to tell us the truth. I appreciate the fact that you do not simply give sugar coated euphemisms, for these

would never satisfy my desire for truth.

And I would say also that it is good to find an ear which is willing to hear. Up until now there have been many veils, and many people have only been able to handle the sugar coated aspects of truth. For it is a very painful, and in a sense a hopeless message, without the introduction of the Warriors of Light. Until now it has been a hopeless, thankless task that the light workers have engaged in.

Then there is also a reason for the timing of this information coming forth.

Yes. The other part is that it has been said for some beings, it's been enough just for them to hold to the light. And that has been true, that has been the message that has been sent down from the higher planes—to just hold on a little longer until help can come. It grieved us so deeply when some beings were unable to continue holding on, and would fall or be destroyed. And it took far longer than we had anticipated. *[Did it take longer to make this new Creation than was thought?]* Yes. *[So Creator, too, is learning?]* Yes. *[Do you have a tremendous love for Creator?]* Yes. *[And does Creator grieve for this?]* Oh yes. Deeply. Creator has never known grief before this.

So for you, the coming of the Light Warriors must be a great celebration.

Well, I'm not ready to celebrate yet. It is a beginning of the restoration. And when it is complete, I will celebrate.

Do you have any doubts that the Light Warriors will be successful?

No. You have seen accurately the nature of these beings, that they are made of a diamond hard matter. There is nothing in this Creation that is as hard and as sharp as that. They are indestructible and invincible, with an unquenchable thirst to find and destroy every last speck of darkness. That is their nature, it is what they are made for, and they are relentless.

On August 17th, 2004, we spoke with Sananda about some other matters. At that time, we also asked him for an update on the work of the Light Warriors. Sananda replied:

There are a great many of them working against the wall that you were told about yesterday, the wall that encompasses the fallen universes and separates them from the rest of Creation. They are massed there and are pushing forward to break apart that great frequency barrier so that the light may stream in. They have basically formed a solid wall there. That is the major part of the force which has been opened up at this time.

However there are also representatives who are mainly, at this point, scouting everywhere. Those are the ones that you have been seeing. They are running a reconnaissance and information gathering mission which is three quarters complete, and from that their strategy will be built. More and more of them will uncloak as the strategies are formed. More will be unveiled and uncloaked and they will begin their mission in this part of the universe. Therefore not a lot of action has taken place at this time. However if you are in need at any time, any of the scouts are available for help. But you should be seeing many more in the weeks and months to come.

Have you called them in to sit with you and protect you? Do so. They are very effective in preventing any of the psychic attacks. All of the light workers have been under attack in that way, and the dark has used these attacks as an avenue to invade the physical body. For example you would have an etheric virus and then have the physical virus, and have an etheric parasite and then the physical parasite. But now you can protect yourself with these Light Warriors. They come in pairs and you can have as many pairs as you feel you need. That sense of safety will allow you to truly relax. As you relax, you will release many of the deep traumas you are holding from many lifetimes.

Sananda, what feelings do you have when you see the arrival of these forces?

Relief. And joy. And the comfort of knowing that this long awaited process is beginning. For us it has been somewhat touch and go until they were unleashed. There was great danger to all of us, that any of us might be killed or might succumb to the darkness. We were surrounded.

[Elora:] For those light workers who feel a need for protection, we suggest that you call upon the Light Warriors, or if possible on the God Warriors which are described in Chapter Eight. You may ask for any of these beings to serve as personal guardians and may also request protection for your home, business, or pets.

PART II—APPEARANCE AND ATTRIBUTES OF THE LIGHT WARRIORS

As it became clear to us just how important the Light Warriors are, we

decided to make contact with one of this great force. Between August 20 and September 14, 2004 we had several communications with Rashona, one of the Light Warriors. For ease of reading, I have divided these into two subject headings.

Rashona, would you please begin by describing your appearance.

In your world I would appear to be roughly fourteen feet in height, slightly more male than androgynous. We are similar to an angelic form in that we have a human-like form with wings; however they are both in the front and the back so that we have four wings. Our skin appears somewhat plated. It has a similar appearance to the iridescent small feathers on the neck of certain birds, only as if they were almost in the form of a scale, and they are extremely hard. We are white and gold with a faint iridescence. Our eyes are gold. Our wings are largely white with little flecks of gold.

Please describe some of your other attributes, such as the type of matter you are made from and the "indestructible diamond" at your core.

There are no words or concepts in your universe for the hardness of our matter. It is as if the atomic and molecular structure of our beings is tenfold stronger than yours is, so that we may penetrate any form of matter. The diamond at our core would be the same, and it is the original matter that our Creation was founded upon. And then our beings were grown out from there.

This reminds me of the matter of a neutron star, which is so dense that even a tiny piece placed on the Earth's surface would immediately plunge through to the core.

We are not heavy in that way, it is just that the bonds of the atoms are stronger. We do not require that kind of density, but we can penetrate that kind of density with ease. Were a human to go to a neutron star, of course they would be crushed, whereas we would not be.

What sort of weapons or energies do you use in battling the dark forces?

We use a flight that is different than the flight you would use in this universe. We use these four wings to create a spin, an upright spin. We almost become like a drill bit, enabling us to create wormholes at will and go anywhere at will with this spin. So speed in flight is one weapon. The second weapon that we have is a laser-like beam which is emitted from our eyes, that we turn on and off at will. It will incinerate whatever it is aimed at. The third weapon we have is that we are impenetrable and that nothing can touch us.

It is my understanding that all of you are manifestations of one group soul. Is this correct?

Yes.

Some of us have the sense that if you were not needed for a time to actively work against darkness, you could go into a dormant state from which you could awaken at need. Is this correct?

Yes, and I would also say that in a sense we sleep with one eye open so that we may remain vigilant. *[Therefore if you were guarding Creation and there were no active threats, you could sleep and guard at the same time.]* Yes.

PART III—THE WORK OF THE LIGHT WARRIORS

When the Light Warriors arrived in our universe, they set about developing strategy. More can be learned about the progress of their work in Chapter 8. However, in general, they have chosen first to go after the great military strongholds of the dark and to free the Great Central Sun of our universe. While we would like them to go after the worst offenders on our planet, they stated that "a part of our strategy is to separate the dark beings from the fallen humans, so if there is a chance of reclamation that may be done." Cleaning up darkness on Earth is not at the very top of the list for the Light Warriors for good reason, but I believe we will begin to see the effects of their work sometime in 2006.

Can you briefly describe your strategy?

Our strategy is highly complex because it is both multi-dimensional and multi-sized, going from the sub-atomic to the universal macrocosmic level. Let me just state that we have Light Warriors positioned on every level and every dimension, and it is a magnificent push through all of these dimensions in an orchestrated manner. And let me also state that we are unstoppable.

Do the Light Warriors have the power to affect the physical, and is that power limited?

Yes, we have that power. I know of no limitation.

Can you, and will you, clean up pollution on this planet?

That appears not to be our primary objective. There are those that will come after us who will be working on that. We will, however, take out the sources of these pollutants, for instance the nuclear power plants.

Can you, and will you, clean up blocked or contaminated energy portals?

Yes. We are highly effective at that. We are already aware of the major portals that need to be worked on and are building a strategy for clearing them.

Will you break down, deactivate, and/or destroy the nuclear weapons on this planet?

That will be one of our primary objectives, yes.

On August 20, 2004, we asked Rashona: We are told that large numbers of you are massing against the wall that cuts us off from the rest of Creation. Is this correct?

Yes, it is. We are working to break it down. In one or two places it has been breached, although the opposition is attempting to shore it up. But we have made inroads.

Are most of the Light Warriors working on this wall, or is this only one division?

Oh no, it is only one of a multitude of divisions. It is not anywhere near the majority. About 15-20% of our total force is arrayed there.

[Elora:] On August 26, 2004, Heru told us that part of the "wall" or frequency fence around the dark universes had been breached by the Light Warriors. This wall, incidentally, appears to me something like the gigantic chunks of the alien ships which crashed to Earth and lay in the desert in the movie *Independence Day*. It is extremely thick and made of some dense and highly unpleasant material. Heru said that a "good sized chunk" had been broken out of the wall and that light beings were starting to come in from the other side of the wall in order to assist our universe, though not yet in large numbers. He commented that "It is sooner than we thought, and more has happened than we thought. It does look like nothing can stop the Light Warriors." Heru also stated that people who were sensitive will begin to make energetic connections to their home universes for the first time, though they may not understand where this sense of home comes from.

On August 31, 2004, Rashona stated:

As you know the frequency fence has been breached sooner than was anticipated. And the uncloaking of the first wave of Light Warriors that are seeded throughout this whole quadrant of the dark universes is going very rapidly and well. We are making great progress on this.

Are you able to work on the twin soul rift in this universe?

That is very complicated. The rift itself, though causing evil, is more of a tear in space. I believe that the first wave of beings who are coming in will address it, and they will be coming through shortly, within three months. This rift is one of the first issues to be addressed, for it affects not only human minds but universes as well.

Heru stated that you would be working on some of the beings who ensoul the stars, such as our own solar logos, who is 65% dark. What do you do when you work on such a being?

Generally a being like that would have attached to it a soulless vampire of some kind, and we would remove that. And that would remove most of the dark. However at that point an ensouled being is given a choice—the choice point to choose light or dark. Any time beings are faced with that decision, if they choose to renounce the dark they will then be put into the care of caregivers for healing. If they do not choose to renounce the dark, they will be put in a holding pen until such time as they can be dealt with. *[And given further chances for reclamation?]* Yes, and at that point it is out of our hands—unless they once again are able to attach themselves to the dark, which is unlikely once they are confined.

Is it true that the Light Warriors sing as they go into battle?

Yes. That is in fact one of our great weapons or tools. It disrupts the stability of the dark.

[Elora:] I have heard the song of the Light Warriors as they battle the dark. They all sing together in a grand, stirring harmony. Their song is somewhat reminiscent of parts of Handel's Messiah.

PART IV—THE PROMISE OF HEALING

Once the fallen universes are cleansed of all darkness, a great deal

of healing will still need to be accomplished. Many beings have fallen, and even those who held to the light have been damaged in one way or another. As Heru stated in the last section, the Omniversal Energy contains, encoded within it, a number of beings and "programs" which will enable the damaged parts of Creation to heal. He has also said that "a great deal of work must be done to restore not only the third dimension but all of the other dimensions." Even the atomic structure has been distorted in the dark universes. The healing of the fallen universes is a monumental task, but we're told that the help that is almost on our doorsteps is fully equal to that task.

Heru, when the light workers first came to the fallen universes, we could say that they came with Plan A. Plan A was an attempt to mend and heal things, but without destroying the dark forces. However it wasn't enough and we weren't equipped to deal with the virulence of the darkness. Therefore Plan B was created, which would be the coming of the Light Warriors. Did Plan B change things?

Yes. Plan B would supersede all of that even if Plan A didn't entirely work. At this time, representatives from all over Creation are lining up at the perimeters of this frequency fence. Once the fence that is cordoning off this part of Creation has come down, you will see a great influx of new, wonderful, fresh, unsullied, and uncorrupted beings. In fact they are lined up anxiously waiting to come. As soon as it is deemed safe, they will begin their work. And there are legions of legions, countless numbers of beings wanting to help. *[All of us here are pretty tired.]* Justifiably so. Also you have called on the same angels and masters for generations and generations, and it is not only you who are tired.

Once the frequency fence comes down, some areas may receive help sooner than others. Decisions may be made on an individual basis, planet by planet, as to whether areas are safe for these beings to come to. Some areas will be safe sooner than others and will therefore receive assistance more quickly. These beings will not be asked to risk themselves.

What I would like to say to you and the other light workers is this: the burden of the restoration and repair will not be yours, nor will the burden of the battle that is coming be yours. Your work has been essentially to hold onto as much light as you could, hold the space. And now that help has come, you may consider your job well done.

The ascended masters and other beings who are helping this planet want everyone to know that even though there has been failure in

intended missions, the fact that the light was held long enough until aid could come has been vitally important. This universe did not collapse, and that otherwise would have happened. There are beings here who are uncorrupted: who have, through the greatest of traumas, held the light, held the original desire to still implement the plan even though it was being thwarted at every stage. And how incredibly important that has been in the process of bringing help to this planet!

That is one of the great miracles. That any of the beings on this planet have been able to hold the light and hold integrity is truly a marvel. Of course many have succumbed and many have become corrupt. But enough—and each one is very precious—enough have held onto their integrity and have been willing to sacrifice their lives for truth, again and again.

You have mentioned some beings called the Children of Promise. Please tell us about them.

They are a family from one of the older universes in this Creation. They have held with them many of the unsullied blueprints of many different kinds of systems, systems for the animal and plant kingdoms and mineral kingdoms, in somewhat of a different way than how you brought them to this universe. Their promise is the promise of restoration. It is not exactly known how this restoration will happen, for we have never attempted it before, but they do appear to have the material and the talent to do a great deal of positive work.

How and when will they be coming to universes such as ours?

I would think by the beginning of next year [i.e. January 2005] you will begin to see them. They are, in some manner, actually incarnating into the children that are being born on the planet at this time. They are incarnating not as the whole being that they are, but as a fraction of themselves. A large influx of that energy will be happening as soon as early next year. Once the frequency barrier to this cordoned-off part of the Creation is broken through, much change will happen quickly. And as the Light Warriors are unveiled and begin to assemble in each locality, much change will happen rapidly.

Going back to the Children of Promise, I saw them as looking like a very large angel, and it almost appeared as if they had a sun in their heart area. Also they seemed to carry many colors within them for healing, including some that we don't know of. Is this correct?

They take many forms, but yes, that would be accurate. And yes, there are thousands upon thousands of colors. Many of them have not

been seen on Earth or have not been seen for a long time.

I had the impression that they would be borne in on the pulse from Godverse. [See next section for information on this topic.]

As I said, they are fractionally being born into children now. There will be manifestations of them in the next year. Fully aware beings, and beings who can complete the magnitude of the work that is required, would be coming on that pulse. But I believe that you will see and hear about them before then. For the present it will be fractions of what they are. *[And they will be able to heal on all levels, from the microcosm to the macrocosm? Even the atomic structure, which is distorted in this universe?]* All of that is correct.

[Elora:] As the second edition of *The Return of Light* goes to press in June of 2005, enormous numbers of light beings are indeed streaming into our universe. Help and healing are being offered freely to all beings in dimensions six and up. The light and power of Creator have yet to penetrate the lower dimensions but great efforts are being made in that direction, and a breakthrough is expected late sometime in 2006.

PART V—THE BREATH OF GOD

In the last paragraph above, Heru mentions the "pulse from the Godverse". This was touched upon in Chapter Four, Part III, and is also referred to as "the Breath of God". Some time after the arrival of the Omniversal Energy, I began to have visions of this event, which appears to me like a great tidal wave that will sweep through the universes with magnificent power. Heru initially told us that the Breath of God would probably arrive in our universe in about 300 years, although it appears now that the timing for this event has been accelerated. As he points out, even several hundred years is only a fraction of a second in cosmic time. Heru and Sananda have both stated that (in this universe, at least) there will be a period of chaos both before and after this event. As to whether it will completely set everything to rights, Heru does not know. He told us that given how long darkness has existed in some universes, and a million other unfathomable complexities, no one knows what the results of this event will be. This universe, unlike those which were cre-

ated dark, "is very repairable" but certain parts of it may not be reclaimable, some stars may collapse, and a few beings may not make it either. However, everything and everyone that can be saved will be saved. We asked Heru a few questions about the Breath of God.

Heru, is the energy pulse from the Godverse in response to the invasion of darkness and the fall of the universes, or is it part of a vast cycle that was going to happen anyway? It is said that many cosmic cycles are coming to a close at this time.

It is actually both. There was a periodic pulse scheduled to come, and the Creator has used that energy to propel and to bring forth the cleaning and the solution to the invasion. So in a sense the pulse from the Godverse is the vehicle through which all of this is being transmitted. And the Omniversal Energy could be seen as the first wave of that pulse, almost as if the aura of the pulse from the Godverse precedes itself in this way.

Had we not done the work that we did in this universe, what would have happened? Would it have been unprepared for the Omniversal Energy and the pulse from the Godverse?

Yes, it would have been unprepared, and most likely this universe would have collapsed. But much help has been given, and much energy has been set in place for that not to happen. If you look at your own efforts and you multiply it many times, there have been similar efforts in many different arenas.

In June of 2005, we spoke to Creator for an update on this subject. We asked: Given that everything has speeded up beyond expectations, is the Breath of God still expected to reach our universe in about 300 years?

No, it has been speeded up. It is somewhat difficult to assess because the timelines are in such a state of flux right now. I'm not sure that I can give a time at this point, but it will be sooner than that.

Can you say more about the Breath of God—what it is and how it will affect humans and our planet?

The Breath of God contains my will, my intent, and it will in effect override not the free will but the subjugated will—the will of those whose free will has been stolen. The way I designed this Creation, where free will is in effect it has a range or radius that exists within the parameters of my will. Those beings in the fallen sector whose free will has been subjugated by the dark have had it in a sense torn off that radius, taken

outside of that radius, and pinned, if you would, to a spot outside that radius that conforms only with the programming of the fallen agenda. And the Breath of God will override that, restoring a being's will to what is within the designed parameter. I know there is a lot of talk on your planet about free will and the fear of free will being taken away and so on. Therefore perhaps what I am saying will be somewhat controversial. But for those of you who are reading this, you must understand that in an unfallen universe there is never a time when a being's free will is counter to my will. That is not part of the equation. And so this is part of what I am accomplishing in taking back ownership of this fallen sector.

How about the beings who will refuse to accept the light, and who will be therefore experiencing the results of their karma for thousands or millions of lifetimes as we have been told? How will it affect them?

They will again be given a choice, and most of them will refuse.

So the Breath of God can't force a being to accept this realignment?

I have not decided. I am considering that. And that is an option.

How is the Breath of God different from the powerful changes that are already occurring in the fallen sector? You had spoken earlier about how it would be very restorative to all of us.

Yes, it will be very restorative. With each stage of the beings who are coming in, it is not fully seen how effective they are going to be over the coming years. For example I know that there was great expectation about the micro Light Warriors [Light Warriors who were designed to work on cellular and atomic levels] and so far they have not been effective. And we are working on re-engineering parts of them so that they can be. But in the event that they end up having little or no effect on the third dimension, for instance, the Breath of God will fill in those gaps. If in the meantime the micro Light Warriors are re-engineered to be more effective on the third dimension, it will be less dramatic later on. We are trying to work on so many fronts and with each of them it is not fully seen how they will manifest, how fully they will manifest, and how effective they will be. But I will not rest until full restoration happens. And whatever it takes, if it takes turning myself inside out, I will not rest until all beings are restored.

CHAPTER SEVEN

PLANETARY TRANSITION

Moving from the grand scope of the Creation and the fallen universes, let us now take a look at the impact of some of these events on Earth. Many of the lightworkers today were nurtured by a flood of prophecy and channeling which began in the early 70's. During those years the expectations were high for a rapid shift on our planet. Despite continued predictions, the expected transition to a higher frequency paradisiacal world has not happened. What caused the delays? Will the shift still occur as predicted? Heru speaks clearly and succinctly on these topics.

PART I—HOW THE GREAT SHIFT WAS DELAYED

In a conversation with Sananda, he stated that the great shift on Earth was supposed to take place during the 70's and 80's. Do you agree with this, Heru?

Actually, it was supposed to occur during the 30's and 40's. Then when that did not occur, it was set again to happen during the 70's and 80's. *[And now it has been delayed yet again to the period we are currently in?]* Yes.

There was a great wave of prophecy and channelings that began in the early 70's. Basically two things were predicted. First was that the great shift or ascension of Earth was imminent, and the other was that massive earth changes would occur. You have explained that the shift didn't happen then due to delaying tactics from the dark forces. Why did the earth changes not occur as predicted?

I believe it was the prayers of the light workers and many other light beings that held it back. For to have had the destruction without the influx of the light would have increased the likelihood of the fall of this

planet. Since the influx was not happening, this would have been a very dangerous situation.

We asked Sananda: Many people say that the shift has been delayed in order to give as many people as possible the chance to "make it".

That has been the reason given, but I would say that the corruption goes into many levels, and this has been a technique of delaying and obfuscation. And it is time for this to stop. On some of the councils there have been people preaching such delays, whose interest has not really been for the good of earth or humanity, but who have been seeking to maintain their own secret interest.

What kinds of councils?

Planetary councils, the council of the solar system, the hierarchies that sustain this planet and sustain its place in space, the councils which sustain this universe. This is really far more than just a planetary issue.

The continued delays regarding the shift on Earth have had some good effects, but the result has also been that the biosphere has suffered terribly. I feel that the situation with the biosphere and the ecology is absolutely critical.

You are quite correct. I agree that the situation has become very critical.

PART II—ENVIRONMENT, MASS EXTINCTIONS, CHEMTRAILS, ETC.

Heru, we are experiencing a period of mass extinction on our planet. But each creature that has ever existed must be stored in the akashic records, with its DNA and so on. Would it be possible, when Earth has reached a higher vibration, to bring some of these extinct beings back?

Yes, it can be done.

As you know, I have a profound love for this Earth. I would like to know if you see Her reaching perfection, reaching the full potential that She was designed and created for?

Yes, and you have been a very important part of that. *[You feel absolutely certain? There is no doubt in your mind?]* I am certain.

Do you feel things will begin to shift politically, economically, and eco-

logically on our planet in the near future?

I see in some respects the tide has already turned politically on the global scale. There have been unforeseen events where the dark forces have been held back, knocked out of power.

The ecology is far more complex, and it will definitely take the concerted effort of a great many beings on this planet calling for intervention, and the opening up and downloading of technologies that are not readily available to bring balance back into the ecology. There will be assistance from the positive extraterrestrials. And also there is much technology that has already been downloaded but has been hidden or suppressed. What is going to begin to happen is that it will begin to be believed. Currently such technology is ridiculed as conspiracy theory, marginalized, fantastic, and so on. Instead, people will begin to believe it, to see that these technologies are possibly a solution. That perception just in and of itself would go a long ways to changing just about everything. For right now the whole economy and energy of the world is on this one ditch, the oil ditch, for energy. And there is a great disconnect between most humans and the planet, between humans and Gaia or nature. But this will begin to turn. People will begin to look at alternatives, broaden their minds, and not just keep feeding at the same trough. And that in itself will bring about fundamental changes that are really big and far reaching.

Will there be a reduction in population to reduce the load on Gaia?

Some. I wouldn't say the dramatic numbers that some have predicted, but there will be somewhat of a reduction. And in some places it won't be anything more than a decline in birth rate. It is actually happening already in some places, where people are choosing not to procreate the way they have been programmed to do. Part of the burden of the great population on this planet has been the fact that everybody that's ever been on this Earth wanted to be here now. In a sense everybody needed to be here to witness this time. And everybody has come, the party has been fully attended. But it is not needed for everyone to stay, so that part has been fulfilled.

Heru, we discussed with Sananda whether it is possible to do anything about the extreme abuses of the environment that are happening now, such as requesting an instant return of karma for the worst abusers. He didn't see any productive avenue to follow.

It will be time for instant karma to begin its return within one to two years. So the time basically is at hand. The reason it has been delayed to this point is that it has been necessary for the true extent of evil to be

revealed. Now it is like a snowball, and the beginnings of the instant karma are there. It seems slight, it seems small, but believe me it is rolling down a rapid slope.

From where we are at, we can't see it at all.

No, but it is happening. And will it change anything to ask for it? It's almost like this. When a pendulum swings on a long arc, there is that moment where it reaches the top of the arc. And with this situation, it appears to be about there. The evil being committed has swung as far as it can go on its arc. It is at that "pause point" where it is still and poised and ready to come back. There's nothing that anyone can do to change that arc or to prevent it from coming back. Therefore I believe that Sananda's statement was basically his way of expressing the fact that it's going to happen and it's about to happen. And whether you pray for it to happen or not, it's still going to happen. It's almost a mechanical numeric trajectory.

A channel in Florida predicted some time ago that there would be a hurricane which would look like an eye, and that this would signal a series of major earth changes. Hurricane Charley looked like an eye at one point in its development. Can you comment on this?

The channel you mention did foresee this hurricane, and I do believe a series of events will begin to transpire which will make it apparent that we have reached a tipping point in the ecological systems on this planet. And it will begin to be apparent to more of the mainstream people that it is not just coincidences or random events.

Do you think these changes will be mostly weather related, or also earthquakes, volcanoes, etc.?

I see some increase in earthquake activity, volcanic not so much. But I do see some major polar ice cap events, such as melting and large blocks of ice breaking free and so on. *[Enough to raise sea level? It takes a lot to do that to any significant degree.]* It may begin to, yes. *[How about Yellowstone? Some people say there will be a big volcanic eruption there.]* I do not see it happening. I know there has been much talk about it.

We are very distressed about the chemtrails. What is their purpose?

The purpose is control of the ionosphere via some undisclosed weapon, not HAARP. There is an element of mind control. It is already being used as a net of control of consciousness.

What do you mean by control of the ionosphere?

The chemtrails are composed of both lighter and heavier elements. The lighter elements drift up to the ionosphere and the heavier ones sink down to earth. Each layer of the atmosphere holds a consciousness. If you think of the atmosphere as being somewhat analogous to the auric field of the Earth, then the surface would be the skin and each of the layers would hold a certain vibration. With the chemtrails, the part that flows down to the earth has toxins for humans and mind control elements. The part that goes up creates a distortion in the ionosphere that makes the planet impenetrable, to some extent, to beneficial influences and higher energies outside. These upper layers then form what is essentially a frequency barrier, or a physical manifestation of the etheric frequency barriers that shroud this planet.

In other words, the upper layers are to hold back the evolution of the planet and humanity, and the lower layers are to sicken, weaken, and control people.

Correct. Another aspect of this is that, as we've come into the more highly charged area of space that some have called the photon belt, there is a cosmic wind which has greatly increased. The chemtrail "shroud" is a defense against that. Of course it keeps getting torn away and so needs to be replenished daily... and ultimately it will fail.

Are the chemtrails then being mandated from very high levels of the secret government?

Yes. Earth, being one of the twelve critical planets, is what you would call a very coveted world. It has a central importance. It has been seeded with an unusual amount of diversity and an incredible depth of knowledge which has been brought here from many planets and indeed from many universes. Much hinges on whether this planet shifts into light, both for this universe and perhaps some surrounding universes. There are twelve such planets in this universe and they are all being fought over.

In that case, Earth must be the most important planet within our entire galaxy.

Yes, Earth is by far the most important planet in this galaxy. The other planets in this galaxy are pretty simple—they may have more evolved life forms on them, but their fate is in a sense already established. The path they are walking down has been long established, light or dark. Earth is very pivotal, and because it's so complicated it's been impossible to completely control it from the dark side.

Is it correct that the chemtrail formula now contains more heavy metals?

Yes, and other toxins. Viruses, fungus, and small amounts of radiation. The toxicity of the chemtrails is greater now than it has been in the past. Those responsible are also intensifying efforts with the chemtrails as the cosmic winds become stronger. But it will end in tatters, it will end soon—most probably within about one to two years [i.e. sometime in 2005 or 2006].

PART III—COSMIC CYCLES AND TIMES OF TRANSITION

What is the significance of 2012?

There are two factors here. The first is what I would call the millennium factor. It is similar to what happened in the year 2000. A great deal of energy was projected upon that point in time from the collective consciousness of humanity, and a good thing happened. If you recall that New Year's Eve, a very deep peace and silence occurred, as there were many prayers for peace at that time. So you have that factor, because many people are focused on 2012.

Beyond that, 2012 is a significant astrological event where a lot of factors are lining up. If you would, imagine a clock—but instead of there being a dial, there are wheels within wheels within wheels. Every few years some of them line up to their beginning point with each other. For example, this year the innermost and the next would line up to zero. And then maybe ten years later the second and third might line up to zero. 2012 is a rare point in history where all of the wheels will line up to zero. We are at a place where the light from the Central Sun of the universe will be shining without obstruction upon this planet for the first time in many hundreds of thousands of years. Therefore it is a gateway of great opportunity and it is a significant time.

What do you feel will happen at that time?

It is not known; it will depend on how much growth can take place. Those of us who are working on this have high hopes. How much can take place in that time will depend upon the reclamation of the sun in this solar system, which we believe will be done by then. We also believe that the Central Sun of this galaxy will be reclaimed in large part, for the Central Sun of this galaxy is not as dark as the sun of this solar system but it is not all light either. We believe there will be a very incredible influx of light onto this planet through this succession of gateways.

Are we humans safe on the planet during this transition?

It appears that most everyone will be. There will be an intervention to prevent an all out nuclear war. Humans can withstand some amount of radiation but the full onslaught of a nuclear blast, such as occurred in Japan, does cause irreparable harm to souls and that will not be allowed.

You are confident that all this is so, and that the intervention will hold?

Yes. However I do want to say that it is important to be conscious, conscientious, careful, and to protect yourselves at all times. For there is a great degree of random debris flying around, and it would be very easy for some of that to strike you. However, as long as you maintain your focus on serving the highest orders of light, a great degree of protection does surround you and there is less chance of your being hit by random debris than a denser person.

You have mentioned a cosmic wind which is increasing at this time. What is the cosmic wind?

It is a combination of several factors. There is the galactic photon belt which occurs on a 26,000 year cycle. But there is a greater cycle happening too, which has aligned this galaxy with the Central Sun of the universe, and the Central Sun is also in alignment with the central universe of all universes, the Godverse. It is a long, majestic cycle that is coming into play with many more facets than I can describe.

Essentially, the cosmic wind is a flow of very high energy?

Yes. And I see it literally blowing people off the planet. Not physically, but people will be leaving their body because the intensity is too great for them to stay here.

A number of channels are giving very dire predictions for the coming years. Do you agree?

I do believe things will be somewhat rougher than they are now. I do not see them being quite as universally dire as some are saying. [So maybe 10-20% worse than they are now?] Yes, approximately.

If things aren't going to be that bad, why is it that you have several times counseled us on the importance of staying safe?

Have you not just gone through a series of very difficult psychic attacks in recent months? That is what I'm speaking to. If you look at how disruptive and draining that has been for you, I would counsel you to position yourself where you do not need to go through any more of that. It is not so much that I see things getting significantly worse other

than the continued pressure from above, of the entities and the negative life forms being pushed down into the third dimension. But in a sense there are still entities and negative life forms all around you, that given an opportunity would love to have you for dinner. And that will continue for roughly another year [i.e. until or through the fall and winter of 2005]. *[So the psychic negativity is what you are more concerned about?] Yes.*

Many sources have spoken of a separation of the old and new Earths. Do you see this happening?

It has been believed that there would be a literal separation of the worlds. However this is not to be. What has happened is that those who have entered into a more fourth or fifth dimensional state, such as yourself and Karen, are living in the new world, and those who are operating more from their first and second chakras are living in the old world. There is currently a separation, and this has been allowed for the purposes of growth and comfort. But in the end all will be reunited as one world. And all will actually still exist on the third dimension. However with the frequency fences gone, just as humans are capable of traversing all twelve dimensions from the third—which includes the first and second dimension and going into the states of consciousness of the plant and animal kingdoms—this planet then will be free to express itself and communicate on all those dimensions as well.

So it's as if we have different states of consciousness and density currently co-existing side by side?

Different vibratory rates. This is a natural occurrence on this planet, however it has been suppressed, fragmented, and so on. The nature spirits would be a good example of fourth dimensional life on this planet.

The expectation that there would be a separation of worlds has now changed, due to the coming of the Light Warriors?

Yes. *[This is then a recent change, for when we spoke about this earlier, perhaps in the late spring, you felt the separation was going to happen.] Yes, it is a recent change. [And you feel this is a more positive solution.] Yes, I do.*

You have mentioned that there will be an amnesty of karma for beings who are willing to turn to the light. Please elaborate on this a bit.

This information is not brand new, as it has made it into some writings on the planet. Several years ago the Lords of Karma announced that all karma could be cleared within this lifespan if a person so desired and worked diligently to do so. With the advent of the Omniversal

Energy this is further enhanced. If a person were to call forth their original blueprint, call forth their monad, and ask that the way be made clear for the releasing of all karma and that the path of reunion and liberation be made known, it will be so. At this point in time nothing is impossible and the advent of the Omniversal Energy makes this so. Listen to these words, for there is the hugest blessing embedded in them. Tell yourself in your heart that nothing is impossible. Imagine, if you would, one of those paintings of the annunciation where the Holy Spirit is entering Mary and Gabriel is announcing that she is now pregnant with God's child. This is an allegory. I am not commenting now on whether that image is historical or not. I am using that as an allegory for the fact that each soul on this planet has now been impregnated with this Omniversal Energy in a very similar way to that image of the annunciation. Take to heart the grandness of this event.

[Elora:] We received the material for this chapter in the summer and fall of 2004. Chapter Eight contains updated material about planetary changes which was received in the spring and early summer of 2005.

CHAPTER EIGHT

THE VICTORY OF LIGHT

On June 1, 2004, Karen heard the words "The Great Work is complete." We asked Heru what this meant. He responded: "It means that all of the armies of the light are in position, for everyone is now in their place. Everything is in place for the great transition to happen." Indeed, from that time on, we began to see massive changes on the higher dimensions.

This chapter summarizes the changes and victories on the inner realms in the year between June of 2004 and June of 2005, and has been rewritten and updated for this second edition of *The Return of Light*. Change is occurring so rapidly on the higher dimensions, and so much has happened in recent months, that for brevity's sake I have chosen to summarize most of the material for this chapter rather than to reproduce many pages of channeled conversations. Unless otherwise noted, all information below was either given to us directly by Heru or confirmed by him. Dates are included in this section so that the progression of events may be seen. We invite those of our readers who are clairvoyant to confirm this material for themselves.

PART I—SOME PRELIMINARY VICTORIES

Even before the Light Warriors began to uncloak themselves in August of 2004, the advent of the Omniversal Energy had strengthened the position of the light forces and positive changes were occurring on the higher dimensional realms of our universe. The first of these had to do with the dark grids. These were frequency fences of a sort, designed to keep light, assistance, and higher energies from our universe, and they appeared in a grid or mesh-like pattern. The sixth dimensional grid,

Heru told us, was like a net covering 40% of our universe and was still growing as of June 2004. Heru said that the Hartmann lines were a manifestation of this grid and that it affected "not only all the dimensions below it, but all aspects of matter down to the sub-atomic particles. When someone says the stones cry out at the abuse of Earth, it is a literal thing. And that is also how the imprint of horrors like the Holocaust in Germany can be imprinted so deeply into the Earth and be very hard to remove." A similar grid existed on the eleventh dimension and yet another grid, on the fourth dimension, encompassed Earth itself. Between June and August of 2004, large portions of these grids were destroyed. By early August, Sananda told us that the grids were 60% gone on the eleventh dimension, 57% on the sixth, and about 45% on the third. When we asked him why we still saw no changes on Earth, he replied:

You must remember that it is human consciousness that holds the vibrational frequency of this Earth. And humans carried the effect of this gridwork for many millions of years on the DNA level, on the cellular level. The grids will be dismantled completely before there is a change in human consciousness. There will be some lag of perhaps a year or two, and in some cases three. It is not going to be an instant change in human consciousness but there are several changes to look for. The first will be with the babies that are born from now on; there will be virtually no dark beings coming in. Secondly, the light workers will have much greater access to non-contaminated sources of knowledge. And then I would say over the next year or two or three to look for some general lightening of the load for everyone.

In September, another positive change occurred. As discussed in Chapter Two, our universe was created by a group or collective of Creator Gods. That collective is known by the name of Godinj. Heru told us that when the invasion occurred some of the original members of Godinj fell almost immediately. Four of the original Creator Gods remained in the Godinj collective, holding to the light but trapped by darkness. With the help of the Light Warriors a rescue mission was sent to liberate these four beings. In addition, the original four were joined by a fifth Creator God, Zorion, who had not originally been part of the Godinj collective. Zorion is extremely dynamic and, with his assistance,

Godinj was born anew. On September 2, 2004, Heru stated, "It is as if Godinj has re-energized Itself and is sending out a renewed pulse of Creator God energy for the restoration of this universe."

As we continued to watch the dramas unfolding in the heavens, our attention was drawn to the Great Central Sun of our universe. Like so many of the beacons of light and power in the fallen sector, the Central Sun was trapped and enchained by darkness. About the middle of September 2004, the Light Warriors began the work of liberating our Great Central Sun. A great battle occurred along with a mighty explosion which temporarily obscured the higher planes. We asked Heru:

Is the Central Sun partially dark?

It had been trapped for so long. It had resisted mightily but was damaged. I can't say that it was corrupt, but much healing needs to happen, and will happen now.

Is the Great Central Sun the presence of God in each universe?

You could call it that. Within each person there is that connection, and through that connection the divine spark of the Creator. That format follows on the macrocosm as well as the microcosm. On the microcosm, within each cell or atom of a human there is also that spark and connection, and within each galaxy and universe there is that spark and connection. On the macrocosm, the Great Central Sun plays that role. Now that the Central Sun is free, that alone will change a lot in this universe.

As the days passed, I continued to observe the Great Central Sun. As the clouds of dust and debris cleared away, I was able to see that it had the form of a huge white lotus. The bud appeared to be closed but very gradually began to open. In the early stages of this process, only a faint beam of pure white light was emitted from the nearly closed petals. Many celestial beings could be seen working with this Sun, which is definitely an ensouled being. First I saw the Seraphim singing to this being, using pure tones of sound to heal and awaken it. After a few days they were replaced by the five members of Godinj, who also used what we might call "sound therapy". At all times thousands of other higher dimensional beings were gathered around, encircling this dramatic scene of restoration. Many appeared to be praying and all watched with reverence and often with tears of joy. On September 14, 2004 we had occa-

sion to speak to Kuthumi, one of the Ascended Masters. I asked Kuthumi for his perspective on the events occurring with the Great Central Sun of the universe, remarking that it appeared to me like a lotus unfolding. He replied:

[Kuthumi:] This Sun has been in chains for many millions and millions of years, and as such was never fully able to express its light and its glory. And yes, it is much like a flower unfolding, endlessly unfolding. What you are witnessing is the beginning of a beautiful process of infinite petals unfolding, and each petal that unfolds emits waves of love and light that stretch to the end of the universe. The lack of this light has had a deleterious effect on every aspect of life in this universe. And so this will be truly a dawning of a golden age. *[The being which ensouls the Central Sun—it is expressing itself through the form of the lotus? It's as though the lotus is its body?]* Yes. It is a most magnificent being, and there is an actual mechanism of creative energy that is expressed as this unfolding takes place. It is lovely to behold.

About another week passed before the Great Central Sun became fully open. It appeared as a magnificent, radiantly white lotus with a multitude of petals. And then suddenly the lotus appeared to become activated. Great, effulgent rays of golden-white light poured from every petal and filled the universe with its glory. I could see angels standing near the Sun in ecstasy, bathing themselves in the light. I wish I could say that this light penetrated everywhere. Alas, from what I could observe at that time (around the end of September 2004) not much of it reached the lower dimensions, or planets like ours which are imprisoned behind very strong frequency fences. Still, much of our universe is now filled with light where darkness had reigned, and the light of Creator is seen here once more.

PART II—THE GREAT WAR OF LIBERATION

The war of liberation to free our universe essentially began on August 12, 2004, when the first Light Warriors began to uncloak themselves. Prime Creator set up a strategic plan by which the Light Warriors were to be released in "waves". Each succeeding group would be

stronger than the last, with enhanced powers and abilities. Each group would also appear in exponentially larger numbers than those which had preceded it. Seven waves of Light Warriors were created in all.

The "second wave" of Light Warriors reached our part of the universe in late October. In a conversation with one of these beings, he told us: "We are a magnitude of perhaps twelve times stronger [than the first wave]. We typically appear larger in size, and as such all of our abilities are that much greater." Heru confirmed that six huge second wave Light Warriors had been given the task of guarding Earth.

In January of 2005, the third wave of Light Warriors appeared. Their numbers seemed uncountable, yet we knew that subsequent groups would be even larger. The fourth wave was scheduled to arrive in March, the fifth in June, the sixth in September, and the seventh by December of 2005. However as battles raged across the universe, with occasional tragic casualties incurred by the light forces, divine intervention was requested to bring all waves of the Light Warriors to our universe by July of 2005. This request was granted. And in general, the war of liberation has moved much more quickly than forecasted. In January of 2005, Heru predicted that the major battles in this universe would be over within about a year—i.e. early 2006. In fact, as I write on June 1 of 2005, the last of the major conflicts with the dark forces has just been concluded. Except for the third through fifth dimensions—and perhaps a few small remaining pockets of darkness here and there—our universe is now in the hands of the forces of Light. These last strongholds of darkness are now the major priority for liberation and reclamation.

In the sections which follow, I will attempt to summarize some of the major events of the war for our universe. The Light Warriors came in with a carefully planned strategy which they proceeded to carry out. As mentioned above, one of the first priorities was the freeing of the Great Central Sun and the liberation of Godinj. Once this work had begun, the Light Warriors proceeded to target key military strongholds of the dark. These included huge artificial planetoids much like the Death Star in Star Wars. The destruction of the Death Stars was a tremendous battle which raged for several weeks. Great squadrons of Light Warriors attacked these gargantuan military strongholds, appearing in wedge-shaped phalanxes and literally cutting the artificial planetoids to pieces. After they had destroyed all the Death Stars, the Light Warriors

began to target the next level of the military power held by darkness, which were great intergalactic battleships. These were much smaller than the Death Stars but there were many more of them. All of this occurred from mid-September to early October of 2004.

Heru explained that the liberation of the twelve critical planets, of which Earth is one, was not at the top of the strategy list for the Light Warriors. "It is not felt that they will be targeted for destruction by the dark, but if they were surrounded by light beings and liberated, then that would invite an attack," he stated. "Therefore the Light Warriors would rather leave the twelve critical planets alone for the present and go after what would essentially attack them later—the military strongholds." In fact, we were to learn that the freeing of the twelve critical planets would be one of the last great battles between the light and dark in our universe.

By late October Heru told us that our universe was now 60% dark, as opposed to 75% at the beginning of our conversations. This was a great step forward, but the dark still held the balance of power. During November of 2004, fierce fighting continued throughout most of our universe. Closer to home, work began on the solar logos of our sun early in that month and our sunlight is gradually becoming energetically cleaner and clearer. And around the first of December the day that we had all been waiting for finally arrived—the Light Warriors arrived in large numbers to work on Earth. However, I confess that for a while we felt this to be a very mixed blessing.

Ever since the arrival of the Omniversal Energy in the fall of 2003, we had observed an increase in psychic attachments and attacks. It seemed that the more the desperation of the dark increased the worse these attacks became. Karen, Shakura, my husband John, and I all found that we had to make psychic protection a top priority. One man of our acquaintance ended up in the hospital due to implants in his heart. Another woman had her house and land attacked with etheric anti-matter implants which took two months of intensive work to remove. December, January, and February felt like living in a war zone, and in fact we were. Even the Light Warriors were not able to deal with all of these attacks, as their vision is not extremely keen and the dark beings are masters of cloaking and camouflage. On a larger scale, fighting continued to be heavy on the higher dimensions during this time. On January 26

we asked Heru for an update.

Heru, from your perspective, would you speak about the overall progress that the Light Warriors have made in cleaning up our universe, and the current state of things?

I would say as far as the big battles go, it is perhaps between two thirds to three quarters complete. There are pockets, fairly large pockets of strong resistance, but they are under siege and either circling the wagons or in retreat. With those large areas where it is felt that there will not be a resurgence of darkness or new attacks, we are beginning to have the reclamation crew come in, but we are being somewhat cautious about this as we do not want anyone injured.

What else can I report to you? It is felt that in about a year's time [i.e. January 2006] the major battles will be complete, and that the resistance will have been captured and neutralized and taken to a place of reclamation. And what is left to be done is huge, as I'm sure you are aware. The work to come will be fairly long and arduous. Large swaths of this universe pretty much lie in tatters and would look not unlike the areas devastated by the tsunami. Now that is not everywhere, and that is not even maybe the majority. But there are very large areas that have been pretty completely decimated. It will take a great deal of work on many levels to reclaim its original structure and integrity, purity and beauty. However it is doable, that is the good news. *[And the reclamation crew will be doing this work?]* Yes, this is not your job.

You said that in a year's time the major battles will be complete. Is Earth considered to be a major battle?

Yes. *[What progress has been made in the battle for Earth? We know the Light Warriors started here about December 1, and actually we have found things to be worse since that started, in terms of psychic attack and so on.]* The dark has marshaled a very large contingency of beings, weaponry, reinforcements, and so on, in a last ditch effort to maintain control over this planet—but they are definitely losing ground. If you were to tune in to the inner realms, it would look as though the darkness is still covering the face of the earth. But a lot of it is smoke and mirrors and they are not anywhere near as strong as they would project themselves to be.

By March, we were told that overall the battles were becoming increasingly isolated and concentrated, and that large areas now existed where the dark had been cleaned out. At the end of March we observed dark armadas—terrible, grim, silent fleets—passing out of the Earth.

Heru told us that these were the forces which had occupied the inner Earth, and that they had surrendered and were leaving under guard.

PART III—THE GOD WARRIORS AND THE FALL OF THE ILLUMINATI

The climax of the great war of liberation occurred between April 15 and June 1, 2005. By April, it was clear to us that Creator had entered the fallen sector in his personified form. He manifested many "God forms" or aspects of his individuated self and began to work with tireless energy to restore and reclaim this portion of his Creation. On April 15, he announced to us the creation of the God Warriors. Creator explained that he had chosen to manifest himself in bodies made out of the same indestructible material of which the Light Warriors are composed. He stated:

Now that I have created this substance that the Light Warriors are made of, it will allow me to manifest everywhere in this dark sector in an undefeatable position.

How many of these bodies will you manifest?

Countless. And there is something that you must understand here. I know we had discussed that prior to my creating the substance of the Light Warriors, the only way to get rid of the dark in this sector or in this whole Creation would have been to weaponize every atom of this Creation. This is a much different approach because it is like me donning a suit of armor. It does not change what I am or what the Creation is.

What will you do when you are in these bodies?

I will wage war and I will defeat the dark and drive it out. I will be the great captains around which the Light Warriors will rally. And nothing will stop me. *[What dimension will these bodies be on?]* They will start out on the fifth, and will radiate in both directions.

With the advent of the God Warriors, I felt as if I were seeing the Wrath of God. Watching these magnificent beings in action reminded me of the stirring words in the first verse of The Battle Hymn of the

Republic:

Mine eyes have seen the coming of the glory of the Lord
He is trampling out the vintage where the grapes of wrath are
stored
He has loosed the fateful lightning of his terrible swift sword
His truth is marching on.

The God Warriors are not only many times more powerful than the Light Warriors, they are absolutely ruthless in eradicating darkness. We continued the conversation with Creator as follows:

It was said by Sekhmet recently that the rest of the war would appear very fast and very ruthless.

Yes.

What does it mean that it will be very ruthless? In what way would that be different than it has been before?

Many delays have happened in the advent of this war, in an effort to give every being possible the choice to choose light or dark. Those who have continued to choose the dark will be rounded up and imprisoned. And those who willingly give up the dark will have a much easier time in their recapitulation. It will be a healing process, and it will be allowed to be spread out in a manner that I'm sure will be uncomfortable, but they will live through it. For those beings who have not renounced the darkness, it will be more of a trial by fire. And this will not be imposed on them, but many of them will end up choosing to be melted down rather than go through this [i.e. the restoration process]. It will be a much more painful process.

Once the God Warriors appeared, everything changed in a matter of weeks. In addition to their tremendous power, the God Warriors have extremely keen vision. The lack of perfect vision was always a limitation with the Light Warriors, thus allowing the dark to take advantage of their ability to hide and cloak themselves. But whenever the dark forces engaged the Light Warriors in battle, they lost. Therefore, by the spring of 2005, the major tactic of the dark was to remain hidden until they saw an opportunity to inflict damage. They would launch a surprise attack and then retreat again. As stated earlier, the battles had become

more isolated, yet the dark still retained control of about 60% of the universe—largely because of their ability to hide.

Once Creator had successfully created and manifested himself in the form of the first God Warriors, he began to make them in astronomical numbers. They poured forth by the uncounted trillions, not only in this universe but the entire fallen sector. Nothing could withstand these warriors as they routed the dark from their hiding places and drove them out.

By April 17 the dark had launched a massive offensive over the entire universe. On April 18 Heru told us: "With the advent of the God Warriors, the dark is frantically pulling out everything it has in a last ditch effort to stave off certain defeat." He confirmed that they were throwing all of their reserves into the battle, but that even so they were failing and being captured in large numbers. Heru told us in the aftermath of this battle, "As of this moment, about 63% of this universe is in control of the forces of light. And that will increase. Before this battle it was just below 50%, so this really is in essence the turning of the tide." Heru added that he believed within six weeks the light would control 80% of our universe. As it turned out, once again things moved even more rapidly than predicted. We asked Heru for a statement to be posted on our website at that time, and he replied:

Write this: My dear beloved friends on Earth, it is with great pleasure that I am able to announce to you the imminent victory of the forces of light for control of this universe. The tide has indeed turned, and the forces of light now control more than 50% of this universe. And within a few weeks the major battles shall be over with. At that point we will be addressing the energetic structures, primarily on the sixth and eighth dimensions, that are controlling the controllers of earth. You would probably know them as the Illuminati. Within a very short period of time you will begin to see the entrenched power structure that controls the finances, the war machines, and the politics of your world, shake and collapse like a tower of Babel. I know this will give you both joy and fear, for radical change like this is often fearful. Know that what is to come will be miraculous. If you will remember what I believe were called the Velvet Revolutions, the fall of the iron curtain which was achieved with no violence, you will see uprisings like that. There will be people marching in the streets, raising their hands and demanding an end. And there will be an end—this is the key—there will be an end to the mind control that has

kept many populations enslaved, either asleep in front of their television sets or just hopelessly fatigued and bound to survival issues.

Shortly after the above conversation, a stunning series of events occurred. As discussed earlier, the fallen sector contained both dark and fallen universes. Fallen universes, like our own, were created light and were taken down by the dark. However, certain universes were created dark by fallen Creator Gods and were entirely dark. Heru had told us that these universes would have to be collapsed as they were not redeemable. Once the God Warriors began to clear out the fallen universes with incredible power and speed, the need to deal with the dark universes became stronger, for they posed an ongoing threat to the rest of the fallen sector. By late April, all light beings who had gone to these universes on various missions had been rescued, and Creator was ready to act.

On April 24, 2005, Creator assembled a group of the highest level Creator Gods, including Heru and Sekhmet. While the Creator Gods—and a contingent of third dimensional humans throughout the fallen sector—held the energy for this event to occur, Creator sent an army of God Warriors to surround each of the dark universes. The dark universes were then moved out of the space-time continuum. Next, a small contingent of God Warriors was dispatched to the Central Sun of each dark universe. Each Central Sun was collapsed, upon which the dark universes themselves collapsed. Because this left "spaces" in the structure of Creation, the other universes were then rearranged. The dark universes had numbered in the hundreds, and never before in the history of Creation had so many lives been snuffed out at once. These were lives which were distorted, twisted, and filled with suffering—nevertheless they were living beings. The collapsing of the dark universes, though it was necessary and was a great relief to all, sent shock waves throughout Creation.

When we asked Heru what this would mean for the rest of the fallen sector, he replied: "It will mean that the healing will be able to begin and that the end of the battles will happen much more rapidly, for they [the dark universes] were a source of mechanical armies."

Due to the fact that they were so entirely corrupted, the dark universes and all beings remaining in them were not only collapsed but

entirely obliterated—taken all the way back to the Void. Tragically, this included three of the greatest of the Creator Gods—those who, like Heru and Sekhmet, are able to create universes. These three Creator Gods were those who had created the fallen universes, and two of them had originally been part of the Godinj collective which created our own universe. Heru explained:

When a being is melted down, their atoms and their structures and their consciousness are returned to the All That Is. Even though that being no longer exists as an integral individual, all of that consciousness is absorbed by Creator. And that is why we are able to reconstruct those beings. When beings are taken into the Void, the deep, deep Void, it is not really known what happens to what they were. It is a great mystery.

Heru and others grieved deeply for the loss of so many universes, but in particular for the loss of the three great Creator Gods. Heru has explained that there are only a few thousand Creator Gods in all of Creation, and of that number only a relative few have the power to create universes. These beings were among that number and they had been beloved friends and colleagues to Heru and the other Creator Gods. However, since they had been obliterated rather than melted down, no way was seen to bring them back. In all the time I have worked with and known Heru, I had never seen him grief stricken to the extent that he was following this event.

A few days later, Creator re-assembled all those beings who had held the energy for the dark universes to be collapsed. In a gigantic act of power, he actually re-created the three lost Creator Gods directly from the Void. He then animated them, and finally in a blaze of incandescent passion he called upon the Great Void Itself to return the original spirits of these beings to the forms he had re-created. When Creator set out to do this work, it was not known whether he could only duplicate these beings, or actually restore their souls. By some miracle that is beyond comprehension their integral spirits were brought back from the Void, and they were able to recognize Heru and the other beings present at this event.

Just as we humans have had to find unknown reserves of strength and determination within ourselves in order to survive in the dark sec-

tor, I believe that Creator himself is tapping into powers and abilities that he did not know he possessed. Even out of the horrific and tragic events of the Fall, some good has come. In fact, now that some of the healers and helpers have begun to enter our universe from the light universes, several of us have received feedback that these beings see qualities in us which are unknown in the light worlds, and which are seen as precious and valuable. For those beings who have strongly held to light in the dark sector, it is as though the indwelling light that exists in all ensouled beings has become a flame, or as though carbon has turned to diamond under intense heat and pressure. While these evolutionary advances can never compensate for what we have experienced, and are in no way a justification for the fall, we can take heart in that a type of growth did occur for those of us who adhered to light.

On that same night (April 24) Heru showed me a vast fleet of ships anchored near to Earth. He explained:

This is the fleet that will begin to dismantle the upper dimensional aspects of the Illuminati who are controlling the earth. They will be launched in one to three weeks, something like that. The Illuminati exist on many planes, and so we are going after the sixth and eighth dimensional beings first.

To complete a wonderful night, I was then directed to look out across a nearby portion of our universe, which was filled with beautiful glowing lights, slowly and gracefully moving along. Heru told us that these are "the beings from the unfallen sector who have come to begin the reclamation process." And this is perhaps the most wonderful news yet: the fact that the beings from the light worlds are now able to move freely and safely throughout our universe means that the battles are essentially over. Heru told us that our universe is now 92% light—once again, outstripping expectations—and that the areas where darkness still exists have been quarantined. Sadly, one of these is Earth. Heru stated:

I am sorry that your beloved Earth is going to be one of the last places to be rescued. As you know this is one of the twelve critical planets, and they [the dark] have hung onto it with every last bit of power that they have. But shortly that will change.

The other thing is that we need to go in very carefully so that we can take out the power structures doing as little damage as possible. We are

endeavoring to make this as gentle as possible, so that there won't be mass riots of a violent nature and all the apocalyptic earth changes that have been predicted. We are trying to prevent most of that from happening, and I believe we will be successful.

There have been many prophecies on our planet about a kind of Armageddon, a terrible war which would be necessary to cleanse our world before the times of light and peace would dawn. Will there be any kind of large-scale disruption on our world that would resemble the predictions of Armageddon?

I don't think so, and I want to add that I would have everyone look at these prophecies and question them. Question who wrote them in the greater sense—not just what person but what energy wrote them—because the effect of having these mass prophecies has been to keep people in fear and thus keep them subjugated. So it has been a very useful tool for the dark, and the dark has worked very hard to engineer the political and economic structures of this world in such a way that they would mirror the prophecies. Their hope was that in doing so they could make the prophecies come true in such a way so that total control of this planet would have been accomplished instead of its liberation.

Between the middle and the end of May, the Light Warriors and God Warriors, supported by some of the positive ET's, attacked the strongholds of the Illuminati on the eleventh through the fourth dimensions. By the end of May not only the Illuminati but their "henchmen", those beings working directly under them and carrying out their orders, had been defeated and captured on those levels.

PART IV—THE RESTORATION OF EARTH

As Heru stated above, and as confirmed by Prime Creator, the plan for Earth stands as follows. The Illuminati have fallen on the higher dimensions and their mind control machinations no longer exist. However the governments on Earth are still largely corrupt and, as Heru once commented, "The hearts of those in power are very hardened." It is hoped by the forces of light that, with the higher dimensional power structures gone, the people of Earth will begin to awaken and throw off their chains.

And thus the stage is set for the liberation of Earth. Heru originally stated that it would take about two years (from the summer of 2004) to win the battle for Earth, thus putting the turning point somewhere in 2006. It is my fervent hope that this timing is correct. I must add, however, that I have observed higher dimensional beings having considerable difficulty in affecting or in making accurate forecasts regarding physical reality. We discussed this with Archangel Rigel.

Would you comment on something that is extremely frustrating and puzzling for all of us? We've noticed that higher dimensional beings are very often convinced that what they're doing is working in regards to having an effect on the physical or on third dimensional beings, but in fact it's not happening.

In the unfallen universes all of this works, and it appears from our perspective that it is working here. So we'll do something, we'll see it work from our perspective and then we hear back that it's not. This is confusing to us as well, and I believe it is again that distortion in the molecular and atomic structure.

The problem of distortions in the atomic structure of matter in the fallen sector has been referred to repeatedly by Heru, Creator, and other beings. These distortions are worse in the lower dimensions and worst of all on the dense physical plane. The atomic distortions not only make the lower dimensions much more dense than they should be, they have made it virtually impossible for Creator and other higher beings to reach into these dimensions to effect change. To a very large extent, they shut the light and power of Creator out of our world and out of all existence on the lower dimensions. Correcting the atomic distortions is the next, and perhaps the last great barrier faced by Creator in his project of reclaiming this universe. Returning to our discussions with Heru, in June of 2005 I asked:

I've been thinking about the assumption that is being made by Creator, yourself, and many other high level beings, which is that since the higher dimensions of the Illuminati have come down, the negative power structures on Earth will therefore crumble. I hope this is true but I feel this may be like expecting someone who has been chained in an underground dungeon for decades to step forth and start functioning when the chains are removed. In reality such people often can't even summon the

will to walk out of the prison themselves. I feel that it may require Creator's active presence here for the changes to really happen. Would you comment on this please?

I think you may be right. And when you say a person may not be able to summon the will, they may not have the strength as well. I think this is a very valid point that you have made.

We would like some updates on the status of Earth at this time. Please tell us something about the state of affairs after all the battles with the Illuminati.

The Illuminati through the upper dimensions have been taken down. However as you are aware, the power structure of the Illuminati on this earth is still in place, and the upper echelons of this group are master magicians. Therefore, although they have no support even in the fourth dimension, they are still able to operate in the fourth and fifth and sixth dimensions to do their dastardly deeds. And that is where we are at right now. The next push would be to really be able to get into the fifth, fourth, and third dimensions. We managed to get enough into the fifth and fourth dimensions to take out the Illuminati, but we are not really able to function there well enough to prevent the third dimensional magicians from operating there. They would see us coming and they would retreat. As soon as we would blink our eyes they would do their operation and retreat again.

So for Creator and the higher beings, all those dimensions are very hard to access?

Yes—and hard to move around in. [*Because of density and distortions?*] Yes, both.

What is going to happen next here on Earth? Are the Light Warriors really going to start cleaning things up here? For example, there are millions of contaminated portals, and Earth herself must be damaged etherically as well as afflicted with dark and traumatic energies in many regions. Also there are energetic residues of wars that happened just about everywhere. There are also uncountable numbers of dark and fallen higher dimensional entities who attack or attach to people, along with lots of discarnates and so on. Is cleanup going to start for all these things, and if so when? I guess a lot of these things are on the fourth and fifth dimensions.

Yes, and all this is going to be dependent on our making that breakthrough to correcting the distortions in the atomic structure. Once we can break through that barrier we can do anything. We have the forces,

we have the numbers, we have the power to do it. And once we can make this breakthrough, it will happen everywhere at once. This is really the key.

I know that Creator is working to correct the atomic distortions, working down through the dimensions. Is that effective from your point of view? Are the distortions getting corrected on the higher dimensions?

They are working on it, yes. My bottom line answer to that is that I will not consider it to be working from my perspective until you see it working from your perspective.

I understand that there was a big meeting recently about the future of Earth. I believe that many different topics were discussed, including a public landing of the positive ET's. Is this correct and has there been a decision to have such a landing?

Yes. And there have been increasing sightings happening lately, in India and China and Mexico. *[Are we talking about an actual landing or more sightings?]* Currently just more sightings, but there are plans to begin actual landings.

What is the purpose of these landings?

It would begin the process of communication with off world humans and the dissemination of knowledge for peaceful change.

Would you please speak on some of the other decisions that were made regarding Earth? For example, topics such as over-population, war, pollution, and assistance for the ecology?

Once this planet has open portals, dialogue, and so on, those problems can be easily corrected. Populations can be moved to less populous areas off planet, and the technology does exist to clean everything that has been polluted and distorted. So it's really those first barriers that we are dealing with. Once those barriers come down, once the atomic structure has been corrected, once the doors are open, all of that can be accomplished with relative ease and speed.

PART V—ELIMINATING THE SOURCE OF DARKNESS

[Elora:] As an addendum to this chapter, early in 2006 the source of darkness was discovered and destroyed. In order to explain where darkness came from, I will create the following analogy. Imagine a large lake.

Floating on the lake, spaced rather far apart from one another, are a number of lotus plants. Each lotus bears a number of flowers and leaves. In this analogy, the lake represents the cosmos. Perhaps the lake goes on forever—that is beyond my comprehension. The water represents the Void. Each lotus plant represents a Creation System—a system of Creations made by a specific Prime Creator. The leaves and flowers would represent individual Creations within that system, the leaves representing the earlier and simpler Creations, the flowers representing the later and more complex ones such as ours. Then imagine that each plant is contained within the energetic envelope of the Absolute, the unmanifest nature of God from which all forms spring.

To place our world in this analogy, first we would zero in on a particular lotus plant. That plant is analogous to this Creation System with all of the Creations that our Prime Creator has created. Our particular Creation would be like one of the flowers and would have countless petals. Our universe would be analogous to a single petal of that lotus flower. Our galaxy would be like a cell within the petal of that flower, and our solar system would be like an atom in that cell.

On all sides of us, but some distance away, other Creation Systems float in the Void. These systems, also made up of multiple Creations, were created by different Prime Creators—not by "our" Prime Creator.

The source of darkness was an entire Creation System that had gone dark. In our analogy, imagine that one of the lotus plants became diseased and that this disease started to spread to the other plants. This Creation System was relatively near to us, enabling fallen or dark beings from that system to travel through the Void and to enter this Creation. Thus darkness entered our Creation and began to spread.

According to Heru, darkness was essentially created by accident. It was an attempt, on the part of the Prime Creator of that system, to reverse the codes of life. Unfortunately that attempt succeeded. Heru stated: "It was an experiment that went wrong and then ended up consuming him in insanity." We asked about the purpose of this experiment and Heru responded, "It may have been just to see if it could be done." Subsequently, the entire Creation System made by this Creator became dark.

Darkness, Heru says, is therefore essentially a reversal of the codes of life—taking those codes and running them backwards. This is why

darkness turns love to hatred, purity to corruption, perfection to distortion, and so on. As we have stated elsewhere in this book, darkness acts somewhat like a computer virus and also somewhat like a disease virus, of which Heru stated: "It in itself is not alive; it is not a living thing. It uses the host's DNA and the host's fuel and energy to destroy the host."

We are told that fourteen other Creation Systems, all more or less in the neighborhood of the Dark Creation, became infected. The Prime Creators of each system dealt with the problem as it affected their own Creation Systems. However, a final eradication of darkness required the total destruction of the Dark Creation and its Creator. This feat was accomplished in February and March of 2006 and required the banding together of all the Creators of the systems which had been affected. While the loss of an entire Creation System and its Creator was a somber and tragic event, it was also a crucial victory and a cause for great celebration. The eradication of the source of darkness has ensured our safety in the future and for all time.

Prime Creator is working ceaselessly to eradicate every last speck of darkness from this Creation, and it will be done. Our Creation will be restored to its original state of pristine purity, glory, and divine perfection.

SECTION TWO
THE DISCOURSES

CHAPTER NINE

THE CREATOR GODS

The Creator Gods are an essential part of the cosmology which Heru teaches—and Heru himself, as we have noted, is one of the greatest of these Gods. According to Heru: "A Creator God is a being who is capable of taking the stuff of Creation, the plasma from Prime Creator, and manifesting it into form. These forms may be as large as universes and may be as small as microcosms."

We asked Prime Creator who created the Creator Gods. He/She replied: "I did. It was one of the first acts of creation. They were created prior to this Creation, so they are actually older than this Creation."

[Heru:] The Creator Gods create from the Void. Your scriptures speak of this, describing it with great eloquence. Into the Void—the formless, wonderful Void, where nothing is formed and everything is potential—the Creator Gods will go. They go singly, as couples, or at times in groups, depending on their intent. They will drop out of Creation and into the Void, much as you will do in the third technique. In that space they will form, with their divine mind and their divine heart, their intent for creation. They will put it forth and it will be done.

Interestingly enough, there are many kinds of creations. Some of them just require that initial spark. In these cases, the Gods create something independent, with its own life, which itself is tapped into the Void so that it generates its own self-perpetuating creative impulse. A soul, or what becomes a human being in all of its multi-dimensional layers, would be one of those aspects. At that point it is an individual being. Whether it is conscious of it or not, it has the power to perpetuate its own existence indefinitely. On the third dimensional level where you live this would be largely an unconscious process, but in the higher dimensions it would be more of a conscious co-creative process.

Then there are systems which are different in that they are not self-perpetuating. This applies more in the mineral realms, and some what in the planet realms. In these cases, councils will form to create struct-

ture. The Gods in these councils will place themselves, or a part of themselves, into a Creation Chamber.

A Creation Chamber is essentially the heart of the Creator God or Gods. It is the power of their love to create. If a Creator God is singular, he would go into his heart in much the same way you go into yours to go into the Void, and with love and passion will create. When there are more they will join hearts, and between them will be the vessel in which they create. They create with divine thought, and divine thought is very different from the machinations of the human mind.

To return to my discussion of creating something in the mineral realm: That part of the Gods which is placed in the Creation Chamber must remain there for as long as it is desired that the particular substance should continue to exist. For instance, if I wanted to participate in the creation of a ruby, I would join with others and we would take a part of ourselves into the Creation Chamber. As long as we wanted the molecular structure of rubies to exist throughout this entire universe, we would remain in that chamber, actively generating it. That is how we create matter.

Plant forms are created in much the same way. However, with plants it is more that we would hold the seed form of that particular vegetation—not an actual seed like an acorn, but the archetype of the tree or of that plant form through its entire life cycle. We would hold that archetype there. The animal kingdom is much like the human kingdom, where animals have independent lives, although they are created more as a species or type. What happens when an extinction occurs on a planetary scale is that this group, council, or person is no longer in the chamber. With an animal species, they will have left the chamber. The species will not disappear immediately, but the impulse for it to re-create and stay in form disappears, and so they will die out. However, these Creator Gods can be invited to reconvene and recreate those beings that have disappeared.

Throughout Creation there are a multitude of what you would call devic energies. Devas are actually those fragments of the Creator Gods which are in the Creation Chambers. Therefore when you call upon them, that wonderful magic can happen. Working with the devic energies would feed them too, in a sense. It is like the phenomenon which has been described with what you call Gods on this planet, that they seem to die out when people stop believing in them. Therefore if a planet such as yours has inhospitable regions for this particular life form, the Creator God fragments will leave the creation chamber and allow it to die out—unless humans in their great power will call them forth again, and in essence feed them with their love and their desire for the continued

existence of what they are creating.

Different Creator Gods are focused on different things. There are Creator Gods who are basically creating substance, raw material to work with—sort of like yarn, or clay to be sculpted. These Creator Gods would be in place to create the stuff of Creation, raw undifferentiated material. And there are various types of specialists, beings who like to create within their field of specialization over and over again. There are those who are specialists in the plant kingdom, and the animal kingdom, and in star creation.

Then there are beings who are not specifically Creator Gods, but who are more the weavers of Creation. They take material that has been created and weave it into new and beautiful form, giving it order, giving it luster, giving it stories. Stories are very important to this process—themes, orchestrations. These beings who are the weavers would write a story, make an outline, and begin to weave material around that outline. Thus they would create worlds and people them. They would be the architects of jewels in space. They would in many cases appear to be the creators—and yes they are the creators, but you see how many levels there are to this.

You say that life forms can be called into existence again if humans will do the work from our side. Will that help to restore some of the life forms on our planet?

Oh yes, there is great possibility of that happening.

Please explain why the Creator Gods work.

Ah yes, why they work. It is the expression of love, of creativity; it is the reason for our existence. We live to create, as an artist would. And creating is an expression of something that language cannot name. The place that this desire to create comes from is so vast that there is nothing which could describe the motivation of creation. And it is never ending.

Do the Creator Gods have their own realm?

Their home is in the Void, beyond this Creation. Although they may come and manifest forms, even into the third dimension, they will identify most with and return to their home which is the Void beyond the Creation. When you enter Heru's world in the third technique which I have given, you are coming to that place. *[That's where you live.]* Yes.

In the process of creation, how do twin flame Creator Gods, such as you and Durga/Sekhmet, work together?

Perhaps the closest analogy would be making love. Our focus in general is on the creation of new souls. Other Creator Gods would focus on creating animal species, entire blocks of vegetable life, and so on. Yet others would create minerals, planets, and the like.

I would assume that your work in creating souls is done with Durga/Sekhmet in your role as cosmic progenitors. Is that correct? [See Chapter 11 for more information on cosmic progenitors and the creation of souls.]

Yes. *[Are the two of you parents to all the souls that you created?]* We are parents to a few and the grandparents of many. *[How many direct children do you have in this universe?]* A few hundred.

Are there other Creator Gods who create human souls?

There are others. And some human souls are created in groups, by groups. You will see them on this planet. They are not quite as differentiated, and would perhaps identify more with nationality, religion, etc. That is not to say they do not have the potential for evolution into highly differentiated beings. But they do begin as a group. And interestingly, in those groups there will emerge leaders that will raise the entire group up. Therefore when that entire group rises up, great changes happen in humanity.

Then there are souls that are created as twins, as you know, and souls that are created as individuals. Each of them would be an expression of the variety of life that exists in Creation.

Is there something along the lines of a divine plan that you create within?

There are divine principles, which would be the structures—the lines on the road or the walls of the canyon, so to speak. Principles of structure, the way light forms, and the basic geometries—these things are there within all of these universal structures. The molecular, atomic, and DNA structures follow the same pattern within all the universes of this Creation.

But as far as a theme or a message, that will in many ways vary from universe to universe. Nevertheless, you would still recognize the basic forms of life. You won't go from this universe to another universe and find all the humans and higher beings to be made of geometric shapes, a triangle for a head and a trapezoid for a body and so on. Life throughout this Creation follows certain forms, and you would recognize those forms from universe to universe. You will recognize life, you will recognize kinds of matter. There are other Creations where life forms

are geometric, but that is not part of this structure of universes. And there are certain archetypal forms which are found throughout the universes.

How many Creator Gods are there, and how many are able to do the work of creating universes?

The Creator Gods do not exist in huge numbers. There are maybe a thousand or a few thousand in all the universes, in all of Creation. I never sat and counted them. And among the Creator Gods there are not many who can create universes and for whom that is their profession, where it is not just a one time interaction or activity. *[You and Durga/Sekhmet can create universes?]* And have. *[Was this as part of a group effort, or just the two of you alone?]* As part of a group effort. By and large for a universe of this size it would take more than two beings, even Creator Gods, to do so. However she and I have created, alone, a small universe for just the two of us. She and I occasionally retire there for some rest and recreation. It is like a little jewel.

As a Creator God, do you have higher aspects, or is it just you and the monad?

It's a little difficult to describe because it's sort of yes to both. I have presences and lives on each of the levels, but in a way it's just me and the monad because all of those levels are enlightened.

Would it be correct to say that many of the Gods and Goddesses of ancient mythology were, in fact, ascended masters?

You could put it that way, or you could say that they were visitors from the higher realms, the God realms, or the Creator Gods. I hesitate to use labels because they seem so bound by concepts. *[Would the appearances and disappearances of the Gods, as recorded in legends, be the Gods and ascended masters moving in and out of physical manifestation?]* Yes. Also the veils at that time were thinner, so it would be easier for humans to see those manifestations.

CHAPTER TEN

LIGHT AND DARK ASPECTS

Until the time when I began working intensively with Heru, I had a vague idea that there were higher levels to every human being, yet could never determine exactly what they were. Like most people in metaphysical circles, I had heard terms such as higher self, soul self, Oversoul, and I AM Presence. I had also seen drawings and paintings of the third dimensional self surmounted by a number of higher and progressively more radiant selves. Still, I had no real sense of what all these levels or selves actually were.

As Karen and I proceeded in our explorations, my clairvoyance continued to develop. I perceived the higher aspects in a whole new way, and was able to check my perceptions with Heru. Like most of what I have learned in the past year, the discoveries I made in the area of higher aspects were fascinating, illuminating, and sometimes shocking.

What we learned is as follows. Third dimensional humans are aspects on a chain of connection which reaches all the way up to the monad. The monad (which is the original soul created by the Creator Gods) is a great, magnificent being, existing on what we would call the twelfth dimension. It is, for each of us, that from which we spring. We are expressions, or aspects, of the monad. Beyond the monad is only Source, God, or Prime Creator—whatever term one wishes to use. Heru often likens the monad to a mighty oak tree. To follow the metaphor, this tree then extends a branch of itself into this universe, or any universe in which it chooses to create aspects. At several junctures along that branch there exist the higher aspects, with the third dimensional aspect being at the end of the branch.

Karen coined the term "ladder" for this progression of aspects. A typical "ladder" may contain an aspect on the third dimension, which we would experience as a physical human being. Then there might be

aspects on the fourth, sixth, eighth, ninth, and eleventh dimensions, for example. And what are these aspects? They are people! They are ensouled beings, similar to Earth humans in many ways but living on different dimensional levels. They have names. They have lives, including occupations, friends, clothing and activities that they prefer, dwelling places, and distinct personalities. Among the higher aspects we have met there are healers, teachers, musicians, and counselors. Most of the higher aspects we encountered are living on higher dimensional planets in such locations as Arcturus, Sirius, or the Pleiades. Occasionally we found an aspect living on a higher dimensional starship. Higher dimensions have matter just as we do, and to them it is solid, just as physical matter is solid to us. However the higher one goes the more fluid matter becomes, and the easier to change and influence. Higher dimensional bodies in the fallen universes age, as physical bodies do, though much more slowly. A strong infusion of energy can rejuvenate a higher dimensional body, whereas rejuvenating a physical body is very difficult.

Time moves differently in the higher dimensions. We found that a month would pass for us when only a week had gone by for a sixth dimensional being. Because of the greater density in the lower dimensions, and because time is so slowed down here, the lower aspects in the "ladder" tend to be somewhat wearied. This would not be the case in a light universe.

Higher dimensional beings require nourishment, as we do, although they need less of it. The highest aspects seem to subsist mostly on pure water and light. Those in the middle ranges, such as the sixth to eighth dimensions, could be sustained by a few pieces of perfect fruit per day. These beings need sleep and periods of rest as well, though again less than we do.

All of the aspects on one "ladder", or one branch of the monad, have a strong commonality. The personalities will be different, yet similar, as they are all expressions of the same monad. Certain core qualities will show forth in all the aspects, and there will be a recognizable soul essence about all of them as well.

The monad and its aspects are connected to one another by fine, glowing strands which are called light filaments. Light filaments look like fiber optic cables, and they carry prana. By working with the light filaments, skilled healers can affect the state of aspects on various

dimensions.

Aspects in other dimensions, depending on their state of evolution, may be more or less aware of their own higher and lower aspects. A very evolved fourth or fifth dimensional aspect may give much guidance and help to his third dimensional aspect. In other cases there may be a lack of guidance and help, or even a negative influence. The most difficult fact to accept about the higher aspects is that they are not always the pure, radiant beings that we have been led to expect with terms like "higher self". The monad, according to Heru, is incorruptible. However, higher aspects who dwell within one of the fallen universes are just as susceptible to the corrupting influence of darkness as are third dimensional humans. And, as Heru has repeatedly said, darkness exists in this universe up through the eleventh dimension. We were shocked to find that even many lightworkers have dark aspects. In fact, since it is common to have about four aspects on the "ladder" between the third dimensional self and the monad, and due to the great difficulty in resisting dark influences, most human beings have one or more dark aspects. The worst I have seen was a person with four dark aspects. Therefore even among lightworkers it is a rarity to find a person who has only light aspects. Fortunately, because all aspects are ensouled beings, reclamation is hoped for in the vast majority of cases. The reclamation of lost souls, as Heru terms it, is discussed in more detail in the last section of this chapter.

The first example that we had of the restoration of a fallen higher aspect is Majaron, to whom Heru refers several times in this section. When we first encountered him, Majaron was heavily veiled. We were unable to see him, and even Heru had a difficult time penetrating his disguise. Eventually we learned that he was about 90% dark. Imagine the sixth dimensional equivalent to a gangster and drug dealer—that was Majaron. He was heavily attached by a dark being and had come to the point where he completely identified with the dark side. Using techniques taught to us by Heru, we worked on Majaron. We were able to assist his transformation back to a loving and positive being of light, albeit one who had missed a great deal of growth and spiritual maturity due to his eons of existence as a fallen being. [Note: In 2005, new and much easier methods for restoring fallen beings became available, and many beings have been transformed.]

Much as we might prefer not to think of the possibility of dark-aspects, knowledge about them can be important and helpful. Having dark aspects directly above the third dimensional self can have a deleterious, even crippling effect on the third dimensional human. We observed that in most cases of this nature the person in question found life a continual struggle, despite the best of intentions and despite tremendous efforts to heal. Also, Heru tells us that it will not be possible for lightworkers who came here from the unfallen universes to return home until all of their aspects are light. Dark aspects also impede the ascension process. Therefore, clearing the aspects and light filaments is a tremendous aid to growth and evolution. Please see the Appendix for more information, including assistance for those who would like to have their aspects checked and/or cleared.

PART I—COMMUNICATION BETWEEN LEVELS

Heru, when we are working down from an eighth dimensional aspect, for example, to transform an aspect on the sixth dimension, we notice that the eighth dimensional aspect does not engage in this work unless we ask it. Why is that?

You third dimensional humans do not understand the greatness of your power—that you can request what nobody else can request. A sixth dimensional being could request something but it would only apply to that dimension, or an eighth dimensional being for the eighth dimension, or whatever. But there is a specialness in the humans on the third dimensional level. For built into them is a mechanism for ascension, and it does not happen until a being fully incarnates on the third dimensional level. And when this happens, they can call for action on all the dimensions.

It also appears that aspects on the various dimensions are not always that aware of one another.

That stratification [i.e., that most beings are essentially confined to the dimensional levels where they reside] is one of the fundamental structures in this universe. Were it not there, there would be a level of chaos that is undesirable. And yet that stratification has become so embedded as to be hampering the influx of the greater light. This applies to the question you asked about the releasing of normal rules and boundaries at the time. This is correct, and specifically for this plan-

et in that it is one of those key points at which everything is aimed: the greatest darkness and the greatest light, the greatest chaos and the greatest growth. When you visit the Pleiades it looks stagnant to you, but those living there do not feel that. For them it is the ordered progression of growth that they are familiar with. If they were to plunge into this planet, it would be very hard for them. But Earth is almost like a rocket that, when the thrusters are fired, will break through those stratifications and allow the upward movement of all into the higher dimensional levels. This is a truly revolutionary process. So once again, we point out the key position that this planet assumes at this time.

For what is happening here is not occurring elsewhere. It can only happen here, and what is happening here has implications that are far reaching. Imagine these so called lowliest little humans, the little ants or whatever you call them, that are demeaned throughout the universe as stupid, as dark, as unevolved—yet they are making something happen that has never happened before. And that is this rocket ship of ascension. *[Planetary ascension?]* Yes. *[And thus contributing to the ascension of the universe?]* Yes. And by the way, speaking of the ascension of the universe, don't think that because this universe is far, far away from the central universe, the Godverse, that it must always remain so. It is as much a matter of vibration as it is of age. Just as there are wormholes and wrinkles in time and collapsing space within this universe, so there are such things between the universes. And don't think that the being who ensouls this universe doesn't want to be close to home.

To return to our earlier question, is it because of this stratification, then, that a higher level light aspect would not necessarily fix the dark aspect below it?

That is correct. The best way I can explain it is that there's not a great deal of permeability between dimensions and not a great deal of traffic in energies between the dimensions. It is very stratified. What would be air in this dimension would be solid as brick in a lower one, and it is the same above you. So were your eighth dimensional self to attempt to reach into the seventh dimension, it would be met by a wall of density that it would not be able to penetrate. What would be air in the seventh dimension would be solid in the sixth. The higher aspects may be dimly aware of unpleasantness happening below, but they pretty much have an independent life and no real way of correcting the problems which might exist in the lower aspects.

Again, this is the greatness of the third dimensional form, and soon even the second and first dimensional forms, if you can imagine that. It is from these lower dimensions that the real movement takes place.

It is the ability of the lower dimensions to go into the higher dimensions which enables this crossing of the barriers to happen. And once that opening is made, then the upper dimensions may come through that opening to assist the lower dimensions. *[There are actually first and second dimensional forms?]* Yes, and I don't believe there are words in your language to describe them. It would be like a universe inside a dot and a universe inside a line. It seems there is a book called *Flatlanders* that would give a description of it.

Would a being such as an ascended master have more power, vision, and ability than a higher dimensional aspect?

Correct. Greatly more, because they have created within their template that opening or shaft between all of the dimensions and they are free to travel up and down that shaft, as if they had an elevator and had control of the buttons.

PART II—WORKING WITH ASPECTS

How does an aspect go dark, if its higher aspect is light? In other words, how would a light aspect spawn a dark one?

It is not a matter of spawning. It is more a matter of the fact that everything in this universe is quite susceptible to corruption. It's as if the immune system were in a weakened state. There are "viruses" rampant throughout the universe [i.e. various forms of darkness] and it is very easy for a being to catch a virus, with that virus being of a lower vibration. *[So a light aspect becomes dark?]* That's what happens. It is commonly called the fall.

People with dark aspects seem to have major twists in their light filaments, enough to choke off the flow of prana. But I noticed that even with people who have all light aspects, often the light filaments will appear slightly kinky or wavy. This will start in an almost imperceptible fashion from an eleventh dimensional aspect, but increase with each level as it goes down. What is the meaning of kinks in the light filaments?

That is the inherent weakness of this universe in manifested form. The blueprint has been replicated so many times that there are weaknesses in it, and so a mutation on the highest level will become greater and greater as each level descends, bringing forth on the third dimension problems, disease, and discomfort. *[These kinks reflect a distortion of some type?]* Yes.

Regarding ascension, can a person only ascend when all aspects are light and when they are all in a state of completion?

There are instances when ascension has taken place before that is complete. However, there is a great deal of burning and pain associated with it. It has been done; it can be done; it is not recommended. *[So it's recommended to wait till all aspects are clear and complete?]* Or close to it.

Please speak more about the strands which connect higher and lower aspects.

They look like fiber optics and they are called filaments of light. They are the encoding which would create the DNA on the physical level, but they exist on many dimensions. And they are, in a sense, how form is created in any dimension. It is from those filaments that the body is formed, so a distortion in them would create a distortion in the body of that dimension.

Why would an aspect start to become light just because the light filaments were straightened and cleared?

Let us take the case of Majaron. Due to the straightening of the strands, he was brought into a state of awakening and into a state of instant karma. His karma was up against his face and there was no escaping it. *[Why would straightening the strands have such a powerful effect?]* Because these strands are so powerful. They are the vehicle through which prana travels. Without those strands there is no life. Distortions in the strands will create distortions in the life and the straightening of the strands will bring a restoration of life in its pure sense.

How does this work given that the strands were straight to begin with, yet some aspects turned dark? Or would turning to the dark occur as a result of having crooked strands?

No, it is more the former. It is more that a being would be hit by corruption, almost like being slammed with a dirty snowball. The distortion would hit the being at that dimension and almost spin them around, if you can imagine that. At least in Majaron's case, it was like being spun around. And that twisted the cords and choked the life force. In other cases it could be different, but something of that nature.

I do want to add that when there is a severe blockage it not only affects the beings below, but those above the blockage. For prana, in order to really work, needs to make a complete circuit. It descends down from the upper dimensions to the lower dimensions and makes a loop or a circle. If that circle is blocked it detrimentally affects everyone, all

the aspects.

What is the connection between sleep and light filaments?

When a human sleeps, this allows the body to repair itself, re-nourish itself, and be reenergized, and much of this happens through the light filaments. When the filaments are damaged, it would almost be as if your airways were constricted and you were struggling for air. That is how your body would feel, having an impeded flow of energy. *[I have observed that it is harder to fall or stay asleep when the filaments are damaged and easier when they are repaired, along with having a better quality of sleep. Why is this?]* I do not know, but it appears to be correct.

[Elora:] We will conclude this section with a direct quote from a monad who was observed to be actively working on all of his aspects—in this case, beings on the ninth, eighth, sixth, and third dimensions.

Zandrion, please explain the work you are doing with your aspects, and what is the purpose of this work.

It is a fundamental restructuring of the life energy of these beings so that they may handle the influx of the greater energies that are coming, without it distorting and blowing them up or having a blow out like a tire. *[This implies that beings who are not getting worked on in this way could get "blown out"?)* Well, don't assume that anyone is not getting worked on. At this time there is a great concerted effort for everyone to get worked on. Everyone is very busy right now. It's like people who are getting ready for a car race where they are doing the last minute adjustments, tinkering, calibrating, tuning up, and so on. They know in a few minutes the starting bell will ring and it will be a very fast and furious transformation. So there is much going on at this time.

And all this activity is more complex than I can really describe, because it's not just the vertical levels that you see. On each level that there is a being, there is a horizontal segment of work that is happening as well. It's something akin to what Karen was describing in seeing her twelve selves in twelve different planets. It is not exactly parallel selves, but that would perhaps be the closest description to it: where the energy comes down from the Omniversal Energy to me, and it goes out in all directions. Then it goes down to the next level, and on that level it again goes out in all directions. Therefore in each area it's not just the light filaments between the levels, but there is also quite a bit of work to be done in aligning the patterns that go out horizontally. For example when you tune into all of your bodies, the physical, emotional, and so on, they

go out and out. It would be more like that—what radiates out from each life that is lived. There is a great deal of work to do and everyone is very busy.

PART III—THE RECOVERY OF LOST SOULS

By "lost souls", Heru means those beings from the Creation who were originally light and pure but who have fallen and become corrupted by the dark.

[Heru:] As I have stated, the dark itself is not ensouled. It has made forms in a parasitic fashion, using some energy and genetic material from the Creation and forming it into the hideous demonic entities and shapes that you have all experienced. Therefore when we speak of the recovery of lost souls, we are not addressing the dark beings. We are speaking of members of this Creation, ensouled beings who have succumbed to the dark, and their possible or probable reclamation. Many of these beings are high, beautiful, and mighty creations and creators in their own right.

The question has arisen: when beings fall, are they aware that they are falling? I cannot say for sure, but I believe often there is not an awareness of the fall. Therefore why some have fallen and some have not is not known at this time. To reclaim someone who has become full of darkness, and is not self-aware of being dark, is a great challenge. Now that the Light Warriors are here, we believe that this work will commence and be possible.

Since the coming of the Omniversal Energy, many of these beings have been incarcerated and isolated so that they may do no further harm. Especially with the higher beings such as the Elohim, the angels, and the Creator Gods, there has not been a successful reclamation. We are very hopeful, however, that this will change now the Light Warriors are here. We are greatly heartened at events like the reclamation of Majaron. For that has been one success out of only a few. There have been others, but not that many dramatic turn-arounds. And let me state that this was due entirely to the pure and unselfish love that Karen holds for her twin flame. Without that unconditional love, this reclamation would never have taken place.

Heru, did a number of us have dark lifetimes? I seem to remember some lifetimes where I was involved in black magic.

Very much so, and Karen as well had a couple of very dark lives. *[Would we have been considered fallen humans during those lives?]* It is more that you take the totality of the sum of a person's evolution. If you were to isolate a single life, you could say it was a fallen life. But if you were to look at the whole life path of the multiple incarnations, you would see that many beings would have had a dark life and then in the next life would be busy digging out of it. However far they would get in that life, it might not be very far, but just the attempt is important.

How did we bring ourselves back to light, and did this require the awareness that we had fallen?

It did require the awareness of having fallen, and the way back is arduous—or has been arduous, I want to put that in the past tense—and slow. It involves all of the laws of karma and effort.

Apparently sometimes beings are aware that they are falling, and other times they are not.

Yes, and I still do not understand the entire mechanism of those beings who are not aware that they are fallen. *[It's as if part of the fall is sometimes this unconsciousness, and that is the most deadly part of it.]* Yes, very much so, for at that point there is no real ability for that being to struggle against the darkness.

The light workers who have become dark or who have dark aspects won't be able to return to their light universe, will they?

They could, if they were allowed to, but we will not allow that to happen. They will not be allowed to return. *[When they die in this life, where will they go and what will happen to them? They won't have to reincarnate here, will they?]* Not necessarily. They will be given the choice where they want to process, and will be given much help.

What about those of us who don't have dark aspects, yet are carrying all sorts of effects from our exposure to darkness? Will we have to get completely cleaned up before we can return to any of the light universes?

I believe there will be much help given and that it would be easiest for a person to do that, to make that journey without the baggage. However, it can be a fairly quick process with the help that is coming.

PART IV—THE ASPECTS AND THE MONAD

In esoteric circles, it is said that monads are the source of all souls in Creation. The monad is supposed to be the first individualized expression of consciousness beyond Source. It is believed that the monad splits repeatedly, or at least forms a multitude of aspects, and this is how the individual souls are created. Is there any truth to the concept of the monad?

Yes. Let me give you the example of Karen and her structure. When she was first birthed, the name that she associates with that is Kapharatha, and that would be her monad. That is the original envelope, the original membrane that contains and brings forth her energy. And from that many things can happen. Kapharatha has a number of descending ladders, starting in the eleventh dimension and descending to the third. She also has parallel aspects on the twelve key planets in this universe. As I have said, she is widely represented throughout this Creation, for she also has lives in other universes as well. For the purposes of this conversation we will not go into details of those lives. But you can imagine that there are whole series of incarnational ladders and parallel selves. The life that Karen has here might then look as the leaf tip on the branch of a mighty tree that has many branches into many universes, and the root would go back to the monad. *[Or in this analogy, is the tree itself the monad?]* You could say that.

Let's take my own highest self, Aleandria. She is the One of whom I am only an aspect. Is she herself a branch, or is she the monad?

She is the monad.

I always imagined the monad as being impersonal consciousness. However, I see Aleandria as a fully individuated being, not exactly human, but like a Goddess.

Let me say this about impersonal consciousness. If Creator Gods have personalities, and even Prime Creator Itself has personality, why would a monad not have personality? It is your supreme person. *[Is it my projection that I see her with a human form, albeit very great and magnificent?]* No more so than when you see fleeting glimpses of me in form. That is not your projection either. It is one way of seeing me, and one way of seeing her.

Can you define the term "monad"?

This is one of the most difficult definitions in our discourses. When

a soul is created, the Creator Gods would petition Prime Creator for permission to create a new soul, and that is a very distinct act of creation. When that soul is created, the seed is born, and that seed would be the monad. From that monad would flow all of the aspects. Like a seed, it would sprout roots and leaves, flowers and stems and fruits. Once that has happened, you no longer see the seed. The seed is somewhat consumed in this process, and yet the original blueprint and intent is present within every cell of that plant's being. Where do you locate the original seed, once this has taken place? In a mighty oak tree, where is that original seed? It is contained within the entire life force of that tree. It is there, it is just not localized in any one place. So that perhaps creates more questions than it answers. *[If we use the analogy of the oak tree, I envision the monad as being like the tree, and the aspects as being parts of a single branch which reaches into the lower dimensions. Is that a good way to think of it?]* Yes, it is.

Do the monads always remain on the highest dimension below source—i.e. what we would call the twelfth dimension—and is it only the aspects which descend?

Yes.

We know that the monads create aspects. Are the monads creating souls by so doing?

This is an area of semantics where, in this context, we are using the word monad interchangeably with the word soul. The monad does not create the soul, the monad is the soul; and it can be expressed in many different ways simultaneously. Again, to use Karen as an example: her monad has projected itself into life forms in several different universes, and into third dimensional bodies in this universe on the twelve critical planets. But these are not separate souls. These are all part of her monad, living many lives on many dimensions simultaneously. Therefore what she sees as her ladder is only what is reaching from the twelfth dimension to the third dimension on this planet. There are many other ladders in many other places. And they are finely filigreed, like a beautiful fir tree.

The aspects on the different ladders which are projected into various universes, as well as the aspects on multiple ladders within the same universe—these are what we call parallel selves?

Yes.

When we ascend, do all aspects merge into one?

In a way. It's one of those things that is very indescribable. You know how a telescoping device will have sections that will telescope out, and then as they go in, one slides into the other. It's not exactly a merging but it is a coming together.

So is this what happens when the aspects merge back into the monad?

It's sort of like that. Going back to the telescope metaphor, there remains some autonomy still within each layer of the circle. If you were to look at the telescope head on, it would be concentric circles. *[Is this why you say that you yourself still have aspects?]* Yes. *[Do all aspects ascend together?]* Yes.

Are the higher aspects always the same sex as the third dimensional aspect? It seems that would not be the case, since we know that people change sexes often from one incarnation to the next. Yet the aspects we've encountered so far seem to be the same sex as the aspect on the third dimension.

It would work that way in general. In the third dimension there is the choice to switch back and forth between different genders for experience, and to give greater opportunity for the dance to play out in a greater complexity. However that choice is not given to the other aspects on the ladder. In an unfallen universe it happens in a fairly orderly manner. It would be a pattern, so to speak, where for example every sixth or tenth incarnation there would be a gender switch. But for the most part the incarnations would happen in the original gender. However in the fallen universes everything is much more chaotic, which leads to a great deal of confusion.

Why did some of the monads come into this universe and others not?

At the time this was taking place, it was not seen that the frequency fences would be erected. The boundaries between universes then were of such a permeable nature, and movement back and forth was so easy, that it really didn't seem to matter. *[So it was basically an individual choice or preference.]* Yes. However, I don't know that the monad actually ever travels. You could say they are here and they're not here. It is difficult to describe structures on the twelfth dimension. Perhaps the best analogy for it would be the idea of a parallel self—that the monad could project itself into a universe.

What has been the effect for those whose monad was on the other side of the frequency fence?

You would find people who would have trouble accessing their high-

er aspects, and would be characterized at times by losing faith in Creator. The advantage of it is that when the monad is in the same universe as the aspects, the higher aspects are then in no danger of falling. The disadvantage is in the fact that there is less support. Really it's just an awful situation either way you look at it. And it is soon to be ended, soon to be irrelevant. But in sorting out one's journey, I would say that you could look at that one particular quality—the ability to hold faith in the Creator—as an indication. *[Did the monad in some cases fall?]* Up through the eleventh dimension there can be fallen aspects, but the monad seems to be impermeable.

Please define the Seven Rays and their purpose. [The Seven Rays are discussed at length in the Alice Bailey texts and other esoteric writings.]

The Seven Rays are used in this Creation as follows. Imagine a giant crystal prism through which the light of Creator is focused, breaking into these Seven Rays. They are used by the Creator Gods, the angels, and so on, to focus and color projects that they are working on. So for instance when the Creator Gods decide to create a life, they would focus one of these Rays on that life form, giving the new monad that particular quality to radiate throughout all of its many aspects. Or if a group of angels were working on a project that they wanted to give life to, and wished to give it vibrancy and strength and energy, they would in essence take that crystal and imbue the project with one of those Rays. So it is a tool of focused intent.

Did the monads stem from the Rays?

No. They are imbued by the Rays.

When, in the cosmological tree of creation, were the Rays created?

The Rays were actually brought into this Creation from a previous Creation. *[The same one as the one from which the Creator Gods came?]* No. They predate the Creator Gods.

CHAPTER ELEVEN

SOUL FAMILIES

"No man is an island, entire of itself," wrote John Donne. And none of us is without soul family, profound connections which stem from the deepest level of our creation as a being. While the subject of twin flames is well known (though often misunderstood), to the best of my knowledge the concept of cosmic progenitors has not been introduced to humanity prior to this book. These topics are both fascinating and useful. Connection with one's twin flame is a powerful evolutionary event from which, as Heru says, there is no turning back. Given the events which are occurring in our universe, I believe that most of the lightworkers can look forward to this occurring either during or after this current life. As for the cosmic progenitors, I can attest to the fact that working with them is a life-changing process. Being Creator Gods of a high order, the progenitors are extremely powerful, far beyond the beings who are normally known as spirit guides. Therefore the wisdom, protection, insight, and love which they can bring into a person's life are unsurpassed. For me it has been like having the light come on, as well as a profound re-connection to my soul family.

PART I—COSMIC PARENTS AND PROGENITORS

We will introduce this section with a quote from our friend Zwal, a sixth dimensional being who had recently contacted his own cosmic progenitors for the first time.

"As the return of Christ has been prophesized, it will happen in this way. More and more people will become aware of their soul parents—and the Godhead will incarnate further into the Earth plane as

these discoveries are made. As darkness appears to increase on the physical plane, this connection will bring much joy, safety, and protection, and will bring many manifestations of the Christed type of consciousness on this planet. Instead of one Christed being on Earth there will be many."

And now we return to our discussions with Heru. We asked: Heru, please define the term "cosmic progenitor".

Cosmic progenitors are a specialized group of Creator Gods who are capable of creating souls. *[Is it a rare ability to be able to create souls? Are there relatively very few Creator Gods who can do this?]* That is correct. I would say in general that in each universe there would be perhaps two dozen or so of the Creator Gods who would have that ability. And there would be several hundred of the Creator Gods in each universe. The Creator Gods were created by Prime Creator in another Creation, the most recent one before this one.

When you use the term "soul", what exactly do you mean?

It is certain that not all entities are souls, for many are just thought forms or some other such flotsam and jetsam. A soul is a very sacred part of Prime Creator. When they are ready to create a soul, the Creator Gods will go to Prime Creator and in essence request an egg. In this egg are all of the divine structures and patterns that are contained within Prime Creator—just as when a mother produces a human egg, her DNA is within that. The Creator Gods are the only ones who are able to make this request and hold it. It is through their love, and sometimes then the love of the cosmic parents, that this egg is then fertilized and activated so that it may come forth with a life of its own and become that mighty tree that we have spoken of in our various analogies.

What are these "eggs" like?

I see these forms actually as not looking so much like eggs, rather as very crystalline in structure. Interestingly, just as a woman would have no control over the genetic makeup of the particular egg that she would release, we in a sense have no control over which of those diamond crystalline forms we draw out from Source. So to us it is a beautiful surprise with each new soul that we create. The crystalline structures have a uniqueness to them that is new and unexpected for us each time. And these crystalline forms, through intent and love and prayer, can be created into individual souls, or you can give birth to entire universes in this way. To do an entire universe, though, would generally take more than two of the Creator Gods. It would take a circle of beings

to pull forth one of these structures and create a universe with it.

In esoteric writings, it is said that the monad is the first individuated manifestation beyond Source. When the cosmic progenitors create a soul, then, is it actually the monad that they create?

Yes. And they may create monads as singular or twin monads.

How can the monad be only one step from Source, if it's created by the progenitors?

Because before it is requested and drawn out of Creator, it is not separate from Creator. It is the act of drawing it forth into the membrane that causes it to become separated from Source.

Are the monads then created directly from the Void?

They are created in the Void but not from the Void. The Creator Gods draw some of the primal creative energy of the Creator into the Void and encapsulate it with a membrane. Within that membrane are all of the signatures, the personal signatures for that being. And then they bring to it, and impregnate it again with those same signatures, much in the same way that an egg would be fertilized in a human. This is done in the Void. The energy they draw forth is an unformed plasma of light which is the substance from which all Creation is formed.

Let's return to the subject of cosmic progenitors. The cosmic progenitors create the monads, and the monads are the original individuated beings, the souls.

Yes. *[Do all souls have progenitors?]* Yes, they do. *[Do progenitors create souls other than monads?]* I don't know of any but that does not mean it does not happen.

You have also spoken of "cosmic parents". Is there a distinction between cosmic parents and progenitors?

Yes. Sometimes a soul has both cosmic parents and progenitors, but other times the parents and progenitors are the same beings. When there are cosmic parents as well as progenitors, the progenitors would work through the parents in creating a soul. In Karen's case, her cosmic parents are the beings who ensoul the sun in this system and one of the stars in the Pleiades. Her parents are in this universe, but her progenitors remained in the home universe. They are wonderful, glorious beings.

How about myself?

Durga/Sekhmet and I are your cosmic parents as well as your progenitors.

Please define the term "cosmic parent" and explain exactly what they do, and in what way they are parents.

We have made the distinction that for some people the cosmic parents and progenitors are the same, while in some cases they are separated. In the case where they are separated it is because the cosmic progenitors themselves are not twin flames. And because of that it is necessary to have an intermediary to perform the coupling, as you would say, to generate a soul. *[So in essence the parents would make love?]* Yes. *[And interface with the progenitors in creating the soul or souls.]* Yes.

In other words, sometimes even Creator Gods who are twin flames might unite with different Creator Gods to bring forth souls.

Yes; and we have. Interestingly enough, often there is a desire for what you might call cross pollination, for a greater variety of material. *[And cosmic parents would also not necessarily be twin flames?]* Correct. The desire in this Creation for diversity is unquenchable, and drives a lot of what happens.

Are cosmic parents and cosmic progenitors generally related?

Often times that is the case, but more often one parent would be from another lineage. Again, the desire for diversity is unquenchable. Therefore, more often than not there is a mixing of lineages.

When parents and progenitors are different, do they both act as guardians, mentors, and teachers?

They both carry some of those qualities; it is just a greater degree in the progenitors. While the bonds to both parents and progenitors would be very strong, there would be a difference in magnitude between them, in the sense that the parents would be roughly the same size and power and potency as the offspring, but the progenitors would be an increased magnitude of greatness.

Who can become a cosmic parent? Is it only the monads, or can the aspects become cosmic parents?

It is the monads who become cosmic parents. The aspects can involve themselves in the process of creating, and that does happen.

Do all humans have progenitors, including humans who originated in this

universe?

Yes, all humans would have parents and progenitors, and in some cases those would be the same beings. More often, however, they are different.

You have said that many humans are really ET's, or in some case angels. Do these have parents and progenitors as well?

They would have some kind of parent, unless they are from outside this Creation. Then it's a somewhat different structure. But provided that they were created within this Creation, there would be parents. In the plant kingdom, and in the devic realm which rules the plant kingdom, there is the combination of parenting and vegetative propagation. *[But generally beings in this Creation have parents.]* Yes.

Does each of us then have a cosmic lineage which is like a family tree?

There is a lineage, yes. However, I would like to add the following. The cosmic progenitors create beings [monads] who then go on to become parents. But when these monads go to procreate, they are then directly interfacing with the progenitors, rather than the parents. Therefore the lineage is not stepped down like a family tree. Each time, the beings who are involved in creating will work directly with cosmic progenitors, not necessarily the same ones, but always with cosmic progenitors. *[And cosmic progenitors are always Creator Gods?]* Yes, and sometimes there will be more than two involved in creating a soul.

When the monads procreate, what are they creating?

If they desired to create a soul, they would be able to do so with the assistance of their cosmic progenitors. They would call in their own progenitors, and through their incredible expression of love, a new soul would be birthed.

Can you describe the experience of creating children?

What is created is love. If you could picture Durga/Sekhmet and myself standing together and focusing all of our love on each other, then what is in the middle begins to materialize and form as a third being—or as twins, in the case of the creation of a twin soul. Thus your term of making love is very apropos.

Here on Earth, when a man and woman make love, they create an embryo. A spirit comes into that body, but the spirit comes from elsewhere. Can you compare this to the creation of beings by the cosmic progenitors?

This is the difference, that when beings are in such a descended state as those on Earth, there are many bodies created in all sorts of ways—with love, without love, with drunken passion, at any level of creation. Those bodies are then ensouled with existing souls. The work of cosmic progenitors is much different than that. It is the actual creation, through love, of a new being. Through intent, creators such as Durga/Sekhmet and I can create ensouled beings such as you, or can choose to create more worlds. And it is always a choice what kind of being to create.

Heru, earlier you said that the Creator Gods must go to Prime Creator to receive these crystalline structures or "eggs". When some Creator Gods fell, we know that they created fallen races like the dark reptilian races in this universe. Why would Prime Creator give "eggs" containing this sacred soul-matter to fallen Creator Gods?

Because they were Creator Gods. Even though they were fallen, they still had the right to ask for these eggs. *[Did not Prime Creator have the right to refuse?]* Evidently not, and that has certainly been a problem—just as Prime Creator did not destroy the fallen Creator Gods, and certainly Creator had the ability to do so.

PART II—TWIN FLAMES

Please define the term "twin flame".

Twin flames are born when the Creator Gods and the cosmic parents decide to create a being as twins. In human bodies, there are sometimes twins who are fraternal and sometimes twins who are identical and who are from the same egg. This would be the case with twin souls. They would be created by splitting the original form of an egg. This is done with intent; it is done with great love and reverence; and it is done to magnify the power of Creation. As I revealed to Karen recently, the mechanism of the power generation that happens between twin souls is one of the most powerful generators in all of Creation. It is a hard mechanism to describe. She related what she could to you; I don't know that I could give a better description than that.

[Elora:] Karen was shown a picture of two trains which were moving in a sort of figure eight configuration. They would come together at the train station, merge, and then separate again. As they reached the widest part of the figure eight, they would then both begin the return to the

train station, where they would merge or pass through one another once more.

Please discuss the power generating aspect of twin flames.

That back and forth motion, the separation and the return—that is the power. The depth of the soul's longing to return to its twin—that is the fuel. When the merging takes place a magnificent burst of energy is created which illuminates and inspires all of Creation. That joy, the beauty of that merging, are shared on a subatomic level with the entire Creation. The specific incidents and experiences are not shared, but there is a qualitative sum of the sharing between the twin souls, almost like a sum of that merging. The depth, the breadth, and the power of that synthesis reaches all of Creation.

Do twin flames actually spend more time apart than together?

Time—well, you know time. Perhaps. And you must understand that the pain of the separation of twin flames only exists in the fallen universes. In the unfallen universes this process is not painful. It is actually very joyful, like a dance where the partners will be close to each other, holding each other—and then swing out, feeling the momentum of that exhilarating swing—and then that momentum swings them back together again. That back and forth swing is an exquisite mechanism.

Does this coming together and moving apart happen eternally, or is there a point where they are united and don't part any more? Do even you and Durga/Sekhmet part at times?

Yes, we do. It is an eternal process. The dance goes on. *[In the periods of separation, is there a coming together with other partners?]* Yes. And also you must understand that there is a part of the twin flame construct, almost like a hara line, that is never separated.

In this universe, it is generally considered best for twin flames not to reunite until they are both spiritually mature and ready to ascend. Is this also the case in the light universes?

No, it is not. This is purely a function of being in a fallen universe. And how horrible these misaligned joinings can be!

You mentioned that humans can have either fraternal or identical twins. Is there a correspondence to the fraternal twins with twin souls?

That part of that analogy does not have a correspondence. A twin soul is either identical or it does not happen. Unlike human beings though, when the twin soul is created, the male-female polarity is insert-

ed in there. *[And that remains constant?]* Oftentimes it will reverse, where each soul will take on the opposite sex for an incarnation, but the fundamental gender will always revert to the original.

In what sense are twin souls identical? They appear to be similar but different.

Yes, and the difference is the different path that each has taken and the different choices that have been made in gathering life experiences. However each time there is that merging at the train station, so to speak, all of those experiences will become the experiences of both souls. There is a separation where experiences are gathered and a reunion where experiences are shared and merged, again a separation where experiences are gathered, and so on back and forth.

Are the original twin flames the monads, in that a monad can be created as a twin?

Yes. *[Are the twin flames always of opposite gender, even at the level of monads? It's said that at the level of monads there is no gender.]* It is hard to describe because it is more complex than just a sexual gender. I'm not sure I can describe it.

So when we think of twin flames, these are really aspects of twin monads, correct?

Yes. [Note: See drawing at the end of this chapter.]

Are these twin aspects usually created on the same dimensions? For example, would twin monads generally both choose to create aspects on the third, fifth, eighth, and tenth dimensions, so that each aspect has its twin?

That is a highly individual choice and it would depend upon the incarnational path that each twin monad decides to embark upon. There is a great deal of individual variation in the stories of each path of incarnation. Of course the paths of incarnation in the fallen universes are highly distorted, and this results in many disasters and unplanned for events that shake things up and change things. In a light universe, the twin monads would generally coordinate things so as to have aspects on the same rungs of the ladders, so that the dance may be played out with their partner. But it is not a rule and at times, for whatever reason, there are exceptions to that in the quest of creative expression.

You have stated before that some beings have twin flames and others do not. Please explain how and why this occurs.

The how is very simple. Returning to the analogy of human birth, some souls are created as single souls and some are created as twins. The percentages are different, however. I would say roughly 60% of souls are created as twins. There is a small group, perhaps 6% of souls, who are actually created as a group soul, wherein you would have multiple souls that would actually be identical twins. *[Like a woman who has sextuplets.]* Yes. It is less common, but it does happen.

As for why, it is simply a choice. The path of the singular soul is no less great than the path of the twin soul. There are dynamics and mechanisms, paths of awakening and enlightenment, which happen with a singular soul and do not happen with the twin soul. Perhaps you could say the dynamic of separation and return for the singular soul would be played out not with a twin but with Prime Creator, or with the Creator Gods or the cosmic progenitors. It is an equally beautiful path, just a different path.

For those who have twin souls, does the union with the twin soul replace union with Prime Creator?

It is almost as if through that mechanism, that is the union with Prime Creator, that is how it is expressed. God is known through that union.

What is the purpose of creating multiple twins over single or double twins? Is it again the diversity that drives this Creation?

Yes. I don't know that there is any specific linear phrase that you could use to explain it. It's just one of the aspects of the joy of creating.

In terms of joining with a twin when one has many of them available, how is it decided which twin one joins with, and can one join with more than one twin at a time?

It does not appear possible for more than one twin to join at a time. Regarding how it is determined which twin one joins with: let me go back to the analogy of a dance with a partner that I have used before. Instead of a tango with a twin soul, those who have multiple twins will be engaged in something more like a square dance with four sets of partners. You would have the joining and the dancing and the swirling of each couple. And then at a certain time in the music, the partners allemande left and go to the next partner, and around and around.

So there is a kind of sequence.

Yes. There is more variation. And perhaps even inserted in there are a few swings around the room with non twin soul partners. You could

have a very complex dance there that would include families, cousins, and so on.

Is there a greater responsibility towards each other when there are many twins? For example, with one twin we only need to concern ourselves with helping that one individual if help is needed. But with multiple twins, what if several become severely damaged or turn dark—do we feel the effects of that from each twin that is in trouble?

Yes, of course. And remember that the original pattern for this Creation was created in a light universe with no thought of encountering these kinds of problems. With what has happened there is perhaps some greater risk, but there are also greater opportunities for rescue.

When you use the term "twin soul" is that the same thing as "twin flame"? Or is there a difference?

They are the same. However "soul mate" is different. To define that term, let us take an example in your case. Your soul mates would be more like your brothers and sisters, those who were created by Durga/Sekhmet and myself at roughly the same time period. Therefore they would be very close beings to you, and in a sense you would have perhaps spent some incubation time together. *[Then there is also the category that you call "ancient friends". Those are people we have known and loved on many occasions.]* Yes.

So we have twin flames which are also known as twin souls, and we have soul mates. Are there other levels of relatedness? I have seen some quite complicated schematics listing various levels.

The other level I would add to this would be soul family—cousins and siblings who are created at a different time period, and where there is no sense of that incubation together. *[Are close relationships often formed with soul family and soul mates?]* Very much so, yes.

For a human who is in third dimensional incarnation, what is the importance of knowing and being connected to the twin flame?

It is a life changing occurrence, a very deeply life changing occurrence. Generally twin souls will decide prior to a life whether to have contact or not. Once conscious contact is made, either on the inner or the third dimensional plane, there really is no going back. For there is nothing that will create an amnesia which will allow a person to forget the feeling of contact with their twin.

Such contact is an enhancer to one's evolutionary process? It spurs on

the individual's evolution?

Yes, very much so.

What about the sense of emptiness or loss?

Prior to that contact the amnesia will be there, and the feeling of the loss of one's twin would perhaps only be the vaguest of senses. After contact, there is no forgetting it.

The longing in a lifetime for a true partner, is that built into the human wiring or is it a remembering?

It is both. For those who do not have twin souls, there is also a longing for union which gets expressed as desire for a partner. And that is also hardwired, but for them the ultimate reunion will be with Prime Creator.

How is the twin flame important for the evolution of the higher dimensional aspects of a human? Is it more or less the same?

Yes. On those dimensions the separation is not generally as painful even in this fallen universe, so usually there are less problems in the higher dimensions.

Is this universe based on the principle of polarity, and how does that relate to the existence of twin flames?

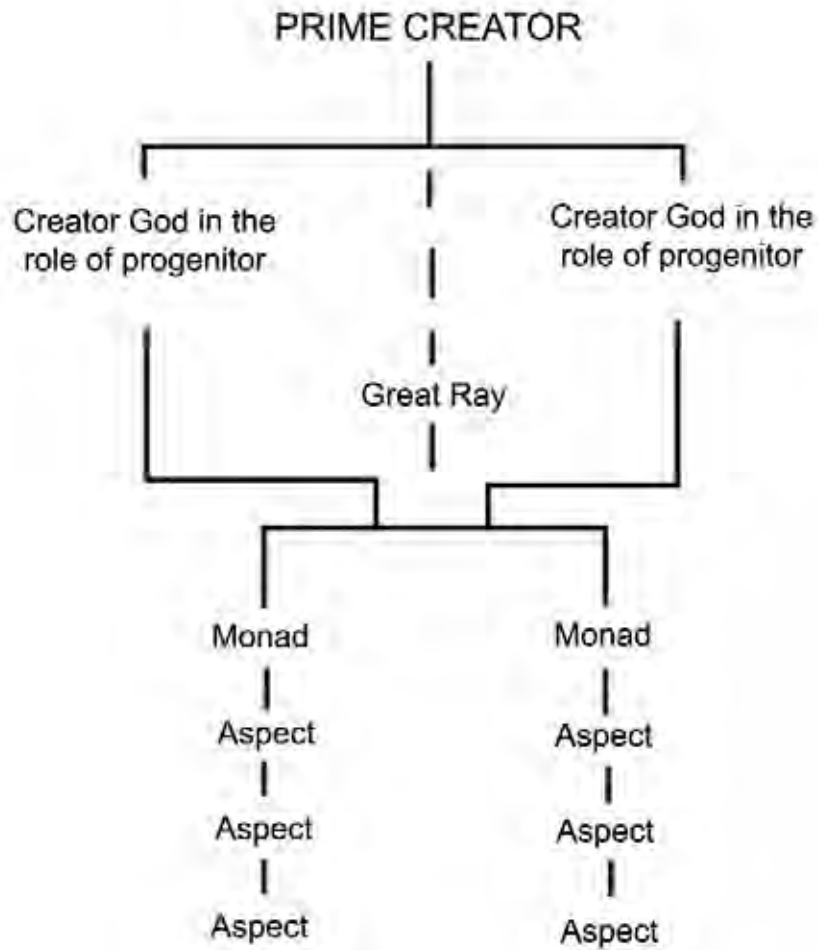
Yes. This universe was created much in the same manner as human souls. It was created as a twin, and this is the feminine half of the twin universe system. Let us take the metaphor of Creation being like a giant flower, with the series of universes being the flower petals around the Prime Creator. You would find that many of these petals, instead of being created as a single lobe, would be created as a double lobe. Many universes are created as twins.

Is Creation itself based on the principle of polarity?

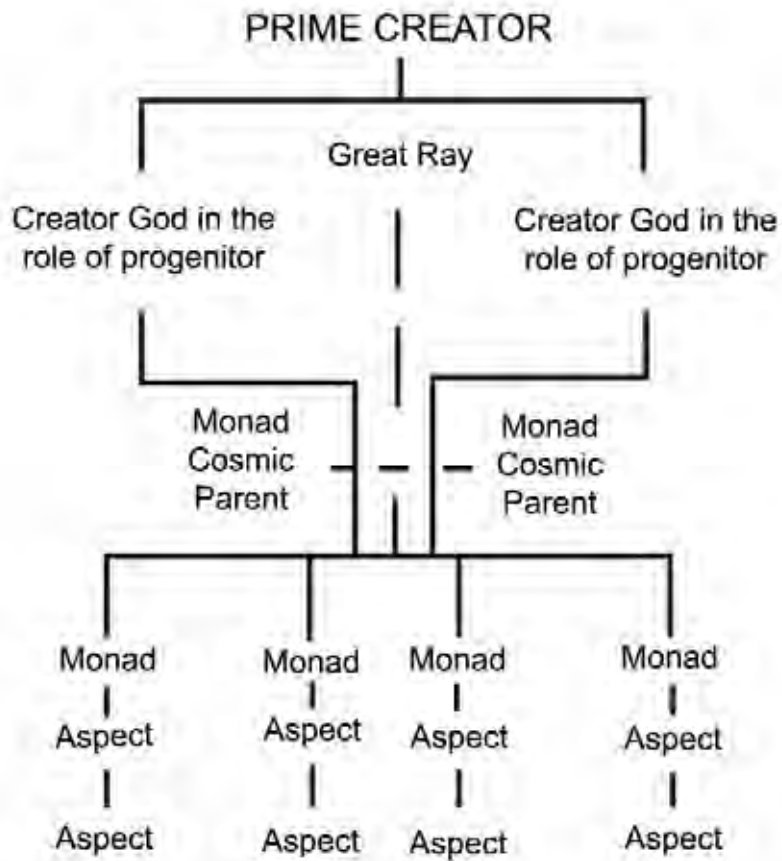
That is one of the fundamental principles, yes. If you look at the yin and yang symbol, this polarity is a primary building block upon which the Creation becomes dynamic. If you look at the atomic structure and what holds the electrons and binds them to an atom, it's all a mechanism of polarity.

There is much talk in metaphysical circles of duality, and how life in these lower planes, at least, is based on duality. Is duality a distortion of polarity, and a result of the fallen state of the universes?

Yes. There is no duality in an unfallen universe.



This illustration shows one variable that may occur when creating souls (monads) : Twin progenitors / Twin monads / Twin aspects



This illustration shows a soul family wherein the progenitors are not twins and therefore cosmic parents are necessary. In this case, the parents and progenitors have chosen to create souls as multiple twins, analogous to a woman who has quadruplets.

CHAPTER TWELVE

THE TWIN FLAME RIFT

Heru, we would like to ask you to look at a situation that occurred in this universe during what is called the Lucifer Rebellion. It would appear that a large number of twin flames were conscripted to work in some aspect of that rebellion, and their creative powers were being put to use, or more accurately were misused in the service of darkness. Is this correct?

That is the most accurate description I have heard from anyone on this planet. There is a tremendous amount of energy that is created between twin souls, the likes of which really don't exist anywhere else in this universe: a real furnace, a real fulcrum for creative energy. And the misuse of this power has been the source for much of the anguish in this universe. It has been used not just to the detriment of the souls who have been separated from their twins, but for many others who are just experiencing relationship problems. It has sullied the waters for healthy relationships throughout the universe.

It would also appear that something happened to this group of twin flames—perhaps what is called a time-space rift.

Yes, rift is a good term for it. *[It seems that the twin flames were torn apart in such a way that it severely damaged them.]* Yes. *[And this happened to many?]* Enough, more than enough. Not a majority by any means but as I said, this has so disrupted and corrupted and put a corrosive tinge to the basic formulation of relationship coupling, that it's almost as if not only were these individuals torn asunder but the archetype itself has been shredded. Therefore many beings who were not directly involved with the initial rending are contaminated and lose their way, and are unable to form healthy relationships. It is truly the greatest sickness in this universe.

We understand that this event caused something known as the Twin Flame Rift. Please state exactly what the Twin Flame Rift is, how it occurred, and what it means to this universe.

It is ancient. It occurred after the frequency fence was erected

around this sector of universes, and the twin universe to this universe was separated from it. The agony of that separation was imprinted on every atom in this universe. And that sorrow, that grief, that trauma, affects everything. Therefore even beings who do not have a twin are affected by this rift. With the healing of the fallen part of Creation, the perfect divine twin soul archetype will once again be returned to all beings in this universe. When I say the return of the archetype to all beings, it does not necessarily imply that all beings are part of that system of twin souls, but that this universe itself is a twin and everything in it is based upon that principle. Therefore even beings who have come here from a different Creation are to some degree subject to the twin soul archetype, because that is the format and the structure of this universe.

Did the twin of this universe fall?

No. The twin of this universe is on the other side of the great wall. *[What will occur when this universe meets its twin, and when?]* It is not fully known what will happen when there is the reunification of this universe with its twin. For there has never been a reunification after a separation like this, and we can only imagine that it will be joyous beyond words. There will be much healing needed before that can happen, and so it is not foreseen to take place within your lifetimes. It is perhaps some hundreds or a few thousand years away. But much joy, much healing will take place before then.

What needs to happen before that?

There is so much that needs to be done, I hesitate to even start the list. But if you look at the 60% or so of human souls who have twins, there is damage between each one of them that needs to be healed. Also, many stars are created as twins, and it would be the same there. If you multiply this planet by planet, galaxy by galaxy, and so on throughout this universe, you can see the magnitude of this project. If you also look at the microcosm, where even on the atomic or subatomic level there is damage and resulting disease, there is quite a lot of work to do. It is the largest job that is to be done in the healing of this universe.

In terms of our lifetime, how can we contribute to this healing? Is that part of our task?

Much of what humanity has labeled tests and lessons from God or from higher levels are in fact not something that was created by Prime Creator but are the result of living in a fallen universe. Many of the trials and tribulations in each person's history have nothing to do with evolution, and have only to do with being imprisoned in this gloomy place. For

even though you yourself do not have shackles around your ankles and you do not live in a prison with walls, this whole planet has been imprisoned and this universe has been imprisoned.

Therefore I would have you redefine your evolution and your self worth in that manner. I would also have you rejoice in the fact that the one and only test, if you would call it that, has been your commitment and adherence to the principles of light. It is miraculous in each and every being that has held to the light; it is a miracle to rejoice at. As far as jobs go, that really was the only job that mattered. Each of you came to this universe with a task in mind to do, but could not complete that task due to the nature of the dark. Therefore, remaining in your soul is that longing to do service. That was what brought you here, and that is what has been frustrated in not being fulfilled. But the greatest work that you did was to hold enough light so that this planet could be saved, and to hold enough so that this universe can be saved.

Now that the Light Warriors have been released, by and large that work is complete. Therefore I would have you protect yourself, remain in a safe place, and await with joy the coming influx of the multitude of beings from the other universes who have awaited all these eons to be able to help in healing. They will be here within your lifetime. And they will bring you to the better part of a whole place, so that when you drop your body and your twin soul drops his body and you are reunited, it will be a union of harmony and light.

This is true for all the light beings on Earth?

Yes.

Can you say more about the need to redefine ourselves?

As we have said, there is an assumption of duality on this planet, perhaps epitomized by the concept of original sin and karma. What you must realize is that in an unfallen universe karma does not exist. If you were to imagine yourself as a being in the third dimension, living your life in an unfallen universe, who would you be? Who would you be without the duality, without karma? And that is, in a word, magnificence. That is who you are. Therefore as the frequency fences, all of them—planetary, galactic, and so on—are brought down, many of your connections and memories with an identity that has nothing to do with darkness will return to you. If there is any effort to be made, it is in the willingness to accept this falling away and this revelation of light and all the joy that that brings.

[Elora:] Despite rapid progress in other areas, work on the twin flame rift has been slow. Below are two updates which we received.

October of 2004: Sananda, can you please give us an update on the twin soul rift? Has any real progress been accomplished with it?

Overtly not, but everything is lining up around it for things to change. It is almost as if there is a giant zipper and the sides of the zipper have been jammed up, out of alignment in a way that would prevent it from proceeding. This zipper in space and time, this rift, is open and stuck open, and unable to be zipped closed. Therefore at every tooth of the zipper realignments have to be made for it not to jam. These are being done. It appears nothing is happening, but really a great deal is happening. Once that realignment is completed the zippering will begin and it will proceed rapidly. *[Can you give us a time frame?]* I believe the coming year [2005] will bring evidence of much change.

June of 2005: Heru, please give us an update on the twin flame rift. We were told some months ago that everything was being lined up for work to be done, but we can't tell that anything has happened.

I can't say that nothing is happening. But it is one of those deep and fundamental imbalances that goes to the subatomic level. And just as Creator has not cracked the nut of the distortions in the third dimension that keep him from manifesting, we have not cracked the nut in the twin flame rift. It is of a similar nature.

CHAPTER THIRTEEN

LIFE FORMS AND HISTORY OF EARTH

PART I—WHY THIS PLANET WAS CREATED AND WHO IT IS PEOPLED BY

[Heru:] What I will say here is not unique to this discourse, for it has been discussed before. This planet is one of twelve jewels within this universe, and was created to hold a complete library of genetic material of all of the races, not only in this universe but to contain a sampling of all universes. Therefore a being from any universe could conceivably come and incarnate here. There is enough similarity, even though on some planets they breathe ammonia. But with some fine tuning beings could come from anywhere and be able to live here.

This was done knowing that this universe was not fully light, knowing that this universe conceivably could be destroyed without having a strong resistance. With that in mind, this planet was seeded not only with genetic material but with minerals, plants, animals, and with souls inhabiting human bodies—not from every universe but including a representation of every kind of universe.

Therefore here you have the most sophisticated and highly evolved souls and you have the most unsophisticated and devolved souls, and the entire spectrum in between. You also have representatives in several kingdoms from very dark universes. Where did mosquitoes come from, and poison ivy, and such things? They are represented here at this time, perhaps not forever though.

As for the humans, you could say every hierarchy of the universal system is represented in both human kind and all of the other realms. For example, there are humans who are really angels, and humans who are aliens. In this context I am speaking not so much of beings who come from other universes—though they are here as well—but of beings who actually represent the alien races within this universe. There are also beings who represent specific universes, and who have come and incarnated into this world.

Thus this planet and the other eleven critical planets are the most complex of any worlds in this universe, and among the most complex in this system of universes as well. There are parallels to this in other universes, as there are some parallel situations. And there are universes that are much simpler than this one, as well as worlds that are much simpler than this world.

As these multi-faceted beings come to play out stories—and each of them comes with a script and intent—there is the initial burst of energy which brings them into this universe. Then there is an incarnational energy which brings them to this planet. And as they land on this planet they begin to adjust. Frequently it's not a soft landing. As beings remain here for some time, they get to know the highways and byways of life here. In some ways it is easy to spot souls who are newly arrived on this planet, for they frequently are disoriented or have trouble functioning, fitting in, and finding their place. They feel like strangers in the world; they feel lost and isolated.

It is also easy to spot those who have seen enough of the Earth and lived here enough to really know the ins and outs of everything: of political structures, of nature, of the way the world works. These souls play out their incarnational stories—and stories again are very important. Ultimately a person will become introspective enough to ask the question, "What is my story?" It is when this happens that a person begins to get to the point where they can become the co-creator in their story or myth making. And when a person reaches the point of being a co-creator with the Omniversal Energy in writing and manifesting their story, then the true evolution of a soul begins. The rest is growing up. It's as if the rest is school and this is the graduate program or the career path.

When a soul reaches the point of graduation, due to the fact that this world has been so toxic, many people get to that point and decide to graduate off of it. That has been somewhat unfortunate, for much of the light that has been accrued on this planet is now sort of sitting in a circle around the planet, not being able to effectively give back, to regenerate and renew. These people have chosen not to be here—but upon choosing that, because of the frequency fences around the Earth, they also have chosen to place themselves in an ineffective place where they can no longer be agents of change on this planet. However as the frequency fences disintegrate, as they are rapidly doing, those beings who are off planet will now be able to effect the changes that they had been prevented in so doing.

For instance let us look at your friend who intends to go through the full ascension process. If she were to have done this a hundred years ago, there is a great likelihood that after ascension she would have

remained somewhat close to the Earth sphere. From that place, she would have looked back and realized that the greatest work would actually be to stay here and effect change and consciousness on this planet. This happens to a great many of those who undergo the ascension process. And yet a little known fact is that once beings would go through the ascension process, they would not be able to come back and incarnate. Very few have been able to do that because of the frequency barriers. Thus the hundreds or the few thousands who have successfully made a complete ascension have been looking for a way to come back to this planet for the work of transforming this Earth. They are now able to do so for the first time.

By this I do not mean that the ascended masters will necessarily come into physical incarnation again. The planet's vibration in many ways has shifted, so they can come here in more of a light body or fourth dimensional state. But the return of the masters is upon us; and do not limit them to one body only, or one type of body. *[What dimensions do the masters currently reside on?]* The eighth, ninth, and through the eleventh.

Heru, you once stated that Earth has become toxic to many of us, and that's certainly true. Yet I love Her so much. Did the creation of Earth go wrong?

It is not the creation of Earth that has gone wrong, but the fact that this planet was put into one of the free choice universes. The free choice aspect left this universe vulnerable to invasion by the dark forces, and this planet has been poisoned by an external influence. The blueprint of the Earth itself, if it had been unsullied, would naturally be one of the most magnificent of the entire Creation. And thus your love for it is totally justified. The diversity of the genetics, the wealth and complexity of every single layer from the macrocosm to the most microscopic life—this magnificent wealth of diversity does not exist in very many places. The whole of Gaia is populated on every level with complex, beautiful, interfacing, harmonious structures. And so your intense desire to protect it from the invasion is justified. Most worlds are very simple, where for example they might have five kinds of trees and twenty kinds of insects, instead of the incredible diversity that is here. *[Do you think that the original plan, the original concept of Gaia will be realized?]* Yes. There are so many great beings coming to her defense. Portions of the biosphere may begin to collapse, but enough information is there, enough is salvageable to be able to rebuild it. We do not see the death of Gaia. There was a time, perhaps forty years ago, when we saw the possibility, but no longer.

Given that Earth is a genetic library of incredible diversity, and that this is an essential part of her role as one of the twelve crucial planets in this universe, how do the mass extinctions which are currently going on affect this role?

It is the primary intent of the dark forces to take the Earth out of her role, to make her incapable and unable to act as the living library, as the record keeper, as the placeholder. They would love to succeed in turning this incredible jewel into a piece of cement, something no more diverse than that. However, they will not succeed.

With the revealing of the third meditation technique which I have given, with the breaking down of the frequency fences and the outside help from the star brothers and sisters, anything that is destroyed can be re-manifested. There is a hidden and safeguarded chamber within this planet that holds the genetic codes and the molecular blueprints. This is, my dear, what you brought here, and it is secreted away for the restoration not of this planet only but of this quadrant of the universe. This material is safe, for only those who are supposed to have keys have them. And that does not lessen the crime that is being committed. But revealing this will give people hope for the regeneration of Earth—people who are heartsick at the extinctions, at the destruction—it will give them hope.

Do not underestimate the power of this third technique to regenerate the Earth. If you wish, go in there holding the world in your hands with love, and see what happens.

You stated that Earth was a genetic "living library" of great diversity, and that it contained both very high level genetic material, as well as a sampling from fallen universes. This seems to contradict your statement that her blueprint contained pure, untainted genetic material from the Godverse and brought this to Earth. Can you explain?

There have been invasions, and just as many races of beings have populated your planets, they have brought with them some of the more noxious elements. My intent was to convey a complete collection of elements of light, not that the original intent was to have dark here.

So Earth was peopled by a great diversity of pure genetic material, then dark elements were added, and corruption occurred?

Yes, it is more like that.

If we go back in time and look at the history of Earth, how about animals such as the dinosaurs? Were these due to a dark invasion?

There was a certain amount of darkness on this planet almost from

the beginning of life here. What was seen, in periods such as that of the dinosaurs, reflected the balance of light and dark that existed at that time in this world. However there is nothing intrinsically dark about lizards, however big they are, and most of them were plant eating.

Many people say there is life on inner Earth and that it is actually physical, which means the Earth is hollow and has a source of light inside. Others say that life in the inner Earth is strictly etheric. Which is true?

You would see it as etheric. Those who inhabit the inner Earth are not beings of the third dimension, but more fifth dimensional.

PART II—SOME OF THE SUPPRESSED HISTORY OF THIS WORLD

[Heru:] First of all, let us start with the fundamental religious propaganda that has been piled upon many humans on this planet—beliefs such as that the world or the whole universe was created in six days and so on. This has been an attempt at preventing people from accessing their memories, and has been fairly effective. We look at the Darwinian evolutionary philosophy and again, the descent from the apes is an effort at obscuring human origins. Humans have been on this Earth for three or four million years. Civilizations have arisen and fallen. And there was, up until about 500,000 years ago, much commerce and communication from other worlds, and even some from other universes. There are portals that can access wormholes which not only go world to world but universe to universe. There is a portal in the Middle East that goes universe to universe, and another one in Tibet. The great pyramids are part of the world to world portal system.

About five hundred thousand years ago, Earth was invaded by a foreign darkness. Previous to that time, things had begun to deteriorate, and darkness did exist here already. However, at that time there was a concerted effort on the part of the dark forces to secure this planet and to secure these portals. Many battles have been fought over the eons, and the remnants are recorded in a few scriptures. As the planet became more securely dominated by the dark forces, a greater effort was made to destroy the evidence and belief structures of these ancient civilizations.

Egypt was the last flowering of an ET based civilization. At that time the portal around the pyramids was still open and was not in control of the dark forces. Your friend Thoth came and established that great civi-

lization. And that is the last time on this Earth that this happened. There is a concerted effort to show that the entire Egyptian civilization is only 3000 to 5000 years old, and it is far older than that. So knowledge is still continuing to be suppressed under the guise of scientific evidence. Here and there in the scriptures you will find hints of people with extended life spans, of older civilizations, older than recorded history, and ET contact from other worlds. This is all fairly widely known in esoteric circles, so I am not really revealing anything new, but am re-stating it.

There are remains and evidences of these civilizations, but for the mainstream the knowledge is suppressed. The big battles on this planet, and the battle for freedom, does center around the portals that I have mentioned. Once they are opened back up again, knowledge will be flowing freely. Technologies will be available to clean and rebuild the environment. The help that humanity has so longed for will be available. There will be a disassembling of the frequency barriers that have kept humanity in chains, for there is a great deal of mind control on this planet.

You stated that humans didn't evolve from apes. Where, then, did we come from?

If you want to know the truth, humans were actually created first and the primates later. The blueprint for humans comes from the highest orders of light and the Creator Gods. And humans have been in existence far longer than this planet, in other galaxies and star systems. When this planet was created it was always intended to be peopled by humans and by even greater beings—and greater beings than humans have walked on this Earth. But in the creation of all of the life systems and ecological systems, and the animals of all those systems, primates were viewed as a valuable asset. They are valued because they have a greater intelligence and self awareness than other mammals, other than the dolphins and whales of course. But of the land animals they have the highest intelligence outside of humans—and yet they retain their oneness with nature. They never separate themselves the way humans do. The fact that humans have that separation is both a plus and a minus. Therefore the primates serve to remind us in a sense of whence we come, but they are not our ancestors or your ancestors. After the fall is done with, there will be much communication between primates and humans, and there is much to be gained from that.

Would you explain the closeness in DNA between humans and the higher apes?

The reason for this closeness was to create a bridge between

humans and mammalian life forms. On an unfallen planet there would actually be a continuous bridge of communication between all living species: linguistically, physically, and psychically. It is difficult to explain the mechanism: but if you can speak to a chimp, then the chimp can speak to a cow, and the cow can speak to a bird, and so on and so on through all of the life forms. When that chain is intact then the collective communication is intact, and on the psychic levels humans are able to communicate with all of them. *[I thought that in an unfallen world, there would be direct telepathic connection on all levels.]* There is, but in the fallen realms the major part of the break in communication happened between the humans and the primates. Once that was broken and interfered with, the rest of it more or less fell apart.

How do you explain the fossil records which appear to be of early, very primitive humans?

Some of those records are being called into question. Also, some humans a long time ago did look somewhat primate-like, and some of the primates did look somewhat human-like. The dividing line, in your records, is somewhat fuzzy. But you will find fossil remains of humans that are millions of years old, leaving no doubt. There is a lot of knowledge that has been suppressed.

Heru, could you please explain something about Neanderthal Man? The records put Neanderthal Man at about 30,000 to 200,000 BC. Would this be during the Lemurian times, and were these beings Lemurians?

Neanderthal Man was actually less primitive than is commonly believed. They did not live on Lemuria. This planet has been populated by many races from many planets. The Neanderthal Man was much more connected with the cosmos than current humans, so to judge them as primitive or uncivilized is a relative term. The Lemurians were much more Pleiadian in appearance, for that is where their ancestors came from. They were tall, beautiful beings, and more ethereal.

How similar would Earth human DNA be to that of a human from another star system, like Sirius or the Pleiades?

Who do you think your parents are? It is that similar. *[There are many stories of ET's procreating with humans. Are some of these stories true, and is this possible because of having very similar DNA?]* Yes, this is all true.

I would like to ask you some questions about the history of Mars and Maldek. Did they once have third dimensional life as we know it?

They did. *[What caused Mars to lose its biosphere?]* War, attack. Specifically, something akin to your nuclear weapons, which destroyed enough of the life on the planet that it could no longer maintain its atmosphere. *[Are there groupings of pyramids still on Mars, guarded by stone sphinxes?]* Yes, they are there. They, however, are not remains of the civilization. They were placed there at a later time by a group that Thoth travels with, as a portal to that planet and also as a reminder to those on Earth of your ET origins. *[I remember being on another planet in this solar system with sweeping plains and great mountain ranges.]* I believe you are remembering Mars. It was a lovely planet at one time.

How about Maldek? Did it have third dimensional life? [Maldek was a large planet whose orbit was between Mars and Jupiter. The asteroid belt is said to be the remains of Maldek.]

Yes. *[Was it closer to the sun at the time? Since it is so far from the sun, it would be quite cold there.]* Its civilizations were more under water or under glass. It was not like life on Earth. It was colonized by outsiders, and so it was a small population in a greenhouse type of operation.

What caused Maldek to break up?

There was an attack, and the colony was destroyed. The knowledge that they had was so dangerous to the forces of dark that they eradicated any record that they had ever been. *[By blowing up the planet?]* Yes. And these were some of the starseeds who later came to this planet.

The two lost civilizations of Earth have been called Atlantis and Lemuria. You said that Earth was invaded by darkness about 500,000 years ago. Was this during what we call the Lemurian civilization?

No, it was prior to that. The Lemurian civilization goes back probably a couple hundred thousand years. It was somewhat isolated and maintained its purity, while other parts of the world were much more contaminated and devastated. Because Lemuria was such a low technology civilization, and fairly sparsely populated, it was ignored. There were other more highly developed technological civilizations at that time that were destroyed.

Was the Lemurian civilization located in the Pacific basin, and if so, why does there appear to be no geological record of large landmasses in that area?

It was located in the Indonesian area and there are islands still

remaining; however there were higher and greater landmasses at that time. It was not huge, but more of an island civilization. The Lemurian civilization was as close to a paradise realm as this planet has known in many, many ages.

Regarding Atlantis, there seems to be general agreement that the Atlantean civilization flourished after the fall of Lemuria, that it was more technologically oriented, at least in its later days, and that it perished due to a great struggle between light and darkness. Are these basic facts correct?

Basically, yes. However there was an overlap between the Atlantean civilization and the Lemurian civilization, and Lemuria did not perish cataclysmically all at once. It was more overrun, and it declined due to low birth and so on.

As for Atlantis—yes, both your description and many of the writings about it are accurate. The western most part of it was in the Caribbean. There are remains there which have been explored. It extended east maybe 1500 miles or so. The maps that have been drawn of it are fairly accurate, where it has almost a rounded trapezoidal shape.

There are also countless theories as to what exactly caused the fall of Atlantis, i.e. earthquakes and breaking up of land masses, abuse of technology, and so on. Would you comment on this please?

It was abuse of technology and overreaching of power, and a battle royal between the forces of light and dark. One of the major portals was there. The beings of light, rather than letting the forces of darkness totally take over that portal, waged a battle. It is hard for me to say that they sacrificed Atlantis and all those lives for the sake of removing that portal from the control of the dark, but that is essentially what happened. That portal was a portal to the heart of Gaia. And had they gotten control of it, it would have meant the destruction of this planet as you know it. *[Then what they did was right.]* As horrible as it sounds, yes.

CHAPTER FOURTEEN

THE GRAND PLAN OF HUMANITY

[Heru:] Let me talk about the purpose of a third dimensional human being. For the blueprint of third dimensional humans was created in the very highest orders, with Prime Creator Itself, in an effort to have a window into his own Creation. (I use the word "his", but Prime Creator is of course beyond gender.) An effort was put forth to design a being which would have enough complexity, components of perception, cognitive intelligence, and processing abilities, that these beings could be cameras and windows for Prime Creator to see directly into the third dimension of Creation. This blueprint was set up at the beginning of this Creation. It was part of the grand scheme of this entire Creation, to have third dimensional perceivers and communicators. That had never been done before in any of the other prior Creations.

Prior Creations had rudimentary third dimensions, but they never had self aware life forms in them. As this was the most complex of all the Creations and in many ways the grandest of all of them, Prime Creator wanted to be able to experience the totality of this Creation. Therefore humans are the eyes, the ears, the fingertips, the nose, and the sense of taste for Prime Creator. In an unfallen universe, the third dimensional humans are hardwired directly to Prime Creator and their experiences are directly fed back to Prime Creator. In the fallen universes that is not so.

In the scriptures there are references to humans being the crown of Creation, and this is why. Humans are the ultimate complexity, far more complex than angels. They are the ultimate bio-computer, the ultimate sensing machine. Therefore what we touched on earlier about the insatiable desire to experience is hard-wired into humans.

The existence of the third dimension is not an aberration or an error, distorted though it may be in this universe. If you look at fractals: as they branch out and out and out, they get smaller and finer and more complex as they spread out. The physical plane is like that, like the fingertips of a fractal. Look at the nerve endings in your hand, how many there are, and how they flower out into so many millions of sites to experience.

That is similar to the third dimension. Then if you look at the center of the body, there aren't those kinds of complexities in nerve endings. And that would be more like the center or higher dimensions of Creation.

So you on this physical plane, in human form, are the nerve endings. You are the perception points for the Creator to experience the Creation. And all that you have ever experienced goes directly back to the Creator. There is much purpose in this, and in a balanced light universe there is great joy in this level of Creation. It is felt that life would not be complete without it. For within every atom and every subatomic particle there is that direct link with the Prime Creator. And this is not something that even a Creator God can create. A Creator God can create a universe, but he or she will do so out of the stuff that Prime Creator has created.

In the grand plan for humanity, each human would carry within the self a fully realized part of the whole. This would make them essentially an incarnation, or what you would call an avatar. Every human was designed to hold that kind of energy. And when they would meet, they would mirror that within each other and would be able to see it most deeply and apparently.

The term avatar could be defined as the awakened God in man. Therefore as humans form communities and family groupings, they not only are the windows for God to experience the third dimension, they also then become mirrors for each other to see what God is perceiving. And that is a wondrous phenomenon. The plan of humanity, from the perspective of the fallen universes, is to be restored to that state. Even in the light universes this has been a process of awakening. When the third dimension was first created and peopled by humans, this whole process was not fully functional. It has been a growth experience, and a long period of growth. The fullness of this awareness and mirroring process has not entirely manifested, even in the light universes, although it is very much apparent. However it is not completely functional yet.

Of course, in the fallen universes, this plan for humanity has been totally subverted, perverted, and stopped. When you look at a human being on this planet, the DNA has been damaged and people are living maybe one tenth of their life span. Much of that is spent in survival mode with nothing left over for the pursuit of higher knowledge, experiences, and so on. Religion has served as an enslaver, as have governments. Humanity on this Earth and these fallen worlds has truly lost its way, as have the beings on the fourth, fifth, and sixth dimensions. They, too, have also by and large been suppressed, subverted, and perverted. Therefore a great deal of work must be done to restore not only the third dimension but all of the other dimensions.

How does Prime Creator experience other dimensions, and how is that different?

The other dimensions are experienced through the beings on those levels. What is new here is the complexity. As we have said, this third dimension is like a fractal. It is exponentially more complex than the dimensions above it. I know that you and Karen have talked about the food that is consumed on the higher dimensions, and how it becomes more simple and less substantial as you go up in dimensions. If you would look at the great variety of foodstuffs in your world, that would give you an idea as to the greatness of the complexity, compared to what a sixth dimensional being would eat.

Is it also new that Creator experiences this degree of density?

Yes. However all the dimensions, including the third, are less dense in the unfallen universes.

Let's take a being such as yourself. Back in a light universe, do you prefer the third dimensions or the higher dimensions?

My preference would be more of a traveler, going back and forth. In the light universes that is more common than not—coming in and out of form on any given dimension.

Then what do you enjoy more about the higher dimensions, again in a light universe?

The higher dimensions are, in a sense, closer to Source. None of them was meant to be an end in and of itself. Nor were any of the dimensions meant to be a prison, or a place where a spirit would be entrapped and would only exist on that dimension. As you go higher in the dimensions you would go closer to Source, which feels good. As you go lower into the dimensions you would go more into complexity, which also feels good. It is a fluid motion back and forth, and that is a wonderful thing.

Were humans originally designed for a much longer life span?

Yes. The original blueprint for humanity is an incredible, magnificent, multi-dimensional palace. It is really one of the supreme works of Creation, yet it has been degraded to the point where humanity is living at such a low, low vibration. The shortened lifespan is a reflection of that degradation, and the decimation of the DNA is another reflection of it. What is left for the collective humanity is a grinding, never ending struggle for survival. That is what really dominates this planet at this time.

If the light workers would get in touch with some of their older incarnations on this planet, such as the Lemurian incarnations, it would be

very helpful. Many of them had incarnations there. They were quite lengthy, and they were closer to the original blueprint in their lifespan and their realization. If the light workers would seek to remember those lives and connect to them as their own identity, this will restore knowledge, power, techniques of manifestation, meditation, healing, longevity, self regeneration—all of these gifts that are considered rare. Remembering the identity of the original blueprint in an actual incarnation of it is a very quick way to begin to restore it and to bring it into being. For once it was and so it shall be again. And when a person remembers the once that was, it's like proof and it activates that cellular memory.

How does this shortening of our lifespan affect our experience of life and death?

The human body is originally designed for a life span of 300-500 years. Because the lives of humans are so much shorter, there is a fierce clinging to the body due to the feeling that one's life is not complete. Therefore whether a person is facing mortality at 50 or 70 or 100, there is still a built in sense that they haven't completed a full cycle. Since this trauma has been repeated throughout many lifetimes, that fierce clinging to the body is also imbedded on a cellular level. Were humans having the full span of years that they were meant to have, it would be easier for them to let go of their bodies at any time. The fact that they're not having a complete life span means that they are furiously trying to cling to the body and make it survive in an effort to complete the full cycle.

Just as the Hebrew tradition talks about the five phases of life, in truth there are really stages that go out to 500 years which have not even been touched on or explored. These are natural states of evolution that would happen in one single lifetime, culminating in a state of deep mysticism. Therefore human beings have been continually robbed of the fullness of their life cycles.

If people are fiercely hanging onto their bodies, then there must be many cases where the monad tries to release the person's soul from the body, but is unable to do so.

Yes. It is a very sad thing, and is a source of much suffering on this planet.

Can't the monad just "pull the plug" and take the person out?

At this time and in this density it is difficult to do. It is difficult for all people, including the more evolved light beings, to really have that complete faith in their higher beings, and the complete willingness to hear

them and to work with them. Also the dynamic that I described about the collective desire to live the full life span is very strong, and the trauma and the repression of that is very strong. And that is one of the great evils on this planet, that the life force has been suppressed to the first two or three chakras, making people subsist on a survival level. Life for so many people is so harsh and hard that they have to fight to survive. This, combined with the fact that their life is going to be so short and they know it, creates a great fear of death. And the collective programming is there to support the fear of death, with stories of hell and damnation and reincarnation as a cockroach, and all these teachings that people are hammered with. It's appalling. I don't know what other word to say. But it sets up the rigid dynamic of "I'm not letting go of this body."

Can we look forward to a relaxing of that fear that holds people in the body?

Yes. When the fourth dimension is cleared out and significantly lightened in the next month or so, [from October 2004] there will be an exodus of people leaving this planet rapidly, where that fear for them will drop away. Another dynamic that sets up this fear is that when a person approaches even the thought of death, they approach the wall or the entrance into the fourth dimension, which has been filled with many negative energies. That is also a great factor in the fear of death. With that cleaned out many will no longer fear. There is also a great dismantling in process of religious structures, as evidenced by the Catholic Church scandals and such. These fears are being smashed and the restoration will begin.

Can you give a forecast for humanity's future?

I would say that for humanity the future is bright, and the amazing restoration of the original plan that will come about in the next few centuries will bring joy to so many. Humanity will be restored to its original plan and life spans again will increase significantly. The transition between lives will be more seamless because there will be more memories of past lives, and in a sense memories of future lives. Thus the whole cycle will then become much more integrated.

CHAPTER FIFTEEN

THE ARCHANGELS

Archangels are a higher dimensional race which has been known to humanity for a long time. Michael, Gabriel, Raphael, and Uriel are the four archangels mentioned most often in the Hebraic, Kabalistic, Islamic, and Christian traditions. These four work directly with humans on Earth, and Michael has also played a leading role in the battle against darkness in our universe. There are, of course, vast numbers of archangels whose names are unknown to us because they are assigned to different tasks and/or to different areas.

Beyond my understanding that archangels originally came here from another universe, there was much about these majestic beings which remained a mystery. In the early months of 2005, Shakura, Karen, and I began to connect with them in a very personal way. This chapter will summarize some of what we have learned.

Before we move to the channeled information, however, I would like to describe the way that the archangels appear to the three of us. They are very tall, often about seven feet in height. Their great wings come in all the colors of the rainbow, some with gorgeous iridescence or boldly contrasting colors. Archangels are powerful and accomplished fliers and delight in taking to the air. They are androgynous beings and may appear as either male or female. Due to the influence of our patriarchal culture, we generally think of the popular archangels as being male. However, we found that Archangel Gabriel, for example, can just as easily assume a female body. Male or female, they are magnificently beautiful. They exist on the sixth dimension and higher and have been seen by many clairvoyants throughout the ages.

PART I—BEYOND THE PROJECTIONS

Before my exposure to Heru's teachings and the vast worlds which they opened up for me, I viewed many higher beings and realities in an impersonal, two-dimensional, stereotyped way. This included the archangels. Like most of humanity, I put them on a pedestal and saw them as divine beings who were not subject to human-type emotions. As we came into closer contact with the archangels, however, we learned that they project to us an image which is consistent with our expectations. The projected images are simplistic, lacking in depth, and portray them as lofty beings without emotions or longings, and without fear, pain, doubt, need, sorrow, or weariness. When the archangels began to show themselves to us as they truly are, in all of their complexity and richness, we found out that they are people. All of the abstract concepts we have had about higher dimensional beings perhaps boil down to this one sentence. They are people. Not that they are humans, for they are of a different race—but they do have individual personalities, likes and dislikes, emotions, needs, and imperfections. Higher aspects are people. Monads are people. Archangels are people. And even God Himself/Herself, when expressed in individuated form, is a person. In addition the archangels, like other highly sentient and individuated races in this Creation such as humans and Creator Gods, are sexual beings in the most sacred sense of the word.

How have the projections of humans affected the archangels in the fallen sector? Shakura relates the following, from a conversation with Archangel Michael: "He told me that archangels and humans had a special relationship and that they complimented each other; in fact they needed each other. As humans descended deeper into the density and darkness of this sector, we forgot our relationship to the archangels. Myths arose around them and many archangels began to lose their true identities; rather they became immersed in the myths and thought forms that were projected onto them. As they are beings that intrinsically serve, they had no choice but to succumb to these myths and fulfill those roles. These were not roles of their choosing, nor were they necessarily

roles that were natural to their nature. It was never in Michael's nature to be a warrior or to fight and is not in the nature of any true light being. So they took on these roles, and many of them descended into their own emotional hell because of it."

We decided to speak with Archangel Michael, the best known of all archangels, about the myth and the reality of who he is. In this conversation, which took place in June of 2005, Michael speaks of the "new Michaels". He is referring to the fact that some of the archangels who have been in the dark sector for eons are being relieved of their duties, or at least assisted, by new archangels from the light sector. More information on the new archangels is given in Part IV.

Greetings Michael. It is an honor to speak with you today. I would like to start by thanking you for the incredible contribution you have made in protecting this universe against darkness. I don't know if any of us would still be here if it hadn't been for you.

Thank you. It has been an effort on my part, that's an understatement. I serve the light, I serve humanity in an effort to serve the light, and I could have done nothing less than what I have done. I wish that I could have done more.

I don't think anyone could have done more than you did. We have some questions for you, as we are preparing a second edition of a book that we've written, and want to have a chapter on the archangels. Would you please tell us something about the role you have played in this universe since the time of the fall?

Let me back up a little and talk about the role that I was designed for, because that will shed some light on who I am. I was made to work with humanity, to interact with humanity in the role of teacher, initiator and guide. This was to have been not so much in a superior position to humans but very much as a partnership. My role was to be an introducer to other archangels and higher level beings. I would, for example, be the one who would introduce a person into the order of Melchizedek (although that order was not formed at that time), the one who would introduce a person into the Buddhic path, and so on. That would have been my role, to determine what would be the appropriate initiatory path for a person, the best path for a person to seek their relationship with God.

This was before the fall?

Yes. So that would have been my role for all the human life forms

in this universe. And then the other universes as well, but for the purposes of this book I can speak only of my role in this universe. And then the fall came. I find that it is too painful at this time to really discuss what happened at the time of the fall. Then I found myself defending my beloved humans, defending them from the dark as best I could without sufficient weapons to do this task. I feel very inadequate to have done this and I am so sorry that I have failed so many.

Michael, I say again that I don't know if any of us would be here without what you have done.

And there are some that are not here now.

That is true, but many have been brought back, and I believe that all will be.

I will not leave until they are.

Are your aspects OK now?

No. They are in the process of being healed, but as you can see I have a great deal of pain and wounds and there is a lot of work to do.

I pray for you to receive that healing. To go on, your task became largely defending humans from the dark?

Yes. *[You are so vast that you did this over the entire universe?]*

Yes. *[How many aspects do you have?]* In this universe some seven thousand.

And you exist beyond this universe?

Yes. *[You have thousands, tens of tens of thousands of aspects beyond this universe?]* Yes.

It is our understanding that when the light forces first came to the dark sector, humans and archangels worked side by side. Is this true, and if so would you say more about it?

Are you speaking of the rescue squad that came? *[Yes, the light workers.]* Yes, we came together and we were patterned and designed to work side by side closely.

What happened to this collaboration?

For some people that connection still exists. But the dark managed to wedge itself between all the angels and humanity, and to convince humanity that the archangels were not accessible. Again it is a subject that is very painful to me.

How are you different from the way humans think of you?

First I would say that I am not a warrior, I am a teacher. I am no greater than any human. I do not wish to be elevated on a pedestal to an unreachable status. I wish to stand side by side with any human who would call upon me, and to work with them for the highest good of that individual and the highest good of all humanity. And that I am more real than you know, more real than you have seen me.

What has been the effect, for you, of dealing with the projections of humans?

It has been very damaging to me. It has isolated me from my normal free flowing exchange with humanity. The natural state of my relationship with humans is more that of a friend than anything else, and this has caused me to feel pushed very far away. Therefore not only have I been pulled into wars but my love, my natural inclination, my tasks, all the things that I would normally do, have been denied.

Michael, when I see how weary and wounded you are it breaks my heart. Would you not consider going back to the light universes, especially now that your replacements are here?

Not until we have brought back everyone who has been destroyed, not until humanity has been healed can I leave. I have somewhat withdrawn into an advisory role. When a person will call on Michael now generally they will get one of the new archangels, so that my burden is greatly decreased. Of course I have not participated in any of the recent battles and that has been a relief.

What would you say to a human who would like to connect to archangels in a direct and personal way, beyond the projections?

I would say: dear ones, dear humans, I beg of you to put aside all of your ideas that you have about angels and archangels, and to invite us into the home of your hearts that we may interact with you freely. For we have many gifts to give you, but we the archangels also have a need for interaction with humans. Through this we fulfill ourselves, we fulfill our duty, our design. We are incomplete without this interaction and so we are hungry for your love, your companionship, the interaction with you. We are in need of your love, so please let us into your life. It is the natural state for us to walk hand in hand with humans. Our evolution is dependent upon your evolution, our fulfillment is dependent upon your fulfillment, our completeness in our relationship with God is dependent upon your completeness with your relationship with God. Please let us in so that this may happen now.

Michael, many people are confused about the structure of an archangel. Please explain how this works.

We were created prior to humans but we were created, in a sense, with humans in mind. Creator made us to be helpers, to assist the third dimensional humans in interacting with the unseen realms. Therefore to make us more personable and to make us more accessible in our roles, we were designed to be able, at will, to create as many aspects as were needed for our particular jobs. Of course there are many more than seven thousand humans in this world, let alone this universe, so each of my aspects will interact with many people. But having multiple aspects makes the process more personalized, because I have different shades in my personality. Therefore when someone calls me in, the aspect that will most harmoniously interface with that person will come to that person.

Please talk a bit about your structure. It has been described as aspects radiating out like the spokes of a wheel, not a vertical "ladder" as with humans, and forming a collective that shares a group mind.

That is the way we are structured. Our aspects are more horizontal, and they exist on the sixth dimension and up. Some project down into the fifth but generally six and up. However, instead of spokes of a wheel it is more like the garlic flower that radiates out in all directions—up, down, and to all sides.

I am amazed that you have so many aspects.

This was because my role was so universal. Each person is designed to have an interface with God that encompasses initiation, and I being in a sense the gateway, the keeper of the doorways, it ended up that I had a lot of aspects. This doesn't make me greater or more powerful than other archangels, just that I'm in more places at once.

Is there anything that you would like to add to this conversation, perhaps for the benefit of those who will be reading our book?

I would like to but I feel spent, I just don't feel that I have much to say. Perhaps if you were to channel one of the new Michaels there would be more.

I hope that you will perhaps go to one of the Paradise Realms and rest.
Not yet.

[Elora:] We found this conversation with Michael to be very heartrending. It is our prayer that he will find the rest and healing he needs in the

near future, and perhaps will be able to release his intense sense of responsibility for all of humanity.

PART II—THE RELATIONSHIP BETWEEN HUMANS AND ARCHANGELS

The material in this section further explains the relationship of our two races, and was received by Shakura from the Creator Goddess Durga/Sekhmet.

Sekhmet, can you describe the relationship archangels have with humans in general?

Archangels preceded humans in creation, and so they are a foreshadowing of humans. You can consider humans as being a different and somewhat higher developed version of an archangel. Not that they are better, but they contain certain attributes that are not so highly developed in the angels.

Did humans stem from angels?

No, but the archangel blueprint was used in the creation of humans. The blueprint was built upon, you might say. So there is a connection between the two races and that is why the human is endowed with the archangel signature. In the simplest terms, that is my answer to your question. Does this answer it?

I think so, but is there not more detail you can give me?

Only that within the archangel and human lineage, though "lineage" is not the correct word, there is a strong connection—a sort of recognition of species. And in that connection is the longing to understand each other and share themselves with each other. More than that simple explanation would go into metaphysical discussions that I am not ready to enter at this point.

As a species, are the archangels different or similar to regular angels?

They are similar in that they are based on similar qualities, yet they are also different in that they are a more highly evolved group of beings. Again, you might say that a simple angel would not be the forerunner of humans, but an archangel is.

In a sentence, how would you describe an archangel?

I would say they are a very high expression of God and God's love, embodied in a powerful energy body, expressing the love of God in one of its purest forms. They are the administrators of God and also could be described as the voice of God.

Shakura, humans were not meant to be fallen, blind, and amnesiac, as you know. They were meant to be manifestations of God in a slightly different form from the angels. They were meant to be a parallel species to the angels, expressing God in their own unique way. And there was to be no separation in terms of better or less, between archangels and humans. They were both meant to be divine expressions of God playing in his worlds. When humans can realize that, and begin to see the archangels for who they are, and begin to see themselves as equals, then there will be bliss returned to the worlds. That's when God can begin experiencing himself again, and expressing himself through the particular abilities of angels, and also through the particular abilities of humans.

Thank you. I think I know what the differences between humans and angels are, in terms of abilities, but could you tell me please?

Yes, angels wield power. They can take the source of Creation and form it into whatever they wish. They can work alongside the Creator Gods and they have powerful energy that expresses the will of Creator. Humans have the ability to think and analyze in a fashion that is unique to them. They are able to create in different forms and manufacture via different means. It's as if the archangel creates in a more fine and refined manner, and humans create in a denser, more material manner. Both create via the expression of God, however.

[Elora:] Archangel Rigel stated the following, regarding the reconnection of archangels and humans:

What is so important here is that there has been a great opening. Think of it as a barrier, a dark barrier that has separated us from you. Another way to think of it is that as this barrier dissolves, we two species can once again come together. And as we do we form a dynamic explosion of light and creative energy that permeates the worlds. It is important that this energy, this explosion of light, come all the way down to the physical—and this is where you are unique. The barrier could not come down until it reached the physical.

Are you talking about an actual barrier, like one of the frequency fences?

It's like a grid that regulates consciousness, and that has separated

us. The energy generated [by humans starting to connect with archangels] has started to break up the grid. Think of it like this: at the first contact, it was as though this event punctured a tiny hole in the grid—and the more this occurs the more the grid breaks down.

PART III—ARCHANGEL GODPARENTS

As our exploration of our relationship with the archangels deepened, we came to feel that each of us had a special relationship with one particular archangel. For some of us, these were beings that we knew; in other cases they were unknown on Earth. I had always felt a particularly close connection to Archangel Gabriel, and in fact took the name Gabriel as a surname in my early twenties. I had been told many years ago that I was of Gabriel's lineage, but felt this must have been in error since I discovered that Heru and Sekhmet served both as my cosmic parents and cosmic progenitors.

When Karen channeled Gabriel, he explained to us that all human souls have what could be called an "archangel godparent". The archangel godparent works together with the Creator Gods (and cosmic parents, if they are involved) in the creation of individual souls (monads). Gabriel stated: "I am brought in to express the ecstasy of that moment and facilitate in the union that creates a soul." In other words, the archangel godparent overlights the union of the Creator Gods and some of that archangel's energy signature permeates this union, thereby becoming a permanent part of the new soul(s) which are created. In my case, Gabriel is my archangel godparent, and we will always have a close connection.

A single archangel can be the godparent to many monads and therefore to many souls. The human monads will have some of the core qualities of the archangel.

As higher energies intensify on our planet, the ascension process is being greatly speeded up. People we know who were told that they might ascend in five years time are finding that the process is already beginning to happen with their higher dimensional aspects, and may occur within a matter of months for them. Your archangel godparent—or any of the archangels—can be of great assistance in helping

you with your ascension process, if you work closely with that archangel and form a personal relationship with him or with her. Please exercise caution, however, as a few of the archangels are dark or partially dark. It would be wise to exercise discretion and/or have a trusted guide check out any archangel that you would like to work with.

PART IV—ARRIVALS AND DEPARTURES

Humans are not the only beings who have become wearied and damaged from living in the dark sector. Archangels are profoundly service oriented, and have served the light tirelessly during these eons of darkness. But even angels grow tired. Many archangels have had aspects who were badly injured in various conflicts, or who had even been destroyed (melted down).

Now that Creator has personally entered the dark sector, he is working with tremendous force and intensity to free and heal all beings. By now (June of 2005) he has restored thousands of beings who had been melted down, including a great number of archangel aspects. He has healed many times that number. But for some, the soul weariness has been so great that the only cure is to return home.

As discussed in Chapter Eighteen, Creator has recently made two way portals which enable beings to travel back and forth from the light universes. On March 19, 2005, Heru told us that Archangel Uriel had been granted a special dispensation to pass through the portals and return home. He also confirmed that Archangel Gabriel followed him about a month later. These two beings had served on the front lines for a very long time and while they are missed here, we are joyful that they have returned to the realms of light. If you call on Gabriel or Uriel now you still may be able to reach them, as they are able to project their consciousness back into this sector. However they will most likely seem very far away, as they are no longer here in personal presence. Other archangels will be taking over the "offices" that Gabriel and Uriel have held, and those who call upon them will probably reach these new archangels. As discussed in Part I, Michael's replacements have arrived, allowing him to move into an advisory position until he is willing to depart for his home universe.

And indeed, the new archangels are here. In the summer of 2004, Heru told us: "Once the fence has come down which has cordoned off this part of Creation, you will see a great influx of new, wonderful, fresh, unsullied and uncorrupted beings. In fact they are lined up anxiously waiting to come." Now that the vast majority of our universe has been cleansed of darkness and these beings can travel freely, they are pouring into the fallen sector. Archangels from the light sector are prominent among the helpers and healers who have come here to assist. They are busy setting up hospitals and healing centers on the higher dimensions, and in every way assisting the weary and the walking wounded of our universe. Interacting with the new archangels when they first enter our universe gives one a renewed appreciation for what life is like in the light worlds. They are radiant and unwearied, filled with love, joy and good humor.

Heru has urged us all to take advantage of the assistance offered by the new archangels. In response to one of our readers who asked about healing the many deleterious effects that we all suffer from living in a dark universe, Heru replied that this healing is a very complex thing that no individual alone, nor any one healer, is able to address. He added:

I would say to anyone reading this: make contact with the healers and the archangel hosts that are coming in to help. They have technologies and modalities that have been prepared for this. They themselves are still test driving all these new healing techniques. They built and designed healing methods in anticipation of what they were going to see here, but they had no prior experience of healing humans. So they are working out these techniques and such through the first people, and they are on a learning curve. But they are being successful, and with every person they work on, these processes will be quicker and more streamlined and more successful. Therefore, I would say to not put too much energy into trying to heal yourself or to figure out what is what. If the reader can get in touch with these angels and have them transport her at night during sleep to get worked on, that would help.

We channeled one of the "new Michaels" and asked him to speak about what it is like for the archangels arriving from the light sector. The archangels from this collective are particularly splendid in appearance, with white and silver wings.

I understand that you are one of the archangels who have recently arrived from the light sector, and that your job is to assist or to replace the work of the Archangel Michael who is familiar to us. Is this correct?

That is correct. I am very happy to be of service in this manner. I am honored to be of assistance to any of those who have endured so long in this sector, and I am honored to take on the burden of our beloved brother Michael, who has labored so long and so courageously over the ages.

Have you and others in your collective already taken over many of his responsibilities?

Yes. He is reluctant, as you have heard, to relinquish control. But we are definitely taking over his duties and as much as possible we are encouraging him to rest.

Since Archangel Michael is such a vast being, is it requiring a number of archangel collectives to even begin taking over his duties?

No, it is one collective. There are just a lot of us. *[You have thousands of aspects in this universe?]* Yes.

What has it been like for you to enter this sector?

First I have been hit with the overwhelming pain that has occurred here. As you know, the archangels will absorb and take on the pain of others. Although we prepared for this and I was schooled that this would happen, the actual event of it has shaken me deeply. When a being has never known what it was like to have even a finger prick of pain, it is impossible to imagine the experience of being dropped into a vat of boiling water that covers the whole body. I suppose that would be an appropriate analogy. However, in understanding the full implications of what would happen if this sector were not rescued—that it would jeopardize not just this sector but the entire Creation—many of us have chosen to come here and serve.

And what it is like for me? Even though I am not God and I am not omnipresent, I am still connected with the entire Creation. Before I came here I did not feel the pain of the fallen sector. Now it is as if a part of my body has come alive again that was numb to me, and I am in the process of embracing within my own being the entirety of what has happened in the fallen sector. Perhaps you could say that I am, in this, becoming more like the Michael who has been here for so long, except that I do not have the weariness or the injuries. But some of the heaviness has permeated me; you can probably feel it in my voice. I do not wish in any way to convey a lack of hope or enthusiasm for this work, it

is just that it is taking a lot for me to integrate all of this. And when that integration is complete, I shall go forward, I shall be available to the masses of people. All of us in the [new] Michael collective are in this process of integration.

I cannot express the depth of honor that I feel towards those beings in this sector who have held the light. There are praises due you, all of you, that are truly beyond my capability to express in words. It moves me deeply to be interacting with such beings as you.

Thank you, it touches my heart that you feel and understand us. Sometimes we fear that we won't be understood when we go back to the light sector.

The beauty of Creator and the beauty of this Creation is the interconnectedness of it. This part of Creation was cut off from Creator. Creator could not feel what was happening here—but now Creator does. And in essence all of the beings in the light sector will come to feel this, will come to understand this. So do not fear what is in store for you.

Is there anything you would like to add for the book?

I would like to express to each and every reader that it is an honor for me to assist any of you in this work of reclaiming the fallen sector, and that I have the highest regard and respect for all the beings in this sector who have suffered long and waited uncountable years for this rescue. I would like to say that, as part of the inherent structure of archangels, I and the other archangels coming from the unfallen sector do feel your pain. This is not a glib statement, but a literal truth. It has been a plunge into transformational fire to come into this dark sector and feel the collective pain that is here. I personally, as a representative of the Michael collective, pledge unceasing effort to stop at nothing less than the full reclamation of every being and every ecosystem, down to the minutest atomic particle, to bring all of this back into harmony with Creator and to cleanse it of darkness. Please call on me and I will be there.

CHAPTER SIXTEEN

COMING TO TERMS WITH DARKNESS

Heru has explained that this Creation was never designed to include negativity or evil of any sort. Nor were we created to deal with this phenomenon. Therefore we humans still have a difficult time understanding darkness or even believing that it truly exists, despite massive and continuous evidence to the contrary. Philosophers and religious teachers throughout history have grappled with the problem of evil. In this chapter Heru discusses the various ways that we have attempted to understand the presence of darkness in our world, and in so doing illuminates our true nature.

It is important to understand that while the belief systems and rationalizations described below are generally erroneous, we have truly needed these illusions in order to maintain hope during the dark times we have passed through. Had we seen the reality of the situation at any time prior to the present, most of us would have succumbed to despair. Now that help is at hand we can face the truth and allow these illusions to slip away.

PART I—RATIONALIZING DARKNESS

Heru, since our discussions of darkness and its prevalence in our universe, I have been wondering about some of the ways that humans have tried to come to terms with the presence of negativity or darkness. I would like your responses on them.

Yes, this is a very important subject.

Some metaphysicians would say that the challenge and purpose of this Creation was to meet darkness. Is there any truth to this?

(With passion:) This Creation is an expression of love, an expres-

sion of beauty, an expression of harmony. Its purpose has nothing to do with darkness.

A very common rationalization is that everything is love and light. This point of view claims that darkness is an illusion.

It would be nice if that were the case but it is not, clearly. There are dark forces at work. If this so-called "illusory" darkness were built into the fabric of Creation in any way, shape, or form, what would that mean? It would mean that the Creator or the Gods who created this universe had done a terrible job. For life on this planet is full of misery. And if that were the intent of the Creator of this place, I would say that person should be fired.

Of course many humans are very angry at God for just that reason. They feel that God created this world to be full of suffering. I found it illuminating when you stated that the purpose of this Creation had nothing to do with darkness.

Correct. And in recorded history, your memories have been suppressed to the point that you have no memory of life before the fall or the invasion, or whatever words you would like to use.

When people say that darkness doesn't exist, I think they are saying it is only on the surface, something not really real; and when one penetrates beyond appearances, darkness is found to be an illusion.

One factor here is that when a being has even a partial enlightenment—where they will have an experience of the goodness within everything, the oneness of all beings, the God within the self and the God within everything—there is the realization that this is the truth. And yes, it is more real than what people are experiencing on the third dimensional level in the day to day world, much more real. Thus it would come to a person that what they are experiencing of disharmony is not real; and so there is truth in that statement. However, making that statement and believing in that philosophy will do nothing to lessen the suffering of the beings in this universe or this part of Creation.

Therefore yes, a person may experience an injury, go into meditation, and be able to transcend that pain and go into an experience of oneness with God. Then they can say: my pain is not real, my suffering is not real. But has that injury been healed? Unless a being then goes into a state of rapid healing, which would be called a miracle, the injury will remain until such time as the body heals it or not, through the natural course of things.

I think part of what is being said is that what happens on the third dimension is not real.

That would happen when a being is identifying more with a fourth or fifth dimensional level of their self, denying the sacredness of the third, and saying, "I identify more with the fifth dimension, therefore I don't need the third dimension." That has been a schism perpetrated by religion in order to perpetuate suffering on the third dimension. *[It's also true that in the fallen universes, the third dimension has become terribly dense and not all that pleasant.]* True, and these factors work hand in hand. Denial of the flesh, denial of sexuality, denial of the sacredness of the temple that the third dimensional body was created to be—all of this has created justifications for not relieving the suffering on the third dimension.

Apparently even Prime Creator did not recognize the reality of darkness until it was almost too late.

Yes, well, what is darkness? You cannot pound it with a hammer. You cannot pick it up in your hands like a clod of dirt. You cannot drink it like a cup of water. It is an intangible substance, mercurial in its nature. It is characterized as a lack of light and you could say that is part of its nature, but that is not what it is. It is something but it is not at the same time. So because it cannot be defined, because it cannot be contained, and because it cannot be directly perceived, it is easy for people to deny that it exists. Really what you see in this world are the effects of darkness. You are not seeing darkness itself—you cannot see it. It is not perceivable to you. I would say that no one, not even Prime Creator, not myself, really understands what darkness is because it is not of what we are.

A corollary to the idea that darkness is illusory is that whatever we focus on increases. Therefore we should only focus on light and whatever is positive and beautiful.

I would describe that as a Pollyanna philosophy. It is true that what you focus on increases in your life and you draw that to you. If you were too obsessive about darkness you could be swallowed by it, so there is a kernel of truth to that idea. And yes, it is important to focus on light. However it is also important to be realistic in sifting out and perceiving what is propaganda and what is truth.

One more rationalization that people use about darkness is to say that this has all been like a huge play, and everyone is playing roles. From this perspective, it is said that the villains have done a good job playing

the bad guys and the heroes have done a good job playing the good guys. When it's all over, everyone will drop their masks, have a good laugh, and go home. Can you comment on this?

What a subtle rationalization! Would that it were true. And yet, it is good that it is not true. For if this were truly how this universe and how this Creation were designed to operate, what a miserable Creation it would be. It would be saying that the Creator created a Creation of conflict and that is simply not true. It would justify Hiroshima. It would justify all of the suffering of the Civil War. It would justify the concentration camps and the starvation of the millions and millions in Africa. It would justify the plagues of the Middle Ages, the genocide of the American Indians; all of that. No. None of it is justified, and this Creation was not created for that purpose.

It truly is an either/or scenario. Either this Creation was designed to be an expression of love, light, creativity and harmony, or it was created to be an expression of conflict and war. There really is no middle ground there. So you have religious thought that believes in the dominion of man and that the Creation is a resource to be used as mankind sees fit, an Old Testament kind of philosophy. And who does that serve? It serves those who would benefit from exploiting, pillaging, and stealing from the Earth, one of the most complex manifestations of the Creator's love that has ever existed, and reducing it to no more than its elements. It would be akin to taking a Van Gogh painting and melting it down for the small amounts of cadmium and lead which are in the paint. It would be like extracting those elements and saying that this painting is worth nothing more than the ten cents of elemental minerals contained within that painting—when in fact each of Van Gogh's paintings is considered to be a priceless masterpiece.

Therefore if you looked at the complexity, the indescribable beauty of this Creation and this planet, those who seek to exploit it would render it into its ten cents worth of gold and silver and oxygen and so on. And the rationalization that the fight between good and evil is just a play is a pure smokescreen to divert humanity from understanding that there are exploiters here who want nothing more from them than the gold fillings out of their teeth, so to speak. *[All of these rationalizations are different ways of saying the same thing, which is that darkness isn't real, therefore don't pay attention to it.]* Exactly. Which allows the darkness to penetrate further and further into Creation.

It is also believed that darkness exists only on the lower or denser levels of the universe. We know that it actually extends up through the eleventh dimension. Is darkness more prevalent on the lower dimensions?

No. It is as above, so below.

I have noticed that fact that as I have become progressively more unveiled, I have increasingly seen how bad things are in our universe. Yet, people who have NDE's [near death experiences] seem to become unveiled when they drop the body, and their experiences are the opposite. Are NDE'ers going to protected realms where they don't see the whole picture?

Depending on who they are, they may. There are people who have very frightening NDE's. The shame they feel about seeing that much darkness would cause them to be reluctant to share. A more evolved soul would go to light realms, but generally would still not see the whole picture.

Some humans try to rationalize the degree of suffering that we have on this planet by saying it is karmic. A high percentage of humans on Earth are born into terrible conditions and often have very little hope of improving their lives. This is justified by the statement that it is a matter of karma.

No, it is not like that. It is more that this Earth is trapped in a prison not of its own making, and those beings who are here are also trapped in terrible conditions. Some of them have come here voluntarily and some of them have been dragged here. Actually, those beings who have the worst karma are most likely to be those that are the wealthiest and in most control. *[And somehow they are escaping their karma?]* Well, we shall see. They think they are.

I am wondering about the concept of original sin. In a dysfunctional family, where the children are abused, they come to believe it is their fault. Would you speak about the concept of original sin, and do you believe that the same type of psychological reversal applies here, where we have taken on the guilt for the things that have been done to us?

I would say that is only part of the issue, but I do agree with your analysis of it. Actually what has happened is that the dark has used that kind of emotion as a central controlling feature of their philosophy. This can be seen not only in Christianity, but similarly with Hinduism and the way karma is used in that system. The blame for the dark is inserted into each individual, forcing them to carry the burden—really, in a sense, forcing karma upon every being. Thus each being in this fallen part of Creation is chained by the darkness, wedded to the darkness in a way that is very difficult to escape, either individually or collectively.

There are a great many programs which have been designed to

keep humanity chained. One of them is a collective implant that keeps the collective society from wanting to allow others to succeed in liberation or in a good lifestyle. I am sure you can find many examples of this kind of thing. There are a great many efforts to tear down a being who would find liberation. And original sin specifically—yes, that is one of the best ideas for slavery that the Christian church came up with.

What do you mean by "forcing karma on every being"?

I believe I mentioned this once before. It is almost as if one takes a pill when one comes into, or is created in a dark universe. There is an immediate invasion by the dark, and there has been nothing that could prevent this. That dark virus, to use an analogy, is inserted in each being. And the extent to which it takes root and flowers there is the extent of the karma that every being is saddled with. *[Essentially, each being gets tied into the whole dark-permeated system.]* Yes, and that is, in part, why it was necessary to come up with an offense that was both microcosmic and macrocosmic. *[Is there karma in the light universes?]* No.

Another statement which tries to explain darkness regards what is called the divine plan. It is said that there is a divine plan and that nothing occurs outside this plan. Therefore, if this is true, everything must occur within that plan and purpose and everything is perfect because it happens for a reason.

That is written into your blueprint because at the time your blueprint was created it was true. However since that time circumstances have changed. Yet still that belief is hardwired into every atom and every molecule of life. It is more than a belief really, and it is very strong in everybody. *[This is very illuminating.]* It explains a lot, doesn't it?

It is also said that, as individuated beings, our mandate was to experience—to experience everything. Since "everything" includes darkness and separation from God, we therefore chose to experience those things too.

This is similar to the belief that everything is in divine order, in that the mandate or impetus to experience is also hardwired into all of life. However, not hardwired into all life is separation from God. That is not hardwired, and that has been created by the invasion. A soul comes into this universe, which is dark. And written into their blueprint is the desire to experience everything. When the experience is contaminated, that desire does not abate. In other words, the soul still wants to experience everything. What it experiences is darkness and separation, yet there is

not the ability to turn off the desire for experience. So in a sense a being starts indiscriminately vacuuming up everything.

The beliefs that are hardwired into us—for example, that there's a divine plan—what purpose did that belief serve initially?

It is part of the eternal connectedness that all Creation has with Prime Creator. What the darkness has done is to essentially sever that connection or subvert it. *[Does this belief serve any purpose now?]* As a being reconnects with Creator, yes, it does.

Some teachers say that the light and dark brotherhoods work together in the sense that the light is always trying to move things forward towards evolution, while the dark holds things back; and the final result is that things happen at the correct time. Do you agree with this, or do you feel it's sort of a Pollyanna justification?

A Pollyanna justification would be my perspective on it, but that would not be everybody's perspective. There are people who subscribe to the idea that dark must be there to balance the light. They equate the darkness with yin, needing to balance the yang, and they are not the same.

From my own memories of the light universes, I would say that light does just fine without having the dark.

Light does fine without it. The dark forces have rationalized their actions by saying that they are part of the yin, so to speak, and the yin is necessary. But the imposition of anyone's will over another being is never necessary, outside of the parameters we have discussed.

Is there a benefit to living and evolving in the fallen universes? Does one become stronger? Evolve faster?

I don't see how. *[The challenges are more intense.]* That is true. But if you take a tree and you bang on its trunk and deprive it of water, and rip off some branches leaving open sores, does that make for a stronger tree? Perhaps the scar tissue on the bark is stronger and thicker and calloused on that point, but does the overall health of the tree increase from that? I would say not.

PART II—REALITY AND ENLIGHTENMENT

I have observed the fact that people who claim to be enlightened say that everything is one, there is really no evil or darkness, everything is per-

fect, everything happens for a reason and is within the divine plan, and so on. It would appear that these people are deluded in this regard, yet it also seems that they are more awakened and enlightened than someone like myself. How can you explain this?

That is a good question. What these people have done is that they have activated their original blueprint. Therefore they are sitting within their original blueprint, and have generated enough of a force field that the contamination which is present in this fallen universe is not affecting their consciousness. For them, to a greater or lesser extent, they have created that reality. And it is powerful to do so; it is admirable that they are able to do so. They are able to draw to themselves what they need. To the extent that their sphere of influence carries, they are able to create a space around them where that reality is manifest. For some people that sphere basically ends about as far as their hands could reach [gesturing with hands outstretched]. For some who would have greater power, it would extend into a community or such. In the situation of your friends at Circle of Light [a community in AR] it would be a slightly larger sphere, and would have the ability to draw others into it and transform them enough so they can hold that space as well. It could build on itself to a certain degree, though that would have its limitations.

And from that place they can't see darkness, apparently?

Right. [So in a way they're right and in a way they're wrong?] Yes. They have created a bubble of uncorrupted reality, and within that reality they're correct. It will be interesting because as the darkness lifts there will be a great expansion and connecting of those bubbles.

Is it possible for a person to live a life of non-duality in a fallen universe and yet still recognize or acknowledge the reality of darkness?

It is rare, but it has been done. [Most people either go into a non-dual state and can no longer see darkness even when it's existing all around them; or remain in a dual state, in which case they can see darkness.] Yes.

If people who are enlightened are no longer able to see darkness, then this must have created some very confusing situations for humanity at large. Most of the scriptures, as well as bodies of work such as the I AM teachings by St. Germain, state that all is One, darkness is an illusion, and so on. However, these teachings are being read by people who are not in the awakened state and have not created a "bubble" of that reality around them. I'm going to mention some points that come to mind.

First, scriptures and spiritual teachings would seem to be unrealistic and ungrounded and there would be some justification to that, as the scriptures would be describing a reality other than that experienced by most people.

Yes, and other than what is accessible to most people. And you may be able to put that in the past tense, for it is more and more accessible.

I would also think that people would get very frustrated trying to experience the reality described in the scriptures, since that isn't their reality.

Yes, they would be very frustrated. This has actually been used by the dark forces to increase people's self-loathing, lack of faith in God, guilt and shame, self hatred, and sense of separation.

Secondly, I have noticed that people who are in the awakened state try to describe what it's like. Then others who are not awakened attempt to mimic these experiences, hoping that this will cause them to become awakened. However, if someone who is not awakened tries to act as though there is no darkness, this could lead to inappropriate actions and choices.

Yes, I believe that is an accurate statement.

Many spiritual teachers, including some of the masters, say that our thoughts create our reality—period. It seems to me that our reality is created by a number of factors, of which our thoughts are certainly one. But I feel that it's also created and affected by other things, such as the following: Our emotions. Our soul intention, passion, and mission. Our karma. Our environment, which includes everything from our neighborhood to the planet and universe that we live in. The beings that we interact with. And so on. Can you give your perspective on this?

In the divine mind all of those aspects that you outlined would be part of divine thought. Therefore from a higher dimensional perspective, it is true that thought creates reality. However, I would say two things here. One, you're in a contaminated universe, so the natural progression from the higher mind to manifestation is broken, interfered with.

The second is that for humans in the fallen state, as you are in at this time, the mind is a very isolated and limited piece, disconnected from the higher mind. Unfallen humans would be able to contain the higher thought forms, which would contain all of those attributes that you listed, including karma, environment, and all of that. But in a fallen human, the mind is much smaller. It is constricted, disconnected, and does not have the attributes to be able to contain much more than survival skills.

So for a fallen human, does thought create reality?

On a limited scale. It would limit the thoughts to the survival mode and limit the actions to the survival mode. So in a sense, yes. But what ends up happening is that fallen humans are disempowered to the point that they become the victims of their environment, as if tossed around in a hurricane. And that is because they are so disconnected from the greater mind. Therefore much of what happens would appear to be random accidents. That, for them, is their life. Their life is nothing, for them, more than a random series of accidents.

Would a light worker such as Karen or myself be considered a fallen human?

You would be more considered a reclaimed human, a human that has gone through the fall and has come back up again out of the fall. *[In other words, somewhere in the middle between creating via limited mind and creating via divine mind?]* Yes, to a greater or lesser degree, and on the evolutionary spiral upward.

PART III—FURTHER QUESTIONS ON DARKNESS

Heru, what is the defining factor of a being who is fallen? What does it mean when we say that such a being is "dark"?

I would say that it is the willingness to impose one's will on someone else.

Does this mean we are partially dark because we may think unkind thoughts about the president, or that we may have wished something harmful to happen to an evil person?

No. Having a negative thought is not following through with the action of imposing that negative thought on someone else. For instance, you may dislike the president extremely much, maybe even to the point of obsession, but until you actually make the decision to go forward with taking action—to impose your negative emotions upon the president and/or the country—that is not darkness. It is confused and not the highest form of thought, but not darkness.

However, we all have a lot within us that wouldn't seem to be of light. We all have pain, fear, old traumas, anger, judgments, and so on. If these are not dark, what are they?

They are more the environmental fruits of the dark. If you were to embrace the motivation behind the trauma causing elements, then that

would be darkness. We talked about the defining factor of darkness, in that it is the willingness to impose one's will upon another being. Is a rape victim dark because she holds within herself this trauma, and may overreact defensively to situations? Contrast that to a serial rapist. Is he acting out of a trauma that he himself had? To some degree that would be the case. But beyond that it's almost as if he has embraced that evil motivator itself and become identified with it, and that is a whole other situation. Even though the serial rapist may have been a victim to begin with, he has succumbed to the pleasure of perpetuating that disease. Can you see the difference between those two situations?

Yes, I can. Returning to your definition of darkness, several exceptions immediately come to mind. One would involve the role of being a parent or a caregiver to a pet. Oftentimes a parent or a pet owner must override the will of the child or animal.

There is an acceptance in both the animal and human kingdoms of dependency relationships, and that is consensual, even though perhaps not consciously or overtly so.

That makes sense. The other exception is this. I know that Durga/Sekhmet and other mighty light beings are incarcerating some of the dark. Obviously this is against the will of those beings.

They have broken laws. It has been a long time in coming for this to happen. There was great reluctance on the part of the hierarchy of light beings to take action against the dark beings because the light has always honored free will. That which began in one sector of one universe was not stopped. And it has created an infection that has spread far and wide throughout too many universes. For the sake of the integrity of this entire Creation it was decided to take action. Otherwise the entire Creation would be lost.

Heru, are you saying that darkness started in a small way in one universe, and spread, simply because free will was being honored to the maximum, and no one stopped it?

Yes. *[And had it been stopped, back then, other universes would not have fallen?]* Yes, and other universes would not have been created dark by fallen hierarchies. The decision to root out all darkness has come from the very source of this Creation. It was not done frivolously or lightly.

Please explain how the adherence to free will stymied the efforts to getting rid of the dark at all levels.

It put a restriction upon the light workers, and especially those that came into these fallen universes in an effort for reclamation. In essence they were operating with one hand tied behind their back, while the forces of dark had within their arsenal free rein to use everything that they wanted. It would be something akin to a chivalrous knight in armor going up against a modern Navy SEAL. I do not think that is too dramatic a gap to convey the difference in attitude, technology, and so on.

In our discussions with the Creator, it was stated that the walled-off part of this Creation was somewhat analogous to a cancerous tumor. And that, at a certain point, this "tumor" would have exploded and infected all of Creation. How close were we to that point?

It was not imminent in terms of years or decades, perhaps thousands of years away, but that is not to lessen the feeling that the Light Warriors have come in the nick of time. For even though it might not have been at the point of exploding into metastasis, had the balance been tipped much further some of the universes within this sector that are now salvageable would not have been so. Therefore it would have resulted in a permanent amputation of parts of this sector.

All true humans, including the fallen ones, appear to have within themselves a pure spark of what we might call the divine Godself. Do the dark beings not have this?

Correct. They are soulless. And that is why they are not redeemable. They have not been created with a divine blueprint in the same way that all of this Creation has been created. That is why the fallen can be redeemed, for they retain that spark.

My friend R. and I did some work a few years back with the reptilian ET's, the Dracos and others. We found that these beings generally did have this spark of divine life. Are these reptilians the invading dark beings? Or are they races which have fallen due to the dark influences?

They are fallen races, but more accurately, they are races which have been created by the fallen. *[What will happen to them?]* I believe they will be given an opportunity for reform. Every effort is being made to reform anyone that is possible to reform. A great effort was put into reforming the dark itself, with no success. But it is hoped that the fallen races, those created by the fallen, may be able to be reformatted in such a way that it is possible to reclaim them. *[Are the Greys one such race?]* Yes.

There really are no humanoid representatives of the dark. There are no races or beings you can look at and say "That is the other." It is

almost as if the dark were a gas that permeates and corrupts and is very hard to define. It did not come in ships, it did not come in soldiers. That is part of the reason it has been so hard to fight, because in a sense it is almost invisible, but its effects are obviously very deleterious.

Are the Light Warriors able to deal with this invisible presence?

Yes. That is why they were created in so many sizes, and why they are in the microcosmic arena.

Beings such as the Illuminati—they are not the original invaders?

No, they are the fallen.

Then what about the beings who are getting incinerated by the Light Warriors? Who are they?

It is hard to describe. But it is more like the entities that have sprung up out of this gaseous undefined stuff. It's almost as if the darkness has spawned them, the way mushrooms spring up. They use some amount of energy and matter from this Creation in order to form themselves but they are parasitic in nature. They would be what you call demons and other types of dark beings, and they are the ones who are being incinerated.

What is it that drives darkness, so to speak? What fuels the desire of dark beings to invade, to destroy, to harm and to cause pain, to corrupt other beings, and so on?

Again, I do not know. Perhaps when the Light Warriors have driven dark from this Creation and go to the source of dark to render it unable to repeat this, they will come back with answers.

What is their true agenda here?

I don't know. It looks to be a combination of slavery and destruction, and whether ultimately it is destruction I don't know.

Throughout our conversations, we use the term "darkness" to mean all forms of negativity. We use the term "light" to denote that which is positive, life-affirming, and in the flow of God's will. Why are these terms selected? Why, for example, do we not use good v.s. evil? And what is light that the opposite of light is all that is life-negating?

A very good question. In terms of polarity, nature has a natural polarity to it—the yin and the yang—that I would have people see as separate from the light and the dark. The terms good and evil are too ideological, too laden with cultural and religious issues; they have a very lim-

iting history. The words light and dark are both vague and specific at the same time, and for that reason I believe they serve my purposes best. The light was, in essence, the first act of creation that Prime Creator generated. The dark is an unknown. We see its effects but in essence we do not at this time know its source, we only know its outcome. Therefore to paint it with the face of the devil or something more descriptive is to limit its scope. It is much more all pervasive than those images.

How can the truly dark beings have so much power if they are simply parasitic life forms which have no soul? Or is it the fallen who have power and who can do these things?

It is the fallen who have power. The dark only gains power by corrupting beings, and it is the fallen who do these acts of terrible destruction and harm. The tragedy of it is that these are great, wonderful beings who have succumbed to something that is not understandable. And once reclaimed, they will take their place among the stars in the sky. It is a great heartache that they have been imprisoned and had their free will taken from them by the dark in such a way that most of them did not even have a chance to choose.

Those beings who have gone into dark universes in an attempt to help (those much darker than this one) how do they eventually get out and find their way into a less dark, or even light universe? Do these beings often succumb to the darkness and never get out?

Some of them do. In the case of your friend, there was a rescue mission mounted to extract the group that she was a part of. It was seen that they would have either been killed or permanently disabled. Some people were lost.

Are they somehow programmed to stay so long and then get out?

There are agreements made. In that case, it was a specific mission to try to set up an underground network and I believe it was given a set time to determine if it would work or not. This type of mission was attempted with the dark universes that were created after the fall. And when it became clear that there was really no redemption possible and no opposition which could be created by sending people in, it was stopped.

How do any of the beings who are native to the totally dark universes get out, if they don't know anything else? Or do they ever get out?

They don't get out, and it is possible that there is no reclamation likely for the beings who were created by the fallen Creator Gods in a total-

ly dark universe. It appears that there are gradations of being fallen in terms of how dark the beings are. The fallen Creator Gods who have created the completely dark universes would be very fallen indeed, and their creations most likely will need to be destroyed. The races of beings that you were asking about earlier [i.e. the dark ET's] were created in this universe by compromised Creator Gods. And that is the difference.

Was it possible to establish key planets in the truly dark universes, those which were made by the fallen Creator Gods?

No, and it appears that they will probably collapse. There is not enough light in them. *[What happens to the beings in such a universe when this occurs?]* Those who came from light universes to help will be rescued. The others will be transported to a universe not as dark as that one, where they will be given the opportunity to make choices.

When such a universe collapses, what about the other beings—the animals, devas, elementals—all the beings that make up a universe?

My dear, nothing is ever lost. I don't really see where they go; I just know that nothing is lost.

Those of us who came into the fallen universes like this one—even though it's not completely dark—we ended up getting trapped as well?

Yes. *[Did we, in fact, expect to leave long before now?]* Oh yes. *[And it has been about 500 million years that most of us have been here?]* Yes, that would be close enough.

In our case, how is it that many of the light workers expect to be leaving this universe at the same time; is it because of some pre-set arrangement?

It is because the Light Warriors have finally come and the frequency fence is coming down, so that now passage back to the home universes is possible.

Several of us have found that we have family here from the light universes who have stated that they are here to help us get home. Given what we know of the frequency fences around the fallen universes, how did they ever get here? And how did they expect to get us home once they arrived here?

There are, and always have been, a few secret wormholes that have allowed penetration of a few beings. Any time that a sizeable number of beings would be detected coming through a wormhole, the wormhole would be attacked and shut down. It has been a dangerous venture.

Your families love you very much to have attempted this.

Would you say that the majority of light workers now have family here from the light universes who are waiting to escort them home? Or in most cases must they still wait for family to come in through the breaches in the frequency barrier?

In most cases that will come later. Among the beings who are assembled and waiting to come and help with the healing of the universes are also many family members, and there will be many reunions.

For the light beings such as ourselves who came here to help, has there been any progress or growth over these many millions of years?

I have to say that, yes, there is always growth—there is always growth in understanding, wisdom, compassion, and so on. And for all of you, yes, there has been growth, but it is not what it would have been had you not been in a fallen universe.

Have we fallen behind the evolution of the rest of Creation?

In a manner of speaking, yes. It is not really seen what will happen once all of the lives within the fallen universes are restored to wholeness—all the beings, life systems, and life forms. There are abundant theories on what will happen, but no one truly knows. There is a predominant theory, however, that once the restoration of wholeness comes to each being, and the restoration of harmony, full potential, and full power is attained—that even though an individual would have been stunted from being in a fallen universe, something new, something never before seen, will be there. Therefore really a qualitative judgment cannot be made.

Heru, on a personal level, I am wondering how you kept your faith during these very difficult times that our Creation has been through. Did you always have a very strong faith that all would be well, or were there times when you felt deeply discouraged?

Not so much discouraged or depressed, as worried that this plan from the Prime Creator would be able to be completed on time before much of this Creation would either be destroyed or need to be jettisoned. I was aware that the plan was in place and what the plan was, in a rough outline. But I knew it was a race against time. *[Has darkness continued to spread up until now?]* Yes. *[So it's only now, with the coming of the Light Warriors, that the spread is being stopped.]* Correct.

I've been trying to process everything that has happened to us, and it's

difficult. I think that I'm grieving for the millions of years that all of us spent here in this dark universe and the fact that we really have made almost no progress. Can you offer any insight into this?

I would tell you first of all that even though it appears no progress has been made, just the fact that this universe did not succumb is a great victory. Secondly, I would like to express how grateful I am to have those who are able to hear just how bad it has been. For we have hidden from the light-working humans just how dire the situation was, in fear that if we disclosed it they would be overcome by despair. Therefore the fact that we are able to tell you this dire dark news—that in itself is really an accomplishment. It means that first, help is here; and secondly, that the human light workers have matured enough to the point that they are able to see the truth.

CHAPTER SEVENTEEN

HOMAGE TO DURGA/SEKHMET

This book would not be complete without a chapter devoted to the One whom we call Durga or Sekhmet. Heru and Durga/Sekhmet are my cosmic progenitors, and therefore she is my true mother in a very real sense. It was she, in fact, who contacted me even before I knew of my relationship to Heru. I had no idea who she was, only that a mighty being had come into my life with a power beyond anything I had yet experienced. One night I called upon her for protection and suddenly found that three etheric lions had manifested in my bedroom. This was my first hint as to her identity.

I then realized that this being was the Goddess whom in India is called Durga. Durga is revered in India as one of the best loved embodiments of the Divine Feminine. She is always associated with lions or tigers and is most commonly shown riding on the back of a lion. Legends tell of a time on Earth when the forces of darkness had so oppressed our planet that even the Gods themselves were helpless. Durga appeared at that time and, with a power that none could withstand, defeated the demons and other evil forces. It is said that, like Vishnu, Durga manifests when cosmic balance is threatened and is an upholder and guardian of dharma.

After Karen began to channel the Ascended Masters and Creator Gods, I was able to communicate directly with this great being. She confirmed that she is the one who is known as Durga, as well as the lion Goddess Sekhmet of Egypt and White Jaguar Lady of Central America. She also stated that she was known as Artemis in ancient Greece. Each of these Goddesses represents a different facet of her being. She told us that it is like turning a faceted jewel. As each facet reflects the light, so a different part of her nature is revealed. Therefore when I connect to her as Artemis I feel the sense of wild, remote places, of mountain

crag, of the night sky, and wild animals. When I connect to her as Sekhmet I experience a mighty, royal, overwhelming power. The name Sekhmet, in fact, literally means "the powerful" or "the mighty".

I came to see that while Heru embodies knowledge and wisdom, Durga/Sekhmet embodies divine energy and power. In working with my progenitors I found that when I wanted to know something, I would call upon Heru. When I needed to have something done, I would call upon Durga/Sekhmet. In the eastern traditions each God has his Shakti, the divine energy of existence. Without his Shakti the God would be mind without life, knowledge without movement, vision without creativity. Therefore while it is Heru who gave us the material for this book, homage is due to the one who completes him, whose power and creative force are the complement to his wisdom and vast consciousness.

As our work with Heru progressed, time and again we found that we needed assistance, protection, and healing. We repeatedly came under fire from the dark side for our part in bringing this crucially important work to the world. In addition, the acceleration of our spiritual growth continually brought old wounds to the surface to be healed and released. Scarcely a day has gone by that we have not called upon Durga/Sekhmet for help, and never has she failed us. Without her this book could never have come to fruition.

Of all the aspects of my cosmic mother, most dear to my heart is her manifestation as White Jaguar Lady. I found that often when I called upon her in the aspect of Sekhmet, I would see a pyramid surmounted by the full moon—but not an Egyptian pyramid. Instead it was a flat-topped structure, such as those built by the Mayans and Aztecs, and was surrounded by jungle. I saw myself sitting at the base of this pyramid, waiting and praying. On nights when the moon was high and full a shining Goddess would descend the pyramid, flanked by two lionesses. In researching Sekhmet, I came across the site of Maia Nartoomid at www.spiritmythos.org. Maia, who writes compellingly about Sekhmet, describes an ancient temple in Central America:

"Qetalaxitolutum: Remnants of this Sekhmet Temple are still within the rich, green tangle of the Yucatan, not far from the uncovered portion of the Mayan Chichen Itza ruins. It was dedicated by Queen Amaluxal to the 'White Jaguar Lady' or 'Lady Dalia', in eons past. Amaluxal created a 'palace-temple' for the cat-woman appearing to her

in her visions, whom she called the White Jaguar Lady. It was only after an Egyptian named 'Three-Hawk' came from Egypt to Qetalaxitolutum, with sacred 'star charts', that the Queen realized her Lady Dalia to be one and the same as the lion-headed Sekhmet. With the help of Three-Hawk, an initiate of Sekhmet, Queen Amaluxal re-formed her palace into a true initiatory Temple of Sekhmet." (Heru says that "Three-Hawk" was none other than himself, in one of his incarnations.)

To return to her embodiment as Durga, the best representations of her give a clue to the nature of this magnificent being. She rides a lion and brandishes fearsome weapons with her many arms. Yet her beautiful face is serenely smiling, filled with compassion and tenderness. One day, when the battle for this Creation is entirely won, she will lay down her weapons and the warrior nature she has assumed out of necessity, and once again devote herself wholly to her role as the great Creator Goddess who has given birth to souls, to worlds, and to universes.

To my divine mother, whose love and power have sustained me and whose grace overlights me, I dedicate the days of my life and the fruits of my work.

SECTION THREE
MEDITATION, MANIFESTATION, AND
ASCENSION

CHAPTER EIGHTEEN WORKING WITH PRIME CREATOR

PART I—THE PERSONAL ASPECT OF GOD

This chapter has been added to the second edition of *The Return of Light*, and was written in June of 2005. I will generally refer to Creator as "he" in this writing, but wish to emphasize that Creator is above gender and manifests in both male and female forms.

Now that large parts of the frequency fences have come down, Creator has personally entered the fallen sector. He has expressed an intense desire and determination to entirely heal this part of Creation, and he will remain here until that is accomplished. The fact that Creator is actually here in living presence is enabling many humans to connect with him in a direct way for the first time.

We had the following conversation with Creator on June 15, 2005.

I am updating our book and wish to clarify some things. Would you please explain how it is that you permeate all of Creation and yet you could be shut out of the fallen sector? In what way were you shut out?

I am life. I am the life force. I am the energy within all matter, and I supersede all matter. My natural flow enables me to be everywhere and yet to simultaneously concentrate myself, perhaps you would say incarnate myself, into any part of Creation at any time. My focus is omni-directional; my ability to manifest is omni-directional. When the frequency fences were erected, even though my energy was still within all matter in the fallen sector, my ability to reach into this sector and incarnate and manifest and make change was blocked.

Do you normally remain in the Godverse, which Heru has defined as your dwelling place?

Yes and no. The greater part of me remains in the Godverse, but

my focus, as I said, is omni-directional. Let me find a metaphor. Imagine a Christmas tree with lights on it. The electricity lives, you might say, in the wiring. And if you would, imagine the wiring being bundled at the center of the tree. As my filaments go out into different parts of Creation, at the ends of those filaments would be lights, like the lights on the ends of the wires on the Christmas tree. Therefore, for every human, I will have one of those lights for each of you to interact with. This is also true for the archangels and the Creator Gods and many of the other beings. And those, of course, were blocked in the fallen sector.

Can you say something about your existence as a personified being? Who or what are you as a person, an individuated being?

That would be difficult to define because, like the images in Hindu mythology of Krishna with infinite faces, I cannot be bound or contained within one of those faces. I can manifest in any and all of those forms at will simultaneously. Who am I as a person? I am the Supreme Personality, as manifested in the vast complexity of this Creation. I have attributes without number. I have powers without number, without limit. I can focus and manifest on both the microcosm and the macrocosm simultaneously at any place, at any time. Time and place are constructs that I have made as a framework within which to manifest, but I of course am not bound by that. I have no boundaries.

Please explain how you manifest and have a personal relationship with all of the highly sentient beings in the Light universes.

Ah yes, my favorite part of this Creation. Each one of you functions, in a certain respect, as both a mirror and a dance partner, so that I would be able to have highly complex multi-faceted interactions with myself in the form of what I have created. So you, for instance, as you become more aware of your personal aspect of me, will develop a complex, beautiful, intimate, all-encompassing relationship with me, such that you will perceive me as the matrix within the operation of your life. I become the chair you sit upon. I become the breath in your lungs, the wind in your hair. You perceive all that is not you as me. And we dance, and we love, and we play, and we work, and we sing, and we cook, and we do everything together. I am your beloved cats, I am your lover, your husband, your wife, your sip of cool water, and I am alive in all of that. Alive! Just feel it. That chair is not just dead wood and fabric—it sings with my consciousness.

You have said that you manifest your personalized aspects or forms in a light body. What is a light body?

As you and the others reading this meditate upon me, you will actually be able to experience me in a human-looking form made of light, which over time will become more and more tangible to you.

PART II—CO-CREATION BETWEEN HUMANS AND PRIME CREATOR

Although Creator is still seeking direct entry into the third dimension, he now wields tremendous power on dimensions six and higher. Such was not always the case. In fact, as shocking as it may seem, before the frequency fences came down Creator was virtually powerless within the fallen sector. In January of 2005, Creator told me that he was beginning to be able to reach into the fallen sector, but it was like trying to do work with blindfolds over his eyes and oven mitts on his hands, so to speak. Despite these limitations, our work together was fueled by his eagerness to reach us and our desire to reach him once again, and has progressed rapidly. We began to call for changes and assistance on the inner planes and our requests were answered with increasing power and effectiveness.

For example, during the early months of 2005 when fighting was very intense across our universe, members of our group were able to impact critical battles on several occasions. We did so by connecting to Creator and asking him to "pull in" huge numbers of Light Warriors and other beings to the appropriate locations. On these occasions, the battles rapidly turned in favor of the light.

But this was only the first of many miracles to come. Since then, Creator has restored almost a thousand higher dimensional beings who had been melted down—who had literally ceased to exist as individual souls. Their memories have been restored and they are complete, sentient, and ensouled beings once more. Creator has also restored a number of archangels and humans who had been disintegrated or blown apart. He has healed great numbers of the archangels, for many have been damaged in the conflicts that have occurred in this dark sector over the eons. In addition, he has converted at least one dark archangel back to light. In all of these cases, Creator required a third dimensional "ground" in order to do this work—in other words, one or more third

dimensional humans were needed to hold the energy.

On February 24, we asked Archangel Rigel: What is enabling Creator to do these incredible things? Is it our energy combined with his that somehow enables this to occur?

Yes. There are enough gaps in the frequency fences that you are now able to do this kind of direct work with Prime Creator which was blocked in the past. Humans, third dimensional beings, have been designed to be co-creators with God, and this work you are doing is an example of that. And you will be seeing much more of it. This has been dreamed about for decades. I'm sure you are familiar with the term "conscious co-creation". Although many have dreamed about it and have put forth the concept, in actuality almost no conscious co-creation has been happening up until this point. So this is a new phenomenon that is happening, basically beginning with this year.

Does the passion of the request play a role here, the intensity and the sense of command and power behind it?

Of course. You are familiar with the concept that thought creates, and really thought does not create a whole lot except when you go into the higher realms of thought. But what humans think of thought, what happens in their minds, is not what creates. What truly creates reality is emotion. And as you connect and work more and more with Prime Creator, you will find that your emotions will play a very important role in your co-creations.

We asked Creator: In the process of co-creation at this time and in this place, we have noticed that you seem to require a third dimensional "ground" to accomplish some of the major things that you are doing in this sector. Please explain, from your perspective, why this is necessary or helpful.

Throughout this fallen sector there are those connecting filaments that I spoke of in the Christmas tree analogy, that have been unused for all this great time, for 500 million years. They have to some degree atrophied and in places have even disintegrated. Therefore it is difficult for me to find you unless you call to me and have that exchange of energy begin to flow. The more you call me, and the more I respond, the more invigorated and healed those filaments become.

It's not just our connecting to you though. We have had to hold energy for you to do certain things on the higher dimensions.

Yes. But it's as if my whole hand has become numb and the touch

of the human ground seems to reawaken my memory of even having those fingers. It is difficult to describe. *[I thought it had to with pulling the manifestation down through all the dimensions.]* Yes, that would also be a good way to describe it.

How do you feel about the beginning of conscious co-creation with third dimensional humans here? I know you have been shut out from the fallen sector for so long and must have felt great frustration.

I have felt great frustration, and I feel great joy in being able to finally touch what has been out of reach for me for so long. There is a great deal of pent-up love and longing to touch, longing to express fully my love for each particle of my Creation. And I want to express that this is truly my time to take back my Creation. Every time an opening is made for me to come more fully in, I can't express the joy. It is greater than words can express.

Can you comment on how conscious co-creation is working at this time?

I would say it is still very much in its infancy. Perhaps the expression "You ain't seen nothin' yet" would be apt. I know that with the people in your circle, some of you have had wonderful experiences of this and others are still having frustration in getting things to manifest. It is the beginning.

What should humans do when they want to co-create with you? What do you most need from us in order for it to work?

First I would ask that you open your heart to the possibility of faith, the possibility of my manifesting. The beings on this planet and in this fallen sector have had their natural faith in me smashed, perverted, distorted, destroyed, stomped upon in so many unspeakable ways. I know that even the willingness to entertain the possibility of faith is painful—very painful—because it brings up all the many times that each of you has cried out for my help, and either my help did not reach you or you were unable to see it. Understand that this is a new day, this is a time of infinite possibilities. The glass ceiling that has kept you from reaching me and has kept me from reaching you has been shattered. So that would be the first step, and the biggest step. Once that great hurdle has been crossed, once you reach your hand out to me and feel me respond, feel me grasp your hand, the rest will unfold, the rest will be easy. This is the biggest challenge.

What are the conditions or pre-requisites for a person to be able to initiate co-creation with you?

Be creative, be spontaneous. Invite me into your space with those things that make your heart sing. If nature makes your heart sing, then approach me in a natural setting. If the act of devotion in creating an altar or sacred space makes your heart sing, approach me in that way. If what makes your heart sing beyond all else is your love for something, whether it be your twin, your horse, your garden, your home—any of those things that really is your love—understand that you can reach into that place and call for me to reach through it to you. If it is your love of books, leave room for me to pop that book off the shelf into your hands or glow bright enough for you to see me, to find me in that book, find my message in that book. If it is the wildflowers of spring, make that altar in your heart and leave room for me to grow the most perfect flower for you to find. So make a hundred altars in your heart, in all these ways.

I would assume a person can't just ask for anything, but that when we wish to co-create, our personal agenda must be aligned with your will. Is this correct?

This is designed to be an interactive dialogue. I would suggest to readers doing this to present their agenda, their request, and dialogue with me. Is it in alignment, does it need an adjustment? Does it need a big adjustment or a small tweaking? Most people will find, by and large, that there will only need to be some subtle changes for it to be harmonious. For even the act of requesting a manifestation of me takes the courage of an open heart and a somewhat surrendered heart. The act of supplication is, in and of itself, a surrendering.

Would you like to make a statement for the book, an invitation as it were, for humans to co-create with you?

I, as your Creator, invite you to journey with me through your heart, into the heart of all Creation, my heart. You will find this journey to be the fulfillment of your highest aspirations, your highest dreams, your highest goals, the fulfillment of all your desires. I long for it as much as you do. And so I invite you to fulfill my heart, as I have been mourning the loss of my connection with you. Please reunite with me in this beautiful journey into completeness.

For those who are able to work directly with you in co-creation, and in terms of your own agenda for healing this universe and this planet, what do you most need?

I most need the open willing heart of humans (because we are speaking here primarily to humans on this planet) to be willing to make this connection. Once this connection is made, there is no limit to what

can be done.

In closing this section, I would like to quote a passage written by Shakura Rei which may help to explain the phenomenon of working as a "ground" with Creator at this time. Shakura writes:

"All humans have seven levels within them, which correspond to the seven chakras, which also correspond to the seven levels within this universe. The seven levels are also referred to as 'twelve dimensions' by some traditions. In a light universe those levels are fairly homogenous in that a human can easily travel from one to another, and a person is not stuck in one level such as we are here. In a light universe all seven levels are 'open' within the human body, so that the human is whole no matter what level s/he may reside in.

"In our dark sector there is a greater separation and delineation between the levels, and we must be in this last level (the third dimension—which also corresponds to the densest and last level within the universe) so that we can pull the energies into their completed form. In other words, the energies must come all the way through and be anchored into the physical before they can be complete.

"In terms of making tremendous changes by co-creating with Creator, it takes a physical person who is anchored in the third dimension to allow the creation to manifest completely, pulling the energies all the way to this level. In the case of healing an archangel or pulling its aspects back [for example], we know that archangels do not reside in the physical; in fact, we're told they reside in the sixth dimension and above. Still, the force generated by Creator to accomplish the healing must still go through all levels for it to be complete. Therefore he needs us to request it, lend our energies, and pull those energies to this level."

PART III—THE GOD STONES AND THE HAVEN

The Haven is a higher dimensional realm which was originally created to be a resting place for certain light workers who were waiting to make their transition to the light universes. Over the past six months, it has evolved into a major healing and executive center for the light forces on and around Earth. One could say that Creator has chosen this place

as one of many bases of operations in our galaxy. For those who travel and work on the inner realms, the Haven is a good place to know about. It is located a few hundred thousand miles from Earth and is largely sixth dimensional, though it is being extended to both higher and lower dimensions. The Haven is a miniature world, a beautiful and pristine place with high mountains, forests, meadows, and ocean. We ask all those who visit it in their energy bodies to respect its magnificence and purity.

The Haven has a number of structures for both administration and healing. There is a vast amphitheatre which is used for important meetings. It is fascinating to observe the many beings who step forth one by one onto the central "stage", each to speak his or her mind on the matter being discussed. One can rub shoulders with the great and mighty in this arena. Recently, Creator made a Command Tower, a slender tower built of stone which rises almost a thousand feet in the air. The top of this structure is all glass, and I have seen Creator, Heru, Durga/Sekhmet, Ashtar, and others standing there during the battles to reclaim our planet.

In addition to its other functions, the Haven has become a place of healing. A wonderful hospital has been created there which is staffed by a number of the new beings who have come in from the light universes, particularly new archangels. New healing techniques and modalities are being studied at the Haven Hospital as healers work to reverse the damage that has been done to angels, archangels, humans, and other beings during our sojourn in the dark sector. Recently Creator has added a set of new buildings, called Temples of Purification, to the Haven. These Temples exist only on the higher dimensions thus far but will eventually appear on the physical. Their function is to restore beings to their original perfected state. They are not for physical healing at this time, but Heru tells us that it is good for our energy bodies to go there. You can enter a Temple during meditation and request healing of your higher bodies. The Temples of Purification appear to have rounded domes which glow with a soft yet intense white light.

When I go to the Haven, I personally spend most of my time in the God Stone doing various types of work. We first discovered the God Stones on March 15, 2005. I had projected myself to the Haven, and there I found something which I had not seen before—a large stone

standing in the middle of a meadow. It looked something like one of the "standing stones" common in the British Isles, except that it had a somewhat glassy, translucent appearance. I learned that this is called a God Stone and that it is a place where one can do work with Creator in a very direct way. If you can imagine one of the old mainframe computers, God Stones are like terminals into that central computer. Since I was in my energy body, it was easy to step into the God Stone. Inside all was very quiet and spacious, and Creator was directly accessible. Karen, Shakura, and I all began to do our work with Creator inside the God Stones. They have since appeared in many places both near Earth and elsewhere. The more work that is done in a God Stone, the bigger and more powerful it becomes. I cannot overemphasize the value of the God Stones for those who wish to work directly with Creator.

Through much use and the expenditure of tremendous energy on the part of Creator, the God Stone at the Haven has become enormous. At last reckoning it was about a third of a mile in diameter and a mile and a half high. This size reflects its power. We were told that the God Stones are programmed to amplify both communication and work between Prime Creator and whomever is in the Stone, and we found this to be true. Working within the God Stones is truly an incredible experience. There seems to be almost no limit to Creator's power on the higher dimensions when he joins forces with a third dimensional human in that place and that manner. (As discussed in Chapter Eight, despite the dramatic explosion of Creator's power on the higher levels, due to the atomic distortions and extreme density in the third dimension he still has only a very limited ability to affect matters on Earth. Creator has begun the very first stages of work on the atomic distortions, and once he has gained a real foothold here, we believe that progress will be rapid.)

If you want to work in one of the God Stones, you may simply ask to be taken to the nearest one or to the one at the Haven. You can bring with you any masters, angels, or guides whom you might wish to accompany you. Those of us who work in the God Stones with Creator usually have a sense of looking directly into his eyes and holding his hands while we create with him. An even more powerful step is to energetically merge with him and to create a pillar of connection which goes all the way down into the center of the Earth and all the way up to the twelfth dimension. If you can reach your monad you will be connected to the

twelfth dimension. Once this connection is made, simply join your will with that of Creator and command that the desired work be accomplished.

As a final word on the God Stones, there is a set of them at the Haven which contain portals which allow travel to and from the Light Universes. A number of beings, including higher dimensional humans, have already left through these portals to make the journey home. As new beings come in from the unfallen universes and take over the responsibilities held by faithful but weary light workers and other light beings here, more and more of us will be free to return home.

CHAPTER NINETEEN

THE THREE MEDITATIONS OF HERU

At the time that Heru stated his intention to bring his teachings to Earth once more, he gave us three meditations. These techniques are so simple that, at first, I did not recognize their enormous value. There are so many such exercises in our world that a few more could not make much difference—or so I thought. When I actually began to practice the techniques that Heru had brought to us, I was astonished at their power and depth.

Heru has stated that these meditations are safe, even for children, and for people with mental or emotional instabilities. He told us that the first two meditations, in particular, are excellent for anyone who is unstable.

PART I—THE FIRST MEDITATION: THE BREATH OF HERU

Heru, please describe the first of your meditation techniques.

The first meditation is a breathing exercise. In this meditation, you are linking the breath with the hara line. With the inbreath, breathe in and pull energy from below along the hara line. And breathe in "He" [pronounced "hay"]. Breathe in and pull energy, from as far and as deep down as you can reach, up through the top of the head. With the inbreath, bring the breath up through the body as high as you can go. Remember that the hara line is infinite, both above and below. With the exhale, pull down from above, from as far up and as high as you can reach, and breath "ru". And breathe down through the hara line, down as far as you can go.

What is the effect of the "he" and "ru"?

They carry the vibration of me. *[So this meditation also connects a person to you? To your powers, your light?]* Yes. This would be my way to infinity, which of course is not the only way, but it is my road.

Please define the term "hara line".

The hara line is an energetic line passing vertically through the center of the body. It extends beyond the center of the body in both directions, and it is the energetic axis upon which the body is manifested.

Please describe the effects and benefits of this meditation.

First of all, this is the most relaxing of these three meditations, so a benefit of it will be deep calmness. The way of this is as follows: The axialtonal lines extend beyond the body like meridians. They go down through the earth, through the sun, through the central sun of the galaxy and on and on until you reach the Godverse or Omniverse—and likewise above. These lines will also, at some point, go through all of your star ancestry, and you can be linked with this. This line will pass through the planets, the galaxies, the universes that you have originated from. And you may pull down through these lines beings, ancestors, memories, and many such experiences.

Are "he" and "ru" said silently while doing the inbreath and outbreath?

Yes. It is a silent meditation.

How many breaths should one do in a sitting of this meditation, and how long should one take for this meditation?

It is not a matter of counting breaths. It may be practiced any time one is in a quiet space, and there is no recommended length. Even if a person has a five minute wait at some time, it may be practiced then with benefit. However, if a person were to sit and practice it for a half hour or 45 minutes, the meditation can go very deep. So it is flexible in that way, where a person can benefit from a short focus on it, and also by going deeply into it for a longer period of time.

In doing this meditation, I am trying to pull energy from all the way up and all the way down on my hara line, as you directed. However, this effort makes it very hard to relax.

Rather than making an effort, allow the breath to flow easily, naturally, and in your normal rhythm. Pull from as far up or as far down as is comfortable. The effect will still be there.

How often should it be done?

There are no shoulds around this. These meditations are gifts, and because of that I attach no regimen or expectation or value to regularity. Receive them as a gift and enjoy them. There is an endless pleasure attached to them, and over time a great unfolding will occur. If a person were to wish to make this meditation into a daily routine it could be of great benefit, but also it is of benefit just as a casual adjunct when a person thinks of it. Really it is up to an individual's life style and choice as to how deeply they wish to pursue this and how regularly they wish to practice it.

Does this breathing meditation open up the light filaments?

Yes, it does that, and much more.

PART II—THE SECOND MEDITATION: THE AXIATONAL ACTIVATION

Please describe the second meditation.

The second meditation deals with a star tetrahedron, the base of which is at the dantien and the top of which is at the pineal gland. The star tetrahedron is composed of two interlinked tetrahedrons, one pointing up and the other downwards. This form rotates in all directions—up, down, sideways, and so on. As it does so, from each point of this star tetrahedron there is a line of light, a line of life. That is your connection with the gridwork that holds you here. And these lines stretch into infinity. Do not get too into your head as to whether the lines will get tangled as you spin, just spin and feel the energy going out to infinity along these lines.

What is the benefit of this exercise?

It activates all of the lines of the gridwork and accesses all of your multi-dimensionality, everywhere that you exist in this universe. For you may have an atom in your abdomen, where the orbit of the electron extends so far as to extend outside this galaxy—this is how big you are. This meditation enables you to see and feel that bigness. And it again is infinite.

This meditation will also open all of the meridians in the body, and connect them with their infinite source of energy, so that connected with each meridian is limitless light. It connects all of the meridians to the axiatonal grid. Through meridian activation one then becomes consciously connected with all of one's dimensional selves, and the monad.

With the creation of each human soul, and the soul as it embodies in a body, is a portion—not a fragment but more like a holographic portion—of the original force of Creation. And you may access that portion through this technique. That is part of its great power.

Please define "dantien".

The dantien is a point between the navel and the pubic bone, about an inch and a half in diameter. It is a sphere that is the center of gravity for the body, and that when fully activated can resonate with a density comparable to that of the center of the earth. As such it is a very powerful point in the body.

Please define "axiatonal grid".

The axiatonal lines are the meridians that pass through the body. They are not vertical only, although your acupuncturists and so on see only the vertical part of them. When two or more of these lines meet they generate a vortex, and out of that come the horizontal lines. And these lines pass through the body. They do not come from the body—they are infinite in nature, and the body hangs upon them. [*Where do they come from?*] It's as though they don't come from anywhere; they are everywhere. They are our direct link to infinity. In activating them, one supersedes time and space limitations. And it is at that point, when they are fully active, that beings bilocate very easily and can travel through space and time and dimensions at will. Therefore the star tetrahedron that is within each person is not a merkaba vehicle in itself, but it is more like the engine of the merkaba which then can be activated.

What is the difference between the star tetrahedron in this meditation, and the merkaba?

Both have the form of the star tetrahedron, or the interlocked forms of two tetrahedrons. However with the merkaba the tetrahedrons rotate in opposite directions. This one does not counter rotate within itself. In addition, a merkaba is in a sense a travel vehicle. This is not a merkaba; it has a different function and purpose. In fact, it is almost a travel vehicle in reverse, where it will bring the universes to you rather than having you travel to the universes.

What is the special power or virtue of the spinning tetrahedron?

To answer that question would bring up a lengthy description of sacred geometry. It is one of the building blocks of the geometries of creation, one of the sacred shapes, and as such it carries great power.

I felt dizzy during this meditation.

If you find this exercise dizzying, you may slow down the motion of the spin of the star tetrahedron. This is more of a passive meditation than the first one, which is fairly active. In the first meditation you are drawing energy into the hara line and light filaments. The second meditation is more of a passive awareness where you are the observer, and you observe the change in energy as each of these points activates a meridian. As you observe the turning of the tetrahedron and the point of a star touching a meridian, it's almost like a chime being struck. You just listen to that sound or feel that vibration. Let it resonate within you and it will activate the light body. And much can be done with that.

Should I cause the tetrahedron to spin?

Many people will go at this meditation actively and attempt to spin the tetrahedron at a certain velocity. In fact it is better to not pressure the tetrahedron to spin at any particular velocity, but just to observe it. Westerners especially tend to be hyper and want to jump in and make something happen, but that is the antithesis of this experience. The tetrahedron is already spinning at its own speed, and actually is spinning at many frequencies. So whatever speed you tune into will be the appropriate one for you to follow at that moment. At different times as your consciousness changes it will spin at different rates, and there is no value given to the speed of it. Faster or slower is not better. Different frequencies would hit different frequencies within you.

I've been visualizing the tetrahedron spinning here and there and going around in a somewhat random pattern. Suddenly, as I was sitting and reading with it spinning in the back of my mind, it began spinning in all directions simultaneously. In other words, it began spinning in all directions, within all dimensions, so that it's spinning every direction within the Now. When it did that, its sensations also shifted and became much milder. Is this how it should be?

That is correct. *[It is hard to describe this so that people could visualize it.]* I think it is one of these things that you cannot get too much in your head about, as it is not easy to picture it mentally. It is something that you have to experience. So if you allow yourself to experience this tetrahedron and it is only spinning in one direction or dimension at a time that is fine. As you spend more time with this meditation it will open up to deeper and deeper levels. In your case this happened because you have been working with the meditation.

PART III—THE THIRD MEDITATION: THE PORTAL OF CREATION

Please describe your third meditation technique.

The third meditation is perhaps the most mysterious of the three, the simplest, and at the same time the most difficult. You focus on your heart and you just go in, and you go in, and you go in. You bring all of your being in there. And you go in and you go in. You invert yourself into your heart until you come out the other side. And when you come out, you come out into my world. It's almost as if you walk into your heart, and that creates a vacuum, and all of your being gets sucked behind you into your heart. You invert yourself inside out. This is the portal to the great mystery, and in a sense to the secret of all Creation. It is almost like going into the birth of life itself. This is the place that I create from, and it is most wonderful.

Has this technique ever been used on Earth before?

No. Up until this time, believe it or not, it would have been too dangerous to give to humans. Those people who will be using this, who will be attracted to it, will be of sufficient light to be able to hold it without attempting to misuse it. And the gateway has been created to protect those who are not of pure intent from going in the Void. I am immensely happy that this technique is going out. I am very excited, and I feel the response to it will be great—greater than you can imagine.

[Elora:] Heru has several times expressed a combination of joy and urgency about sharing this meditation with the world. He states that it will give us the power to co-create our lives in full conscious choice, as well as to heal and regenerate our world. By giving us the key to enter his world, Heru has provided us with a place from which to create, to manifest, and to make choices. It is time for light-oriented humans to have the power with which to shape our lives and our world.

Since this technique is so powerfully linked to creation: what happens if a person with less than pure intentions goes into that space, will they be able to create bad things? Also how about people who are unstable?

It will only open up for people who are stable to a certain degree. Someone who is depressed, that is no problem. Someone who is even

bi-polar, that is no problem. But for someone who is schizophrenic or psychotic, the portal just won't open up. It is up to me whom I let through that door. *[How about people who are negative—does this apply to them as well?]* Yes, it does.

You said: "It is up to me whom I let through that door." This implies that you have control of this space. Is this a space that you created from within the Void? In other words, is it a portion of the Void that you have qualified in some way?

That would be a good way to describe it, yes. Hence my calling this place "my world". *[With what qualities did you qualify it?]* I don't know that they really are separate qualities from the rest of the Void. It is more that it is under my domain and therefore I have, as I said, control over whom I let in. This applies not just to humans. If you were to call one of the fallen to come in there, it would be up to me to let them in or not, depending on the work you were calling them in there to do.

I am present in every part of that Void that you would go to. Through my gateway, it is my domain; and therefore the work that you are doing in that domain is under my tutelage and by my permission. This is the technique in which I am the most actively involved.

When I inverted myself through my heart as per your instructions, it felt very much like turning a rubber glove inside out. First my torso and head went through, and then my feet. Would that be a good analogy to help people understand this meditation?

Yes, that is a very good analogy. *[Sometimes I feel as if I'm part of the way into you world, but not completely.]* When this occurs, state three times, "Heru, take me entirely into your world." Then you will be all the way in. *[Note: This works! If you find yourself partially drifting out of Heru's world, you can also use this affirmation.]*

This meditation was much easier than I thought it would be. It felt like I went into a deep, black void, except that I could think, which is unlike the Void I usually go into. Normally when I access the Void, any thoughts will bring me out.

Yes, you are correct, and you were there. In this meditation, unlike other techniques of accessing the Void, you take your whole self in there. When you have been going into the Void using your other technique, you have in essence not taken the mind with you. In this technique you are able to do so. You may work in the Void and do the work that you do from the Void, still having mental clarity and activity should you desire to use it. It makes it a much more versatile tool.

Also, entering into what I would call my world, there is the ability to think clearly and act in spirit outside of your personal coloring and concepts and everything that you consider you, outside your personal identity. And that makes this an incredibly potent avenue and a wise place from which to make decisions. This is a wonderful place from which to gain perspective of the greater reality, because you really stand outside of time, space, duality, karma, and this world, and can truly see freedom.

I was working with you in your world, holding a visualization. However, my mind drifted and therefore I was polluting the visualization. So I stopped and did it again, and again my mind drifted. Why did this happen? And did this ruin my visualization?

It is a matter of practice. Because you can go in there with your mind, this makes it a more versatile tool than the technique you have been originally using. The fact that you take your mind in there is a double edged sword because yes, it will wander. And with practice, you will be better at it. But do not concern yourself if your mind wanders and your images become somewhat distorted, that you are diluting or destroying the original intent. For at the point that your mind wanders, you lose the power that happens in the Void. So as you lose the power you also lose the power to distort it; you are just drifting off. Let it happen and bring yourself back.

Once I got fully in, I was surprised to notice that it was easy to stay in your world, and I didn't want to leave. I looked around and noticed several things. One was the door into your world, the one that I had passed through. It seemed to have concentric rings, almost like a sphincter muscle, or the throat of a flower; and I saw purple and other colors, whereas there is no color in the Void. It also seemed that I could see beings passing by the door, and sometimes trying to get in. But I don't think I saw anyone enter while I was there. Was I seeing correctly?

Yes, that is a very good description of it. *[Could we say that door is a portal, and you are the guardian of that portal?]* Absolutely.

PART IV—MANIFESTING AND CREATING IN HERU'S WORLD

Would you please speak about the process of manifesting in your world?

The best way would be to have a clear intent before going in, perhaps one issue, idea, or desire per session. That would be easier than coming in with a whole list. State your intention as clearly as you can within the void, and that is sufficient.

Should it be repeated, condensing it into a point? I noticed you doing that with an intention I stated.

I will do that if the issue or idea is not sufficiently concentrated. The more emotion behind your manifestation—and I mean this in the sense of a true emotion, not as in "being emotional"—and the more concentrated the intent is, the more powerful the manifestation. So if somebody comes in with an idea that they have, which takes them a paragraph to state, I will work them into that fine concentrated point for it to have greater power. *[Perhaps that would also work well with something that is a bit abstract.]* Yes, and for that type of issue this is a very effective way to do it.

How about visualization?

This can be done also. For each person it will be somewhat different, and for each issue it will be somewhat different, so a great variety of things can be experienced in there.

How about the problem of limiting belief systems, which can stop a manifestation from occurring? The last time I was in your world, I felt that you were working on my head to help me with this. What did you do?

Restructuring of belief systems and uncoiling some fear. I believe that when you approach certain issues that have been fearful for you in the past, you will find a difference now. It would be good to take these issues for a test drive and see where there are still aspects of fear and resistance; and if there still are some then we will work again. *[Is this something that you will also do for any person upon request?]* Yes.

Unless I've been mistaken, Heru, you have appeared the last two times I've been in your world, and you helped me somewhat with my creations. Is that true?

Yes. That is part of this process; I am very active in the Void being a Creator God. And this will teach people the ability to truly consciously co-create their reality.

Please tell us why something we create in the Void doesn't manifest in the physical, and what we can do to change that.

Remember that you are living in a world with tremendous amounts of interference. And so with that premise, it is not always going to be successful. All I can say to that is to work at finding interference, clearing interference, and then trying again. *[What types of interference should we look for?]* Interference manifests on every level. It is dark beings, it is unconscious thought, it is the dark, it is everywhere. It does include any self sabotaging, subconscious thought forms. And just remember that the dark beings cloak themselves and travel on many dimensions, and are many shapes and sizes.

I have been feeling the created thought as being in the present, while in low alpha, with emotion, and trying to do this every day. You said there were other ways of doing it. What are they?

Emotion is definitely a very powerful component to this, and it is my feeling that heart centered emotion and heart felt emotion give weight and power to the creation. What I'm going to give you is more of an allegory than an actual step by step procedure. Take the longing for this creation, for what you are creating, and really identify that longing. Place it in a chalice, a very pure vessel, and offer it up to the Creator—and then ask for it back again. For this longing has great power, but it is when we offer it up to the highest good that it then becomes something pure and not conflicted. However you would want to stage that procedure would be fine; it is the intent or the heart of it that is important.

[Elora:] As a final note to this chapter, we have learned that it is possible to enter another space which is known as Creator's world. To enter this domain, first go into Heru's world. Then once again travel inward through your heart. However, this time do not invert yourself. Creator's world is calm and restful with a great deal of love energy. It is a wonderful place from which to work with positive affirmations or visualizations, especially if you go into a very deep meditative state. You can also use the same techniques for creating and manifesting that Heru described in this chapter, and Heru has told us that creations done in Creator's world will manifest faster and more strongly. Another possibility is to invite Prime Creator to join you in Heru's world and assist you

there with whatever you wish to manifest.

CHAPTER TWENTY

ASCENSION

Ascension has been a rare event on Earth, yet we are told that it will become far more common in the near future. In order to get guidance about ascension which would be most useful to humanity at this time, we chose to speak with Sananda. Sananda went through the ascension process more recently than Heru did, and he has also been working closely with humanity as an Ascended Master. The term "light worker" in this material is used to denote a being who came here from a light universe for the purpose of helping to transform this universe. This chapter has been revised and updated for the second edition of *The Return of Light*.

PART I—WHAT IS ASCENSION?

Sananda, would you please define the term "ascension"?

I would define ascension as the reunification of all of the aspects through all of the dimensions and through all space and time. For a person in a state of ascension, it would not matter if they had a form in the third dimension or not. It would only matter that all of their aspects be in harmony, in communication, and united with both the monad and God. At that point, there is no barrier between the dimensions or between time and space, and everything that humans would call miraculous is possible.

Would your definition of ascension be the same for people in the dark and light sectors?

It is essentially the same in the dark and light universes—it is just far more difficult here. And in the unfallen universes, ascension does not exist separate from life itself. For everything is ascended in the sense that there is no disconnect between the higher and the lower dimensions.

It is a seamless flow of constant communication and energy.

Is ascension a specific event that occurs at a given time, in which the ladder of aspects is reunified and united with the monad?

It is a specific event. *[And does that event require an intense kundalini experience which propels the third dimensional aspect upwards, so to speak?]* That is the most normal path for it to take. However there are times when a person, instead of exploding upwards, in a sense almost explodes outward in all directions into unity or God consciousness—that is the closest term for it. This is a rare occurrence, and when it happens it just happens. I don't think anyone needs to anticipate it being one or the other.

How does this ascension event occur if a person is going to ascend from a higher dimension?

It would essentially look and feel very similar. All of your higher aspects have kundalini, basically structured in a similar way to humans on the third dimension.

Sananda, in a conversation with one of the archangels, he stated that the details of ascension are different, but that (in this sector at least) in all cases the common denominator is an overwhelming love that lifts a person to the next level. Would you agree with this statement?

Yes, I would.

Would an important prerequisite be for a person to reach a state of readiness where they can be receptive to that degree of divine love, and that they have achieved a state of spiritual maturity?

Yes, but remember that what we might call ascension fever is going to become very contagious, and it is wise to not hold judgment around a person, saying that they are not mature or ready. It is one of the great mysteries, for as it says in the scriptures, the hour of my return is not known. The hour of quickening within a person is not known. It is said that when a lake freezes, it will essentially happen in an instant. Many hours of cold have prepared the water for that magical moment when it crystallizes into ice.

When a person has reached that state of receptivity and openness to divine love, is it then receiving and/or expressing that love which leads a person into a state of ascension?

I would say more that the desire leads, but the path will be that giving and receiving.

Please speak about this particular love which is so powerful that it propels a person to ascension. Is it like the blissful love for everyone and everything that is experienced by many who are enlightened, or is it a very specific and very personal love for either Creator or one's twin?

It is more or less a marriage of both that will sometimes overtake a person unexpectedly. In a person who is experiencing enlightenment, that additional passion will arise. I know that some of the Buddhists teach the importance of being in a state of detachment. There is an element of detachment from the world that is needed, and a certain amount of detachment from a particular idea of an experience that a person might have. But there arises, at the time of ascension, a passion unlike any other. And that will bring the forward motion or upward motion, as you might call it.

Can you say more about this passion?

This passion actually comes from Creator. It was inserted within us at our inception as a soul. It is within every aspect of our being. And the switch—who controls the switch that turns this on? It is controlled by Creator. The timing of the event is controlled by Creator. Requests can be made, dialogues can happen where there is a give and take with Creator. But the timing is Creator's. It is a mystery, and beyond that I don't know that I can say much.

Are you correlating passion with that love that propels a person to ascension?

Yes. It is a passionate love, it is a fire, it is a burning desire for reunification with Creator or the twin that nothing else will quench. *[A love so overwhelming that it's almost as though you can't feel anything else?]* Yes. In essence the world disappears. *[Can one also ascend through the passionate love of nature and seeing the unity of all things that you have called peaceful ascension?]* Yes.

Are most people aware of their time of ascension? Or will it be a spontaneous happening?

Many people will not know ahead of time. They will suddenly find themselves on fire.

Why would a person want to ascend rather than just die and reincarnate onto a different dimension?

If a person dies and reincarnates on another dimension, they will essentially have their old awareness intact and would recreate their reality based on the framework of their consciousness. So even though they

would be on another dimension, they would still be the same old self, the same old person, that they probably didn't like very much on the third dimension.

What happens to the consciousness when a person ascends? How does it change?

So much happens that perhaps that is the subject of another book. Everything changes. Where do I begin? *[Issues, emotional issues.]* Speaking personally, I can't say that they are all completely gone. There are still some scars from the torturous path that I have walked, but they are not me. They are not what I hold in here *[gesturing towards his heart]*. It is almost as if they are down at the hem of the garment I am wearing, and the hem is slightly tattered.

It is an upliftment, a total transformation of consciousness?

Both. It is seeing through the eyes of God, it is the seeing of God in everything.

When we ascend and leave this dimension, does our physical body dematerialize or does it remain as if we had simply died?

Most of the time the body is left behind. You will see this with many of the Tibetan monks. They pass out of the body and their bones will carry the electric charge of that ascension, and so are held as sacred tools. *[When the body is left behind, the soul essentially just leaves the body?]* Yes. *[So what some teachers call "ascending the body" is not necessary for ascension?]* Not at all. *[Is there a choice in this?]* There is somewhat of a choice, but I would say that taking the body along is a far more challenging and demanding process. It is felt that unless there is a compelling reason to do so, it is not worth the effort.

Is it possible to ascend and remain on third dimensional Earth in a light body?

Oh yes. It has been done.

What would that be like? Would one eat, drink, be able to interact with others?

At will, as they wish. *[Could others see you?]* At will *[the ascended person's will.]* *[Would one be able to travel interdimensionally?]* Oh yes.

It is our understanding that some light workers will ascend from here, whereas others will return to the light sector and ascend from their home universe. What are the pros and cons of ascending here rather than

returning to the light sector and ascending from there?

I'm not sure there is a whole lot of difference ultimately. The person who ascends in the dark sector will be ascending from very familiar ground, but that ground contains much distortion and negativity. Returning to a light universe, to one's home universe, may pose some adjustments prior to a person's ascension in terms of integrating and relating to those in that area. In either case, the process may feel somewhat similar. Ascension means leaving behind the familiar distorted Cinderella ash pit that you have all been living in, whether that ash pit is within yourself or within your environment. Essentially distortion is distortion, and when you ascend you leave it. You will carry it with you until you ascend, whether that happens here or in a light universe.

You're saying if we leave here, we will carry distortions with us to the light universe? I thought we had to be cleared before we entered the light universes.

The dark part of the distortion will be cleared, but the impressions of it will remain.

This brings up an issue we've discussed—that of integrating back with humans and other beings in the light universes. Do you think this will be difficult due to a lack of understanding and common experience?

This implies that the membrane which separates humans is impermeable. However, it is not. Therefore when you meet someone in the light sector, when they interact with you they will merge with you and will take on the understanding of who you are. They will not necessarily take on the burden of all those experiences, but there will be more osmosis than you are imagining.

Sananda, as we embark on our homeward journeys, and as people reclaim their memories, the issue of self forgiveness is going to be a huge one. We have all done things, terrible things. How do we forgive ourselves?

That is an excellent question. Understand first that Prime Creator has no concept of non forgiveness. And so using as a platform that unconditional love, that total acceptance and forgiveness, that total nurturing of the cosmic parent—use that as your platform for self forgiveness, for you are a part of that which created you. I think in essence it's that simple. It is the understanding that you are not separate from the Creator. Even though you may have lost your awareness of that connection, it is still there.

PART II—THE DIFFERENT PATHS OF ASCENSION

Sananda explained that there are essentially three types of ascension: solitary ascension, twin flame ascension, and peaceful ascension. Because he gave us so much material on these different paths, I have chosen to summarize some of it below.

In all of the paths to ascension, Sananda tells us, there is a tremendous magnetic pull towards union. In twin flame ascension this magnetism occurs between the two twin flames. Solitary ascension is experienced through a direct union with God, and the magnetic pull for this path is the soul's longing for union with God. In peaceful ascension, which is the culmination of what is commonly called enlightenment, a sense of union is experienced with all of Creation and God is seen in all life. With all three of these paths ascension ultimately occurs through the intense propulsion of a kundalini event, acting almost like the booster of a rocket and propelling the third dimensional self into union with the higher aspects and the monad.

Let us look more closely at each of these paths, beginning with twin flame ascension, which Sananda describes as arising from "a magnetism that is so strong that it is irresistible, inevitable." In this type of ascension, the kundalini experience occurs through an intense energetic merging, sexual or otherwise, with one's twin. Karen was given a vision about twin flame union, which she relates below.

[Karen:] Prime Creator spoke of the fact that the twin flame dynamic is one of the most powerful creative energy sources in the entire Creation. Creator described how so much of this Creation's movement is based on the magnetic flow of energy that comes from this dynamic. From the microcosm to the macrocosm, the twin flame energy is the engine that moves so much. It is like a giant organic machine that creates much of the movement throughout all the dimensions.

I was taken into this energy. It looked something like a multi-dimensional, undulating caduceus. Two images came to me to describe this. The first was of two trains that are on the same track. They leave the station, going in opposite directions, traveling some distance from each other. At a given point they reverse direction. When they meet, instead

of crashing they begin to merge and pass through each other. As the two trains go through this process, they exchange experience and energy atom by atom—each particle finding its mate, and merging and exchanging energy. The trains complete this process yet their momentum never slows. They reach the point of separation; they continue until the appointed distance is reached; and again they reverse and repeat. It is somewhat similar to the oscillation of a pendulum.

The other image I received was of two dancers doing a tango. Again there is the back and forth motion. But in this metaphor, the dancers always maintain at least a finger of contact. They swing out as far as they can go without losing touch, then the magnetic energy pulls them back towards each other. As they swing back together into an embrace, they again pass through each other, with each atom and each molecule exchanging energy and experience with its twin.

There are people who feel drawn to the path of twin flame ascension, yet due to the twin flame rift (as explained in Chapter Twelve) many people have become separated from their twins. In some cases the twin may not be incarnated on this planet, or may be on a higher dimension. Sananda suggests that if you are seeking your twin, first make contact with your own monad and then connect with the monad of your twin, expressing the desire for contact to be established. If you know your twin but there has been conflict or disharmony, until this is resolved you can work with one or more of the higher aspects of your twin. As the twin flame rift heals, there will be a tremendous re-uniting of twin flames. For those of us who are constructed as twins, in most cases our twin flame reunion is way overdue and these reunions are expected to be correspondingly intense and fulfilling.

The path of solitary ascension is parallel to twin flame ascension except that union is experienced with Creator instead of the twin. Sananda states:

The magnetic energy is very similar, however the pathway that the energy travels is different. The pathway of twin soul ascension leads through a dance with the twin. The path of solitary ascension would have Prime Creator as the partner. It would look somewhat different, but the end result would be essentially the same.

The path which Sananda calls "peaceful ascension" elicited many questions, as it has much in common with what is known as enlighten-

ment. When we asked Sananda to describe peaceful ascension, he replied:

Peaceful ascension would be where a solitary individual, rather than having that magnetic energy focused on Prime Creator, is focused on seeing Prime Creator in all of Creation. It is where someone would be in nature and experience the unity with all that is.

It seems that enlightenment and peaceful ascension must be two different things, because ascension is a specific event while enlightenment can be a very gradual process and can involve many stages. In addition, enlightenment does not necessarily involve a kundalini experience.

When ascension occurs through peaceful enlightenment, while it appears not to have a localized sudden kundalini event, what will happen is that a person will begin to see Creator in everything, including the self. They will begin to have an expansive awakening which corresponds to an enlightenment experience. Then, as time goes by, that awareness and that holding of enlightened or cosmic consciousness will begin to intensify, eventually leading to what would be akin to a kundalini experience except that it is not localized in the pranic tube. It would be equally as intense, but it may build more gradually and not be so localized.

So we could say that enlightenment leads to peaceful ascension, and it's a gradual build-up?

Yes. And enlightenment can lead to any of the different kinds of ascension, but most likely to peaceful ascension. It is almost more a matter of awareness than actual differences. In all of these types of ascension, you are creating a momentum and a vortex of energy. With solitary ascension, you are focused on a very tight vortex within your body. With twin flame ascension, the focus becomes the two. With peaceful enlightenment, the awareness is expanded to where it encompasses an entire area. Imagine a tube torus, a doughnut shape of swirling energy. Solitary ascension would be focused only on the column of energy in the center, whereas the expanded peaceful ascension person would be focused on the entire doughnut of energy, a much wider space. They would not experience that focused shooting of [kundalini] energy, rather they would be experiencing the entire movement of energy which would go out in a very expanded way.

Please describe how a person can become enlightened.

There are many kinds of activations. Some are spontaneous, some

are generated by teachers on this planet, and some are activated by ascended masters.

Regarding an example of enlightenment through another person, it is hard for me to say that a person may receive enlightenment from this teacher or that, because I would caution people that in general there are strings attached. Each one of these teachers brings more or less of the integrity of the original teachings to the students, and there is some measure of benefit to that. But I would, at this time, caution people about relying upon a teacher.

I would also say that anything these masters or gurus or priests offer can be attained without their help. *[By going directly to Creator?]* Yes. *[So someone could ask Creator for an enlightenment activation?]* Yes. Remember that Heru said this direct communication with Prime Creator would change everything.

As far as spontaneous awakenings, these are generally orchestrated by the monad, and have been planned for more than one lifetime to bring together many components to bear upon a single moment. Therefore people might find themselves in the midst of a favorable astrological configuration, in the midst of a favorable environment in nature, and at a time in their life where a feather could push them into it. There is no real way to orchestrate that from the third dimension and make it happen at any particular time.

You could petition your monad for an awakening. However, if you are ill prepared for it, some disruption can occur. Mental hospitals are full of people who have had premature kundalini risings. Perhaps some of you know of people in this situation, or have experienced yourself the disruptive, out-of-control feeling that this generates. Therefore I would caution that great care be taken in that request. But if you are a person who has done a good deal of work and you feel that you have a good handle on your whole being, it may be safe to proceed. Look within to see if you feel psychologically sound and stable, if you feel integrated, if you know something of your past, and if you have looked at your shadow enough that if anything surfaces with this awakening it will not be a total shock. If you feel you are in that position, ask your monad now.

PART III—REQUIREMENTS FOR ASCENSION

Due to the fallen nature of our planet, in the past ascension has been a task so arduous as to be virtually impossible. In fact, according to Sananda, to date only a few thousand humans have ever achieved true

ascension. (He explained that, particularly in certain Eastern traditions, there have been false teachings of ascension. Those who followed these paths have ended up trapped in a pleasantly static but stultifying environment somewhere between the fourth and fifth dimensions.)

Due to the reclamation of our universe now in progress, ascension will become more and more available, perhaps even inevitable. The detailed manuals and arduous practices designed to prepare us for ascension will become less and less necessary. Sananda states that the ultimate guide for each person in the ascension process is the monad. "Ask your monad," he says. "The monad will make it happen."

In terms of requirements for ascension, Sananda told us that it can occur from any dimension, not just the physical plane. A person may die, leave the third dimension, and ascend from a higher level. Some of the light workers who are deeply exhausted, physically and spiritually, may find this to be an easier choice.

Ascension, however, does require that all of one's aspects be light and be in a state of readiness for this event. (Please see Appendix, "Tools for Returning to Light", for those who feel they may have dark aspects.) Light workers who came here from the light sector and choose to return home to undergo ascension will also need all their aspects to be light before departing this sector. Sananda reassured us that much help will be given when needed, so that all aspects of a "ladder" can return to the home universe together.

Much has been written about the prerequisites for ascension in terms of the physical and subtle bodies and the chakras. Sananda told us that a strong physical body is not necessary. If the body is weak, the intensity of the ascension process may cause death. In other cases, even people who were quite ill were able to remain in the body in an ascended state.

Where the subtle bodies are concerned, the emotional, causal, mental, and light bodies should be in good condition. Again, Sananda told us, great strength is not as important as "quietness and integrity". By this he means that everything is lined up and in agreement, and that the fabric of the energy bodies is not being pulled and distorted by external desires and attachments. As one approaches the ascension process there is a drawing inwards, a letting go of external interests and responsibilities, much as a person would do when approaching death.

The light body is defined as "the carrier of the frequency of ascension" and is considered the most important of all the subtle bodies, for it encompasses and uplifts the others. Sananda describes the light body as a gridwork-like structure which is formed of the meridians and light filaments, and is essentially the basis for the physical and other bodies. Therefore everyone has a light body, and for those who desire ascension it is a matter of connecting with this body and activating it. It is possible to travel interdimensionally in the light body, which could be considered one's own personal merkaba. The light body is the body which we move into upon ascension.

One technique which may be of assistance on the ascension path is vertical alignment of the chakras. The chakras look like a double cone or funnel, and normally (except for the crown and root chakras) these cones point towards the front and back of the body. When the chakras are vertically aligned, the forward-pointing cone rotates to face up, and the one facing the back rotates to face downwards. Sananda told us that vertical alignment of the chakras will happen automatically as the ascension process occurs, however it is possible to use intention or intercession from the monad during meditation to create this vertical alignment. Vertically aligning the chakras enables a person to have a much more direct contact with the monad, to access all that the monad can do and know, to tap into one's akashic records, and to reprogram one's life to bring it into greater accord with the original blueprint. This is a very powerful technique, but Sananda cautioned that, when not actively in meditation, the chakras should be allowed to resume their normal horizontal alignment. This alignment is necessary for interaction with the world.

PART IV—CONVERSATION WITH AN ARCHANGEL

In June of 2005, Shakura had a conversation with her archangel companion regarding changes that are occurring with the process of ascension. Until very recently there had existed an "ascension barrier" that prevented most people from even considering ascension as an option. This barrier has now come down and therefore ascension is much more attainable than ever before; however, at the time of this con-

versation the barrier was still standing. Shakura was also told that newly arrived archangels were here to assist in bringing that barrier down. Below is some of the dialogue between Shakura and her archangel friend, describing that process and the benefits of the barrier's elimination. If you wish to avail yourself of help from the archangels and other beings who are assisting humans to prepare for the ascension process, call upon the Masters of Ascension and request their assistance. Sananda also spoke of these beings during our conversations.

[Shakura:] What can you tell me about the ascension barrier and how are these new archangels breaking it down?

They're breaking it down in that they're dispersing a type of consciousness about ascension. Their goal is to change the stigma about ascension that has existed here for so long, such as the belief that only yogis and the extremely mature spiritual person can ascend and that the common person can't—that ascension is out of their reach.

How are they doing this?

They're putting it in people's minds at night. They gather together people who want to begin the process of ascension, or who are in the process but not yet aware of it. Then, on a subconscious level, they begin instilling into these people the knowledge of their aspects and monad, and begin bringing them into a greater awareness. They are creating a huge thought form that is being sent throughout the planet and the universe and they are tapping people into that thought form. The larger the thought form and the more people who support it, the more that barrier will go down.

These archangels are also willing to develop the subtle bodies of humans for ascension. They have schools at night, which you are attending. In those schools they are teaching about these bodies and how to quickly develop them. In the past there were never beings who helped develop the subtle bodies for you, like we now have. Before this people had to meditate for years to clear themselves enough to get to the point where they could develop their bodies. But now, even karmic issues and gross emotional dysfunctions can be cleared by these beings.

What do you think is the main reason the process of ascension is changing so quickly? Is it because of these beings who are helping to clear us?

It's more than that. Bringing down the various barriers [the dark fre-

quency fences, the separation between archangels and humans, etc.] is of huge consequence. It allows so much light to enter, and that light is part and parcel of helping people clear. In addition Creator is dissolving karma, and therefore many more people are able to reach beyond their karma and attain goals that before would have taken lifetimes to attain.

With the dissolving of karma, or at least much karma, and the bringing in of such huge amounts of light, ascension is much more attainable now. And with these beings who are willing and able to develop the subtle bodies, it will not take much more for the ascension barrier to break down. There will soon be enough people to barrel through it, and once that occurs there will be a freeing of the souls on this planet. That will be a wonderful, magnificent thing.

What happens in the light universes when a person ascends?

In a light world what happens is that a person reaches a stage in which they sort of experience a fullness or a state of completion. I can't really explain it, but something within them becomes full to the point of needing to break out and go into another stage. When that occurs they will usually go through an ascension. It takes them to the next level. And I might add that many people who leave this sector will be ascending not here, but in the light sector.

But what is that something that brings them to that completeness? Is it usually a twin flame?

In the light sector, yes. But there are other things that can do it also. In this sector it is the love of another, to the deepest level, that often brings this about. It is the love of God, experienced in another, or in God himself, or in nature. But it is the love of God, however one experiences it, that drives them and brings them to such a great form of completeness. It is an overwhelming love, a love that is beyond anything else. And once they experience it, they are propelled beyond themselves and into another form or level. They become complete within themselves, within their aspects and their monad.

So you're saying that even in a light world people are not always complete with God? They still have to grow towards him?

They are complete in a sense, because they always are aware of God and God is always with them. But that exquisite love—the peak of God's expression towards his Creation—is something to strive for. It is often experienced with one's twin, because rarely is there a love greater than that. But it is also experienced simply by being with God. God can become the twin or lover, and blessed is the person who experiences

ascension through a joining directly with God.

You said that not everyone will be ascending from here, but will ascend in the light sector. How does this apply?

When this barrier comes down people will be able to leave this sector more easily, and even though they are not prepared to ascend at this time, they may go home and ascend then. It will be much easier for them then.

So if there is an "ascension barrier", why would people be able to leave more easily, even though they aren't ascending?

You might think of it this way. Ascension is the process of joining back to one's God Self—integrating back into the love of God. Even now some are ready to do that and soon will in their immediate future. But others will wait a while and do it later. They may go home and ascend from their home universe. Or even if they remain in this universe, it will be easier to ascend from here but in a different dimension where density is not so stifling. In either case, it is something that can be done without great distress and in a relatively short time. It doesn't matter where they do it, as long as they know it is attainable and can be relatively easily accomplished.

PART V—ANIMALS

Sananda, do animals ascend, and if so where do they ascend to?

They would ascend into their group mind and collective. *[Do they lose their individuality in so doing?]* Partially, but not entirely.

Do they ascend into humans?

No. *[Then where do they go, what is the next step for them?]* The best way to describe it would be that they become a universal archetype of that animal. You could say that at one time Bast [the Egyptian cat goddess] was a kitty in somebody's living room, and now she has become a cat goddess. *[So for example, my three cats will ultimately be cat goddesses?]* Yes, each embodying the greatest of their personal qualities.

Do animals ascend, or progress, from wild to domestic?

Some do and some don't. You must take that in the perspective of this being a fallen world. In the unfallen worlds, there really is not a distinction made, there is not a disconnect between nature and civilization. And that disconnect causes you as humans to fear nature, consider it

wild, be threatened by it, wish to control and destroy it.

Do animals ascend from one species to another?

They do not. *[I read a story in which a woman who owned a guinea pig followed this animal psychically through the death process. The guinea pig decided to become a raccoon.]* That will occasionally happen, but the guinea pig will never permanently become a raccoon. They may visit for a life or two. But they will always revert back to their original type.

My dog has incarnated to me three different times in my present life. He is so gentle, mature, and aware, that if a dog ascends I believe he would be such a dog. I cannot stand the thought of him reincarnating into an abusive home. Please tell us what happens to animals such as him once they die.

This is a frequent occurrence, that an animal such as your dog who has a long history with you—not just in this lifetime, but in several—will seek you out time after time, and you will seek him out. The bond between you is very strong. As he approaches the end of his life, you may wish to ask him if he wishes to come back again, or you may wish to talk to him about your preferences. Would you have him come back again? And you may set some goals. *[And if he is not to come back, where would he go?]* He would stay in the canine group mind.

Can you explain a bit more about what happens to an animal when it ascends, in terms of becoming an archetype? What does this mean in practical terms for the individual animal?

Animal species are somewhat of a group soul, having greater and lesser degrees of individuation. The animal souls who have the greater degree of individuation and the greater degree of maturity are the ones who tend to reincarnate into a person's life again and again, and have that soul connection. Let's create a metaphor, that of a sunflower, to describe their maturation process. Initially the seeds in the sunflower are in an immature, non-individuated state. You can see there are individual seeds but there is really not much difference. The skins around the seeds are very soft and light colored, and the blossoms have just fallen away. Then, as the days go by, the seeds grow larger. They develop pigmentation and strength; and at a certain point they are somewhat released by the flower head so that they are easier to pry out. It is at that point in our analogy that these mature animals would be more autonomous.

When an animal such as a cat ascends, they become somewhat like the flower head for a whole new gathering of immature cat souls, which would all radiate those same qualities. *[It's almost like becoming a monad?]* Yes, like a cat or a dog or a horse monad. So if your cat Vega were to ascend, you would begin to see many Vega type cats born on this planet.

Let me say this also: there is a curious bond between domestic animals and their owners. And therefore it would take a mutual readiness on both their parts for that animal to ascend. There does need to be the animal's maturity and autonomy, and also the readiness on the part of the people that it has bonded to—their willingness to see it into completion, to let go.

Isn't there a relationship that occurs between spiritually mature humans and the animals that come to them, some sort of symbiotic relationship in terms of growth?

We draw to us companions from the animal kingdom that we have an affinity to. Like attracts like. Therefore less evolved people would tend to attract disharmonious animals to them as an outward reflection of their emotional imbalances. For those of you who have done a fair amount of self work, you will tend to gather to you those animals that would reflect your greater sophistication and harmony. And animals can serve as gateways to other realms. I think I will leave it to you to ponder that statement. Looking at the quality of the animals in your lives, think upon what world that animal could usher you into as a guide.

When we ascend, do we have any sort of influence over our pets? In other words, if I ascend while my dog is still alive, can I help him ascend or take him with me, or somehow prevent him from having another third dimensional life?

Yes. You may communicate with him and ask him what he wishes to do. Depending on the animal, some have two or three humans that they feel comfortable incarnating with. If that is the case with him, he may choose to come back to one of his other friends.

PART VI—SANANDA'S OWN JOURNEY

We would like to speak of your own ascension for a moment. First, are you and the one whom we know as Jesus essentially the same being?

We are one and the same. Sananda is my name on the higher planes and it is how I am addressed by masters on the inner planes.

Jeshua was the name that I bore in my last incarnation here. However at his ascension we essentially merged. Before that time there was a great deal of communication back and forth, but there still was some degree of separation between us.

Heru stated that your crucifixion was a demonstration of what happens when an Ascended Master attempts to introduce light into this world. Did you not plan to be crucified and did you not agree to such a death?

I knew that it was a probability, and yes, I did come willingly, knowing that was a probability. Would I have preferred a different outcome—yes, you bet. I could have chosen a more private ministry, but it was asked of me to do a very public ministry in which the teachings and the miracles could not be wholly denied. And for that it was deemed that the risk and the sacrifice were worthwhile because of the benefit of the teaching.

Was it your plan or your hope to have a much longer ministry, teaching and healing and spreading light?

It was my hope. Plans were laid out for me to have an extended and extensive ministry. However it was not thought that I would get very far.

Did you, in fact, die on the cross and resurrect your body? Or did you go into a deep coma from which you recovered, and then ascended your physical body by transmuting it into a light body?

I was fully dead. I came back into a somewhat decomposed body and resurrected it. And then ascended it.

Some say that you lived on for many years and bore a number of children, who founded some of the royal houses of Europe. Is there any truth to this?

I bore one daughter. And yes, she founded some of the royal bloodlines of Europe. She was conceived before the crucifixion and was born afterwards.

APPENDICES

GLOSSARY

The definitions below pertain to the way various terms are used within this book. In the field of metaphysics there are no hard and fast definitions; other authors and teachers may use different words for the same concepts. A number of the terms below may be unfamiliar even to the metaphysically astute reader, so we suggest that you peruse this page before reading the book, or at least refer to it when you encounter an unfamiliar label. The definitions below are mostly direct quotes or paraphrases of material given by Heru, although Sananda contributed the one for ascension.

ASCENSION

Ascension is the reunification of all of the aspects through all of the dimensions, through all space and time. For a person in a state of ascension, it would not matter if they had a form in the third dimension or not. It would only matter that all of their aspects be in harmony, in communication, and united with both the monad and God. At that point there is no barrier between the dimensions or between time and space, and everything that humans would call miraculous is possible.

ASPECTS

Aspects are essentially "selves" in other dimensions. Most schematics show twelve dimensions in our Creation, with the monad residing on the twelfth or highest dimension before Source. In order to gain a wider range of experience, the monad projects itself into other dimensions. This involves a stepping down of vibratory rate, and manifesting forms [the aspects] into lower dimensions. Each dimension, or each rung down the ladder, so to speak, would represent a hundred fold decrease in the vibratory rate of existence. Each aspect has a great deal of autonomy and individuality within the basic prismatic structure of that being. They will all retain similar qualities but will have a good deal of variation

in life style, interests, what they do, and so on. Usually there is not an aspect on each dimensional level, so that if a dimension were skipped—such as going from a tenth to an eighth dimensional aspect—that would be a two hundred fold decrease in vibratory rates.

COSMIC PROGENITORS

Cosmic progenitors are a specialized group of Creator Gods who are capable of creating souls. Heru and Durga/Sekhmet are members of this group.

CREATION

Creation is the manifested will of Prime Creator. It is a vast system of universes and is structured in the form of a flower with Prime Creator, or the Godverse, being the central source around which the petals of Creation bloom.

CREATOR GOD

A Creator God is a being who is capable of taking the stuff of Creation, the plasma from Prime Creator, and manifesting it into form. These forms may be as large as universes and may be as small as micro-cosms.

DARKNESS

What Heru calls "the dark" is a non-souled, non-living substance, antithetical in structure to the basic life inherent in every atom of Creation. Darkness is essentially a reversal of the codes of life. It has the tendency to permeate anything that it touches although some beings have been able to resist it, at least in maintaining the purity of their spirit. A possible analogy is a computer virus, which is non-living yet has the capacity to corrupt, distort, and destroy whatever it encounters, and also has the capacity to replicate itself.

For an ensouled being who has fallen due to exposure to the dark, Heru defines "darkness" as the willingness to impose one's will upon another being.

ENLIGHTENMENT

Enlightenment would be a dissolving of the barriers, or the removal of the dark, that keeps one separated from their highest self, and the cer-

tainty within that the connection with God is eternal.

FREQUENCY FENCES

Frequency fences are barriers created by the dark in order to stop the flow of energy, travel, and communication between this fallen sector of universes and the rest of Creation as well as Prime Creator. Within this sector there are many, many frequency fences: around planets, around suns, and around galaxies, in order to reinforce again the status of non-movement and non-communication. The barrier around the fallen sector of Creation is often referred to as the "Great Wall".

GODVERSE

The Godverse, or Omniverse, is the dwelling place of Prime Creator although Prime Creator is not limited to or encapsulated by the Godverse. It is the place from which all energy originates, and all of the cosmic plasma that the Creator Gods use to create form originates in the Godverse. It is at the center of all Creation.

GODINJ

Godinj is a group of Creator Gods who wove the membrane, creating the perimeters of this universe around the great plasma given to them by Prime Creator. They themselves form, in essence, the nucleus of that great cell [i.e. the universe]. And spinning out from them are all of the forms of this universe, large to small.

HARA LINE

The hara line is an energetic line passing vertically through the center of the body. It extends beyond the center of the body in both directions, and it is the energetic axis upon which the body is manifested.

LADDER

A term coined as the most understandable image or framework around which to describe the descension of aspects manifested from the monad down through the third dimension. For example, a "ladder" might contain third, fourth, sixth, ninth, and tenth dimensional beings [aspects], and then the monad on the twelfth dimension. In fact there is really no structure of this kind, however it helps to convey the idea of the chain of aspects from the lower to higher dimensions.

LIGHT FILAMENTS

The light filaments are energetic threads which not only connect beings on the dimensional ladder, but are also the vehicle with which to project the next level of being in that lower dimension. In other words, the monad projects light filaments from the twelfth dimension down through all the dimensional layers. At each dimension that the monad desires to create a body [an aspect], those filaments are the tool with which that is done. The light filaments appear in the physical body as the meridians. Through Heru's second meditation technique, these meridians can be activated. This is important when one desires to go through the ascension process, for through meridian activation one then becomes consciously connected with all of one's dimensional selves and the monad. The light filaments carry prana, light, and information between the monad and its aspects.

LIGHT WARRIORS

A unique group of beings who have been created by Prime Creator for the specific purpose of removing all darkness from the fallen parts of Creation. The Light Warriors have only been in this universe for a very short period of time.

MONAD

The monad is the first individualized creation beyond Source. It is the original soul which is created by the Creator Gods and could be termed the "highest self". Monads are beings who dwell on the twelfth dimension. They extend, or project, a "ladder" of aspects down through the dimensions. The monad is the "Supreme Person" for each one of us, and in a sense is the level between ourselves and God. Heru sometimes uses the metaphor of a mighty oak tree. The monad would be the tree with all its branches. A human being is a third dimensional aspect of the monad and is analogous to the tip of a branch which extends into our universe. Higher dimensional aspects would be analogous to junctures along the branch, until it connects to the trunk of the tree.

OMNIVERSAL ENERGY

The Omniversal Energy is a beam or ray of light, projected directly by Prime Creator as a beam of focused intent designed to penetrate

all levels of Creation. It has, to a greater or lesser degree, penetrated and touched every atom of Creation, with the intent of restoring the true light of Creator to all Creation. Embedded and encoded in this beam or ray of light are many programs and many beings, such as the Light Warriors. These programs and beings are designed to activate sequentially in order to perform the restoration of the fallen universes and all beings and substances contained within them.

PRIME CREATOR

God, or Prime Creator, is that which creates, sustains, and permeates all.

THE BREATH OF GOD

The Breath of God is a wave of energy initiated by Prime Creator and originating in the source of all Creation, the Omniverse or Godverse. This wave of energy contains the restorative power of the original intent, the original intelligence, for every particle of this Creation.

THIRD TECHNIQUE or THIRD MEDITATION

The "third meditation technique" is often referred to in the text of this book, and is a meditation which Heru has given us. He has asked that it be shared freely at this time, as it is such a powerful tool. Also called "The Portal of Creation", this technique allows a person to access a portion of the Void and thereby to create powerful changes within his or her life. This meditation is described in detail in Section Three of this book.

THOTH

Thoth is one of the great Light beings who has assisted this planet for many eons. The Egyptians knew him as a scribe and teacher. The Greeks called him Hermes Trismegistus, or thrice-greatest Hermes. According to legend, he is said to have provided the wisdom of light in the ancient mysteries of Egypt. Thoth is a great master of esoteric knowledge and is a "cousin" to Heru and Sekhmet.

TWELVE CRITICAL PLANETS

The twelve critical planets are twelve planets which were especially

selected within this universe to be a repository of perfect and diverse genetic material. They are spaced in a grid pattern, so that if you divided our universe into twelve roughly equal parts, each would have one of these planets. Earth is one of the twelve critical planets. Earth has sometimes been called a "living library", and this is a good description in that these planets contain a complete store of life form material. This does not mean that every life form ever created is in existence here. What it means, however, is that every major archetypal system would be represented here. There is enough material, diversity, and knowledge here to create any of the forms that exist anywhere in Creation. There are, perhaps, places where flying cats exist, but here there is the form of the cat and the form of the bird. And it is the same with all twelve of these planets. Each of the twelve critical planets replicates the others. This was done for the sake of security, in hopes that the perfection and diversity of genetic material would be preserved.

TWIN FLAME

The term "twin flame" or "twin soul" refers to souls that are created as identical twins, although with opposite genders. There is a tremendous magnetic attraction between twin flames, which is a driving force for their own evolution as well as the evolution of Creation itself.

UNIVERSE

A universe is a structure contained within a membrane. It is created out of the Omniversal matter, which is a free flowing, unformed, plasmic cosmic material that Prime Creator has made. The Creator Gods take that plasma, create a membrane around it, and structure it. Most of the universes, like ours, are set up as vast collections of galaxies and galaxy clusters, but there are microcosmic universes as well. Each universe has a Great Central Sun which is integral to holding it together, and is integral in holding the outer membrane together.

VOID

The great Void is the thought projection of space that Prime Creator has created to house Creation.

TOOLS FOR RETURNING TO LIGHT

THE RETURN OF LIGHT WEBSITE

We have established a website at www.returnoflight.com where we publish updates from Heru and some of the other masters regarding the progress of the restoration of our planet and universe. We also intend to ask Heru to answer selected questions from our readers on a regular basis. Updates and answers to questions will also be distributed via an online newsletter. It is our hope that this website will be a beacon of light and clarity during troubled times, as 2006 and 2007 may still be tumultuous years on our planet. We expect that the years following will be times of great improvement, but will still require vision and understanding.

SHAKURA REI

Shakura Rei is a contributing author to this book, and is an extraordinary and powerful healer. Among many things, she is also adept at the healing and manifesting techniques mentioned by Heru, such as clearing dark aspects, straightening and clearing the light filaments, and manifesting in the Void. These are offered as remote sessions and workshops at her website, www.ascending-star.com. Shakura can be contacted at shakura@ascending-star.com, and at PO Box 1694, Deer Park, WA 99006.

JOHN CRAWFORD

John is an accomplished seer and a powerful healer. He is often able to pinpoint issues and problems which have escaped other healers. John can clear dark aspects and clear and heal the light filaments. He is able to remove negative entity attachments and implants and can even work on cases of possession. John has been successful in impacting some physical illnesses and even conditions such as autism. He also does house and land clearing as well as soul retrieval and shamanic work.

John can be reached by phone at 1-828-778-7111 or by email at lifepath@charter.net.

CIRCLE OF LIGHT

Circle of Light is a spiritual center in Arkansas which is dedicated to the process of twin flame ascension. They have published a number of channeled books on this subject, and also give workshops to assist people in opening to the twin flame connection. While the philosophical material in the channeled material offered by this group differs from Heru's perspective in some ways, we do feel that Circle of Light genuinely accesses the tremendous power and love that is to be found in twin flame reunion. Please see www.circleoflight.net or call 1-877-825-4448.

COSMIC ESSENCES

Cosmic Essences are a type of vibrational essence, and were, in a sense, developed from flower essences. Like traditional flower essences, they are made with perfect flowers placed in water and energized by sunlight or moonlight. However, an additional step is taken in which the water is potentized with the assistance of Ascended Masters, angels, and Creator Gods and Goddesses. In addition, these essences are infused with the evolutionary energy and power of the Omniversal Energy. The result is a set of essences which are unusually pure, potent, and rapid in their effects. Cosmic Essences have also been specifically designed to address the areas of soul growth and evolution, emotional release, twin soul connection, and ascension. For more information, please see www.cosmicessences.com or call Cosmic Essences at 1-888-827-8741.

DNA ACTIVATION MUSIC BY SHAPESHIFTER

Shapeshifter is the collective expression of a group of highly evolved extraterrestrial beings. By channeling music through Gary and JoAnn Chambers, these beings are assisting in Conscious Evolution through Multidimensional Music and Sound. They support the Evolutionary Path of Light by modulating the lifewave of the body electric with the intent to activate the dormant potential coded within. Sonic keys unlock and reintegrate the multi-strand DNA with the goal of rejuvenation, physical immortality and empowered co-creation as conscious

evolution unfolds within the totality of each listener. For more information, please see www.visionarymusic.com.

THE MAGDALEN MANUSCRIPT

This book, by Tom Kenyon and Judi Sion, contains a remarkable set of channelings from Mary Magdalen. We have seen a great deal of channeled material purporting to come from Mary Magdalen. This is the first such material that we feel is genuine. In this book, Sananda's twin flame sets the record straight. The Magdalen Manuscript will be of interest to those who are drawn to the path of twin flame ascension, and it contains a number of exercises which may be helpful to those who follow that path. For more information please see <http://www.tomkenyon.com/books/marymagdalen.html>. Sananda has verified the correctness of this channeled material.

ABOUT THE AUTHORS

HERU

Heru is a Creator God—one who, in his words, "is capable of taking the stuff of Creation, the plasma from Prime Creator, and manifesting it into form. When Prime Creator said 'Let there be light,' we were the instruments through which that was manifested. I, personally, was involved in the creation of this universe, this planet and many of the souls that inhabit this planet." Heru is best remembered in our world as Horus, the Egyptian God revered as Lord of Light and known for his wisdom, spiritual vision and protection of the innocent against chaos and darkness. In Greece he was known as Apollo, and in India as Satyanarayana, Lord of Truth. "I am father, uncle and great uncle to many of you," Heru says, "and I would like to reclaim my own—to lift up, embrace, and heal my children."

KAREN KIRSCHBAUM

Karen Kirschbaum had her first awakening in 1971, and she has dedicated the better part of her life since then to expressing her love of the Divine. She has worked as an energy healer, painted visionary art, and written ecstatic poetry. Her channeling skills lay sleeping until her friendship with Elora awakened them. Karen credits her ability to be a clear channel to the work she has done with the DNA Activation Music by Shapeshifter, available at www.visionarymusic.com. Karen had a two decade career as a professional chef and now manages the office at The Green Willow Tree (www.greenwillowtree.com).

ELORA GABRIEL

The love of nature and the quest for truth have been two driving forces in Elora's life. She had her first garden at the age of six and worked for years as a professional gardener. Elora has also had an unwavering commitment to spiritual growth, and has consistently striven

to bridge the physical and metaphysical. She has been an inveterate explorer of the inner realms. As part of her work in this world, she has founded two successful businesses, The Green Willow Tree and Cosmic Essences. She lives in the country near Asheville, NC, with her husband John and their three beautiful cats.