

ULURU by ARUNDA

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CONTENTS

CHAPTER 1 ... Introduction	x
CHAPTER 2 ... Aboriginal Australia	x
CHAPTER 3 ... Dolphins	x
CHAPTER 4 ... Space Angels	x
CHAPTER 5 ... Crystals	x
CHAPTER 6 ... Healing Energies	x
CHAPTER 7 ... Planetary Healing	x
CHAPTER 8 ... Ascension	x
CHAPTER 9 ... Cycles of Change	x
GLOSSARY ...	x
INDEX ...	x

INTRODUCTION

CHAPTER 1 Introduction

THROUGH THE LOOKING GLASS

Climbing through the mirror,
I enter the land of magic
Dreamscapes.

I dive down through the tunnel
Of life, the cave of dreams
into my dreamtime.
Colours of the rainbow,
Red, orange, yellow, green, blue
The colour purple takes me through.
A world of colours, mists
Frightening and exciting, swirls around.

In a garden the roses are blue
Alice painted them and the queen
Angry, wants to chop off her head.
She shrinks, as I become Alice
Looking for the key
To take me through
The doorway of reality.

Greetings from the Brotherhood of Light. I come in peace. We are ready to begin the book.

Joy, you have been wondering why this has escaped you since childhood. The pressure of adult life is only a part of the problem. You have lost contact with a part of yourself. Your right brain creative side has been dormant. Your instinctive side is only occasionally awakened by external factors - if you are not in a state of grace or awareness of who you are. You are all divine beings, you have only to awaken this within you and joy will express itself in a myriad of ways.

Creativity is an expression of joy in its purest form. You have chose to channel creative means of expressing it and you will teach others how this is done. You are wondering why this has not already happened. Others are not ready for it yet. They will soon be ready, they will flock to you to learn. You will not have enough hours in the day to teach. They will not all want to be writers. Some will want to express in music and dance which is your way of expressing joy which so puzzles you. It is not from this lifetime that you wish to do so, but from a lifetime long ago, in fact many lifetimes. That is why the doctor picked up on this when you were a child and thought you could never walk again. He knew you would dance again. His message to you, '...one foot then the other foot..', is a powerful invocation for you. With it you overcame that trial and you can use it for other challenges also.

Back to creativity, the first thing you must learn to do is to raise your vibration. This is done by meditation in most cases, though some people are still able to do so by other means or spontaneously when they are in a state of joy. This is why you must be as a little child. They are always in a state of grace and therefore are expressing joy all the time.

So how to increase the vibration. You know that meditation is the first key. You must reach the quiet place within the pool of deep reflection. To still the mind - that is the problem. One way is with music, the New Age music or music of nature, bird calls whale sounds, the song of the sea, the gentle sounds. Another way is to practice the raising of the kundalini through yoga. Meditation on raising the kundalini is done with the physical practices which help to clear the body of unwanted toxins and energies of negativity.

This is the enlightened path to raising vibrations, but now we need to raise them more quickly than ever. How best to do this? It will depend on the individual. Some will be able to do so as dervishes, twirling around as fast as possible, until they become one with the spinning. This will happen to many soon with the earth changes.

There is a way through the rainbow bridge. This is the colour raising of vibration, by contemplation on the colours red, orange, yellow, green, indigo, violet and the pure golden light. This is particularly effective if combined with the kundalini rising through the chakras. We will take a break. Enough for now.

This first channelling was on 24th April 1993. I had been going to a channeling group since the beginning of the year I had spoken to the disincarnate entity Kuthumi through another channel just prior to channelling this myself. Kuthumi, I subsequently discovered is a master who has worked with esoteric teaching for centuries. He was incarnate as Saint Francis of Assisi.

KUTHUMI

Don't you realise you are all Lords here!

'Can you explain who is trying to channel through me?'

There are two, but there is another one from a craft. Trying? Are you not a god?

Do you not allow it to channel through you?

'Yes, but I don't understand how!'

Channel!

'Why the movements?'

From your left side to your right side?

'No the hand movements, body movements?'

Well there is a changing when the masters come in. There is a changing of consciousness within the body. Of course it is not like going down the street and buying a pie. You would have a hand movement for giving them money and they would give you a pie back, which would be hand movement wouldn't it? So let's say you are being given a cosmic pie. But you don't have to pay for it, because you have paid for it through different incarnations.

How do I assist the energy to come through?

Just allow it to come through! You are the god of this universe! So it will come through when you are ready for it. Is it the left side or the right side?

'Both sides, all over my body!'

Yes, that's powerful.

'My face, my whole body!'

Kuthumi: (joking) You might be channelling a facial entity. That's OK because there are many trying to come in, but you must discern what is of light and what is from the other side 'I ask for light always.'

You will always receive it but be careful because some are sneaky.

'How do I know which are of the light?'

You ask your guides and they will tell you. You have to fine tune your awareness a little bit more.

And how do I do that?

There are many ways. One way is to clear yourself of negative energy. It can be done through a counsellor. Or you can clear yourself, but this a little bit trickier.

Release a blockage. When that is released, you open up a dam, water flows in both directions. Ask the channel after this. If you want to reach the highest vibrations clear yourselves of that negative energy which holds you on this planet. Once you release that you are free to soar like a bird.

Change within yourself and then go out and tell people - shout it from the rooftops! There is a strong connection between all of the masters and yourself, stronger than you realise. Your word is law as is everyone's here!

I felt flattered but like a stupid child - a slow learner who could not catch up. I knew I wanted to know more: but was I imagining it? My first channeling which begins the book, occurred in the middle of the night. I got up and half awake, went to the computer, switched it on and barely able to see, let alone type, my fingers began to fly across the keys. My body was vibrating at a very high rate similar to the feeling when you jump back into body just before you wake. Sometimes, if you get a fright you catch this moment in time as you awaken. It had happened to me often, especially it seems when I was a child.

Memories of the other side of reality have been returning since I began the rites of passage of the Aboriginal Dreamtime and gradually things begin to fit into place. I had an out of body experience (OBE) and remembered other OBE's. In this dream I was in my grandmother's house. (I lived there when I was nine while my parents were building a house.) I went out of body and up through the roof. On the way through the plaster ceiling, I went between the rafters and lying across them was a plank of wood, lying at an angle of about 30 degrees. I then lifted gently up through the roof and up above the house. I was lucid dreaming and the time was about 1956. My mother burst into the room and I flew back into my body.

When the lucid dream happened 20 years later, my grandma's house was demolished but I found the experience very vivid. I couldn't understand how I could have a lucid dream backwards in time. There was another discrepancy, that I also had trouble explaining. My mother came in a doorway which wasn't there. It was a blank wall, the door was in another place.

I remembered as a child that I had many dreams of going through walls and I knew how to do this. Though I didn't think I still could, I was determined to give it a try. The opportunity came soon enough. I was dropping off to sleep after waking in the middle of the night about 3.30 am. I had a ride up in an elevator and as I kept going up, my body was vibrating faster and faster until it was fast enough to go through the ceiling of my house. I was so excited I didn't wait long enough, so I hurt my shoulder on the way (it was sore for a few weeks!). Once out of my body, I looked north towards Lion Island and could see the lights of Gosford. Then my thoughts sent me off to a shopping mall where I was swinging on the upper doorway jamb of an automatic door. Two women came in and as I swung back and forth on the doorjamb, they walked through me. One of them said: What was that? I laughed and flew back to my body.

On another occasion, I had a union with an energy entity of light and felt at peace with all that is. When I came out of it, I was holding the rose quartz I keep beside the bed and was very happy - laughing and joyous. But the memory was fading fast and the intensity is hard to recall now.

However, this experience impressed me so much I asked about it again and again. I was told that I was meeting a higher level guide. The love overwhelmed me and was certainly beyond anything I had ever experienced before. Writing this in an everyday level of awareness I am at a loss to describe it adequately. When I asked who it was: I was told 'Who do you think loved you so much?'

So what, you might ask, are these altered states of awareness. They are not drug induced, as I have never taken mind altering drugs. I suspect they may arise or be associated with, the body's natural production of hormones from pituitary and pineal glands. These altered states have been available since time immemorial as religious experiences. In fact the more primitive cultures seem to have retained some memories of them when our 'civilised' society has lost contact with the natural world. How can these altered states be experienced?

At the beginning of the chapter the keys were given in the channeled information from Kuthumi. The first key is meditation, dance, music, raising the kundalini, living in a harmonious environment, eating the right foods, clearing the negative energies associated with our western lifestyle.

Channelling>channelling?

There are as many answers to this question as there are now channels to answer it for everyone is a channel. The level of spiritual awareness now possible to the individual is great. That awareness varies because some individuals have experienced more through their various life experiences. The highest level is experience of All that Is, the creative force, God, the indefinable. It is all within you, that is the path and it begins by putting 'one foot then the other foot'.

One person at a Bashar channelling in Sydney, in describing the experience likened the phenomena of channelling to an LSD experience. Anka who channels the disincarnate entity Bashar.

'If I lie down sometimes when I am tired I get muscle spasm that usually start in my feet and works its way up to my head. As you were entering Darryl's body, those muscle spasms were very similar to what I get and if I'm extra lucky, I get what feels like a blast of electricity in my brain'.

BASHAR

What is occurring here to some extent is a little bit of feedback between the different hemispheres of your brain, but they are slightly out-of-sync. 'Its very violent and powerful.' Well you see the channelling phenomena is very similar to epilepsy.

Again what you have is a slightly out of phase feedback mirroring between the different hemispheres of your brain. This can perhaps be alleviated in a number of ways or combination of ways. One may be optimum breathing coupled with neuro-muscular pressure on certain nerve systems endings coupled with certain chiropractic alignments.

How's your diet.? Do you intake raw vegetables, spinach, carrots, parsley combination. A small glass, 3 times a day at least, a little more magnesium and copper. You don't have to lick the coin, there are other ways! Floating in seawater would be of great assistance to you. There is a certain electrolytic content to the water and also a certain balancing effect.

The hemispheres of your brain will also be balanced by immersing yourself in a certain telepathic web which will aid and assist the balancing of the energies in the body, so float in seawater.

'The explosive feeling in my brain, while it gives me excitement - its the nicest feeling I've ever experienced.'

It will be connected to both ends of the polarity of the experience; the things we have suggested will help balance some of this out. If you wish, do what we have suggested, it will be of some assistance to you.

Float tanks have become very popular with New Age awareness and I believe they offer an alternative to floating in seawater and have the advantage of not being subject to weather or noise.

The disincarnate entity SETH, in Seth Speaks p 325 describes the levels of experience in a theoretical framework which is easily understood.

Level 1 (Seth's A1a) is the level of creativity, concentration, study, refreshment, rest and mediation. This state which is one step away from normal everyday reality, can be used for examining probabilities when trying to solve problems having to do with future realities. In computer jargon it corresponds to a 'what if..' scenario. It applies to an individual's experience.

Level 2 (Seth's A1b) does the same thing but deals with a group's reality and alternatives. Beneath levels 1 and 2 and characterised by slower breathing, lower temperature, longer alpha waves, a slower frequency, is a third level.

Level 3 can be used to discover the origin of an idea in the past, or to find anything lost as long as it is within your probability system.

Level 4 can be used for mass movements of land, history of the planet and animals and races that inhabit it. The levels described so far are personal realities.

Beneath is the level, of great creativity, artistic inspiration in which Jung's 'collective unconscious'. This is an open area to which other dimensions have access. It becomes available in sleep states. World shattering innovations come from this level - sometimes simultaneously in different parts of the world by unassociated individuals at the same time. The quality of the perception varies from one individual to another, so while the levels may be available to many, only some people will be ready to apply them.

Below is the level utilised by most mediums where contact is possible with other personalities from other times and places, including your own past lives and future selves. Great artists have always been able to communicate at this level. A great simplicity is necessary, it is contacted in a deep level of sleep or in a sudden spontaneous trance state where great energy is generated.

The experiences at these various levels which are really energy vibrations may be symbolic and appear as fantasy, fiction or art without conscious realisation. They are natural phenomena which are neutral in intent but are activated by the personality experiencing them. In other words the perceiver's energy is necessary for inter-relationship to take place. Focusing your energy on it will intensify your experience with positive or negative effects depending on what you bring to it. This is why it is important to get rid of as many judgmental attitudes and negative thoughts as you can.

At levels below, awareness of non-physical consciousness occurs and there is a tendency to merge layers of awareness. Out of body experience will often be involved and the physical being will often meet non-physical entities appearing in the guise most acceptable to the physical entity, as a guide, god, angel or disciple, higher self, oversoul, or ET's from whom messages arise. Often you contact such areas in the dream state, many physical beings spontaneously find their way there. You can also tune in on different realities to perceive them, on a micro level in the sub atomic world for instance. On a macro level you might tune in to the Masters of that vibration or frequency. You can learn to focus on these alternatives. Any one of these levels can be covered in a twinkling or could be explored for a lifetime (theoretically).

Just as when you tune a radio to a particular station, you are tuning in to a particular frequency, so you can tune yourself to a particular wavelength of energy vibration.

JOHN a disincarnate entity speaking of the channelling process said: Once again we are drawing from each one of you a filament of energy by which to create awareness which in turn enables you to manifest yourselves in our presence.

With practice this will occur in a shorter space of time also with a more conscious effort on your part, we may be able to do this more quickly. As you may suspect we do not come from within your dimension nor do we come from your time span, we come from a different time a different place, we have mutually agreed to these meetings which will be a benefit to us and a benefit to you, resulting in an awareness for both of us a higher awareness of who we are. Any being who still communicates on a conscious level still has not reached the ultimate stage of development. So it is with great joy we associate with you in a mutual ambition of achieving the ultimate.

Your learning plays a vital part in the survival path of development of souls, in the development of the awareness of each soul, testing itself time and again, grabbing to itself time and again whatever it wants to do. The learning process of the beings that incarnate on earth takes place on earth.

Intermediate stages are periods of rest of circumspection, of decision making of reuniting with old souls, family souls and then again taking the plunge, backing into a state unknowingness consciously with the intention of closing that gap between your consciousness and your unconsciousness. Each experience you have narrows that gap, now in the scheme of things.

You are about to take a quantum leap you are about to narrow that gap dramatically. Because it is of such importance, you have attracted to you, beings who have already made that jump who are willing to help and assist you. Willing to hold your hand while you take the final step. While you feel you are stepping off a cliff into the unknown it is not. The second you take that step you will realise we are with you. Often we cannot make our presence known to you until that moment of decision has been taken by you. Until that point you must rely on your own faith, your own inner knowingness that what you are doing is right and that we are all right. Know that you are perfect beings who have chosen to have a physical experience at this time for a very particular reason. You may vary slightly from your civilisation as a whole, for you will be among the first to realise what is happening. As we have said before, each of you are keys, each of you are lights of this galaxy. Just for the moment we need it to remain a mystery. It will be important for you to know who you are, for you can rest assured you already know. Go forward in the unshakable belief that you represent on earth a power more beautiful more loving than you can imagine. Your Source is beyond imagination, beyond description. You are here to show others what that force can be.

Together we can build a funnel or a vortex through which the bulk of the beings may pass. Your energy combines to form a physical or metaphysical structure, a structure which is a go-between for other beings and yourself.

A crude analogy is perhaps your satellites and several of the structures that have been built by scientists. They are acting as a go-between between one set of intelligence and your own set of intelligence. Intelligence directed towards you must be filtered. The structures you are creating physically and metaphysically are to act as a clear filter for you to have the intention of providing as perfect a channel as can be for all matters. Simply by having the intention to work with All That Is you are guarded you are guided, you are saturated with a burning light that will shine forth, attracting people. You will not have to concern yourself with what to say to people, what action you should take - simply open your mouths, trust that the first things you say will be the key that will unlock, what needs to be unlocked in that person, they have been guided to you. It is not particularly your concern why they have been guided to you. Have the intention of helping them and you will have done your duty.

In due course you will of course become aware of what you are doing. You may be able to see physically the instantaneous change you have made to the astral body. You will see a change of colour around that being, you will see them lighten, be enlightened. If the physical body is suffering a misalignment, because the energy, the change to their astral body will change their physical body. The physical body may be suffering an ailment - this ailment will disappear. The physical body no longer contains the misalignment because the energy you have imparted to the physical body. The body will vibrate at the changed rate. They in turn will pass on the knowledge you have given them to others. This process, to this stage, has taken several thousand years. Because of the interaction you are now concerned with, this interaction is to be speeded up. Your bodies have been adapted to take the higher vibratory force, the higher state of awareness, the two fold purpose is to be able to pass on this energy and also to be able to be physical with those of a different vibratory rate from yourselves. Believe us when we tell you that we do look forward to that day. We both will experience joy that will be almost unbelievable. We do miss you.

If there is anything you would like to say we would like to hear your voice so we can construct more of this web from your individual vibratory structure. Remember we are creating a structure which is a filter we can pour energy through. Thank you. It is our mutual pleasure.

When you are channeling it is connecting to another level of reality using your brain in a new way. The masters describe it as second brain function – other connections are being made in the brain synapses which are activated by the pituitary and pineal glands. The activation of these glands comes with meditation practices and energy balancing. Then the process is one of using your imagination – a right brain function.

Imagine your guides in front of you. Imagine seeing yourself from your guides' viewpoint. Your guides are your mirror, they are looking at you and you looking at them. That's the way I channel. Say: 'Who is it that wishes to come through tonight?' 'If its one of the Light check it out. Make a connection to your Higher Self, imagine it. It's the only way to get out of your body, you imagine it. The only way the sun comes up, is you imagine it comes up.

When we are born on earth, we are working on a particular vibrational level. This corresponds to a colour vibration, or the frequency of the wavelength of a particular colour. There are many other beings who have been on the same vibrational level and during their physical lives some of obtained mastery of that ray or vibration and ascended, never again to be physical.

They are now angelic beings or light beings. There are many of them associated with each ray and together they form the Great White Brotherhood of western philosophy.

Numerous entities are being channelled at this time. Not all of them are of the highest vibration. If you choose to tune in to your aunt who died 20 years ago, you may do so, in fact that's what mediums do when you ask them questions about your aunt.

Just as your aunt may not have been an expert on international affairs in her lifetime, she won't be an expert on international affairs now. While it is personally gratifying to contact those who have passed on, they do have other agenda and your thoughts of them might prevent them from growth in their own development in the afterlife,. If someone has just died, send them your love but release them from the earth plane by not focusing attentive thoughts on them.

There are entities from other universes being channelled. One who is well known and loved is Bashar. He is being channelled by more than one channel, though his energy is very high and many channels cannot handle it. We asked Bashar to send an image of what he looks like.

Both the channel and I drew a remarkably similar picture. I asked Bashar if he was an ascended master.

BASHAR

No, I am a traveller, I have an input to make from my dimension

'Which dimension is that?'

The 6th dimension.

'Which Planet?'

Extranebia.

'Is it in the Orion belt?'

It is through that area, through the dimensional gateway. The third dimension (3rd D) stops at the moon, 4th D stops at Mars, 5th D stops at the Orion belt, 6th D stops at a place which you would not even know if I tried to tell you.

If you went there in 3rd D you couldn't get there because your body would fall apart that's why it is necessary to activate your light body, because it will not fall apart. That's why those negative entities are trying to get to you because they do not have light bodies. This light body can go into all different dimensions at once. Those who are extra-terrestrials called 'greys' who are after the genetic encoding so they can create a light body.

Bashar had previously given Essassani as his home planet and discussion followed in the group on this culminating in this response from Bashar. When I say my planet, it is the planet I inhabit. Let us say the neighbouring planet and I've had incarnations on each of them. Just like you are not necessarily from earth, but have had sejournees to other planets, so what is your home planet?

'A creature of the universe?'

Yes

'How far away is it?'

Six hundred light years.

Some discussion followed as one person challenged the information. 'There's 100 light years discrepancy between what you said previously to another channel.'

That's because the dimensions are moving away. You're working on 3rd D reality when it should be working on 6th D reality. You do not understand dimensions. Once you understand 3rd and 4th D, then we can speak on 6th D things. You see I already realised you were going to say that, so I had it prepared. If we were to say the 3rd D reality as you know it, it would be a straight line, 4th D would be two straight lines working cohesively together, 5th D would be going out at a radiant star and 6th D would be a radiant star upon another star. So there are more than two ways to get to the end product of a dimensional universe.

BASHAR

If you want to get to the other side of the earth, you can go by boat, you can go by plane or you can drill a hole right through the middle of it. They're all different dimensions, each is a different number of miles. You are working in a double geometry when you are working in dimensions. It is not physical, you do get there physically, your body would explode. It is not in a time sequence.

When a high energy being infuses the body of the channel there are physical changes. There are muscular and body movements, the face may change, the posture alter, the voice increase or change pitch. The channel must learn to

discriminate the energy of the entity and stand aside while the entity comes in. Some channels stand aside and their consciousness completely leaves the body, which is called 'full' trance channelling. Some channels allow part of the energy to come in and may channel energy to dance or paint or write automatically or pursue other creative endeavours. In fact this has always happened with highly creative people, but we haven't recognised it for what it is - contact with an expanded view of ourselves.

Bashar is usually channelled by full trance channels who do not consciously know what they have said during the channelling. It may be material of which they have no conscious knowledge. There is an interaction which takes place. This can be a group interaction or individual interaction on either side of the communication.

So if the channel has no awareness of a subject, there may be interference when the idea comes through the channel, when the channel is not in full trance. In communications theory this is called 'noise' and its similar to a noisy telephone line, you or the channel may use words that are inappropriate and the idea may not be perfectly clear.

Bashar when channelled by Darryl Anka (USA) has sessions where any questions are asked by the audience. The questions are chosen by ballot. Hence the questions can be on any subject and they vary from the most technical physics to mundane personal problems. Private sessions are possible. Tapes are available of sessions going back about 10 years. The data coming through is of the highest calibre and is very worth listening to. Unfortunately the data is not catalogued, so finding what you want to hear is a challenge!

Some channelled material is now appearing in book form, thankfully more organised into relevant topics and detailed and practical information is becoming available. When a group interaction is occurring the questioner's 'need-to-know' stimulates the topic and some highly specific information is available where careful questioning of an entity results in detailed information on a topic. The questioner asks the channel specific questions clarifying details of what is coming through. The channel may be totally unaware of the subject matter in a conscious state. An example of this type of material is the information in Flower Essences and Vibrational Healing by Gurudas and Gem Elixirs and Vibrational Healing also by Gurudas in 2 vols.

In channelled contacts you must be able to work with your own guides. Ask them if the entity is of the light, or of the highest possible source. You can ask them for an entity to help you with any task.

Some interesting work has been done in channelling nature spirits known as the 'devic kingdom' by the Findhorn community in Scotland. They were able to grow enormous vegetables and improve very poor wasteland soil to be much more productive. If you are interested in this aspect, I suggest you read some of their books.

The entity Pan is the leader of the devic kingdom and is channeled in meditation to contact the elemental kingdom. There is a channeled meditation with Pan later in the book.

The merkabah vehicle, or light body is inherent in you. It is something you have owned, it is something you have earned. It is also a time travel device - it can transverse time. That is why there are people called psychic, they can go in their mind's eye. This is an indescribably multidimensional channel that you have owned as long as you have been aware of your many lifetimes. As you've ascended consciousness, you've gained a light body, immortal body, bridal gown, its been called many things. It is your connection with the Divine.

Channelling extra terrestrial from different civilisations is another possibility. There are others ET's whose objectives are not in our interests. Always ask for a name from the entity to ensure you contact someone with concern for the rights of humanity. To discriminate is one of the first things to learn. Do not disband your judgement - ask for more detail and go by what you feel - your intuition is the best guide. Some people have had very nasty experiences with ET's known as 'greys', 'reptilians', 'zeta reticuli' and others in altered states or in the physical so beware and be wary. This is not to say all are negative but their agendas may be very different to yours. The 'greys' for example are believed to have no emotionality, this is not in their blueprint, so they do not understand our emotions and appear cold and calculating to us - they are not acting in our best interests!

Unfortunately though we can tune in on different realities and make predictions, it is very difficult to predict when these probabilities are likely to occur. So making plans, something we all like to do, becomes very difficult. Again use your intuition, that is the best guide to what to do and ask your guides what is personally best for you. Do not take someone else's advice without discernment. You must decide what to do for yourself. Ashtar Command and the Brotherhood of Light are predicting major earth changes which will affect everyone. Some people are getting confirmations in visions of floodings and other changes. Always trust your own guidance.

Firstly, do not panic. When you get glimpses of the changes or hear about them, there is a tendency to be disorientated, to feel very emotional, to not know where to turn go for help. Many have been doing their best to work within a system that is

fast collapsing from within. When this realisation hits you it can be devastating. Go first within - meditate on it, you already have the answers available to you. Some external support is helpful too. Set up or join a group it's important to network; be in contact with other groups as well. Some will be helpful in one way, some in another. Develop a plan with goals at different time frames, some short term, some medium term, some long term goals. Remember it's an exciting time to be alive, keep positive. Before you do anything else, plan to meet your basic needs for the short term. Advice and help is available. Despite what you may think if you believe what some may say to you this is a real experience.

KUTHUMI

It is a big change but you have gone through it before on many planets and in different dimensions. If you do not believe in past lives well bad luck! There are many allusions to past lives in the bible. 'You must be born again..' 'In my father's house there are many mansions..' in other words there are many mansions and I go to make one for you now, or if you listen to me you'll come to my dimension when you pass over from this life.' That's what the word of the Christ.

When we are using thought it is a reality. When you are using thought, it has to precipitate down. If you are meant to have cancer you will have it. You might have it to heal it yourself, so it gives you faith to heal others, so they might better heal others. When you heal, say I have healed before, because you have healed already. Your body has natural mechanisms within it to help you heal. The placebo effect is used in the hospitals when doctors say 97% of those treated with cobalt have improved. The medical fraternity treat the illusion instead of the reality. If we were to revert back to the natural way, less radiation and hazardous substances would be used. There would be a turning back to a natural state and you would not need to go to the doctor as much. There are many ways to heal the body and it does not have to be aggressive bombardment of the body. Revert back to the Chinese way of medicine, which was channeled from the Venetians.

One of your most powerful substances is Eucalyptus leaves for the muscles, digestive and respiratory ailments, you don't need much. It is a bit bitter to ingest. Slippery elm, willow bark and sheep's sorrel (a herb) together create what is a cure for cancer called essiac from North America. They are to be boiled, bottled and cooled to prepare them, then ingested.

SETH

The changes that are to come do not mean the planet will be destroyed, it will be transformed as you are all being transformed today. It goes in an exponential way, if you are to transform the planet first of all you have to transform yourself. Then all the other planets come into alignment as far as the energies go and the universe ascends. Do not feel there is destruction for this is still only an illusion, this is your home while you are on this planet. Ten or a thousand lifetimes ago another of your planets would be Venus or Mars, or something similar, it is all your home. Do not take it on, that you are the victim of circumstances about to happen on your planet. You are the caretakers of this planet and you are there to guide the younger souls along the way. The hardest job for these souls that are becoming aware is that they have to stand by and watch what is going on with their brothers and sisters on the planet. It is as if you are in university and you have to go down to kindergarten and watch some of the children destroying the desks, throwing plasticene around, but in this case it wouldn't be plasticene it would be inter-ballistic missiles.

In the meanwhile you are ready and waiting. Knowledge is the key to attaining your highest achievements in the New Age dawning. Reading is still the most effective way to learn. Books are available suitable for all levels of understanding. Tapes and videos are available now but will not be once the changes begin, so use the time wisely.

When one is working with Germaine's energy there will be a disruption of the animal and the entity creations around the universes you are inhabiting. It is the higher dimensional planes intersecting into this plane. Sometimes when you are alone in your room it might feel like you are surrounded by many of the entities, or one with some other physical entity in a congress or in communication with an entity that is non-physical. Let us say that around you, surrounding you, you would have a multitude of entities in spiritual multidimensional realities that at this moment are not apparent to your senses.

It does not mean that they are not there it just means that your perceptions at this moment as a general rule, are not of the same vibrations, as that of the spiritual realms. However you are spiritual and you are in the spiritual realms but the body is taking on of the physical vehicle bringing down the vibrations of your perceptions so it is possible to see the physical objects but not spiritual objects, unless you train the higher faculties of yourselves. Through this training you shall then be able to come to an understanding of the dimensional realities and feel that they are a part of yourself at this time. Everything that is learned will not be forgotten and the energy will not be forgotten - it can be tapped into in your quietest moments. There are some amongst you that feel you are living in a movie, but this movie is your reality that can be played back at any time, because this belongs to you.

So taking into consideration the good and the bad times, let us say that the good times are represented by those times that make you feel jolly, happy and well centred within the third chakra. The bad times would be the feelings of fear or guilt that does not allow that joviality to come out and that would be a pain as you would say. To me instead of the boat on the water that has been pushed around by waves of ignorance and disillusionment, would be the cormorant that can not only float on the water but fly above the water and dive down beneath the waters, to see in different dimensions, into different realities.

In order to protect yourself it is best to remember to surround yourself with the white light, see a pillar of light coming from above passing through you and into the centre of the earth.

Feel within yourselves that there is nothing in this universe that can hurt you or harm you. There is nothing in the Father's universe that can destroy you. There is no fear except the fear itself. The duality, or having the illusion of the separation from God's universe, has caused you to create your own scenarios in power plays and power struggles. Also in fear and ignorance you have built up these things and instead of working with your spiritual natures, you have been working with your adrenalin selves your earth based energy selves. As you do more training of the higher centres, you come to that point, where you are able to handle that area you call the astral planes and beyond that the mental and etheric areas and messianic areas.

ABORIGINAL DREAMTIME

CHAPTER 2 Aboriginal Dreamtime

THE GIFT

Dalymar I give thanks
For one perfect day
With a special friend
Guboo Ted Thomas.

Morning on Tara's mountain
In the dewy forest
Flocks of parrots flew along the creek
As you blessed me, I was cured.

Sacred tree your gift, a canoe
Carried the tribe to Broulee Island
Before silt tied island to shore.

Hanging Rock-once surrounded
By forest, your caves sheltered
The people of Yuin tribe
The sacred forest site now
A church of a different kind.

Bulldozers have disturbed the bones
Of Yuin people as developers clear
Creek site for marina,
A playground for the rich,
Where your people cannot rest.

At Murramarang, the dampers
From the cooking fires
Of a thousand years, the only remains
Of a massacre on the mainland shore.
As you look to the island, tears come.

Guboo, good friend
You cry for your people
Some died by the bullet
Others slowly by abuse
Will it never end.

I cry with you my friend
For what has been done.
Dalymar give us strength
To turn the tides of time.

I want you to learn to do a hummingbee. We call it a hummingbee because it emanates the sound of bees humming. Make the sound of a hum, ahhhhhhhhuuuuuummmmmmm. Feel it resonate in your body. Where do you feel it? Do the hummingbee with a group, by linking arms into one big cuddle. Wind yourselves into a clockwise sacred spiral, like a snail's coils. The one in the middle is given a supercharge of energy – who wants to be in the middle? Hum the hummingbee and tune yourself to the earth. You may hear the sound of a didgeridoo – that's the same frequency, so if you are in tune with the earth you may hear it.

GUBOO

'That's a sunset ceremony. When I do my meditation just before sunset, I do it at night and morning so I'm blessed in the morning all day and at sunset when it goes down, I'm blessed again and I thank the Great Spirit for the wonderful day and that's why I'm in tune with the Great Spirit. When I open my eyes, I see the sun, its almost gone and the stars on the right hand side and the moon there going down.'

Aboriginal elder Guboo, meaning good friend in his native Yuin language, is an elder of the black duck people of Wallaga Lake, NSW. He was born just after the turn of the century to a Chinese mother and Aboriginal father. While both cultures were at the time subjected to discrimination, his Chinese mother was able to raise Guboo herself. At that time many Aboriginal children were taken from their mothers and placed in the custody of authorities on reservations. Guboo was able to lead a tribal life and at age eight, he was recognised by the elders of the Yuin tribe as a future spiritual leader.

I first met Guboo at a 'Renewing the Dreaming' camp at Pigeon House Mountain in southern NSW. At the time I knew very little about Aboriginal culture. He told me I would soon go 'walkabout'. Subsequently I went to Jabiru NT, to work in Kakadu National Park. There I met Big Bill Neidjie and other Aboriginals of the Gagudju people. My friend Guboo had shown me that there is another more spiritual approach to solving the problems of mother earth. There are many Australians who are seeking a solution to environmental problems today and some are looking towards traditional values.

Aborigines have lived in Australia for at least 40,000 years and their monument to their history, is the pristine landscape that the first Europeans found. Europeans on the other hand have left massive environmental destruction in the wake of their exploitation of the land. Guboo's life story is about how conflict can be resolved in peaceful ways. He was the first Aboriginal person to win land rights in NSW for his people and was successful in stopping logging on his sacred land of Mumbla Mountain, NSW.

In his eighties, Guboo travels all over the world to spiritual gatherings and speaks for the Aboriginal people. He speaks out against nuclear weapons, environmental destruction and discrimination. His philosophy is of love for all peoples. He admires the Baha'i religion. The Baha'i espouse the principles of the oneness of mankind, the search for truth, the oneness of the foundations of all religions, the necessity for religion to be in accord with science and reason, equality of the sexes, the ending of prejudice and universal peace. During an interview with Guboo he told me the story of one of his sacred sites on the south coast of New South Wales.

On Mount Dromedary or Goolaga as the Aboriginals call it, there are sacred sites including a power rock where Aboriginals go to hum or tone a resonant sound on the mountain. I asked Guboo for details about the power rock.

'Looking at Mt Dromedary, the Aboriginals call it Goolaga, the right name for the spiritual mountain. It's spiritual for our people living near the mountain. We have sacred sites there that are part of our culture. The mountain, the rock that you see there is cut around where the Aboriginals cut around it. It's a power rock, you put your hand on it and you hum AHH.. and while we were humming in the middle of the day Wollongong station picked it up and so did ABC in Sydney pick it up too. So they're tuned into the same wavelength we've used for 40,000 to 50,000 years.'

'So this groove in the rock was created by the Aboriginal people in the old days?'

'Yes, that's right yes.'

'And when you say you put your hand on the rock, it's on that flat part.'

'Yes, on that flat part, its like a table, you put your hand on it and feel the power in that rock, runs up your arm, and everything, you've got to put your hand off again before it goes away. It's wonderful, it's great.'

'The other one you see there, its the sacred swimming hole and the slippery dip. They slide down the slippery dip into the waterhole - the young people when they're initiated. A mother's most pride was to see her 14 year old son going through the rules to become a man. They go up there as boys and come back as men. That's why they go through the rules and laws and they go down that slippery dip with the paint on them and it washes the paint off the ochre and stuff they got on them. It's a baptism or a purification. And they go through that and they're finished. Their mothers will be waiting for them 400-500 metres down on Mumbla Mountain.'

On Mumbla mountain is a spot where Guboo says that Jack Mumbla used to meditate on the rock. When they put a transmission tower up, it wouldn't work so they blew the rock apart so the repeater station would work.

At the Dreaming camps there are sunrise and sunset ceremonies. One morning Guboo said I want to sing a song now about the nature spirits. When you clear the land, the Spirit goes back into the bush. The birds go back into the bush, they follow the Spirit. 'The song I want to sing to you is about the Spirit. There's mountain spirits, there's tree spirits, there's bird spirits,

there's animal spirits, there's ocean spirits, river spirits. All are part of the Dreamtime of people who have died. The song is about it.

Nangee, Yangee, I ah,
Ya Ya, Yangee
Yangee, yangee ah ah
Yah Yangee
Yah yah yah yangee
Yangee Yangee Yah ah
Yee Yangee ya yee.

This is a wonderful song, a tribal elder when his wife is given to him, sometimes the young girls are given to the old fellas - they get married to those girls. Sometimes they mightn't like the old fella and in the morning they get up early and go away. The other women says, 'so and so has gone now, she went this morning early'. The old fella say, 'alright, that's alright' and he'd sing that song. She's walking away and all the time she's walking she's bearing to her left. All day she's walking and just on sunset she walks back into the camp. That's that song he sings. I learnt it from the old people to sing that to the spirit to call her back. It means: I love that woman, she's my sweetheart, she went away. '

' I love that .. that evening she walked back. That's not the song that done it. It's to her mind, so she picked it up in her mind, she was walking yet she was going around. You do that if you want to walk that way, you can't walk straight, you're always going to the left, the left draws you . Its the leylines, the centre of it is Uluru. You can tune in to the world from the top of the hill here too, just the same because its on the leyline.'

'We were religious, our law comes from the mountain. That's why religion is my initiation. This is the Wallaga Lake Dreaming. Do you want me to read it out for you?

White man came to this land,
He pushed my people out of their Sacred Land
Making them live in places and in houses
Cutting them off from the Spirit
He was so bound up with the land
They took my people's spirit and gave them
A bottle of cheap plonk in its place.
White people of today see the results of this:
My people floundering without direction
Calling them at worst drunken no hoppers or
Our poor brown cousins, offering them charity.
Now is the time for the Renewing of the Dreaming
Now is the time to redress the imbalance
For my people's sake, for white people's sake
And for the countryside.
Australia can be a shining spiritual example
For the rest of the world over the next decade.
Australia is the last land on earth that has the Dreaming
It hasn't had wars fought on its soil.
Starting with the Yuin tribal territory
We are charged with the Renewing of the Dreaming in Australia,
Mountain by mountain, the Yuin will rise
From a detribalised scattered people
To find their new Dreaming.

Australia is the last land on earth that has the Dreaming.

This is Guboo's Dreaming, which he had in a meditative state in contact with his Higher Self. I asked Guboo to explain to me about the leylines and telepathic messages.

'Yes, I get it down on Wallaga Lake. A bloke was coming to see me, I knew four days before that he was coming, I got the message. He didn't have to tell me he was coming, I could feel something coming, I picked it up, this is how it comes to me. In four days he knocked on the door, and I looked at him and said:

'Come in, I've been waiting for you for four days.' Other people been coming in and out for four days and I said:

'Where did you come from?'

'Arnhem Land.'

'Right up there?'

'I came to see you Guboo.'

Bruce Chatwin in his book Songlines describes how each section of an Aboriginal walkabout has a song associated with it and how the songs form a sequence or pattern which crosses the continent converging on Uluru.

'Do the songlines form a resonance pattern which renews the land?' I wondered. I asked Guboo about the songlines.

'What I'm showing you is leylines not songlines.'

'So it's a different thing?'

'A different thing, you see the way its pointing at that mountain there, the minerals there're all running the one way. Australia is full of leylines and full crystals, some people don't understand crystals. They're getting sick through crystals because they don't know. A lot of people are using them where they shouldn't be. That's a big problem. Leylines, we call it leylines, if you put a divining rod on it you can see it!

Leylines are lines of magnetic force which follow the mineralisation of the earth. The Aboriginal people followed the leylines when they went walkabout. They could pick up the magnetic force and read it with their body. Just as birds follow the magnetic lines when migrating. The physical structure which enables us to do so, is within the body. When the body is aligned, the chakras are in tune with the earth. The ability is associated with the 'third eye' and when the 'third eye' is opened the leylines are readable. Bill Neidjie describes it beautifully in the poem from Australia's Kakadu Man Bill Neidjie. There were not many opportunities for Aboriginals and a 'white fella' like me to mix in Jabiru. I met Bill in Jabiru in town and we sat together on the pavement outside the supermarket and talked. He told me we must tell everyone for the sake of the children and he pointed to my daughter Tamara and her Aboriginal friend Greg, his grandson.

'I feel it with my body,
with my blood.
Feeling all these trees,
all this country
When this wind blow you can feel it.
Same for country.. You feel it.
You can look,
but feeling
that make you.

Feeling make you,
Out there in open space.
He coming through your body.
Look while he blow and feel with your body..
because tree just about your brother or father...
and tree is watching you.

Earth..
like your father or brother or mother,
because you born from earth.
You got to come back to earth.'
When you dead..
you'll come back to earth.
Maybe little while yet..
then you'll come to earth.
That's your bone,
your blood.
It's in this earth,
same as for tree.'

When meditating on the ley lines, messages are transferred telepathically over vast distances. This was how the Aborigines knew about things in the old days before word could possibly have reached them. I wanted to know more about ley lines and decided to ask Bashar.

BASHAR

You have a physical reality which is a patternised form of which we call electro-magnetheric energy, rather than electromagnetic, or spirit which is the first level your consciousness takes. Out of that homogenous electromagnetheric field is crystallised physical matter. So matter and mind are really one and the same thing. It is electro-magnetheric energy crystallised or fluctuating or vibrating at a certain frequency making some more dense than others. So your planet and your bodies are like a giant crystal made of this electro-magnetheric energy. It vibrates in a certain way, some patterns reinforcing each other, some cancelling each other out, and in setting up these ripples in the electro-magnetheric sea it then creates certain vortex points or gateways which are simply representative of the overall pattern which goes into creating your physical world.

So the ley lines, vortex points are simply the stabilising points which represent certain overlapping ripples in the electro-magnetheric sea which give you the sense of living in a solid reality. Being in them, because you your self are an electro-magnetheric being, (depending on what kind of vibration they contain) if you are aligned along them, this will allow you a more harmonious alignment with the crystalline structure. Those which would be perpendicular to it would to some degree have difficulty with certain things they might wish to do, whereas being in harmonious alignment things would be easier.

You yourself are electro-magnetheric vortexes and if you allow yourself to vibrate with whatever idea you feel is most representative of what you wish to do, you will find yourself become aligned with the place on your planet representative of your own vibration. If you follow your excitement you will be drawn to the location which is most conducive to allow you to vibrate with whatever the idea is you want to manifest, so it will be easier for you to accomplish whatever you want to accomplish.

Soltec gave his ideas on this. Soltec is an entity who has come from the sun with the technical advantage of soul, who works with the Ashtar Command. This is a fleet of craft of 15 million and is under the command of Lord Ashtar. Lord Korton is Soltec's superior. He is on the silver ray and works with those who have an understanding of alien ET technology and also Atlantean and Maldec technology when used for peaceful purposes. I asked him about the grid system and the ley lines.

SOLTEC

They are the old grid pattern we have laid in place. We have as a group laid in place a new grid pattern at 12 degrees to the old. That's 12 degrees from magnetic north. It's quite a way out because your planet has wobbled, we have changed the electromagnetic parameters of the axis. Otherwise if we did not do this there would be a massive earthquake on the Richter scale of 24, twice as much as the highest will be towards 1997. Quite a large wobble on your planet, so even our mother craft which are using full proton thrust would not be able to hold it, if that was the case. There is too much underground activity going on. Let us say the atoms are getting restless!

The patterns of the crop circles on the grass in the English countryside were a trigger to awaken me into full consciousness. The crop circles are mandalas they mean something. They are the language of light. Their purpose is to balance the electromagnetic forces near the vortexes and carry a unique harmonic vibration. Certain crop circles resonate the earth's core to balance the electromagnetic forces of the earth.

The Mandelbrot set appeared in the English countryside representing mathematically a very newly discovered scientific theory of chaos, discovered at Cambridge University, very near where the crop circle of the Mandelbrot symbol appeared. The theory of Chaos relates to the breakdown of systems, all types of systems from financial to biological ones, once they reach a certain point in their growth. It is a mathematically based theory using a new type of geometry called fractal geometry. When asking about crop circles there have been several channeled explanations.

Crop circles are the planet trying to express something of artistic nature using astral and etheric realms to bring about awareness. They would not mean much until you are in a different dimension. It is telling you things through beauty. The earth is saying I am in trouble please help but the beauty transcends the war that is going on. They are saying it in different ways, some mean there is a transformation happening, some mean the Anti-Christ is coming. Others are there so that those who have left the planet will see the beauty within the spiritual realms. Others will see that ET's are coming. The ones you saw are the precursors of those to come from the Dark Lords.

Crop circles are Earth's way of telling it is ready to move off, it is information coded into the earth, it is also to build up the faith of those who have waited for many centuries. Marks in Devon are inexplicable marks to show there is something other than earth life. They are like cosmic graffiti.

Some crop circles in Australia had a sound wave which was recorded at 7.5 hz, but another one was 5.12 hz which was making the people recording it, ill. I asked why this was so?

QUINLAN

You have something that has come from a different dimension, it has the ability to channel things in this dimension, your dimension.

Is it like a laser from outer space?

Laser is a prehistoric word for us.

How are they being done.

What you call faith-amplified scalar waves.

The sound stays for four days after the circle appears.

The energy is still there in the vortex.

What dimension is the sound energy?

Sound itself is 7th D. However, the energy goes in many dimensions, but you pick it up as sound in your dimension. So it's a symbol in the 4th D and a crystal and beyond that, a patterning.

The same as you are in this dimension. You are walking around physically. In another dimension you are a being somewhere without moving, in another dimension you are a pattern, in another dimension you are light.

Does that include Cerne Abbas and others in the Devon chalk countryside?

You are speaking of the devil in Devon. The information has been brought onto your planet for the reason you must unravel it because you like a game.

When the Hopi Indians were asked about the crop circles they said, 'Mother is in serious trouble, mother is crying, no longer is there snow falling on the mountains, to melt and form the rivers. Her blood is being taken from her. One evil man in the Middle East set fire to her blood. Her lungs, the very leaves on her trees, in every city in the world, are withering, just look in your city to see the evidence.

When I asked Guboo what made him start the ~Renewing the Dreaming' and he answered, 'Farmers are crying out, they're killing all the sheep, yet they raped the land for 200 years. What have they done about it? It's Mother Earth, she/s crying because she knows what's happening to earth and we've got to change soon. If we want to do anything for Mother Earth, we've got to come together.

The Dreaming is about touching the creative source within us all. It is about our own spirituality - about being in tune with nature with the land the sea and the air. When we are in tune, we hear the sound of the didgeridoo, we are resonating with the earth. It is the source of great power and limitless potential within us all, we need that source, it is why so many people are sick. They are out of touch with it. The Aboriginals believe that the Dreamtime has been with us for all time and through the sacred ceremonies can unite with the very force of creation which is the essence of the Dreamtime and the purpose of the Dreaming. For over 40,000 years the Aboriginals have lived in harmony with the land and took from it only what was required to survive.

The earth is our mother, they say, she nurtures and sustains, she demands adherence to the sacred laws of creation, laws established long ago in the Dreamtime. Today Aboriginals are involved in a great struggle for the recognition and protection of their social and spiritual freedom.

'I hope in a way to have a big spiritual meeting in Australia. It might be at Kurrajong, we've got a lovely big place out there and it might be the first place where spiritual people can meet where when we do have this meeting something concrete will come out of the meeting. We've got to hit the government, we've got to hit the United Nations, we've got to hit all these big men, and that's what we've got to do now, we've got the spiritual people. I want to take a lot of people out in the bush for two days. We take a blanket and go out on the rock and meditate in the sacred places. At sunset we watch the sun go down and the morning we see it come up. We'll take grapes, that clears you out and koori tucker, then we are going to meditate, God answers prayers, its got to be powerful.'

At a Renewing the Dreaming camp with Guboo, it takes me about 3 days to attune with nature. I hear the sound of the didgeridoo. I was very puzzled by this at first and looked everywhere for someone playing a didgeridoo, without success. It is particularly evident early in the morning. The entity Jokhym confirmed what I suspected: if you want to contact the earth mother use didgeridoo. Drum music also resonates at this frequency as do whale sounds.

Near Moruya at Deua River, is a very beautiful spot at a river ford with deep pools. We built a gunyah, a grass shelter there made of Macrazamia palms inside, plaited together to keep out the rain and covered with a special grass growing nearby to thatch it. It was held together with vines and had a string frame. We used it as a meditation house. Guboo after blessing the tree, cut down the Sally Wattle tree to make clapping sticks for us and spent all week chopping the wood into shape for each of us while we rubbed them with broken bottle to shave the wood down. Then we finished them with sandpaper and linseed oil. It felt good to make something with our hands. Swimming in the river I saw a ridge which was the leyline running south.

Later I saw a video on TV of the river taken by someone who lives in Canberra. There was a creature visible in the river. 'Was it a legendary bunyip?' How was it visible on the physical plane to be photographed? Are the earth spirits emerging', I wondered.

At Bellingen, Guboo's gunyah was a huge haystack with an Aboriginal flag flying high from a pole through the middle of the gunyah. In the morning I was woken by the sound of a bullroarer. I thought it was Guboo until he arrived a bit later playing a mouth organ. Morning meditation and humming bee always feel a little strange at first. We cut black bamboo to make didgeridoo after thanking the spirits of the bamboo. We carried the long canes back to camp and Marcel cut each one, taking into account the lung volume of each person from tiny tot to adult by asking them to take a full breath and blow out for him to judge the size of didgeridoo. He then gave lessons in playing the instrument which is a traditional Aboriginal wind instrument from the north of Australia. It requires a double breathing technique similar to that required to advance in meditative techniques used in various yoga practices.

To play a didgeridoo, breathe through the nose while blowing out. Fill the cheeks and close the back of throat. The air in the mouth allows you to continue while breathing in through the nose. It sounds complicated but persistence will enable you to attain the skill in about 18 hours.

After a day of practice we held a concert in which we managed to harmonise perfectly at several points according to Marcel. I meditated and saw a circle of painted warriors with a feather decked dancer circling the fire in the middle. There were fireflies in the bush behind us, only the second time I've ever seen them and ethereal music as I went to my tent. In the morning I could hear the didgeridoo - music of the earth - I was tuned in again!

Guboo does what he called a hummingbee as part of his sunrise and sunset ceremonies. This is a form of cleansing your energies by toning. It sounds and feels strange at first because it involves body contact as the participants line up, arms around waist and shoulders and wind themselves into an anticlockwise spiral. Those in the middle get an extra energy charge so this is the prime position.

I asked the entity John, about the significance of hearing the didgeridoo after an experience with the dolphins at Honeymoon Bay where three friends and I heard the sound of the didgeridoo in the bush when no-one was around.

JOHN

You have already told everyone. The sound of the earth? Yes, you are listening to your intuition.

'Thank you, I replied.'

Everything that exists has a tonal quality that goes with it. That sound or tone that you heard was the sound or tone of the area around you. Because of what you saw (the dolphins), your intuition picked up the sound and put you in a state of mind where you were becoming one with that area. You will be able at a later stage to become one with everything, whatever you see, you will hear the tone of what you are looking at vibrating back to you. You will learn how to use tone to perfect whatever you are looking at.

'Can you give me guidance on how to learn about toning. ? Is it through the Aboriginal connection?'

It would seem most appropriate for you as you are already focusing your attention to those people. There are some people within that group who know what they are talking about. They have developed that ability to a marked degree.

When Guboo does a humming bee as part of his sunrise and sunset ceremonies is it an effective toning?'

Yes it is, it has a marked effect upon your pituitary gland. If You can imitate the buzzing sound of the bee, that vibration will begin to vibrate your pituitary gland and bring it into alignment.

Is it necessary to do it in a group or is it satisfactory to do it as an individual.

You can do it as an individual or in a group. Naturally if you have a group doing it, the group consciousness will be able to use energy that is produced to a higher degree than one single individual. You need to put to use whatever you are producing. It is no good to have energy being produced and then not put to any use. You need to have a clear picture in your mind what you are doing this for. It is the imitation of the bee.

'Is the link between the different members of the group important also, the close contact and resonance between the group members?'

Yes, you are creating a similar situation to the hive mentality of the bees. Bees work very closely together. They work together to produce the same idea. They all work together. You similarly need to work together to achieve a like aim.

There is a slightly different purpose for the 'om' sound. It is more for a single individual to use. That also has an effect on your glandular system. It perhaps affects more the pineal gland and has the effect of focusing consciousness on yourself. It is a more selfish vibration, not in an egotistical sense, but the bee sound is the sound of a community working together. The om sound could be of an individual working for himself - it is the sound of self realisation where the bee sound is of a group realisation.

Each civilization will have its own tone as each object has its own tone. The bee is an Aboriginal Australian tone. The bee is connected very closely with the earth and is dependant on the earth for its succour.

Every area has its own signature tone and you will align yourself with the tone of that area if you are there. Remember beneath all these tones there is one universe. For everything that exists is really one, all vibrating at slightly different pitches and all being made of the one. As you live in Australia, it perhaps would be better for you to align yourself with the tones of that country, for it is very, very old. The people who live in this country have lived here for thousands and thousands of years. They have aligned themselves with the tone of this country.

Tone occurs also in the language which is spoken or sung. Words have power, the harmonics of words sung in song series contain the resonant frequencies of the earth such as in the women's love song series from the Aranda tribe in central Australia. The ceremonies involve body painting, dance and song and the performance of the whole ritual is said to make participants more sexually attractive and to excite men's sexual urges (some women claim their singing produces an instant erection, others that their singing could siren-like, cause a man to come to them).

The performance of the women's love songs consists of a series of songs going west probably joining the travelling song series to form the total myth. A dance accompanied by handclapping with crotch and chest-slapping forms part of the ceremony. During the more formal dancing, the singers are seated.

The Dreaming it was said to have from Amata, in Pitjanjatjara country, and moved northwards. These secret songs are not to be revealed to men. They are considered to be for sexual attractiveness and to maintain good health. Ownership of the songs belong to individual women or groups of women. There is also series of healing songs to cure various ailments, sung very close to the wound or source of pain. The healing series are said to originate at Broome, WA and but the songs are performed in Walbiri language which suggest that like the travelling songs they constitute a long myth covering several language groups, only a portion of which are known. The songs relating to healing and massage, relate the tale of the Dreamtime ancestral being Yukurukuru and how she dealt with her own injuries.

Singing is the method by which supernatural power is activated in sorcery and 'pointing the bone'. Another series of songs, the kutitji associated with initiation, derives from the type of shields, kutitji which are decorated with the painted myths. By flicking a small pointed stick at the victim it sets in motion the final part of the sorcery. The sorcery is carried out by Kutatji men (sorcerers) who are able to perform superhuman feats, including periodic invisibility and traveling long distances at great speed. They wear shoes of emu feathers which leave no tracks. Prior to donning the shoes, the fourth toe is raised and a stick slid across the foot, holding the toe up to further disguise any tracks. All the qualified men met secretly and sing the song series. One man is chosen, along with one or two others to perform the ritual killing.

The ritual killing by flicking a small stick with a hairstring tail towards the victim, is by performed either by holding the stick in the crooked index finger of one hand, and flicking away with the third finger of the other hand or alternatively by raising the second and fourth fingers and sticking between the fifth and third fingers, then jabbed with the other hand. In the latter, the stick may travel underground to the victim, if secrecy is necessary. The victim feels a jab in the area of the shoulder blade, there is no mark but by next morning he will be dead.

There are another series of songs of revenge expeditions called pukalkarra. Once again the Kutatji men perform the magic. Needless to say the practices are illegal.

Invisibility was a technique that the Aboriginals had mastered. Guboo tells of he was walking with his grandmother and she disappeared in front of him. This experience was one of shape-shifting, an aspect which Aboriginal beings were very good at. He looked everywhere for her and couldn't find her. In this instance the woman raised her vibration to a frequency which was invisible to human eyes. In kahuna lore, the High Self (superconscious) responds to a request of the low self (subconscious) and the middle (conscious) self, to change to etheric form which is invisible to others. The High Self steps up the frequency of vibration by using a form of mana or vital force, from the universe available to the High self. In shape-shifting the High self may take the form or body of an animal, usually the totem animal or bird which can then perform as a real animal does. I asked Haton to explain how it was done.

HATON

There are many ways to do it, there are even several on your planet. One is to direct attention away from yourself because of this purpose. Another is to raise your vibrations to such a fever pitch, that you then lose some of your physicalness or solidity. Another way of course is just to be very quick, so you can dash into a shop and out again before they know you've been there. There are some people who can create invisible electromagnetic fields about them as we do on the craft. It is not such a peak achievement, it is something that comes with practice, and with many incarnations. That's rather like a cloak isn't it?

Other explanations are that as an ascende master we are able to bilocate by taking our physical body as a highly vibrating astral body, to another place and reassemble our physical density at that other location.

John's view on shape shifting presents a more detailed perspective on how inexplicable physical feats might be attained.

JOHN

After you break through the barrier of the planet, which is the life stream of the consciousness of the planet, you would make a quantum leap through hyperspace, creating an unlimited supply of energy.

I asked about manifesting in this dimension and received the message that we are flickering on and off in this dimension. During the instant we are flickering in the other dimension, we are creating a reality in the 3rd D with our thoughts. Our thoughts form the pattern or design a blueprint (or hologram) in a resonating magnetic field. The vortexes, or overlapping energy points, in this design, when fused with our INTENTION are the site where matter forms. The WORD or the sound OM creates reality at the overlapping vortex points.

James Cowan describes the power of the ancients in Messengers of the Gods. They did it with ease because they had power, or zogo.

'When I was on the luggers years ago I remember how a Solomon Island boy changed into a booby bird and flew back to Erub to ask after our families. It as a still night, and most of us were asleep on deck. Basooki - that was his name - he told us he was going to Erub. Walking to the mast, he suddenly disappeared before our eyes. Next we heard the sound of wings flapping in the night. We sat around asking ourselves what had happened to Basooki. An hour later we looked up to see a booby bird on the masthead. The we suddenly recognized Basooki on deck carrying a mango blossom. He said he'd picked it in Erub, and that all our families were in good health. I tell you, men were full of power in the old days.'

The Mabo debate centering as it does on the rights of traditional owners of Mer Island in Torres Strait makes it crucial to understand what the spiritual renewal of the Dreaming of the land means, not only to the traditional owners but in the interests of conservation and preservation of the land in pristine condition. If a spiritual lifestyle on traditional land can maintain or renew the environment, then there are many who will see hope for the future. Can we turn the tides of time? As the poem The Gift at the beginning of the chapter expresses – that may be the Aborigines gift to mankind.

Whilst in the Northern Territory, I was fascinated by the X-ray style of painting which the Aboriginals have done at Ubir in Kakadu National Park. The hand print had me puzzled. Are they the signatures of those who have gone through that level of initiation? Some are quite small, very young for initiation. Maybe they dissected the fish with obsidian blades, I thought, but I was doubtful about it. I asked Guboo what he thought about it?

'They are seeing through the outer covering through the core within, the feeling of the person or fish.'

Here John explains X-ray vision from the other dimension. What he is describing is the other dimension alternating with this dimension.

JOHN

Looking into the hand, moving into the space of the hand you would see the molecule beyond the molecule of the hand (like an X-ray view) and then seeing the hand again, you would be creating the hand in the physical universe. By looking at yourself in another dimension as the hand. You would be outside the hand, in another dimension you would see yourself as looking at yourself through the hand. Infinite regression like the microcosmic/macrocosmic infinite regression, or a zero vector

wave or bow tie wave, as we were speaking of before, where zero becomes a wedge and goes back into a zero again. This is the scalar wave.

Would it be like a series of mirrors?

Yes.

Is it similar to the Aboriginal initiation where they had X-ray vision? Yes In the next few years there will be a microscope which is not an electron microscope which looks at the electrons, but a proton microscope. Because when you look at the electrons on the outside of the orbit, the protons will enable you to see inside the nucleus, and getting close to the secret of the universe. You may see someone waving to you when you look inside the microscope.

I had a dream which relates to this. I thought the small hands represented children who have gone through this initiation, is that so? Hands represent the aeriels picking up information for the soul.

I asked about the Aboriginal paintings from the Kimberley are, called Wandjina figures. Are they representations of one of the auric bodies? We would say it is one of the causal bodies – the emotional body.

In Kakadu at Nourlangie Rock is a painting which was described to me as the spirit of the dolphin. It is an obviously land based figure with a bent spear, indicating a spirit being. There is also marsupial thylacine which became extinct earlier in the northern area after the dingo come to Australia. `Was this painting old or was it renewed by access to the Dreaming?'

Then there was the peculiar likeness of Aboriginal paintings of the western desert area to aerial impressions. How did the traditional designs attain this aerial perspective when the traditional owners had no access to aeroplanes? When I asked Guboo where they out of body experiences of artists looking at their Dreaming country he said yes they are.

I hadn't been in Jabiru more than a few days when I began to have the most amazing dreams. I dreamt of the earth spirits, the nature spirits, flashing like thin little mirrors between the grass blades. They were about half a metre high and pure light and transparent. They moved around fast but I could examine them by getting down to their level. I wrote about them in my Kakadu Dreaming series of poems, but I wished I could paint them. I was fascinated by them but didn't know what they were, they didn't really have a form or shape, just light.

I had a dream in which I was at a camp at a Dreaming Camp and went up to the mountain to meditate. At the end the Lions came bounding out of the earth and we ran whooping and yelling after them and it was the Time of the Lions.

I asked Metatron about the `Time of the Lions' dream.

METATRON

Probably they represent the earth spirit coming back to the planet, the elemental spirit in that area. You will be working with them perhaps you have made a connection with that earth spirit, the native area that you would call the healing part of the planet.

The lion is also a symbol of the logos I later discovered, so my symbol was interpreted on several levels. This symbolic representation of messages from the Higher Self was typical of the levels of meaning being conveyed by symbols. When you begin working with the Higher dimensions intuitive messages come in symbolic form. The meaning must be interpreted intuitively but information is available from other disciplines in esoteric studies as the archetypes have pathways in common. The lion represents strength the level of Tiphareth in the Qabalah system, midway through the Tree of Knowledge, the solar vortex, the mediating stage between man and Godhead on the mystical ascent. He represents the attainment of personal power.

Can you explain what Min Min globes are?

Yes, a manifestation of the dimensional energy that comes together as a plasma ball – electrical plasma ball. Within that plasma ball.

Within that plasma ball can be intelligence or it can be non intelligent. If its intelligent it can pick up information around what you call power spots. Min Min globes were used for gathering and transmitting intelligence. Some of the guides used this to come down here to manifest.

How did Aboriginal people use it?

They were sent out to do work, some positive some negative, mostly positive work for healing. They are all colours, green blue orange but generally around the green area.

I asked Love and Light - Clarity, an Irish spirit about the leprechauns then about the Mimis which I thought were the little flashing mirrors I had seen in my dream.

CLARITY

The Mimis are big, bigger than you, tall and wide like the dwarfs. They are helping the vegetable kingdom, keeping some of the nature spirits in line, they are imps, they play and do things. It looks like I'm a hippie from the 45th D, but I'm not. You must realise that I'm trying to tell you something. There are spirits of fairies, goblins, everything in your folklore is, but they do not understand, they think its just fairy tales. It is told to some people from fairies. All it is reality from your poetry, nursery rhymes which you are going towards. So if you create your next world as you create this one in a fairytale. Do not create it with dragons and things. More fairies less dragons!

Mimis, we would call them the blue Mimis from the planet Godtron, between dimensions. They are ones with inquisitive minds, they will look at you and scratch their heads - how does this one move, how does this one speak? They are large, not the greys, they're the worker bees, we are talking about the lower entities now. You're asking about the Mimis, the goblins would be the 'blues', what you call fairies are the light workers. The whites' and 'greys' are boogie men. There's so many colours, the think you got colours, you've got nothing, there's 'greens', there's the yellows', the 'reptiles', everything you can name. I don't think there're blues' the ones I saw.

Have they got triangular heads?

'No they look like little thin mirrors.'

Oh, they're nature spirits, they're not Mimis, they are bigger than you, tall and wide, like the dwarfs. Snow White and the Seven Dwarfs are representative of your chakras. Happy is the 7th chakra. Alice in Wonderland is becoming consciously aware in the dream state, because if you are aware you are part of the dream and the dream is part of you. Through the looking glass is through your own multidimensional self. Cinderella had the ego which was trying to get the better of her and had negative spirits around her, but she called the fairy godmother and went in her light vehicle, the slipper was her naivety lost on the way, but gained knowledge. The spiritual marriage was between man and the woman. Jack and the Beanstalk was an ascension. The fairytales were told to the children so they would keep the spiritual awareness through the Dark Ages.

So the spiritual awareness in one culture was kept by myths which we called fairy tales and in another, the Aboriginal Australian culture by myths called dreamtime. The Rainbow Serpent myths are found all over Australia. I asked Guboo about the Rainbow Serpent and he said: 'He is up in Mount Dromedary. He came up in Wallaga Lake 200 years ago before white man came. Ayres Rock, Uluru, is the most sacred site in Aboriginal culture. It is here the leylines converge.'

'When the Renewing is complete here, its strength will awaken other tribes in other areas, to take their inheritance and renew their Dreaming, in their traditional areas. Those who wear the red band wear it out of respect for the land, the Spirit of the Land and the Aboriginal people. It says, it is time to stop being what the white man has made you and take up your heritage as custodians of the land with pride and dignity so that peace and harmony can once again flow our of this land to the rest of the world as it did once long ago.'

I asked in channeling if the Rainbow Snake is a group ascension process?

JOHN

The process is an archetypal living being created from an energy produced deliberately by Aboriginal beings. It is similar vortex to what we wish you to create. It is a thought form. You are drawing close to it when you say an ascension. It is not unlike the Christ consciousness, which is the manifestation of the awareness in the Christian/Judeo system. So much is a manifestation of the inner consciousness of Aboriginal beings, it is more or less what they are created from. It is their mass awareness, it is the soup from which they draw their awareness. It can be likened to their Christ consciousness. You have the ability of knowing how aware those people are on different levels.

Their perception of what that archetypal being is depends on their level of consciousness. However I would say that there is going to be in this country of yours, more manifestation of that being as your Aboriginal people become aware of their Source, become more conscious of who they are. Through the power generated by their intention to become closer to their being, they will open vortexes to that being. Manifestations of that energy will become apparent to Europeans who have an affinity with Aboriginal people. Do not forget that many of you are now living a simultaneous Aboriginal existence. You are not separated from them or their archetypal beings. Simply by having the intention by asking that question place you in touch with the answer, you will become consciously aware of it in due course.

Questions are very important. It does not matter what question you ask or what answer I give. In the process of formulating that question you are presented with the key to answering that question. You are directing thought intention, you are focusing your thought on a particular point. As all nature must balance, as you ask a question, you are given an answer. The answer is always with the question. You may ask the same question to various people, listen to the answers you are given, then listen to yourself. You will know which answer is more correct. You will know on hearing the answer, which is correct. You may

do this as an experiment. Please as we have said before, do not believe anything you are told. Only believe your own reaction. Thank you once again for asking the question.

KUTUDJI MAN

Light worker man, we speak to light worker man. Kutudji man does not like plastic chairs, does not like plastic people, does not like cassette players. You do not understand there are spirits in the sky, spirits within the ground, spirits within tables, spirits within chairs, spirits within. Without the spirit you do not get the thing that you are looking at. You cannot close your eyes to the fact that mother earth is going through trying times. You cannot go way from her, the crying times are now on your planet, the Dreaming Serpent times. The serpent bites the same tail. You see you have a Dreaming Time Serpent and he will go to capital city soon and he will bite those who have not been awakened. Jas as kangaroo looking for food, so will power people look for their power but they will not find it, for it is not there. It will be that they are taken away from the Dreaming Serpent, they will dig for it like yams, Dreaming Serpent will take it away. You call Dreaming Serpent Times of change. Budja woman knows what we are talking about, don't you Budja?

Yes, Rainbow Snake Dreaming.

Did you find out what Budja woman means?

No, Does it mean questioner?

One of your friends knows what it means. It means white woman.

White fella?

Yes, lots of spirits active tonight. People are thinking of Big Fella Christ. I think Big Fella Christ comes with lantern and staff. Because you have the thought form of Big Fella Christ going through all of those things. He did not do all of those things, but in your mind he did. That is why its important to change your thoughts and patterns. He did not do as much and also, he was married. We understand that Big Fella Christ was here for those that understand, and also those that did not understand to being them to a different sense of awareness for this time of the Dreaming Serpent time. Teacher comes before the next teacher. When you go to school you have not just one teacher all through your school, it is the same with us. It is not just one teacher, many of us will teach. Your many holy men you would call them teachers also. We would not say that those in the computer base don't know how they will survive without their cars, how will they find shelter without the comforts of home? What matters is not where Big Fella Christ lived, what matters is that he lived in joy, in happiness, in all conditions.

I want to ask you your people are?

Yakumba, from Central (Means all the country round about the Centre –ed)

Are you a group entity?

We are entity of mountains.

MacDonald Ranges?

Yes, but we are also group entity of the mountains, all mountains, you came to our cave and you work within harmonic of cave and you woke us from Dream. It was in prophesy that you came and woke us up. Do you understand what you have done?

It is not that you came to do workshop up there. No, you have woken us up for it was prophesy in you. Budja woman question?

We woke the Warrior of the South..

You woke the mountain spirit up!

..And the North, but what about the East and West?

Anyone else would be pleased to wake the Warrior of the North and South, but Budja woman wants to wake everybody up!

It will be available to you to wake them up, but not yet. You see the person who talks for me. He could not pick up rock. We pick up rock and show how easy it is.

Rock is not heavy.

As light as a feather.

Here the entity was referring to a rock which the channel had lifted in trance and threw as if it was as light as a feather. Out of trance, he could not move it.

Was it our toning that helped lift it up?

Was it not toning that helped to move mountains?

Our own people have turned away from our thoughts.

They do not understand.

They have gone back to white man's way of thinking.

White man's way of thinking is not from here. White man's way of thinking is from somewhere that has already changed the face of the planet too much.

The channel was dancing and clapping in time: Budja woman, ah.. Budja woman um.

Like cicadas everybody.

When the cicadas join in with the humming bee, is it that they are in tune with us too?

Yes and the top of your head is buzzing like a cicada.

We were not sure when you moved out to our place, if you were from the Great Spirit of prophesy, so we asked mother earth if this was true. We are friend with you now, before we thought you were enemies, but now we are friends in peace.

Thank you, we are friends, we come in peace.

But we leave your chair in piece. (Referring to a chair which collapses as the entity stick man's very strong energy come into the circle.)

DOLPHINS

CHAPTER 3

Dolphins

DIDGERIDOO

I hear it
That hollow rumble
Sounding in my head
Vibrating through my ears
Tuning me to the earth,
Hummm...

Humming bee,
Guboo called it at Pidgeon House
Water drifting – the tuning fork
Now it's the land,
Gunbalanya
Hummm..

Oenpelli, watching the brumbies
I hear it again
Reflections in the billabong
At sunset as they came to drink
Hummm..

A hawk swoops a fish
From the mirror in front of me
Injalak looks over me,
As I become one with the earth
Hummm..

I hear it
As the dolphins come into the bay,
The sea rough with white caps
The sun glinting off golden waves
Hummm..

I see colours of the rainbow
Drifting in the waters,
I hear the music, of the earth
Music of the Didgeridoo
Hummm..

An interesting exercise for you, would be for you to sit still and visualize in your Third Eye, a picture of a dolphin, Draw closer and closer to that picture. See the dolphin's eye. Draw closer and closer to that picture. See the dolphin's eye. Draw closer and closer to the eye. See him looking at you. Move closer and closer until you are drawn into the eye of the dolphin. Doing this exercise will help you align with the consciousness of the dolphin or the consciousness of the civilization which manifests itself as a dolphin. You can do this exercise at any time that you like. This can be very grounding for you.

I had an interesting encounter with the dolphins at Callala Beach, where the dolphins often swim with surfboard riders. I was swimming with snorkel over an interesting rocky reef when a large grouper appeared the biggest I had seen since they were banned to spear fishermen. I followed an eagle ray mother and baby and was flying through the water in imitation of them. Then I thought, this is perfect, the only thing missing is the dolphins and I began sending the message 'oh, mind in the sea, where are you'. I thought there was no response until I climbed out of the water and my friend Ben who had been fishing from the rocks said:

The dolphins were all around you, I thought it was a shark at first..'

Guboo had told me about how the Aboriginal people called in the dolphins: `with the sticks, clapping the sticks and the mind, a powerful mind, they're very spiritual. They are trying to communicate with us on land now. When they're out there in the water, they jump out of the water and they see you. They know you're there and they're talking all the time to you. My dad took me and the Grandfather and the other elders down to the beach at Wallaga Lake and we sat on the sandhills there.

`There's a heap of fish out there sonny. We're going to get a lot of fish directly. I'm thinking, a young fella, but I didn't say it to them.'

`How you going to catch them, you've got no net?' I was thinking.

`If I'd have said it aloud, I'd have got a hit over the head with a bundy. I had to say yes, I couldn't say no. That's how it was, you know!'

And my Dad walked up and down with his woomera with the spear on and he clapped, looking out to sea. He was singing talking all the time. He sat down, then Grandfather got up, and walked up and down and said:

`It won't be long sonny, they're coming.'

I looked out to sea, I couldn't see anything, I never said it to them. Then they gave me a long stick like that.

`Here's your spear sonny.'

And I looked at them, they had spears with prongs on and I just had a stick. I was thinking: `how can I spear fish with this?' I didn't say anything or they'd have hit me over the head with the stick. So I just kept quiet.

`Come on they're coming now.'

I went down onto the beach. Grandfather walked along and he danced along the sand and he said:

`Here, this'll do us here.'

I watched the breakers coming in and I had this stick and they had spears. As I was walking down he said:

`Yes, this'll do.'

Then I looked and saw one wave coming in, I didn't see any fish. I saw two, three waves and the fourth wave I saw fish coming in on top. It was a fairly big wave too, a breaker and it went right up the shore. The water was up to my knees where I was standing. I could feel the fish hitting the sides of my legs. I was watching, my Grandfather throw the spear in and on the end of the spear was a fish, squirming around. When the breaker went back and he said:

`Go on sonny use the stick.'

So I used the stick. I started whacking them. There were 20 fish died there that day.

`All right', they said: `this'll do'.

Grandfather went out and he hooked his hand like that and the big dolphin came in and lay with his head on him there. Grandfather was talking to him in the language there and the dolphin was saying `cheep, cheep cheep', and then Grandfather let him go and he turned around steady and a little breaker came in and he did a somersault, right over, a cartwheel and he splashed up like that. Grandfather said:

`Thanks for all the fish.'

John had this to say:

JOHN

You are reaching a stage in your development now where you are merging consciousness with a civilization that is surrounding you and wishing to merge with you. You are acting as mouthpieces and channels for the energy coming from this civilisation. When you are in a relaxed state of mind, energy will flow to you which may be visible to those around you and not so much visible to you. For you are actually taking a part in that action - you are not apart from the action - therefore you cannot always see it taking place around you for you are that action. You are a mirror for others to see through you what they need to see to change them. So when others say they see dolphins around you, and you do not see them it is because you

are them. You have merged with a consciousness that is not solely your own. You are of that frequency you are not standing away from it, you are the action that is happening. Others standing away from you can see what is happening. Because you are a part of what is happening you cannot split yourself into two and watch yourself. You are a fully focused being at that time. You are serving both that consciousness and human consciousness. You are changing the consciousness of the humans around you.

In due course you will become more aware of what you are doing and what is happening. Accept what is happening, accept what people say about what they see surrounding you. There is no need to have any doubts, you don't have to think about it, accept it. It does not happen to you by accident. It is all done with agreement with you. Remember they are not separate beings from you when you see the dolphins. Recognise you can be one with them. There is a blending now taking place between their consciousness and yours.

The encircling by the dolphin was symbolic of the consciousness of the dolphin. It is for you to realise you are perfectly safe in the knowledge that you can look into the dolphin's eye at any time. You are completely surrounded by the love of the dolphin and there you can go at any time and he will be there. On another level you are the dolphin, it is another manifestation of you. You and he are the same thing. If you can picture the eye of the dolphin soul and merge through his eye to the soul you will become one with that soul. You will experience oneness created by the circle drawn around you. You are encompassed surrounded by the love of that soul.

Then I asked if the dolphin represented my intuitive self.

'Very good.'

'Thank you.'

You can at any time again look into the eye of the dolphin. You will find yourself merge with that eye. That is when you are working through your intuitive self. You are quite safe to let go completely, experience anything that happens to you. Because you are now merging into an entirely different world. It is similar to what you would physically experience if you jumped from the shore into the ocean. You are stepping out of a world you are familiar with to one you are not. The dolphins are there to help you. You will not come to any harm.

Working with the dolphins has been a unique facet of Aboriginal Australia. Many people come to Australia to see the dolphins at Monkey Mia on the west coast. Monkey Mia is on the east side of Peron Peninsula in Western Australia, twenty seven kilometres from Denham in Shark Bay. The dolphins are wild animals, free to roam the seas unrestricted, yet they return daily to the same place.

JOHN

Simply the Aboriginal people were not as isolated as is believed. All we can say is perhaps they were used as a template for the engineering of human beings that was to take place later in the development of human beings. They could have been kept as a separate race of people untarnished. Their gene structure (DNA) was to be left, allowed to develop un-interfered with, except by visitations of these people. There has been some genetic engineering that is why their gene structure had to remain un-contaminated for such a long period of time.

It is not so much they have to teach you lessons, it is for you to learn lessons. You have to learn simply by their presence they have survived longer than any other race of humans. It is for you to find out why, not for them tell you. They will tell you very little unless you ask. They know far more than you do, but until you align yourself with them and in humility ask them, they will not offer an explanation.

I asked about the significance of the cave painting at Nourlangie of dolphin consciousness. Perhaps the Aboriginal people or the beings that had interaction with the Aboriginal people are now the beings you are about to have interaction with. They are one and the same consciousness that you are about to evolve into. You see the bodies that your consciousness lives in, were developed by that consciousness.

'Do you mean by the dolphin consciousness?'

Yes, the dolphin consciousness comes from a specific star system.

'Is that star system Sirius.'

Yes.

'Is that Sirius A, B or C?'

We cannot give out too much information. If you were to ask intuitively you will be given specific information, your desire to what to know will lead you to this information. This information does exist, in fact it exists within you. This information has been coded into your very being. This information was coded into the Aboriginal beings.

I had what I believe was a Sirius dream. I was on my father's yacht and jumped overboard something he would never allow us to do because of sharks) to look at something underwater. The boat motored away and my brother and I lost it. We were in a clam shallow bay and began looking for it. We walked along beside a cliff. There was a storm surge coming and we climbed the cliff and went up a passage like a chimney into a house. The house had mobiles of fish and shells and artwork and we met the owner a woman who was the architect of this beautiful place. She let me into the top levels of the house which opened by a patio onto a lagoon. The water in the lagoon was connected by turquoise light filtering underground to the water outside. There were pavilions lining this inland sea at water level reminiscent of Balines water temples. I floated and swam in the beautiful sea. There were others staying there, some well known personalities but privacy was assured. I lived there like a sea creature and could climb out and sleep in a pavilion which had a curtained bed and tiled floor and was open to the winds. There were tropical patterns on the cloth on the bed and wonderful textures. Sirius come to mind in the dream and was connected to this place which I didn't want to leave.

What IS my connection to Sirius?

Your connection, as you all have, stems back through the Sirian groups through the teaching and understanding and going out to the lower hellish planes. Believe it, you are not in heaven. The understanding is filtered down so you can see the heavenly plains to the hellish plains so you do not feel so disconnected.

I seemed to be in a space, reminding me very much of Bali, and I wondered if that was a connection with Sirius?

We should say you didn't actually go to Bali, you went somewhere which reminded you of Bali. Perhaps you are dreaming of a return to a past life seen before it went under.

It didn't seem to be past, it seemed to be modern.

Perhaps you went astral traveling around the world. The connection to Sirius, we think not. We do not know why we think not, but that is a message coming from your guides. You are connected to another area of the universe, Sirius has got you for some reason. Perhaps you have to go back there again.

'Did you talk to the architect?'

'Congratulations you've gone through the first portal. We see your dream now its very colourful. You have gone through an initiation process either 1st, 2nd or 3rd portal. After that initiation you needed some rest from the spiritual waters of life. They've given you some rest for the next one. ... It is your home planet - Sirius. You must become your self before you can confront your higher self (the architect) before you can confront the god self. There are many stages in the initiation process. Coming to planet then becoming conscious then portals 9 or 12 of them, then alphas and another section of the initiation to fine tune your light body.

'What dimension is Sirius?'

5th D, it will move when earth moves also.

Is it possible that Sirius A or C will become our sun?

The alternative reality to earth being a binary of Archturus would be the 5th D of Sirius. It is the same vibration as the elders. However at this time Sirius is not first on the list of binary stars at your evolutionary stage on earth. In a different dimension it could be a probable reality. Its more of a reality for Archturus, because as you ascend, then Archturus will ascend also. There are alternative realities.

Is the negative Orion group the third party to this trilogy?

Yes, and the Sirians, the Sirians being your elders but the negative Sirians being the naughty schoolboys.

Is the opposite to an Orion connection – Pleiades?

You are very astute. There is always a negative with a positive.

Is it our job to send earth to Pleiades rather than Orion?

Yes what you would call your 2010 space odyssey. The propensity for Jupiter becoming your sun is increasing but also the propensity for earth becoming a sun is also increasing – its like the race is on to become a sun or a star that is. Your whole solar system is going to turn into a binary system. It has to because the amount of energy that has been produced and amount of displacement of Maldec has caused something difficult to repair in disrupting the solar system balance and it will have to be aligned again. Your sun is also undergoing a change. The binary star will become its companion star and that's what they call it a binary star.

Is it not a connection to

Sirius the Dog Star?

Yes that's what I'm getting.

Is that Orion system star coming towards us Sirius B, a dense star a black hole? A neutron star, not a black hole. Black holes are a meridian point like a funnel, like your charkas which goes into an anti-universe.

So we will be going through that, will we, either way.

Do you not ascend both ways, anti-materially and materially?

I guess we do.

You are actually beginning to merge with the Dreamtime. Shortly it will be no longer a dream. For thousands and thousands of years it has been a dream, but that dream has been an awareness in the consciousness of the Aboriginal. The dream is the memory of who you really are. It is the awareness of a code in your DNA system. You are realising who you really are. Remember your soul was not created by any system, the body was, you inhabit that body from time to time. Now that body is beginning to outlive its usefulness. You have learned everything you need to learn through that body and you are at the stage now where the physical body is not of sufficient construction to house the genes that need a physical body, so your bodies are being changed. You owe a debt of gratitude to the Aborigines for supplying you with the body that you have.

There have been many groups interested in your development. You have also aided the development of other civilizations. The Aborigines are descended from Mu or Lemuria the earlier civilisations on earth.

Many people now believe in the intelligence of dolphins and whales and their relationship with all life. It has been said the dolphins are here to teach us something, perhaps that is the interdependence of all life on the planet.

Communication has been established with sound patterns by various spiritual people. Musicians working with dolphins and whales including concerts by Canadian Symphony Orchestra with killer whales in captivity at Seattle Aquarium; John Lilly playing flute to killer whales in Puget Sound, Jim Nollman playing his water phone to dolphins, Guboo and others playing clapping sticks to the dolphins. Perhaps when we learn to live in harmony with nature instead of controlling it, we will as human species will see the interdependence of all life. We may be able to work with other species in trust and co-operation as Aboriginal people have done in a unique way in Eden, NSW.

Whales, the giants of the sea, have been hunted by mankind almost to extinction. The southern right whale was the foundation of the Australian and Antarctic whaling industry in the 1800s. Whaling has ceased in Australia and the way of life of our early whalers is now a part of our history. In Twofold Bay Eden, men and killer whales worked together to hunt the migrating fin and humpback whales, Whaling began at Twofold Bay in 1828 although whaling ships took shelter in the Bay earlier than that. In that year Thomas Raine established a whaling station. When Benjamin Boyd arrived in Sydney in 1842 and set up a whaling establishment, killer whales were working with the whalers of Twofold Bay and had been doing so for several years.

Southern right whales prefer the inshore waters when migrating north in winter to breed. The killer whales worked in three packs, each with a leader - in all there were thirty of them. When migrating whales passed the Bay, killer scouts, which had been sent out by the leaders of the packs to locate them, herded the whale pods into the bay, where the remainder of the killer whales ambushed the migrating whales until the whale boats arrived. A whale boat crew consisted of six men who chased the whale using the strength of their bodies. Once harpooned, the whale would sound or go deep, and the whaleboat was drawn through the water at a furious pace by the whale.

The harpooner had to strike the whale between the ribs to ensure a kill, then wait until the whale ran out of air on the bottom. Each time the whale surfaced for air and blew, the line was drawn in as the whale tired. The killer whales were hitting it from all directions slowing it further and sharks tore chunks from its body. The whale was still a danger to the men in the tiny whaling boat as they had to get past the tail and against the whale's side. Standing on the peak of the bow, the head whaler drove the needle-like killing lance into the whale's body, into the heart or lungs. Again and again the boat rode up to the whale and the lance plunged into its body seeking heart, lungs or bowels, until finally it was still.

When migrating whales passed the bay at night, the pack of killer whales would attract the whaler's attention by loudly blowing and tail flopping. The boat crews would set out to sea, led by the killer whales. One strategy of the killer whales was to throw themselves over the blowhole of their prey, preventing it from breathing and quickly exhausting it. Old Tom was a killer whale leader, recognisable by his high dorsal fin with a notch. He was known to catch the line between the dead whale and the boat with his fin and tow the whaling boat around in a very disconcerting way for the whalers inside.

I asked Guboo if the Aboriginal people at Eden originally called in the killer whales or if they used them to catch fish perhaps? He told me about his grandfather Peter Thomas.

`That's right, they were part of it. They came in, where the kooris were camped, right near the ocean and the killer whales would have the whales penned in, one fella would come in and he'd splash the water, and hit it and old grandfather he'd listen.

`Right ho', he'd say.

And they'd all run down to steady the boat and they'd push it out. And the Killer whales were waiting in front, they'd just follow right to where the whale was near the rocks. The old people only had to come alongside and grandfather was the harpoonist. He threw the spear in and hit him and all the ropes. He's the only fella that killed a whale just with his hands and a spear. The whale just shivered like that and went straight down.

Peter Thomas was his name my father's father and he used to bring in the killer whales by telepathy. The old people had wonderful names (for the whales) Hooky, Big Ben, Humpy. There were four of them used to come in and follow them, the old people. Never went with the white fellas, but with the kooris all the time. White men they made use of it. People with rheumatics, bent over a bit, they'd cut a hole in the whale and put them in there for a couple of hours, they climb out straight as anything. The heat of the whale inside, the oils, its warm in there, took it all away.

It had a lot to do with the energy of the whale, it cured them. So they worked quick down there all the time with the whaling. They never mentioned about the Aboriginal going out in the boat with them. When they came up to the whale sometime they'd be here, whale goes down, they have to judge it again when he comes up again. They'd have to be in the right spot.

And when he comes up there like that, and the boats laying that way, Grandfather when he threw the spear into the whale, he'd say: `Stern a' move.'

And he'd start to push back, and the white blokes paddle went across and the kooris paddle was on top of that and it didn't hit the water. His big tail come over and he smashed the boat, the white bloke got knocked out. They put him on a bit of timber floating and he was alright, he come too, and they got him and Grandfather says:

'I'll swim in to the shore.'

When he started to swim in the killer came along and he sat on top of him like a horse and it took him right in, from about two miles out to sea. You never see much of that about the Aboriginal people.

`The white men never said anything about the Aboriginal and what they did. Davidson (the white whaler), got all the praise for that. Same as when I look at the Blue Mountains and Wentworth what great men they were they discovered Katoomba and the Three Sisters. They never mentioned anything about the little black fella walking up the wallaby track up the mountain and that's what they went through. All about the great explorers, there's nothing mentioned about him. He followed the wallaby track up there. Wallaby never got that way, he always picked the easiest way, same as a koori, he never goes straight up, he goes around. Just like you ride in a motor car, you go round it.

There are many recorded incidents of dolphins working with people for healing. Horace Dobbs has been working for many years in England and more recently in the USA dolphin interactions for healing are available at several enlightened centres.

An Australian boy, 6 year old Jordon Pelman for most of his life who has been unable to speak for most of his life, was taken to Florida Dolphin Research Centre. The Centre is home to 14 dolphins, trained to stimulate learning in disabled children. Complementing traditional therapy doctors at the Centre developed a program suited to each child's needs, in Jordon's case to promote speech. Each time he speaks, he is rewarded by a dolphin sound. In the last 5 years Dr Nathan and his team have worked with 400 children with 90 per cent of them showing improvement. Some have been extremely successful, with children speaking for the first time in their life.

Another study of a dolphin called Fonzy at Dolphins Plus, a research centre in the Florida Keys has shown dolphins display a range of healing particularly for children who are physically or mentally impaired. Joey Holt had congenital heart disease which resulted in a stroke to his left side and blindness in his left eye. When Joey came out of coma, he was not responding to treatment. He was taken to Dolphins Plus, where the dolphins are free to swim out to sea and interactions are strictly on the dolphins terms.

Joey was shy and apprehensive at first but Fonzy was insistent, swim therapy involved nudging Joey's legs with his snout. Joey couldn't lift his arms above his head but that soon changed when Fonzy threw him a ball, making Joey throw it back. His mother says Joey began practising clenching his hand in his sleep while saying: `Try again, open-shut, open-shut, just keep trying and you'll get it.'

Scientific experts on animal behaviour have just completed a two year study. The ability of dolphins to work with humans is enhanced by their sonar capability. They can perceive fine variations in hardness and texture and size. They can read a human being in the water and perceive things that are going on in the skin, in much the same way as physicians use ultrasound. Sensitive sonar may allow dolphins to detect handicaps in humans.

Fonzy the dolphin, concentrated on what Joey could do, not what he could not do. After eight months Joey who originally could not move a finger on his left hand, could carry a bucket of fish to feed Fonzy. They have a relationship like two best friends. Perhaps there's a lesson the dolphins can teach us in treating these disorders.

ASHTAR

Those of the marine world will be contacting those of the earth world in the next 10 years to being about a joining towards the sea. Those that are left will see much more of a connectedness on land, and all that is in the air, and to a minor extent those that are underground. There will be a connectedness of all your awareness.

When will the whales who are here teach us, be coming through with their energy.

Pockets of information are coming through now, the whales are here to energise certain crystals also – those crystals that you feel are special.

Are whales and sharks reacting to changes in energy levels?

They have been reactivated from their own craft, from their own level of awareness. They are here to show you the futility of killing living creatures. It is also their last ditch effort. Each of the animal kingdom will be here to show you something of your own selves and to plead with you in a telepathic and materialistic way, the theme of brotherly love, and to come together.

Was the energy hum I heard from a whale at Bilgola?

The whales you see on this planet are different to those you see in an etheric dimension, an overlap of some of the oversouls of themselves that are causing some of the vibrations in the area, in other words their connectedness to their own vibration. There is a around the planet where certain aerial points are being put in place, depending on the entities assigned to them.

Many people come to Australia to see the dolphins at Monkey Mia. A friend Holly visited there and asked the entity John at a channeling about the dolphins encircling her while she was alone in the morning at Monkey Mia.

JOHN

The encircling of you by the dolphin was symbolic of you. You are surrounded by the consciousness of the dolphin. It is for you to realize you are perfectly safe in the knowledge that you can look into the dolphin's eye at any time. You are completely surrounded by the love of the dolphin and there you can go at any time and he will be there. On another level you are the dolphin, it is another manifestation of you. You and he are the same thing. If you can picture the eye of the dolphin soul and merge through his eye to the soul you will become one with that soul. You will experience oneness created by the circle drawn around you. You are encompassed surrounded by the love of that soul. You have completed the stage in your life here. He was signaling to you the completion of that stage.

John was then asked about the second dolphin sighted.

That is simply the division you have created between who you think you are and who you are. Once you merge with the soul, in the eye of the dolphin there will be only the one. They were not two separate beings. At this stage you are separating yourself from yourself, perhaps you are seeing yourself through intellectual eyes instead of intuitive eyes. If you could see yourself through your intuitive eye, you will realize that the two are actually one.

SPACE ANGELS

CHAPTER 4 Space Angels

WOMB OF THE WORLD

Into the escarpment country
Broken valley and keyhole bridges,
Guardians of Baralba.

Log bridge across stream
Ferns guard a cave
Dreamtime paintings on the wall.
Kutudji man warning
Of sacred site and forbidden entry.

In the quiet monsoon forest
I hear the didgeridoo again
Following it upstream to the escarpment
Closing in on either side
Water falling into pool sounds it out.

I close my eyes and see
Two balls of light with blue surround
Bathed in an orange sea
Discovering the Dreamtime key
Sunlight flickering on water.

Crossing the creek on bridge of roots,
Through the forest, listening for water
Among the trees, I find
A hidden pool.

Water falling, I float
Into the womb again
Looking at the entry to the world
I see the children of the earth
Children of the Dreamtime.

DREAMTIME STORY OF THE BOOMERANG

In the Dreamtime there came from the sky a young couple on a star. Their names were Toonco and the woman's name Nargardi. They came to this beautiful land. It was the beginning of all creation. When Nargardi laughed the wind blew and the thunder sounded. This was the beginning of all life.

They together learned to live in the new surroundings. Toonco learned to trap animals, to give them their names. He learned all about the trees grass and flowers and everything that grew and swam. He went to hunt and because he was not experienced enough the Great Spirit came to walk with him.

Toonco became angry and grabbing a spear aiming it at a star, he threw the spear and the Spirit caught it and bent it and threw it back. This was the beginning of the boomerang.

He was taken away by the Spirit to dwell in the moon. Nargardi waited back at the gunyah at the bottom of the mountain wondering where Toonco was. As she squatted by the fire she told the children about the kookaburra and how he laughed and how the animals came to live there. Then Nargardi went to look for him by herself. As she looked up she saw the stars rising in a clear crystal sky and the moon coming over the mountain. To her surprise she saw Toonco face in the sickle moon. Her arms reached out. She climbed the mountain. When she reached the top she was so exhausted she fell down and cried.

Her tears ran down her cheeks, down the sides of the mountain. Her tears were so sad they formed the creeks and rivers. That's why today the creeks sing peacefully as they rush by into the rivers. When she sighed the wind blew and the light of creation appeared. Dawn came and so that if he ever returned, she left her heart on the mountain for him to find. Today it is the waratah.

I asked Kuthumi, are Aboriginal legends about Nardi and Toonco coming from a star true?

KUTHUMI

They came from an area like a black hole, part of the Southern Cross.

'What star system would that be?'

We do not know what you call it on your planet but it is a cluster of stars of seven or nine in the pointer or crux of the pointer. It is called the Bag of Jewels, we think.

'What dimension is that?'

Of all dimensions where you are. The inhabitants are on 4th D moving to 5th D.

'Where they like star seeds to this area?'

They were like the elders race yes.

'Like the archetypal beings in Aboriginal terms.'

In Aboriginal terms yes, the elders of the Aboriginal or native planet. Very simple yet very direct energy and they had cities.

'Were they in Australia?'

Yes. They are being dug up now. There are remains near Maralinga I think. Yes it is also why they put the rocket site there.

Guboo had told me that the emu, the black portion extending from the pointer, in the Southern Cross was where he came from. As he pointed out the emu one night in the bush, his eyes shone with the red coals of astral fire. When Kuthumi told me this was where the Aboriginal ancestral being came from, the ring of truth reverberated through me.

Can I ask about the orange eyes, which I saw when an Aboriginal elder was telling me this story?

JOHN

It is a portent of something to come, it is a recognition in you that something is about to happen. You will remember perhaps the orange people. The man who led the orange people is a little like John the Baptist. He awoke the consciousness in many people to prepare them for what is coming.

You contacted beings of a higher vibration. You have the intention, you will only contact beings who match your intention. You are doing what you are doing from your will. You are willing it to happen, you know what you are doing. There is a group of five stars. (The Southern Cross). We do not wish to intrude, but continue to draw inspiration from the area where you have focused your thoughts. There is more information coming to you. You have scanned the heavens and you have attracted the attention of that area. Picture that group of five stars. That is all you have to do. You have already established a contact. Do not focus too much on the physical article you may produce. There is a lot of symbology being presented to you. Messages you will receive through your brain are changing the structure of your brain. If you can filter through messages you believe you are receiving and passing on the energy of the messages through your mouth, it will change the third structure of your brain. Do not hesitate to manifest any messages you are receiving. Do not judge what it is, for what it is doing is the thing that is important for you. It is very important for you to transmit energy that you are receiving. Say anything that comes into your mind when you feel you must speak to someone, or if you must create an object, feel free to do so for you are creating a vortex that will draw more and more information to you.

I feel there is information being transmitted to me now. Its flickering on and off. There is a great deal of rebuilding of your brain going on, rewiring so to speak. Until that is complete the flow of information will be intermittent flashes.

Can we see it?

You will begin to see it. You will look into faces of those you know and begin to see their faces radiate. It will not be a figure of speech. Your pineal gland has a lot to do with this. This is one of the glands that is being stimulated now. You will have heard the saying: If they eye is single, they body shall be full of light. The pineal gland being your Third Eye is beginning to open. On opening all you can see is light.

The healing objects that have been spoken about, there is not so much power in those objects, as power in yourself. Everything you see is a mirror reflecting to you something you should see in yourself. Now within the glass you should

appreciate the things you see around you for you are beginning to appreciate the beauty of yourselves. You will see more and more of it and see less and less of the ugly things in your world.

Simply do what excites you, the rest will be taken care of by your friends. Know that you are in good hands my dear. All of you are now at the stage where you can have complete trust and complete faith that you are being looked after. You will not attract any negativity towards you. You are bright enough now to douse any shadows. Shadows cannot exist where there is light, your bodies are beginning to emit more light.

SOLTEC

To those that we have salted we come home. The seeds we salt we come for. That would probably have been a scout craft in 1983. There were millions of scout craft around at that time activating the channel and others around that area. You are reacting to the energy of the situation because there are some of you saying I wish I wasn't so sensitive or angry, but you are not perfect, you just are but you are becoming perfect.

There are 300 different races of civilization, one and half million different civilizations around your planet at the moment within a radius of 30 miles, that are interdimensional, or thought forms is another way that your scientists would say they are hallucinations.

When I asked for conscious astral travel exercises, so I could see the craft with my Third Eye, I was given this.

Look into an astral mirror, look at feet or hands, say to guides before you go to sleep: Please help me with my travelling and allow me to remember and become lucid. The plans are then there and your guides will shake you bodily when you come out.

'I feel as if I'm shaking a lot anyway.'

At a Dreaming Camp at Pigeonhouse Mountain, I was drifting, floating in a pool in the moonlight thinking about my son Adam who died at age five. I asked where he was now and the answer I was given was that he was a shooting star. Later I learned Aborigines believe stars are entities.

Soon afterwards, I had a dream in which I went through a multidimensional doorway to a planet which was like the interior of Australia - red ochre colours. This planet was this colour on the outside areas, but there were domes on the surface. Inside the domes, I met a guide who showed me how people lived beneath the domes. The houses were hexagonal modules joined around a central community area with personal space in the surrounding hexagons and public space in the central hexagon, which were used for teaching small group classes. There were also bigger round domes with hexagonal faces which were schools and halls, they had igloo-type entrances. All around grew gardens and crops all within the dome roof which was a light transparent film, like plastic, I thought it was a biological semi-permeable membrane. Clothing was free flowing gowns of very light filmy material which shimmered. To get home again I was taken by the guide to the red outside where we entered a cave and I ended up on one side of the doorway and she was on the other. I felt great love to her and was sorry to part. When I asked I was told it was Venus.

Other writers have reported impressions of Venus which is said to be the capital of this universe and where we go when we pass over physically at death. Nikolar Teslar is a non-physical entity now on Venus who has given us an impression of Venus through channeling.

TESLAR

Venus is a very beautiful planet. Its main structure or light vibration is green, working on the green chakra the love chakra, green is the gold fusion. We have a head of government one person would not run the whole planet but the head is an elder and the council of advisors. It is not a capitalistic planet, each has its own right but the elders would have more knowledge of conditions. It is run as a community. There are sectors of dome cities and interconnecting links like a monorail system, but it runs on antigravity which is not a monorail.

The houses are dome shaped like our craft. They have also a crystal foundation and one of our places you would love is the Hall of Remembrance which was lifted from your planet at the time of Atlantis. We also have crystal streams - fountain streams, and the energy of this crystal is the pure light nature not so much the destructive nature of Maldec.

'Are the domes made of a living structure?'

No, the first part near the ground is similar to basalt and on top is Perspex glass which has the ability to diffuse the light within.

'What is the source of energy?'

Love, we have a free energy grid around the planet and the whole planet is like a fluorescent light. That is why there is a covering of cloud around it. This keeps out prying eyes of your satellites but also helps energise or ionise our atmosphere. It is a well worked out universe.

We have many halls which are used for music. It comes out as colours and vibrations and you can see the colour coming out and touching everyone within the hall.

It is beautiful and you have been there before as many of you have. It is part of your stop-over to go there to feel the energy and love and you go to our sister planet Mars, which is not so backward, but not as advanced on the chakras as Venus.

Your thoughts that go out and impinge on other planets, there is light on every planet, the only place there is not light is on your planet. There is depression on your planet and I felt that. This will all change in the next few years with a resurgence of anti-gravity and those things called free energy from some of the works going on. Most of your people do not see us in the sky for we are 5th D our craft and our cities. You cannot see the craft from your planetary surface or the cities however you can see the remnants of our cities, but you will not be able to see them with the probes you are sending to our planet for they will be destroyed before they get there. If you like we'll send your rockets back.

'Is agriculture grown under these domes also?'

Yes, we have a horticulture, a permaculture, there is no need for water, there is plenty of water. Let us get this straight, we are not using the domes for an atmosphere, there is plenty of atmosphere on the planet. Most of the planets in the galaxies are habitable to your bodies, something your scientists will not tell you. They will say you need space suits but that is not the case, your bodies would be even able to withstand some of the temperatures on Mercury because they are not as hot as scientists would imagine them to be.

The domes used for housing people and for pleasure for relaxation and recreation. We have sports on our planet, and we have music, I told you about that. We have art, we have creative sciences and technical facilities, some universities, are still there as a representation of the other planets. They are there for we merely wish to express within everything we do the beauty of the universe.

'Is there a sea on your planet?'

There are many seas, there is one in particular which has a boat cruise as you would call it. The boat doesn't actually float on the water but it can and it can go under the water. There are also cities under the water, just like there will be cities under your water in the next few years.

'Is it warm?'

It is of the best temperature - for the faith has kept the temperature of an even keel. It is the faith that has given you the warmth from the light of the sun. The sun is sending you energy because your faith sustains it. Your sun now gives you cancer, blindness heat stroke because the faith is lacking within your 3rd D reality. It would have been the lack of faith which would have electrocuted me back in the 1800's, early 1900's. Venus has no day and night only a twilight which is a complete reversal of what you think.

We enjoyed hearing the stories of your experiments.

Thank you, we also enjoy hearing the stories of some of your guides also.

LAZARUS

My dimension is 6th D. from the Source. We come from all parts of the solar system. We would say between that which you would call the Lyra system and the Triangulum system, it is an unknown name and starts with an R and is not Reticular, don't think that. It is like me asking you where do you come from, you might answer any place you have been. We all come from the one point, the one Source, we have made our home on one planet. The Source is the all encompassing energy of creation. We look at you and see many of you come from other areas of the galaxy and other areas of the universe many, many times including some of the more renegade planets. The experience of the soul encompasses, negative neutral and positive vibration.

You spoke earlier about something I saw up in the mountains, was it the image of the mountain.

That was Seth, the gatekeeper speaking then. We are saying that you saw something that opened up your light body chakra, your 4th and 5th D body to something. Perhaps you noticed one of the gods of the rocks. You have seen something that infused your whole being with the vibration that is saying Yes we are now ready, it is now ready. For those that going through the initiation processes would see a light, would send a light to their chakras and that light is picked up by their guides and their guides, and understanding all through the dimensional universes. In other words you are ready for ascension. In other words you are ready to take the trip up to us. We are your brothers we have always been your brothers, we have always been connected.

Will people receive a telepathic message of landforms they're meant to go to?

Oh yes, most will be going to higher ground because that is also pertaining to spiritual ground.

JOHN

We create because you wish us to and because we wish to. Also some of the craft you see are not seen by others. You may be standing with others and you may see what you think is a craft while others will see nothing. This is the difference in your intent. You are willing to see a craft the others are not. They cannot imagine seeing it so they will not at this stage.

'Because they don't believe they can see it?'

Exactly, they are not creating a scenario for interaction at this stage. By being in your presence a difference will be made to them. They will not be the same, having being in your presence. Your desire to be with us is having an effect on everyone you meet. Please do not think you are on your own, that you are wandering aimlessly like a cloud. You are not. As you appear to want to create you bounce off people touching them as you go, always moving forward, being drawn forward by an awareness within you that you are drawing closer to your God. You are of an awareness now where every step you take, changes your consciousness, changes your awareness. As you venture out you are beginning to feel a change of awareness. You are becoming aware of a different dimension. We come from a different dimension. We have come from our dimension into yours. This entails a change in us and a change in you. It is as exciting for us as it is for you. Perhaps it could be less anxiety on our side than on yours at the moment. What you are doing is new to you. We have done this before.

This does not make us any better than you. There is no judgement. As you do not judge a child who is growing with you, step back and sit down and hold out your hand to the child, you do so in love. At the moment that your hands touch, you are one. It is the same with us. Perhaps we know more of where the child is headed than you do at this moment. As a child you must also learn by experience. That is why you are having so many experiences. Perhaps others around you do not appear to be having so many. For it will be some time yet before there is an overall awareness of this change. You are the forerunners, you are our mouthpieces. You will be the ones who will introduce us. We wish to thank you so much for what you are doing. At the moment you are doing this in faith almost blindly. But when your eyes are opened you will know that it has been worthwhile.

Are there any questions bearing in mind that you are children growing and the answers we may give you may appear childish but please believe what you hear is exactly what you need to hear.

As you said before we create the visible flying saucers, we just saw a video in which some flying saucers were photographed, can you clarify, were they flying saucers?

Yes you were meant to see that and there are flying saucers. There are many sources of these saucers. Some of these could be your own for you have been given the technology to develop these devices. At your stage of development you will need these devices to travel into space. You will need these devices to meet with other technologically developed beings.

'The flying saucers that have been developed on earth, are they producing a lot of radiation?'

Probably. It's highly unlikely you will get the chance to approach them. There are also extra terrestrial saucers. There are inter-dimensional beings in these saucers do not actually need these saucers to visit you. They can visit at will, but at this stage for you to recognise the different breeds they need to appear in the craft.

'Why did Rudolf Steiner never mention higher beings and other civilisations?'

As we have been saying you have been children growing, the education that you have been receiving generally speaking comes from a higher source than you suspect. You have been watched over for thousands of years. You are given knowledge when you are ready to receive it. Until you are ready it will not appear. There are many able to prophesize who have not seen the existence of extra terrestrial craft because the knowledge wasn't offered to them. The frequency of this knowledge was not available to them. There is other knowledge not available to you at this moment.

The Hopi and Apache in Area 51 Arizona know that one the star people return their days are numbered. It will be their to time assimilation to other planes of existence. They have a real need or desire to ascend. Anything that has a heat vibration or negative vibration is not going with the flow of love. Become more aware in your dreams and create yourself a box of light.

The statues of Easter Island were built by the Brotherhood, and are older than the pyramids - chessmen of the Gods. Pieces were placed by large beings facing to the east expecting their brothers to return. They were abandoned on this island when there was an accident in the upper atmosphere and they were put there waiting for the return of the Brothers. You will be able to tap into them later, like an Akasha but not until you are more spiritually advanced.

JOKHYM

Easter Island will be active again you will know within 3-4 months.

'Will that be from craft landing?'

It is because they are representing the change that is about to happen and they are looking in the direction the craft are to come.

Was Easter Island part of Lemuria?

A breakaway part yes.

'What were the redtops, was that a representation of their planet of origin Mars?'

It's one of the stop off points for the Brothers yes, it is more like Aldebaren. It is like they will go there and find the ways of the planet before they come here to your planet. You will know, you will see them, there will be hoards of craft coming in, unbelievable signs in the sky. They will run to your meetings from every direction. There is a base on other side of Mars and scientists on your planet know of it, but you're not resonating to the other dimensions, so you cannot see it except as 3rd. Like your instruments can't pick up 5th D things yet. You can see some of the remnants of ladders, pyramids perhaps and some the structures.

JOHN

Group work was practised in Roman times, to create an energy so there was family recognition. We told you, there would be more craft and there has been, and there will be more soon, as we are installing a light point off Avalon, so you will see more craft off the coast. We are installing the aerial points for craft movement, and to deep out the negative vibrations of those who will come in future times, so as to keep this section of the planet safe, a haven. Within that area of five or six aerial points there would be relative calm. The aerial points come to a circle around your North and South poles, a haven, solitude, not so much cataclysmic movement.

It is part of the prophesies, there are those amongst you who will turn against you, and they will be as the sister and the brother, and ye shall not know them. They that say they are helping, will control, and they say they are healing, will destroy.

Is ULURU the heart chakra of the planet?

It was, it has now moved up to the communications chakra, because in that area there will be people going there for all different reasons for some of the communication to do with the changes on the planet.

Will there be craft coming through that area?

There are craft coming through every wormhole on the planet, but they are more significant because they are further away from the cities, over the area of South Australia and central Australia. There will be many things that people will say this will be the first time in history. It must come to a completion by the New Age dawning. The Golden Age will come onto the planet between 2011 and 2013.

There is another planet more like an earth dimension which is set aside for those who do not understand, another training ground. They will go to their home planet. From there they will have a chance to move off to another dimensional area. Where you are going to, where the planet is going – it is going to turn into another star. You will be moving to the star Arcturus where it is not dark, it is light. You will be in communication with energies and you will be like the oversoul of those energies. You will be the Higher self of those on the 3rd D and you will feel those on the planet who are your brothers, who do not hear you communicating with them, but you will hear them communicating to you. So in that respect, there is a need for compassion for those that are left on the planet. You will also feel you are beyond the planet, but still a part of the planet. This is the way the universe works so you realize your experiences have not all been in vain. You will be in a different dimension you will be in the 5th D but you will also be on the planet without having a body. Is it not worked out properly? Just as you are here and feel you have a Higher self, then you will be the Higher self and feel you have a body.

Is this like in the Aboriginal concept, an archetypal being?

Yes.

ARCHANGEL MIKAEL

I greet you all in this time of change. It is not only love that we are sending to your planet but radiant energy of light. It is not only the transformational energy but also the purifying energy which infiltrates your system to filter your negative thoughts and purify them so they can be sent to other planes of existence which you will inhabit after this sojourn on earth. Each thought that you send out goes out to create that next universe. Whatever you make of those thoughts, are the thoughts that you send out in a spurious fashion are created from you, and will come back in that next incarnation or next sojourn on any of the planets. Positive thoughts create a positive universe of free flowing energy, your inherent right as a soul citizen to create. Those working with the lower energies would be those of power, manipulation and control. Only by sending these one the thoughts of love by a concerted action on your part are those of politicians and in illusionary power changed to a path of light. Only by thoughts of peace with concerted action will you get the job done.

The guardianship that you have taken on of the planet even though it is coming to an end there is still the chance that you may stem the tide of the changes that are going to take place. There is a chance that with concerted effort you may change some of the souls' behavioural patterns and some of their past karmic ties. First change yourselves to that love vibration. Release the fear, shame and guilt you have through ignorance, precipitated from your family, and past associations. Each individual works within its own right yet becomes part of the whole and in working with the light are working with the whole. Those working with the power are stuck in one or two of the chakra systems.

What does the symbol of the cross mean?

There are four forces within the cross, four forces known that you would use and it also represents the physical, emotional, mental and spiritual. The cross itself presents above the horizon and below the horizon. It also represents a human with two arms outstretched, the head up and the feet down. It is a sign of light in another way. All in all it means aspiring to something while still remembering one's past, gaining from experience and moving towards Source.

Does it mean the four archangels?

And also the four archangels. It means a lot of things, each number means something.

Is the symbol of the cross in the 9th D, the merkebah vehicle in the 5th D?

Yes.

Does that also mean the andalusite crystal, in the physical in the cross form?

Each of the rays in a colour is also a mineral. There are only the seven colours in the physical but in other dimensions there are many colours. It is like you have octaves on a piano, there are many more vibrations and colours and crystals to be seen but they are outside your octave. There are many more things to be seen while incarnate and many more things while disincarnate.

You are scratching at the surface like a big mouse and underneath the surface is more food, is more knowledge but it is hard surface like wood or pine, you have to scratch hard to find the truth.

Sharpen your claws. Rather than look academically, look from the right side and see the pictures coming out from what you want to see. Every time its interesting, you release a charge of not knowing out to the universe, and you are becoming knowing again. Every time you find it interesting you tell someone about it, hoping they will find it interesting and you create an interesting scenario. It is no good if you do it alone, and we have found and you have too, that money is no good unless it is shared, unless there is someone there to share it with, who knows what he is going through. Money is short lived. It's an energy exchange. If you are giving service someone compensates you, but if you are not giving service then you feel unbalanced. Your energy (money) must be the same as the energy that is coming in, your soul energy must be greater than what you are creating.

How do you build up your energy, you are going to say. Become more ethical. Not moral or just, but more ethical, doing the right of things, for the right amount of people in the right amount of time. Not just doing the right thing in a justice or moral way. There are moral standards which change in every country. It is OK to marry a 13 year old in Chile but not in your society. So there are different moral standards, but ethics are universal. Giving of yourself while being ethical with yourself and others. This is what builds up the energy so you can pull in more energy. Then you build up the energy more and you become abundant. Abundance can come in many forms not just money, it doesn't have to be just physical acquisitions, it can be spiritual knowledge.

What you would call the fraternity of the Archangel Mikael but anything is accessible with Muriel, Gabriel, Raphael, and some others that you do not know. Our energy is that of peace. Peace in a way that if brought back onto your planet in such a way that it has an effect on those that are around.

Even though you feel that this life is important, we say to you every life is important, the one following and the ones previous, because they all go to make your multidimensional quilt. That patch of your quilt is one part of your life and your whole quilt, all of your lives together and each colour within the quilt, the highlights of your life. As you are going from day to day perhaps you are living a lifetime or two or three lifetimes as you are brought to those people you have karma ties or imbalances to work out the challenges that befell you before. You also were working with the light in those times and in a way beneficial to all concerned. In a war you may have been teaching them the way to do a certain thing, perhaps you were healing and talking in a higher vibratory sense than those that were around you. It is all a state of consciousness for as you are thinking, so you are creating. Please remember this for this is the trial ground, the testing ground.

Do not believe everything you hear. Feel within yourself when these things will take place, when things will change, when is the right time to act on these things. We are not only speaking of moving from certain areas of the planet, we are speaking of changing people's reality. If you get a dream or a thought that something will be changing act on it. Are you living the life, or

are you in fear, are you working in past programs. It is up to you to decide, but decide quickly children, for your time in this hourglass is running out.

CRYSTALS

CHAPTER 5 Crystals

ESSENCE OF LIFE

Water – essence of life
Drifting along in the bush
By the snaking stream

Water flows over me
Life carries me along
Watching the starry sky
I move a shooting star

Drifting downstream, daylight is dark
Trees meet overhead,
Fish hide in their roots
Sun shafts the inky depths

Pebbles glow in golden joy
Passing through,
I am reborn

SANANDA MEDITATION

So now we are within that field of gold. You will see it goes to the horizon. There seems to be a breeze that moves the grass to and fro. On many occasions, I have introduced a wonderful friend of mine to you, but this evening I wish to introduce him again. So you will see on the horizon the most wonderful beast coming towards us and as it draws closer, you will see it is beautiful. This unicorn is of the most wonderful white, silvery light. As it now draws immediately in front of us, it bows its head, allowing all of you to touch. Feel the warmth and kindness emanating from it. Understand what it represents. You are exactly like this unicorn. You have great power, great strength, you are unique and you are beautiful. See the power in this beast and how it is contained. It is divine energy the love that emanates from this one, it has divine quality, it only exists because of the divine power plant which is inside, and you are exactly alike. So now it moves off. Now I wish to ask you to join me in the golden grass. Lie down beside me and enjoy the substance enjoy the surroundings, it's a divine setting. You may come to this place at any time. Merely call my name and ask me to take you. This is your place now. This is a place I invite you to come to always. Feel the energy flowing, feel the vibrations all around you. You will see there are a number of small animals, you will also see a great mass of the elemental kingdom here also. All of these ones reside here. They are easily accessible to you. They all emanate the love vibration. They may act as your guide if you wish, or you may merely have a wonderful conversation. They too can take you to their residence.

So we now move to another section where you will see the most wonderful pond all around, the most wonderful coloured vegetation and at one end is a great rock structure where there is a waterfall. There are many elementals here and many small animals. I have brought you here for a reason. It has been a long time since mankind truly understood the elemental kingdom that resided on the earth plane and it is time you met the grand master. You will see there is a great chariot now emerging from the rock, from the waterfall.

On that chariot is the great master Pan. He seems to hover over the pond. He stands and he has a wand in his hand. A divine staff, and he moves it about and it appears to be stardust coming from it. It is much more than that, this stardust that sprinkles on you. It is to bring about a change. It is his wish that all of you now begin to tune in to the elemental kingdom on the earth plane. It is time for you to know his people. Mankind must work with the elemental kingdom in the ascension process. So he is now invoking the elemental energies within your being. You will see many colours coming from his hands. They are placed around and through your being. You are being energized by the etheric elemental colours and vibrations. This one is a great master who has worked upon your earth plane for many eons. He has now been asked by the Most Radiant One to work much closer with humanity, to help to begin to awaken them to their most wonderful mother earth. So his job is known now. Once again he moves off in his chariot and is gone. You will see the most wonderful orb of white light has been left over the pond. It seems to expand and increase in its brilliance to contain us all. You have all been initiated into the elemental areas of the great master Pan. So Dear Ones, it is time to return to the pasture, so you might surround my

being and I shall guide you back down. Know you have received the energy that you are bringing back in the physical form. As you begin to drift back down to the physical form, I will adjust the energies within you. For the remainder of this evening I will continue to work upon you, so you are fully synchronized with what you have received. To me you are the most wonderful beings of creation. You are the star seed of universes. You hold the power of the light and the energy of the Mother/Father God. You were created to be masters and master you shall be. You will begin to know your divinity, the light, the love that is to shine forth from the inner circle. I love you all so much and I come to you whether you call me or not. I always surround you with my energies and I will be your platform of light to lift you up to your final goal. This is Sananda Adonai.

Knowledge of the chakras and how they can affect the body has been used since ancient times. However recently we have begun to see science verify some ancient esoteric teachings. This chapter has teachings from various esoteric disciplines on the use of colour, sound and crystals and through channeled sources, begins to examine the way these work. Thought precedes the creation of energy, so visualization is used to create a holographic blueprint to work from. Toning with sound is also used to create a resonance blueprint to align and to create. Our other senses use texture, touch, smell and taste to create and heal.

The following table combines the information on colour, sound and healing in a convenient way. The meditation colour is on the left, together with the musical tone. In the second column from the left is the chord for use in healing. The third column has the frequency and the crystal which resonates at that frequency. It contains the information on crystals used for healing and the vowel sound to tone for healing. These are healing modalities used in Atlantis originally, which were used as complementary stones to raise or lower the vibration of a particular chakra. The use of crystals for healing requires the application of intuitive faculties for full effectiveness. For normal meditation use, the chakra meditation colours and gemstones in column three can be used.

The wheel of light, or chakra, of Eastern philosophy is seen by analogy as a multi-petaled lotus, the further you go up the chakra system, the higher the vibration and the more petals the lotus has, the more it channels cosmic energy. Crystals help to wake up the chakras and so does visualising the shapes associated with each chakra. The rays represent the Gold force cosmic energy which is picked up by our chakra system. Each of the chakras has a different colour. All seven chakra centers must be working in perfect harmony and completely aligned with the template of Light, the eighth chakra for the connecting link with the oversoul to develop, before the light body can be activated for ascension.

From the Source or God energy come two rays, the silver and the gold which pass through a prism. The silver breaking into red, orange, yellow, green, blue, indigo and violet, the gold into outer dimensional colours which will become apparent later. One of the Masters is on each ray. All physical beings are on the silver ray. Crystals are manifested by attracting those elements of the earth minerals to form crystals of the shape which represent the chakras of the body. In the future we will be able to delve into the crystals and unlock the secrets within. For the moment realize they have the resonance blueprint of each of the chakras in perfect alignment within their crystal structure.

The first ray is the red ray, corresponds to the root chakra of eastern philosophy. Those who are primarily working on this ray are working on the emotions through the physical body. They are well grounded usually but suffer the physical injuries of aches, sprains and fractures. This is the first ray. The Master of this ray is El Morya. This master has served in numerous lifetimes in the affairs of state, of power in the human psyche. He has been Akbar one of the greatest Mogul emperors, a Muslim who established an empire spanning from India, Afghanistan and modern Pakistan. He was also Abraham father of the Jewish religion and Arthur of Camelot. He was twice canonised by the Catholic Church - as Thomas Moore and Thomas Becket. The Master El Morya assists those who have difficulty in realising the need to accept Spiritual enlightenment. He is a high initiate of the Order of Sirius.

Crystals can be used to focus the energy of the meditation. When you focus on red in the 1st chakra the process can be aided by the positioning of red carnelian over the chakra point. There are several red stones that may be used such as red calcite, ruby or garnet or alternatively black obsidian, black tourmaline, or smoky quartz are used for grounding. Red promotes heat and body temperature. People with not enough red energy tend to be tired, listless, run-down anaemic and need to regain their get up and go to achieve their physical goals. People with too much red energy can be bullies, violent or full of hate. The Archangel Auriel is on the red ray.

The second ray is orange and is the ray of love and wisdom This is the ray of teaching, healing and spirituality. Master Kuthumi is Lord of this ray and the Archangel Gabriel.

Kuthumi is known as a world teacher a master of the second ray. He has a strong association with the Master Jesus. Kuthumi aspires to transmute truth from current dogmatic thought within the Christian faiths so that the concept of Brotherly Love may manifest. In one incarnation he was Francis of Assisi. He is the Door Keeper of the ancient occult mysteries and will reawaken mankind to long lost truths. The symbol of the six pointed star represents his influence.

Another master of this ray is the Chinese Tao Sung, an artist whose gift is sensuality not erotica but sensual silks weavings. Lord Lanto is also a Master on the second ray. He had incarnations as Lao Tzu an historian contemporary with Gautama Buddha and Confucius. He works with St Germaine to liberate mankind through the ascended masters teachings. Archangel Gabriel is working on this ray. Those suffering negative karma on this ray are experiencing their emotions of fear, hatred and anxiety.

The second chakra at the navel is orange and is a tonic to the whole system. Orange is very healing, relieves emotional tension and creates tolerance. It creates the outgoing and expansive energy of people who work in groups. Orange energy creates appetite and aids digestion. The crystals used on the navel chakra are carnelian, dark citrine and haematite (for water retention and blood disorders). Those with too much orange energy are temperamental, vain or seek flattery and may be groupies or trendies.

The third ray is yellow and is the ray of subconscious thoughts and of arts and music and practical science. The Master Paul the Venetian is Lord of the third ray. He was incarnated as Paulo Veronese the Italian Renaissance painter who saw beauty as a catalyst for enlightenment. He links with humanity upon the golden yellow ray of the intellect which being the ray of practical science and knowledge will encourage those seeking expression in colour, geometric form or sound.

The third chakra at the solar plexus, below the diaphragm is yellow, the level of thoughts, ideas, reason, intellect and creativity. Yellow stimulates the nervous system, the intellect, reasoning and aids self control. The crystals used on the solar plexus are light citrine, tiger's eye, yellow fluorite, topaz and haematite (for kidneys). Those with too little yellow may be sluggish with poor digestion, acne, rashes or eczema. They may also be cowards hence the popular description of cowards as yellow. Tiger's eye tends to reduce the yellow energy. Metatron the archangel who is at this moment on 3rd D or yellow chakra.

The fourth chakra is green, the ray of universal love and freedom. Workers on this ray under the guide of the Master Serapis Bey, a former King of the Spartans. He also had Egyptian incarnations as Amenhotep III. The Master assists those working with Nature and healing the environment, being Master of the Devic Kingdom. He bestows his gifts or stimulate creative ideas and thoughts to those involved in architectural, artistic, musical and theatrical work. Those with negative karma on this ray are confused and unbalanced and not in harmony.

The fourth chakra, the heart chakra is between the shoulder blades, in line with the heart. Green is an expression of love, fertility, balance, harmony and compassion and is very healing, expressing as 'greenies', those with a strong concern for nature, dreamers, artists and idealists. Pink is also associated with the heart chakra, the difference being the personal expression of the God force, the unification of duality. Crystals to be used on the heart chakra are rose quartz, pink and green aventurine, pink and green tourmaline, emerald, pink kunzite and green fluorite. Those with too little green are afraid to open up and be loved - security is the key. Greed is the negative manifestation if there is insecurity, 'also green with envy'. Archangel Raphael is working with those on this ray.

The fifth ray is communication on the blue wavelength. Lord of the ray is the Master Hilarion. Saint Paul was one of his incarnations and his love helps through cleansing and healing the physical, mental and emotional selves. Mental aberrations and hallucinations are the negative expressions to be dealt with.

The fifth chakra, the throat chakra is below the thyroid and is the communication chakra and is also healing. Blue is the expression of deep feelings and commitment, in excess this can lead to fanaticism and intolerance. The crystals used on the throat chakra are turquoise, lapis lazuli, sodalite, blue lace agate, blue fluorite. Archangel Michael is working with those on this ray.

The sixth ray is the ray of enlightenment and is indigo. The far sighted artists and writers are on the indigo ray. The Cohen of the sixth ray is the Lady Nada who represents the Third Ray on the Karmic Board - those working through with aggressive tendencies and authority problems will find her particularly helpful. On Atlantis she was a priestess in the Temple of Love. In other embodiments she has been a lawyer an expert in defending those oppressed.

The sixth chakra is indigo, the colour of dusk just before dark. The indigo ray is not fully expressed on the planet yet, being fully expressed as telepathy. Indigo is the spiritual expression of the open third eye chakra, seen as clear perception, insight, prophetic dreams, on the negative side as being 'away with the fairies'. Crystals to use are amethyst, azurite, purple fluorite, lapis lazuli. The archangel working on this ray is Ezekiel.

The seventh ray is violet and Lord of this ray is Saint Germaine while the Archangel is Metatron. St Germaine has had many incarnations including the Merlin of King Arthur, Lao Tse, Roger Bacon who prophesised flying machines and was imprisoned by fellow Franciscans, Francis Bacon, father of the scientific method and Christopher Columbus. As the Count Saint Germaine, he wrote Studies in Alchemy where he said that miracles are wrought by the precise application of universal laws.

The seventh chakra, on the 'soft-spot' of a baby's crown, is the realm of enlightenment, the link to the higher chakras, the level of the 'collective unconscious', the channel out of the body to the Higher self. It represents the spiritual element of mankind. This is expressed as inspirational art, music, philosophy and invention. Crystals to use are clear quartz, diamond, white gold or purple fluorite and Herkimer diamond.

The eighth ray is the golden white light of high spirituality, Master of the ray is the Lord Sananda or Christ. An embodiment of the Archangel Mikael, Creator of the Universe, Jesus incarnated to show us the way. The powerful energies exuding from this Master are with those attracted to practices of natural healing and the balance of spiritual and physical well-being, sometimes as a result of working out the negative karmic aspects of possession and religious disorder.

Is Christ on crimson ray?

Yes we see it as such as sort of melding of all together complementary of the green planet. One of the falsities that has long been accepted is that Christ ascended on that day. He stayed within the earth's aura and is ascending now. Because there was an influence since AD33 more of a Christ energy than Sananda, Christ is still within the aura of the planet. After such time as Christ ascends then will come the time of the destroyer, the beast or what you would call destruction.

TESLAR:

Your guides are heading you in the right direction. Only through faith will the guides become real, then they will be as real as you are real. They are in a multidimensional universe and are able to transcend time and space. That is why you need them in astral and dream states. You feel sometimes that you are separated from the God force. You are our brothers and sisters as much as we are yours.

Twin ray is this the same as a soul mate?

Soul mates are here to build up the networking fraternity in the oversoul matrix. Telepathy has the connotations of psychic ability but it is more towards the 7th D but it permeates through the Third Eye. It is coming back for this is Atlantis revisited. Can you get it right this time? We are sending so much energy so you can fly. It is not so much those around the cities who will suffer the karma but those who are the big players who will wear the karma of the cities.

The soul mate, is one part of the 49 parts of the oversoul, 7 levels (of each soul age) times 7 levels (subdivisions with the soul ages). Twin flame is cut from the same batch. There are many soul mates but not many twin flames. First you join with the rest of your 49 then you move to another area, then you join up with the rest of the rest. There is not that far to go, a bit of work to be done still and one of you moves off many more of you will move up as they become your guides in your sleep they will help you along the path.

MICHAEL:

When two soul ages encompass one another in one house, each of you has something to look at. The question is how to deal with a young soul's thoughts. You have learnt your lessons quickly and your husband is upset by this fact because he has subconsciously picked this up. You will be moving away from your husband. There is a ribbon of karma, and two ways to deal with karma, not to deal with it in this life or deal with it. If you release it in sleep time this karma would be released. You would not have to go out physically and release it because if you work in conscious astral travel, that is the same. So I just have to forgive him? Yes.

There are 49 monad or soul ages, or strings of energy in seven sections of oversoul. Each of these seven would be part of your monad pattern which has to be worked out internally. It feels like its external especially when something is going wrong. The sixth level is the most karmic releasing of each soul age. Most of those in wars are in the 6th level of young souls. There are not many baby souls at this time.

When I awoke this morning I was seeing mandalas what does this mean?

So was the channel, this means the channel was teaching you about mandalas in the dream state. We were teaching the channel about mandalas last night. Once you are a channel you are not only channeling from 5th to 3rd but 8th to 5th, once you become an open aerial point you can then channel from all over the place from any dimension. Breaking through is the main part and one of the ways of breaking through is to meditate on a mandala and also to find your own mandala, an object pattern that represents the Godhead in a 3rd D space. It is not a coincidence that most of the people in this group have dreamt of mandalas, or picking up pictures of mandalas for we are projecting that onto your planet now.

The crop circles are our mandalas. By picking up mandalas you are opening yourself to the higher realms. Even Christmas decorations are mandalas for they represent something that is not of this planet, they represent something of higher vibration.

In Lemuria gemstones were employed in correspondence to various chakra points to develop extra sensory perception forming a natural extension of each individuals' consciousness. Each of the charkas has a guide energy with them. If you are born on any of the rays, you have that guide's energy.

Do - Dominus, God in Humanity

Each of us has our own sound, the more one comes closer to nature the more powerful the more natural it becomes. Every man and woman has a certain pitched voice. The voice producer says this is alto, soprano, tenor, baritone, or bass. He limits what cannot be limited. As soon as a singer is classified, he or she has to sing in that pitch. If their pitch is different the singer has to sing what the composer has written, and he or she has lost the natural pitch. Even when speaking only one in a hundred speaks in a natural voice, others imitate someone else. Children learn from other children. To retain one's natural voice is a great power.

Resonance is the frequency at which an object naturally wants to vibrate. If one guitar string is touched, the one alongside it will vibrate if they are in tune. A singer can break a glass with his or her voice, because the glass tries to vibrate at that frequency.

Entrainment is the active component of resonance which is usually a passive process. In entrainment the purpose is to change the natural oscillatory patterns of one object and replace them with the different oscillatory patterns of another object. In other words you are actively changing the vibrations (the frequency or rhythm of one object to another), just as you do with the guitar string. Entrainment is common in natural cycles such as our own heart rate, respiration and brain waves. Training one will influence the other and this is the principal of biofeedback. Slow own your breath for example and you slow down your heart beat and your brain waves.

Drumming or sonic entrainment using Tibetan Bells or Peruvian whistles, creates frequencies between 4 and 8 cycles per second. This is the frequency of brain waves in Theta meditation states. This is also the original frequency of the earth (7.85 Hz), the didgeridoo and of the whales and dolphins. A frequency of 1.45 hertz is thought to stimulate the pineal and pituitary glands.

Toning vibrates the three glands the pineal, pituitary and the nasal spaces in the head. These glands are the

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You are Christine, let us use your name because we know you as we know most of the people here, but who are you, you can say you are a book publisher, perhaps you can say you work with fish, you work with animals and humans and you live in a house which overlooks some sort of water, but who are you really. You are not just that, you are multidimensional. When you ask: Who am I? I am Jokhym, as you would know of, but I am also many other of the Brotherhood, and many other of the Sisterhood, many other of the Planethood. So that is my label.

So this is in your present incarnation, you are Jokhym?

This is in my present holographic incarnation, holographic projection as you would say. I also have overself, Higher Self which is not here, it is beyond as you are in the future, off in a different dimension. Dimension is such a used word in your vernacular, lets say I am off in a different box, away from this dimension.

Regarding Music for raising the vibration and healing, there are subliminals in some New Age Music, so be aware of this.

Rick Wakeman, Journey to the Centre of the Earth is a powerful chakra meditation, with the synthesiser. Tangerine Dream is another meditation. It could be Katie Vibe? When you listen to words, to the sounds of the words round sounds are calming.

Those wishing to work with the astral body, use the 1960's music. Jimi Hendrix, some people say that it is evil, we say not any music is evil. Also the Cream, perhaps not the Rolling Stones because they made a pact with something you would call dark and that energy will come through. Any musician from the hippy era is good for astral 4th D travelling.

Emotive music, the etheric body the classical musicians, Tchaikovsky, Chopin, Stravinsky, Stravinsky.

On the mental plane, any music which has a factor letting you think for yourself, not so much any music which is syncopated but music with gaps within it so you may think in the gaps. The music which comes to mind would be some of the later Beatles music and later Led Zepplin, not the early ones which are more towards the ego side of things.

As you get into the Buddhist level, the messianic level, moving towards Indian culture and Japanese culture, but if you were to move to that now you might be out of sorts with it, it would not be sitting right with everybody.

Those that wish to contact the earth mother would of course use didgeridoo music.

JOHN:

This can be a disturbing time. During the period of time you have been on earth your consciousness has rooted itself into your very being, into each cell. You have become accustomed to thinking you are your body. Because the atmosphere you are now breathing is becoming rarer and because your consciousness is becoming more refined, your consciousness is realising you are not your body and your consciousness is finding it difficult to let go. Your body and your ego will fight back, your ego is not you, it is a false construction but because of the energy you have put into building your ego it has become a living being. It will fight to keep its own consciousness. In your conscious mind your awareness that you are a spiritual being undergoing spiritual transformation, will make it easier for you to let go to loosen the tentacles. If you have faith, you may experience moments of faintness of dizziness, this is a decision to let go for just a second.

Each letting go is lasting a little longer each time. You are learning to fly - trust that you know what you are doing. Trust and your ego will begin to trust you. It has not done this before. Your ego has been created by experiences you have had in the physical body and you are not a physical being. If you have a particular passage of music perhaps the choir in particular chanting, the sound of bells ringing, use it. Some of you may prefer Aboriginal music any sound that will relax you, any sound that fills your being. Listen to that sound, merge yourself with that sound, let every cell in your body vibrate at the same rate as that sound. Become the sound itself, merge yourself with that sound, each sound is a manifestation of the one sound, the Word, that existed before creation I AM. If you can tune yourself to this sound that attracts you, you will connect intelligence in each of your cells to that sound, every cell in your body will begin to remember the sound it was created from. You are perfectly safe in that sound.

Is there a particular note or frequency that is relevant?

Yes there is, that is up to you to find, you may find that this frequency will change over time. Listen to as many types of music as you can. The music you are attracted to that sends a chill down your spine, that chill is the recognition that your cells are experiencing of the sound that created them. You will find that the sounds you are attracted to will change over time appear to you to become more sedate because consciousness is changing.

Is it a single tone that we should be listening to?

You can eventually draw yourself to a single tone. Whatever takes your fancy. You can also do this by looking at an object. You can do this if you have a pet. Look into the pet's eyes. Pat your pet and look into its eyes. It is all a process of becoming skilled. It is necessary for you all to meditate, to sit in a room on your own each day, to sit where you know you will not be disturbed and to go within yourself.

Are we talking about the 100 monkey principle?

Yes that is right. This is the feeling you are feeling. The energy that has created you is on the verge of changing you now.

Your DNA readjustment will happen automatically without your volition and that will be happening because you are here and are going towards your magic time between now and 2011, or 2013. Your DNA is naturally becoming aligned with your God force, through mutual resonance and attraction. You do not have to worry about how many heartbeats a minute, how many breaths a minute, that is all regulated for you. Your oversoul is regulating your heartbeat which is your physical representation of your soul. As your vibrations increase from your oversoul to your heart then your heart will increase, but not so much in vibrations but in love energy that comes out and flows out.

They will say he or she is a great healer - they can heal with the hands, they can heal because they have given themselves over to the God force which is in everybody and they have the faith to be able to heal. Christ was a faith amplifier, Christ wasn't a person who said he would go to Japan, go here there and everywhere because he already knew about Buddhism he knew about those things. Christ was the vehicle made manifest as a spiritual crystal of the planet. By Christ coming to the planet, through another dramatisation in other dimensions was placing that God Christed energy on those dimensions and firmly fixing the 3rd dimension to the 12th dimension - firmly fixing that as an ascension process.

And Jesus was the manifestation in a physical body here on earth?

Christ was the soul manifestation of God on your universe. You only think you are here, you're not really here. If you think tomorrow you're not here you won't be. You could think tomorrow the sun won't come up and it won't. If enough people thought love there would be no bushfires, there would be no death, it would be a loving peaceful world. So its up to you what you think, the power of thought, do not feel that you are guided by the government and all the scientific bureaus who are tracking in the dark, because you understand everything from within, you just sometimes need a little prod from us. It's not that you don't understand it, we're not taking any energy away from you. Of course you have energy. You have miles of energy, galaxies of energy, enough to start galaxies off again but for the moment you've been demoted to 3rd D planes and its a real kick in the soul isn't it? Not a good one.

Putting a protection around implies weakness and strong energy would see that weakness. Centre yourself in the light, energise yourself, if you believe you are powerful you will be. Keep yourself in one line of light and say: I am the light!

Protection, can you expand on that?

SANANDA

Put the light outside yourself like a star. Contain yourself as a light beacon. What we were trying to explain to the channel the other night. We cannot always contact you in your quietest moments we need a physical channel to do so. The channel attempts to say something not physical to the physical. If you feel the faith within and there is nothing that can hurt you then you are empowering yourself and attracting the energy around you, not so much that you have to make a bubble around you. Say to yourself: I AM THAT I AM, I am the light within and also the light without.

The bridal gown of the Father is holy and perfect. You cannot perfect perfection. When you take on the body of light, it is the light that is not seen but felt through many dimensions. When the light is turned on you become consciously aware of being on this planet and consciously moving through dimensions. That body of light then becomes your protective sheath or coating which cannot be penetrated and this is why it is in such demand on your planet. It is much needed on other planets especially some of the planets that are quasi-elemental, not quite elemental and not quite physical. They would also like to have the bridal gown but they cannot for they are not ready for it yet, they have abused their right to it.

Opening your chakras when not cleansed can be trouble. When you open them and fill with light, then nothing can come through. If you are clearing auras you ask someone three times and make sure they are in present time. Then you help them providing you can see the aura, otherwise use pressure points or bodywork.

The illusion is that the Higher self is without but it is within. It is only higher in vibration. It connects through the heart chakra and in the next life it will connect through the throat chakra, and the next time to something else. As you go up the conscious part of your brain will become subconscious. So become the light within, stand in your own power. Allow the energy to bubble up through the top of the head.

Are crystal bells scalar wave technology?

Yes it is all scalar wave technology or mind technology. Crystal bells are in a different dimension. If you were to see them they would be like an aluminium type of metal but in the dimension they inhabit normally, they are a crystalline structure. When manifesting in your planetary system which has at its heart, the physical manifestation of spiritual objects, which you are everybody here, the crystal seems to be that which you call a shiny metal. The metal you see would be an alloy between gold, titanium and a metal you do not have on your planet yet.

An in the 5th D what crystal would it be?

The is in itself an enigma because the crystal would not be manifest on your planet. The closest molecular lattice to it would be rarefied diamond, the molecules spaced more sparsely than diamond but not as sparse as carbon. By its mere molecular structure it is solid yet filmy. I can see your mind going wondering if you can adapt it to your machine. Another reason why we call them crystal bells is they make a lovely resonating sound as they move through your universe, like a bell-like character. At a certain frequency that is a harmonic of the universal structure they move through the airwaves.

What frequency is that?

We knew this was your next question! Between D and Dsharp in the 32nd octave.

When will the remaining keys be found to the Crystal skulls?

The crystal skulls have a recording inside but you don't have the laser technology to read them. There is the Mitchell Hedges skull, one in the British Museum and an old lady owns another, they are very old. Some people are able to unlock some information from them.

With an increase in spirituality you will be able to see within to see what's going on. As we speak there is someone creating a microscopt to x30,000 power.

Is it an electron microscope?

No, this one is working on a different part of the atom. Proton! Yes, but in the 1930's there was one developed but it was like the aura reading machine, it went in the wrong direction, to X-ray bones rather that to read auras.

Lao Tzu is the teacher who understands turmoil going on because of something similar which happened in Tibet. I understand your area is sensual silks.

LAO TZU:

It is when you bring yourself down to the 3rd D, you feel you are no-one but you are a light worker. Feel the energy being beamed down at certain times of the day 3, 6, 9, 12 am and pm. Remember to forget that you are not the person you think you are. You are an ever changing person, those who live in the past will not grow.

All the information that is locked up within your cell consciousness will expand when you move on to the 5th D planes. In the 4th D your cell consciousness is not expanded as such. But the consciousness of the cosmos is filtered into your cells and time becomes nil to you. In the 5th D planes you have become the God-like communication factor on your cosmic universe. We would not suggest you think of the 12 D universes for at the moment you are working towards 5th D. Those who are saying they are working in 12 dimensions, do not feel you are lacking anything. What can be felt is reality on your pi¥Á7

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Visualise a 12 inch diameter clear crystal in the middle of the room and hold the image for one minute. You probably already realize that crystals are very significant to you. Simply by holding the thought form of a crystal in your mind, implants the ability to draw energy into yourselves through the crystal, for it is more than imagination, it is an etheric level to be used to help tune in to us, for you to pick up, as an antenna the energy that is being directed towards you.

The voice pattern that you hear is of little significance however, the energy that comes through that voice pattern is translated by the device you have created and will be stored within your memory. You will draw on the information you are gaining over the next three months. Do not concern yourselves on an intellectual level about what you should do with the information because you already know where this information will go and what you will do with it. For remember this is all done by agreement. You have agreed to do this with us. We thank you very much for giving us permission to work with you in aiding your civilization to draw itself closer to us on a mass level. Your willingness to do this acts as a flux for vast numbers of souls of like minds to link together to give direction. You have been left alone for a period of time to develop as a species, naturally in your own time to develop to this point.

You are now beginning to create the wavelength that now needs to be focused to use for a specific purpose. As a young child is allowed to roam free for the first few years of its life unrestricted, so you have come close to the period when you can run free. You are now beginning to take responsibility for yourselves, your childhood is nearly over. Now you really begin to live. You could regard us perhaps as your parents. You have been allowed to develop under your own steam, now we wish to begin to educate you. Always remember when a child is born, it is not a first time child, that child contains a vast storehouse of knowledge. You also contain a vast storehouse. What you lack is the ability to tap into that knowledge. That is where we can be of assistance to you to show you to guide you into awakening the ability to let you realize who you are, and the knowledge and who you are to show you where that knowledge will lead you. You have had throughout the history of mankind, people who have had this knowledge. They are examples for you of how powerful the possession of this knowledge can be. For those people, although their lives may have been short, have shone like beacons for centuries. They have changed the course of history. Now this is about to happen on a vast scale. Many of you are about to awaken to the realization that you are equal with them.

What you hear with your ears, is only one minute fragment of what you are awakening within yourselves. Vibration is passing into your body and what you are learning is not only from what you hear, but like a child learns, not only from what it hears but from what it feels, what it senses and what it intuitively knows. Rely on your intuition, it is your greatest teacher, it is your personal link with the source of all knowledge. If you hear or see something that does not feel right with you, leave it. Realise you are learning from everything you hear, everything you feel. Every emotional response is a learning process for you. You create energy with every response you make, every response. People around you draw energy from you unknown to you. This energy is educating them. Everyone who comes in contact with you is learning something very important to them from you. In a sense there is nothing wrong. No-one will come in contact with you by accident. They come in contact with you because there is an energy that is missing in their vibratory body. A piece of them that is missing. So always be happy in the knowledge that no-one is complete until they meet you. You are a very important person. Everyone is a very important person. Never put yourself down, for by doing so, you are closing the door on who you are. You are a limitless, eternal, loving being, united with all that exists for ever and ever. Would you like to link with us through your voice?

We were talking about the double tetrahedral structure, could you elaborate on that?

You actually formed that shape as you were speaking, in front of our very eyes. This shape is a very important aid to communication. It is a gateway to other levels to communicate with you. It helps us if you can picture yourself or picture a shape in that configuration for our dimension and other dimensions to link with you. As mentioned earlier, there are beings who exist as that shape as you would see them if you saw them through your eyes. It is a manifestation of a particular vibratory rate.

All I need is your voice, it does not matter what is said, as long as the communication takes place.

You have placed yourself in a position through mutual agreement to interact with those beings and those shapes. It follows as day follows night that people will come in contact with you to have the small piece of the jigsaw placed within them. In the casual description you give to these people, the energy you transmit will lock into the consciousness of the person. Did not some people comment on the triangular shape you have seen? You have unlocked the key to a specific piece of the jigsaw for that person. The mere mention of that shape at that particular time will mean something to that person. It is a key that further unlocks more knowledge that can now be passed on to those people.

You will find that the geometric shapes when placed together in the consciousness of each of you will eventually form another geometric shape. At this time your physical body is not at a stage which can tolerate the amount of energy that geometric shape will create. So we are adding bit by bit, pieces of that geometric shape. If we gave you the whole shape you would literally blow your mind. There is nothing you have to do. The time dimension you exist in, time can be distorted by altering your consciousness as some early experiments with LSD found. They could watch someone riding by their window on a pushbike and it would seem to take hours when in reality it was only a few seconds. Time is irrelevant to us. You need only

see something for a split second, but because it makes such an impression on you, we allow you to see us for periods of time. You really do not need to see these craft at all, however they act as a stepping stone for you to grasp intellectually what you are seeing. The longer you can intellectualise, the more you seem to be able to put a handle on it. What you see is only a fraction of what you are learning. Simply trust that what you saw as what you were meant to see and that what you are learning is more than you see. Anything you learn is with your agreement, everything is given and received in love.

Not all of mankind will come into this awareness at the same time. There will be a differentiation. However, there is going to be a lack of awareness of what is happening. They literally will not see what is going on and will exist in an environment of their own creation. They have the ability to create as you do. Their ability to create has been increased as yours has. Their ability to create negativity has been increased, as yours has been to create positively. Therefore as you do not wish to exist in an environment of negativity, you will not be aware in the future of that negativity and you will begin to see less and less of it.

Before you reach that point there will be a specific timing on earth, I cannot go into too many details. There will be a timing when those who wish positivity, light and love will have that and those who wish negativity will have that. It will be the lifestyle they wish to have, it is their choice. It is your choice how you wish to live. They will not be forced but will live in the creation they desire to live in. Do only what makes you happy and you will see more and more happiness around you. Be aware that there is a time coming, when this dichotomy will reach a threshold. You have heard the analogy of the rubber band. That rubber band has been stretched into negativity for so long, it has now almost reached the breaking point. If you are not on that rubber band when it snaps you will not know, but you will be suddenly left with everything you desire, surrounded by joy and happiness the desire to construct a civilization where you are free to advance any ideas you have, any artistic pursuits, any writing you wish to do – the sky will be the limit.

Will it happen soon?

What do you think?

I feel that some people can snap into it immediately. I have a problem with the last shall be first and the first shall be last.

When you think of the first ones, what is the first thing that comes to mind? What are the last ones?

They are following.

We are not trying to trick you. The process you are going through now is a lot deeper than you realize, you are literally reconstructing a part of your brain. Now what would you say is the meaning of that saying?

The first have great self awareness and will be trying to awaken it in others. We are all interconnected. There will always be some connection with the others.

On a superficial level it could be explained that the last shall be first, the youngest human beings, the souls that have created the least number of times on earth experiencing humanity, that will be the first that begin to realize they are not here. The first shall be last. The first could be the beings that guided humanity in the beginning, who created human bodies. This transformation takes place on overseeing the recreation of a new earth, they will be the last to leave. They will take a new form. They will be recognizable to you. You will comprehend who they are and on learning what they have to teach you they will leave your presence. However there is little you need consciously be concerned about at this time about that process, but realize the first will be the last to leave. They will not leave until they have fulfilled their agreement with you in overseeing your creation.

There are many of these old puzzles that have been left for you to think on, there is much more to a single parable than the telling of it. It is a process designed to get you thinking on a particular level. Intuitively you will recognize thought created by the parable will begin to create within you, an etheric crystalline structure that will impart to you specific knowledge implanted in that crystalline structure by the being that spoke those words, he realized that at a particular time, particular people would hear those words and because of their intuitive psychic ability will take into their being that crystalline structure.

Remember that words have power and carry much more than what you hear. Words come from thoughts, thoughts come from a source of energy that you are constantly in contact with. I will not go on about this subject, but think on why you prefer to listen to the voice of particular people. What was in the voice of Churchill that inspired half the world, what was in the voice of Hitler that inspired the other half. Those words created inside the listeners a source of power, be it positive or negative. People can be inspired to superhuman efforts simply by listening to the voice of a being that is in contact with the source of that voice and who knows that more is passing through his throat than a voice pattern. If you want to relax listen to music, it will create structures in your being that will emanate energy that is positive force.

I did an exercise to ask to come awake in dreams and I awoke into a geometrical place where everything is geometrical shapes. Where Seth comes from is geometric shapes. Can you elaborate?

Geometric shapes are your interpretation of particular life forms. They are the only way your physical structure can interpret the energy that your Third Eye is picking up. You translate that energy into a geometric shape. It is not just a geometric shape

hovering in mid-air. It is a being whose consciousness is so far removed from theirs that that is the only way your consciousness can describe what you are seeing. You are not actually seeing two dimensional, three dimensional objects. As a species you are beginning to tap into the realisation that these life forms exist, they exist simultaneously with you, alongside you on a different dimensional plane. You are linking crystalline objects that you can hold in your hand with the knowledge that you intuitively have with the energy beings which match those crystalline structure. The crystalline structure will link with the beings that hold that shape form. That is the power of crystals. They are a gateway. They are a means for you to access that dimension. Some of these crystal structures can be used to take you from one dimension to another. Someone who is not aware intuitively that these crystalline being exists would take no notice of the crystal in front of them. Because many of you are becoming aware that these objects are more than they seem, they offer you the ability to transfer yourself into other dimension. As you were talking earlier, you actually produced one in front of us.

Is it necessary to do this by a crystal, I thought it was what we put into it.

That is right it is an interpretation of what you are seeing. It is a tool. Deep, deep, down you know who those beings are, but until you can raise your vibratory frequency it is safer you do not experience them at close range. As I said before, you would blow your mind.

You have already established the link with us, let it develop under its own steam. Within your meditation whatever you need will be met, we are always with you, if your intention is clear you will experience our guiding hand. As we said you are changing from children to your adults, we are letting you take control.

At this stage it does not matter, it is better for you to realise who you are working with, you will realise this of your own accord. Please also remember do not believe everything I am telling you. You do not know if I am telling you the truth. If I told you I was a particular being and I was helping you, you would perhaps focus on that being and cut yourself off from the help you are receiving. You are doing just fine, know there is someone working with you and with their consent. That is all you need to know at this stage, but know they will reveal themselves to you as you draw closer and closer. Trust in yourself. You are surrounded by a small army. There are many clamouring to help you and that applies to all of you. There are many beings wishing to help, wishing to work with you. It will be our joy and the fulfillment of a dream that even we have had to one day walk side by side with you, with you in full knowledge of who we are. Remember we love you always. We never leave you. On that note we will bid you farewell. Please enjoy one of your teachers' birthdays, and perhaps give a thought to several of the words that he spoke for he was the light that shone in the dark as you are.

Welcome back.

It's funny to be back in this room. I was in another room.

How do you feel?

All tingly, it was a white room, white walls, three people, one in the middle and one on each side, I was opposite them. One was bigger built the others slight and all in white. They seemed to have some sort of clothing, like a one piece cloak, with like a polo neck.

Did it feel like friends?

Oh, yes, it felt good, really familiar, the energy would go up and down, I'd feel like I was getting close to them then come back and forward. The middle one seemed to be the spokesman, they weren't talking, but telepathic. When they started to appear I saw this big crystal in front of them, it seemed to be important to them. I feel like they've got a sense of humour. I remember looking towards you and they were doing something. You asked a question and there was no answer, they were doing something. In the beginning, I consciously tried to link with someone who had a link with Bashar.

HEALING ENERGIES

CHAPTER 6 Healing Energies

FIREWALK AT TAPITALLEE

At dusk we built the fire
Collecting wood from bush as tinder
Logs lengthwise & crosswise a bridge
Until the fire stood a metre high.

Paper rolled and placed in cracks
Rolled into firebrands
Lit and thrust upon the pile
As we walked a sacred spiral.

Fire dancing leaping high
Demons blown and chased by wind
Flames leaping seven metres high
Reminder of a funeral pyre.

Our fears and gifts a written pledge
Thrown to the fire as it died
Drumbeats as we raked and tilled the fire
Red coals lay before our eyes.

Walking through fire
Oh Great Spirit may I walk
Through your sacred fire:
Yes the reply.

Energy coursing through my veins
I take the step across the abyss of time
A step into the Dreamtime
As I acknowledge Great Mystery in my life.

CHAKRA MEDITATION

1st chakra, Red, a cube, bring this chakra into alignment.

2nd chakra, Orange, a three sided pyramid.

Release the energies from the places that are being burnt from the red chakra energies that are the clarifying and purifying energies of the planet to get rid of the old and bring in the new vibrations.

3rd chakra Yellow, a four-sided pyramid

These three are vibrating in harmony, the yellow is turning, rotating as a centrifuge, and bringing in energy, sending out energy, bringing in energy, it is then a part of 3rd D dimensional reality, spinning in harmonic relationship to each other chakra.

4th chakra, Green

Moving your kundalini up to the green. Bring up the energy from the yellow chakra to the green chakra the heart chakra, which expands like a band of energy that comes around you to protect you. Within the green chakra is also the gold energy of Christos, moving pulsating, accelerating.

5th chakra, azure blue a four-sided tetrahedron

Bring the green chakra to the blue throat chakra so the energy is melding to communication to communicate about the heart chakra, which is 5th D the energy of the Brotherhood.

6th chakra, indigo, a cube within a cube

The blue chakra bringing up the energy to the indigo expanding out until it comes up to the indigo chakra of worlds, the Third Eye, of worlds within worlds going on forever. Your head is expanding and you are feeling light. Within the 6th chakra is the 6th D energy with cosmic telepathy communication with those in 6th D area. As you move from the 4th D area, you are moving to the higher planes, the spiritual planes. Feeling the energy expanding out to reach those space brothers, then reaching the top part of your head.

7th chakra, violet, a halo

The crown chakra is like a fountain. The energy is in tune with yourself as a cosmic being. This fountain is reaching up to the Christ energy. This is the St Germaine energy.

8th chakra, silver, a lotus

Approximately one metre above top of your head is connection to the cosmic gateway, the soul star.

9th chakra, gold four-pointed star.

This chakra is two metres above that the 8th. The chakras outside the body are not in the physical universe. When you are dealing with them you are in a different plane of perception, so as you are moving away from the body chakras, you are moving away from the body spiritually and connecting with the Source. It is your connection with the planetary gateway, your connection with each of the universes, within the omniverse through each of your charkas.

10th chakra, pale blue shroud

This chakra is about five metres above that, and you connectedness to the silver ray, is your connectedness to the silver ray, the physical universe, your connection to the Higher dimensions, through the intergalactic gateway.

11th chakra, rose pink

Twelve metres above you is the Higher self activation, a pearlescent chakra which is connected to the gold ray which is the first cause after the Source or the Source's right hand man/woman. This is the connectedness to the creative side of the dimensional universe. It is physically about one kilometre in length and your Soul as we speak is around 1.5 metres. It is an archetype of the whole of the Soul arrangement.

Above that 25 metres would be The Source which is completely white light. All of these chakras have a job to do in your life. Even if you are only based in one or two at the moment, you will become more aware of the others as time goes on. All 12 chakras are your heritage and they represent within each of the universes different situations however they have the same type of meaning. I want you to feel that these chakras are real and even if you cannot see them to realise they are there. Like the sky, you cannot see it but by refraction of the dust particles you see the blue tinge. You cannot see electricity but you can feel what it can do. That is similar to the cosmic energy from the Source, you cannot see it but you can feel it. It is only subtle now because there has been a lot of negative energy build-up on this planet which will be coming to a head soon.

Open the Third Eye for the input of cosmic energy from the Alcyone belt, the Pleiades. Imagine you are from the black void in space which you cannot see, just look at a certain time period in this reality, there is a glowing white light spreading out further and further and the light is you and you are within this light. Some are healers. In the middle of the light you see a ray shooting out and you see a few more shooting out and you see yourself being shot out towards this planet. You are on this planet floating around and you are in a different body.

You are watching the planet transform from a glowing ember to having an atmosphere and vegetation and you notice there are animals and you wish to partake in this interest so you drop down to the planet and become one with the animals and the bipeds. As you take on the body you lose some of the freedom. In the beginning you can move out of the body and move around, but you start to forget the universe where you were born. You start to look at things differently, seeing the planet as more important than the spirit. You start to interact with those whose thoughts are the same and look more towards the physical. There were some who remembered their origins, but they also forgot some of their training and origin and thought that if they built up something, a mockup of the spiritual realms, this would be as good.

You played the karmic game and pushed it as far as you could, pushing you further into the web, the spiral maze. You could still journey out of the body into the lower 4th D, as if in the dream state, but no longer could you get to the Source or even to the 5th D. You were still traveling but not as far out of the body. It was no longer a haven, you were trapped, there was no way out working with karmic energy. If you work out the karma of many lifetimes, the body would not be such a trap an anchor for you.

Then you worked together to work out the imbalances of many lifetimes so you could float out of the body when you required to tap into the spiritual realms. That has brought you to this point in time, where you are almost off the wheel of karma. You have come to the point where you may return to the spiritual realms and you do, you may return back to the Source and visit

the dimensions with a renewed vigour and the experience of earth life. As you return to the Source, you can return back to the planet and teach those who have not seen what you have seen and you may be able to waken them to some of the knowledge, some of the awareness awaiting them beyond the illusion. As you become more aware, you get more energy and release much karma, increasing the soul energy and personal power. As you increase more and more energy, it is like a springboard to the different dimension, you are moving back to the Source which is more abstract, less physical, less encumbering and less gross.

You have done a round trip and it is now time to go back to the Source. It may take to the end of your physical life on this planet or it may take one night, one day or one world, so you release enough power so that you may return to the Source. It may be something easily released to lose some of this karma. As you do, your energy increases and you release your body and your fascination for it. Your soul energy has got smaller and smaller over centuries.

At this time it is important there is an opportunity for ascension to the higher realms and in order to do this it is necessary to raise the vibration of the body to contact the Higher self. Access to this level of vibration gives those who have achieved it the path to miraculous achievements in the physical. Christ came to show us all what was possible for individuals in the state of mastery which he achieved. His message has been misconstrued by those in power within the Churches and by those unable to see beyond the dogma. This is the time for clear sightedness from a position of the Higher self to see what has happened and what is now possible to attain. Lord Sananda has said all miracles were achieved by the application of universal laws.

ASHTAR

As a light worker within your unconscious state, your sleep state, you take many different forms, you are able to access a light body to work in the higher realms upon the ships. You are able with a lighted consciousness to travel within planets of other systems but truly the greatest gift you have is within your sleep state. If there is a need to serve, you are able to manifest your full physicality to serve and help others. Have there not been many occasions when ones have suddenly appeared to help others in need, in a physical form and then suddenly disappeared? I would say to you that it is those ones on the other side of your planet who are asleep, who have requested to serve and have been able to manifest a full physical body. On many occasions you do not have memories of this, on many other occasions, many of you may awaken to feel you have worked all night. You may look under your fingernails and you will know where you have been.

When there is the next great disaster on planet earth you might check your sleeping patterns and feel how tired you are in the morning. This will give you an idea whether you have been working or asleep. If there is a disaster, you might make the statement before you go to sleep. Consciously make the statement you wish to serve and ask for full memory. I would like to draw your attention to what I just said. If you are able to manifest a full physical form while you sleep, does this not tell you that you are a creative being of immense potential? You are being told these things so you will remember, it is merely a matter of asking for memory. Accept that this does occur and you will turn on the lights. Once mankind understands the nature of light and dark on the planet, that it was manifest so man could serve man, while half slept the others were in action. It is a remarkable manifestation of creation on this planet and is unique.

I have the great blessing of being able to speak not only to you at this time but also speak to other groups at the same time. I also come in individuals' minds simultaneously. Such a gift from the Most Radiant One. I am truly a part of your world.

Over a period of several months specific information on Pleaidian technology was channeled to the group. This scalar wave technology is applied to crystalline devices for raising the energy vibrations and healing.

Scalar wave technology is spiritual technology. To describe scalar wave technology in very simplistic terms, it's a pattern or blueprint like a crystalline structure. Since the pattern or blueprint forms the physical material from Higher self consciousness, then the atoms align where the pattern interacts to form vortexes.

So to use the technology which is complex and may be difficult to understand, does not depend on grasping the full details. Understand that it is given in love to use to help you with your journey.

This is the same as we are doing with chakra meditations, we are raising the vibrations of matter, of our bodies. By altering the frequency of mind we can alter the frequency of matter and vice versa. This is also how the craft are activated.

At a certain frequency that is a harmonic of the universal structure they move through the airwaves. This is how the blocks of stone in the pyramids and at Stonehenge were raised by vibrations of sound which transmuted the mass so it became as light as a feather. This technology has been lost but is being given again.

Any vibration that is harmonically adapted to that of the molecular vibration of that particular object will cause some kind of anti-gravity manifestation. The harmonic of the 5th D is 1047 megahertz but depending on the shift of the planet, it can move a couple of hundred megahertz.

There are connections to other dimensions and universes in what you call your house, just as we would call it a collection of energy. Just as you would call our craft, a craft, and we would call it a collection of energy. As we come more into your atmosphere, if we wish it to, it becomes more solid. If we do not wish it to, it remains a collection of energy which would be invisible. But as your perceptions increase, your vibrations increase, you will be able to see our craft, the fingerprint or vibratory print of the craft. It is similar to when you get a Polaroid camera and take a picture in a way that there will still be an imprint on the negative. You get a feeling there is a craft nearby, it is an inner knowing, you are tuning in to another dimension or another type of energy. You know through your own awareness that there are some more in tune with yourself, less survival-oriented or pro-survival let us say. Survival does not have to be in the physical realm, it can be survival in the spiritual realm, it can be an increase in knowledge.

The first energy changes I did in my place were to form a star of David, a six pointed star with quartz crystals. I then placed a large double terminated quartz crystal in the roof to make a double four sided pyramid.

With the crystal layout in place in the house, is an 8 pointed or a 12 pointed star best for an ascension chamber?

We would say the di-tetrahedron and octahedron, depending on how much energy you wish to purchase from the universe is how many facets you would use and what you use them for. So if you wish to activate the merkebah for light body activation we would say use a 12 pointed star system. If you are wishing to work with earth energy use a double four-sided pyramid.

The purchase of energy from the universe is part of the Hawaiian kahuna beliefs. They believe the low self of subconscious uses a vital force called man. The High self of kahunas trained in healing uses a special type of mana in instant healing. This mana can travel along aka threads in the other dimensions to affect healing at a distance and is obtained from the universe by the process we would call raising the vibration. This can be done by body work, sound visualization and other methods once the subconscious is free of thought complexes or in other words in the 'now' moment. The crystal layouts assist the process by creating an electro-magnetheric environment similar to my understanding of a morphogenic field.

In relation to the energy grid in the house, is it also an advantage to have a double terminated crystal in the position of the Kings chamber?

You are asking some good ones tonight! Soltec is here.

SOLTEC

With all of the Higher technological faculties that you are using, particularly with the more subtle energies on your planet, the different shapes of the triangles, and the different shapes of the pyramidal structures, you are then tuning into to certain areas of your own cell consciousness also. If you use a tetrahedron suspended above the Kings chamber, you are tapping into the Martian energies. I know this has connections on your planet to the pyramids on Mars and Pleiades. If you are working on the ditetrahedron, you would then be tuning-in to Pan.

At present, energy goes to the corners and dissipates out, so quite a few round magnets on the vortex or corners, the magnet would hold the energy to centre. This is what is missing on your Egyptian pyramids. They had canapers or astral projection chambers on the corners which are mirror images of those on Pleiades and Mars. They are activated but not activated until you get the other four chambers on side and the energy collects, as you did tonight in your circle, one in the middle would be energies from those on the outside. That energy then goes back to the universe, a free energy machine.

The single pyramid we were talking about last week as working with earth energies, should it be inside the house or outside? That would be more of a meditating pyramid that would need to be grounded. What you are doing is sending the energy up and dissipating it out and it's collecting and coming back as usable waves, changing it from 7.5 hertz modulated to something you can use which is more light enhancing. Energise the crystal by putting one ceramic magnet on each face. So with the double quartz terminator, you need six. One on each end of the axis, then it works the same way as the craft – axially activated. The other way with a magnet on each crystal face, keeps energy within but it doesn't expand out.

The first device was a quartz crystal layout in the form of a pyramid with a Star of David for reducing EMF waves from the environment and hence enhancing the vibrational frequency possible in the house.

So let's look at how these crystal devices work. As I said it's all scalar wave technology which is how the craft are activated. It's mind technology, the interaction of mind and matter. Something like this flies totally in the face of science as we know it today.

It's a pattern or blueprint like a crystalline structure. The atoms are regularly spaced, with precision angles between the atoms. Since the atom is mostly space, it is a proton and/or neutron nucleus, with an electron whizzing around it. The electron is not a particle as we are inclined to think, but an energy probability. Thus by the input of mind waves it is possible to minutely influence just where the electron orbits. The orbits are actually multidimensional, not two dimensional as its drawn in

a textbook, but multidimensional something like virtual reality. So by minutely altering the frequency of the electron, you can raise the vibrations of matter. This is the same as we are doing with chakra meditations, we are raising the vibrations of matter, of our bodies. By altering the frequency of mind we can alter the frequency of matter and vice versa. This is how the craft are activated. At a certain frequency that is a harmonic of the universal structure they move through the airwaves. This is how the blocks of stone in the pyramids and at Stonehenge were raised by vibrations of sound which transmuted the mass so it became light as a feather Any vibration that is harmonically adapted to that of the molecular vibration of that particular object will cause some kind of anti-gravity manifestation. The harmonic of the 5th D is 1047 megahertz but depending on the shift of the planet, it can move a couple of hundred megahertz.

Should it be in-phase or out-of-phase with the inter-nuclear distance of the crystal?

Always it should be in-phase with the orbit of the electrons. If it is out-of-phase, that would be anti-gravity or the anti-anti-particle or tachyon, I think you call it on you planet, a hedron. In other words if you go too far from the harmonic of the electron movement, the electron distance, you would then find you would have no effect on gravity.

'Does it affect the electron where it is orbiting, does it knock it out of its orbit into another orbit?'

I see your point. Yes into $n=3$ or $n=4$, with that there is a surge of energy and a photon comes out, so there will be light. So when you are doing something similar to an anti-gravity movement of the rocks, you will see a shimmer around the rocks, then they would move. Was it not reported in Tibet? They got 64 monks together and levitated a rock, the vibrations are the same as the molecular period of the rock, not so much the rock but the element silicon in the rock.

Knowledge is nothing without understanding. You are understanding the situations now, some people of your 3rd D reality would not. If you imagine the atom is a complete energy pattern of your heart, the shape of it, you will get to the point, the shape of it rather than a solid object with things floating around it. It is an electrical mapping of the heart and in the middle of the heart which is intertwining helical coils. In the middle is the maxima coil which is the DNA replica, as you are represented by the ida and pingala going around the spinal column, the channel that joins the two chakras together.

'Is the electron spin going into anti-gravity?'

Yes, because one part of the movement from the spin goes from this plane into our plane, the first 90 degrees out of your plane, but you would see it as a sweeping sine-wave. The first 90 degrees is in your plane, the next 90 degrees comes down to the level plane and then the line is out of reach.

'Is that a 2 dimensional representation or a 3 dimensional representation?'

Two dimensional to you, to us it's 3 dimensional but we're explaining it in 2 dimensions on an x, y graph.

So I send copper wire from pyramid to ground?

Yes to a spike. This would then be a collective house, you would find more people coming to you and less entities, more of a high vibration.

Perhaps rare earth or ceramic magnets are more in keeping with the natural yes, but they are rare as hen's teeth. If you energise the crystal by putting one on each face. So with double terminator you need six. One on each end of the axis, then it works the same way as the craft - axially activated. The other way on each crystal face, keeps energy within but doesn't expand out. It would be more in keeping to not have the magnets there at all or to have on north and south polarity to increase energy within the crystal and let it come out the middle, which is how our craft work.

'I think there might have been a lightning strike on the house during a thunderstorm. Do I need to do something about this?'

Yes there was. You have changed the energy of your house which has attracted lightning to your house, not the fact that you have craft going over that we have sent out, to organise a light beam, which you would call an aerial particle beam or a light point out from the coast off Avalon. We see that this is because the craft are using your crystals for navigational purposes the same as they use crystals for navigational purposes also.

It could be boosted up in energy to 50 volts but if you do that you will be creating craft in your lounge room.

'I don't think I want to do that.'

No, not at this moment, but if you did you would not be of a vibration that was out of tune, but it would be a vibration you would have to get used to. You would have things manifesting in your lounge room or out of your lounge room. Your house would not get off the ground, but you do not want it off the ground do you?

'Is the hum in my root chakra, the result of changes in vibration or changes in myself, or changes in the energy in my house?'

One or two of your crystals would perhaps be able to facilitate a craft within your house because the energy is so strong. You may have let in one of the entities you do not wish to by not properly clearing some of the areas. Have you a basement? Yes downstairs, we see the energy is not completely conducive in the north corner and this has allowed some interdimensional entities to enter, that like the red chakras. Do not fear, they found a home within a friendly environment which is your red chakra. It needs to be cleared through a technique of chakra clearing. It is not my field. Just one moment. You have picked up a deva I've been told, which is not bad. Because you have been working with the driving spirit of the natives, they have also connected to the devas but the deva has not been dislodged, so while you have been working with them, in the astral, you have picked up a hitchhiker.

'So its been with me for some time?'

It has not been activated. Laid in wait, perhaps you are getting so much of the information it needed to carry on because everybody's after some part of the puzzle so they move further up the ladder. So its not a bad thing but it needs to be attended to, it would tend to make your life quippy. I'm being told by Monka it sounds like a kangaroo. The entity? No the word.

The entity is more a plant nature, it looks like a plant its green it has a hook in it. It's not nasty but it can become forthright, hurry up, we would say for if you do not hurry up to see it finds another place. Use the sandalwood treatment. As a flower essence? As an incense or vibrations of that. As an oil? Yes. Essential oil yes. We are not saying you are possessed, don't get me wrong, we are saying you have attracted an entity or guide if you like that is not of your vibration.

'Is it possible to ask this entity to work in my garden?'

That would be more acceptable than having it working around your groin. We do not want you to carry around hitchhikers. (I can't help feeling this gave them a good laugh!)

You would be getting information from it also, its not a one way street, it would be getting information also. Once its got information it will start to put its claws in, and start to really dig in and make it tough for you.

By placing coils around plants to increase growth you have brought in the deva because you are treading on their territory. They are picking up your expertise from Atlantis. So you are becoming a little quippy. The crystals seem alright. There is one point not vibrating correctly. Have you thought about putting a large rock crystal in the middle of the room with a round copper plate as a radiator underneath it. It would be a capacitor effect and would stop unwanted entity. So a large crystal cluster? Yes or one crystal. It matters not if it is single or double terminated - you are working with the energy. The copper plate should be 0.3 metres. If you like, the crystal can be a harmonic of size of Cheops Pyramid 454.5 ft is the size of pyramid terminator and harmonic would be harmonic of the base of pyramid, phi which turns out to be mandelbrot again, turns out to be the golden mean or section. It is complicated in one respect, but it is very natural. It has within it the light frequency of 144 and 288 and 695 of the atomic structure, proton mass. We are looking here at how you can set up the vibrations and it can change your whole life. You do not have to worry about what is going on, know that it is a positive vibration and you will grow from it.

'Should I use a negative ion generator in their radiator design?'

Negative ions feel cooler in the room. Battery would be current amplifier, but a negative ion generator would be an ion amplifier. In one case you would be amplifying the current within the battery in the other the energy of the universe, so one would be finite energy and the other unlimited energy. The negative ion generator would built up a multidimensional field around the crystals which would allow them to resonate a lot easier.

'Does it need a megaorb at bottom of column?'

It is not necessary that is more of a failsafe device for some the ELF waves that have been perpetrated against the machine. So you don't need the mega orb. Experiment with the basic model.

'The crystal in pyramid illustrated at bottom of column would it be quartz or diamond and should there be a steel wire from top to base?'

No the energy of the ions would be attracted by the crystals, there is no need for a wire. You need a current generator once you start putting wires on it. You will get the message in the dream state and it will come to you as a flash.

'The crystals in the seven pyramids comprising the device are the crystals for meditating on the chakras, in a therapeutic sense would you replace those crystals by the complementary coloured crystals as discussed with St Germaine?'

This is more an Atlantean healing vibration which you are speaking of here. For normal use stick with the chakra colours. One of the crystals may be wrong, the tiger's eye on the 3rd chakra. We would say citrine would be better, and on the 2nd chakra also citrine. We would say topaz an orange colour if you can. We do not feel you have a zircon that size. What we are looking for is an igneous type rock, the bigger crystal rock as you go higher the crystals become finer. Is it better to have naturally terminated crystals, not tumbled but also manufactured crystals have the healing property and also the property of bending space/time continuum.

'What distance from it is optimal?'

The epicentre, the focal centre, we see is 3.5 metres is that too far? You should be getting apparitions coming through the device of 3, 6, 9, 12 am and pm of a night. We do have to remember daylight saving time adds an hour. It is not so much that we are working on your time but on the zenith of the moon and the sun and the stars etc.

'Is the black light tube preferably to the higher wattage negative ion generator?'

Use both, the more you energise the crystalline structure, the more you will get out of it. If you use a magnetron you would get an actual doorway to another dimension. If you energise it with a battery you will just get what you put into it. If we were to move across the spaces we would not use a penlight battery, we would use the same scalar wave technology you are using. You are exciting the crystals so that they will give off scalar waves. Those scalar waves create an interference pattern which crosses over at the focal point. This is your opening into another dimension, at 3.5 metres within 2-3 mm when you get it working properly.

'Have I established the correct frequency with the blue light at the bottom of the column?'

Perhaps we should consult Soltec on this one?

When you are working towards the blue energy, it should be more towards the top of the column using the red chakra and the red energies at the bottom. The blue representing the uppermost part of the irradiator shell.

'So the blue light should be at the top of the column not the bottom?'

Yes.

'Do I need the ioniser as well?'

Did you in fact get the larger ioniser that we talked about?

'I saw one today but I have not got it yet.

Did we not lead you to this ioniser? Yes.

Did we not entice you to this ioniser? Yes.

It's up to you of course if you wish to get it!

OK I will get the ioniser.'

It's up to you, it depends how well you wish to move through this time vortex machine.

'Now this ioniser which is 55 W is that the correct one?' Yes, I feel it is.

'Is the patterning of the crystals in the house correct or, do I have to move them all out of the way or have I by putting the copper plates underneath them sending the energy out of the vortex.

Gracious she's going to make another Philadelphia experiment, stand clear for 1945. She's sending the cat this time. Cat through time! The copper plate is not doing so much with the vibrations you are using. If you are using it of a Tuesday, that is of the copper vibration and it would be working but at other times it is superfluous. So I would take the copper away. Do I take the crystals away as well? Together they would not work but in separate rooms, they would work. You are using the Pleidian irradiator as a time/scalar wave generator and the other one you are using as an ELF wave eliminator, so one would be cancelling the other.

'Is the resonance patterning of the crystals in the house interfering?'

Yes somewhat, we would say forget the pentagon system for the time being and just use the parabolic reflector (i.e. irradiator).

Do I need to remove all the crystals because the one in the roof is going to be very difficult to move?

We do not feel you'll be worrying about that in the next few months to come, but we will say the irradiator will be working when you put your 55 W ioniser on it and the epicentre will be 1.5 metres. Did we say that before?

I think you said more than that - 3 metres. Does it work regardless of me lying down or upright in lotus position?

Well depending if you wish to get your fourth chakra in alignment or not, depending on where you wish to be. Perhaps you would have to line it up with some area of your chakras, or the resonances pick up the chakra. Within the area of bow tie frequency range, do you understand? No what does that mean? Like a Pleidian beam ship energy. You would have to be in front of it in a certain area to affect one of the chakras, depending on what trip you want to go on. If you want a

communication trip through the 5th D, sit your throat over that area, if you want an astral trip through the 4th D planes you would sit your heart chakra over it. Over the focal point? Yes. If you want interesting dreams you would just go to sleep near it. That's already happening. Yes, we expected such.

'Does this mean irradiator vibration, is in tune now and functioning correctly?'

Yes it is harmonically in tune with your etheric body. As you need food for your physical body, your etheric body needs food in the form of vibration. That's why when you listen to music you sometimes see colours, the emotions rising in your body stopping at the throat in the 5th D chakra, your emotional body moves up because the sounds and colours are affecting your etheric body. Your physical body says: lovely colour, astral body nice vibration, etheric body: yes, that is food, I feel good. That is why you cannot go without sleep for more than 3 days because your astral body and etheric body need to come out of the aura into the cosmic light to be charged up.

So the irradiator is performing that same function is it?

Yes, its drawing it out and giving it the information. That's why it has to be our 1.5-3 metres, the extent of the aura. Its drawing it out and sending it back, you are forcing the energy between two points, you have a terminal between two points.

'So do I need to lift it higher?'

Yes, it should be 1.5-3 metres. Depending where you were you could have a harmonic of that but it wouldn't be as strong. If you use a pulsed resonator, the channel might be able to make one, then a doorway would open to that you call the focal length of the irradiator. You cannot stop the entities coming through the doorway but they will dissipate after one metre, so there is nothing to fear. If you fear ghosts it is that you haven't released ghosts from your past lives. As it gets closer to the end time, the start of the Anti-Christ, you will find it harder to get out of your body with conscious recollection, because karma has been brought up, so much it has created a headache for the planet.

Are you getting any impression while you are meditating near it?

I seem to get a pressure between the eyes.'

We will ask Soltec who is handy.

SOLTEC

The frequency is out 3-400 degrees Hz. Is this because the original negative ion generator is not of sufficient strength? It is miniscule. The actual ion would be in milliwatts. To make it more efficient we would bombard it with an ultraviolet radiator which will ionise the air. It is the same frequency as black light, your ultraviolet light except it uses a reflector behind it which happens to be the crystalline structure vibratory frequency, which is the same frequency as the ultraviolet light, so everything is vibrating in frequency together in harmonic resonance. So you would have a tube of 20 W or 40 W black light if you can get it and darken an area and have a reflective surface behind it in a concave. The concave would be a focal point, it should be mirrored of stainless or titanium.

Have you titanium?'

'Yes, its expensive.'

We see a picture of a Hecla radiator reflector. Its a representation of the sun passing through the upper atmosphere ionising the air. How big? Only one metre just to boost up the ioniser.

Crystals in the crystal flute.

You would use wheels, but just use the stones of the chakras and the double terminator on the top. This was called a cranial socket vibratory sound device. Use a copper tube with carnelian and seven chakra stones, make a flute and put stones in the holes, with a terminating quartz on top and a rounded quartz on base. It is used to tune the chakras when out of body, clearing the chakras of negative energy, which is absorbed into the crystals. Use it in the room like an ioniser, but does not require ioniser or light. Diamond for the top chakra 2-5 caret, plentiful on Pleiades and Orion but not so plentiful on your planet. You could also use a Herikmar diamond (manufactured) or cubic zirconium.

Can I ask about the cranial socket vibratory device. Why is it called that.

Oh, the vibratory healing wand. It represents yourself and as you look at yourself it is tuning in to that you call the chakras represented by the stones and it resonates those stones to be in perfect harmony and alignment. The copper creates the feeling of them being all linked together in electromagnetic waves. The opening of Third Eye and the crown chakra, clearing and cleansing by being. Your subconscious self is looking at it and is becoming aligned with it even if you are not looking at it. it also absorbs the negative energy in the room.

Is it setting up a scalar wave in the room?

Oh yes, nothing is a coincidence.

What's a scalar wave?

Scalar wave is what you use to ask, what's a scalar wave? Mind technology, mind power, the same that you would use in a computer or in opening the Third Eye. Scalar wave is the wave that join between AC positive and AC negative, the bow tie wave you call the infinite wave.

Could you describe it as the resonant blueprint?

It is the technology that creates your consciousness of the universe. The mind is generated energy all the time that you are now aware of. Your mind is centred within your mental body, if you are mental, you're out of your mental body. If your mind was in your head, it would be full of electrical discharges, you would not be getting clear pictures. Your mind is centred outside of yourself and the biogenetic engineers have worked this out quite well, that the mind would be centred outside the body and would interpenetrate the mind at the same time.

In other words with the aura?

Yes.

Wands as healing devices, the 8th chakra wand with selenium, is this applicable at this time?'

Using the 8th, 9th, 10th, 11th 12th chakras is appropriate when out-of-body. You could but it might do something. It is very powerful doing meditations of alpha and omega, 5th Eye meditation and everything else, but as you progress and come out of the body consciously remembering everything, you will be ready to do and use these, so not at this time no, but it is not a bad thing to look at these techniques.

Another thing you might be interested in is the telepathic communication headwear. It is a silver band encrusted with seven chakra gems with a pyramid on top and if you want hang a diamond from the King's chamber. It will look quite strange walking down the street, in the privacy of your own home who knows what strange things you get up to apart from your guides.

Align it with the north/south magnetic poles, this is most powerful way or if not put it beside the bed, and align it with north/south magnetic pole.

'What do you use the headband with seven quartz crystals and tektite for?'

Clearing the energy of the irradiated brain but it does not allow you to transmit the way this does. It allows clear communication in for receiving but not transmitting. The other receives cosmic energy and sends cosmic energy. You become a healer to entities outside yourself. Anything above your head represents outside yourself, is not of yourself.

'Does the pyramid need a capstone?'

You may use copper but silver is better. Drop a wire down and hold in position of Kings Chamber, a diamond or cubic zirconium. It should not be too small but can be cut or not as you wish. They will come to you for healing. It could be healing through words also. Remembering the amethyst geode in the centre of the room will increase prophetic dreams also. We would suggest an amethyst geode for the bedroom. Is it not fantastic there you have nature giving you an astral scalar wave generator. I know not many people understand but you do. The crystal shapes themselves are a natural time vortex machine.

Will the amethyst geode interfere with the irradiator?

No because it is natural, it comes from God. It is only the violet ray made manifest as a physical thing, gold is the gold ray made manifest, silver the silver ray. All your gems are the rays from the prism of Lyra, or on High as they go through the two rays of silver and gold from God to the crystal then they come out and spread out their energy as the seven rays of energy which are red, orange, yellow, green blue indigo and violet. They are the physical manifestation because you could not have a spiritual manifestation without your eyes being opened. The universe has provided you with the solid rays, which are the healing rays.

Lucite the gemstone I was led to buy, what is it for?'

It is green is it?

Blue/green, similar to turquoise.

It is similar to selenium which is something to craft your way round. It is used to power the craft, in the middle.

Why was I led to buy it? Am I planning on making a craft?

You're going out and doing these things - there'd be no coercion from us! No No. Now that we've made a connection there'd be no coercion from us would there? Would we tell you to go out and get a multicoloured umbrella also? Probably not!

METATRON

It is indeed a pleasure to speak to you tonight. I have been speaking through your friend. The charkas are becoming more aligned and becoming more acceptable to the vibrations of the generator of the Program of Light. But you must remember you are working on many millions of electron volts that are perceived in your universe as an irritating cough. We call it many electron volts which could change the course of history, but this impinges on your mind waves, or your scalar waves, and this causes a disruption within yourself but also causes your etheric body to expand. It is an emotional time when one is channeling until one has cleared the emotional blocks within the charkas and cleared the things which have kept you back in your development.

There has been an increase in the electromagnetic activity of the sun and you have been experiencing freak weather conditions. These have impinged on your mind waves and your body waves. So freak or uncanny things will happen to you such as objects moving around the house, things blowing up, things not staying where you put them. Your electrokinetic energy will be increased 10 or 100 fold, depending on how you are vibrating, so you are also of the vibration to bring-in chaos. This is all stemming from the sun, reflecting what is happening within a majority of you. You are living in a chaotic universe, but you are not chaotic.

The object of the light workers is to stop the chaos, or put it on hold until the body of the planet can be healed.

When this one is healed, you'll go to another one to do the same. Get used to the confusion because the next one may be of the same type of condition. So you are healers and that is your job, that is what you do and that is your universal jog whether you take on the karma of plumber, scientist or mathematician or teacher. The idea is for you to become more healing in your dimension. Those that are thinking they are the doctor, plumber etc have lost the game. You are a light worker which those in my dimension have built up as the game for the dissolution of the dark recesses of the mind.

A very powerful healing for me personally was the firewalk. Firewalking has been a initiation rite in kahunas society, in Fiji, in Bali, and other 'primitive' societies. For me it was an acknowledgement that anything is possible when in tune with universal forces. I had been somewhat reluctant to ask for help beforehand, but afterwards it became an important part of my acceptance of what was happening in the other dimensions. It convinced my low and middle selves that the Higher self could protect me.

Walking across red hot coals I acknowledged my spirituality by recognizing the power of the Great Spirit within, or my connection with All That Is in my life. The kahunas consider that the mana or vital force from the Higher self protects the feet from being burnt. I was aware that I was channeling a lot of energy and it was within the precise application of universal laws that I was able to walk across the 20 metres of coals without getting my feet burnt.

JOHN

You only realize a fraction of what you did. The fire within your feet is again symbolic of what you will do with people who come into contact with you. You will fire them up. You are being given quite a few hints to do with energy and how it manifests.

How to ground yourself when you have already seen the reality of the other dimensions. We would say just to be on the ground, walk on the ground with bare feet but remember also that you are aspiring to the higher realms. Feet on the ground doesn't mean your head's on the ground. It is a difficult situation to ground yourself after so many years of being grounded when you wish not to be. Remember not all that glitters is gold. Anything that speaks of an order, it is your responsibility, we are setting up 'temples of light' – you are temples of light!

When you are gathered together in a powerful camaraderie, one thought, one mind, the energy would be like an acupuncture needle. You would be able to fix the ills in the network of power sites. Even by your thoughts of peace and love and understanding this would go out towards your universe, to heal. So the love vibration would be attracted to those who need the energy to heal.

Is it important to be on a vortex or part of the grid?

By being on the planet you are affecting the universal structure, by being on a grid point you are amplifying the healing.

We are sending you healing energies being directed to certain centers on your planet and you will find buildings going up, new places of learning going up, you will find there is also a migration away from certain cities that have more of the holding back energy than an expanding energy.

JOHN

View every experience in a positive light. Know that you are perfectly safe. You are not standing aside from it, that any experience you have is an experience that will show you who you really are for as you already know you are creating your own reality. This reality you are moving into is your creation. Every experience you have is your creation. At this stage of your

enlightenment these experiences should be viewed as a mirror, for each experience will reflect to you in a catalytic way. The seed that is planted in your consciousness will blossom to give you a fuller picture.

Every person that you meet, every word you hear is an opportunity for you to realize who you really are. You are not what is happening to you. You are not what you are seeing. You simply are.

And it is because you have now reached the stage where you are beginning to realize who you are, that these experiences are happening to you. You will be assisted by others who have already been through this stage of development. It is with great joy that we can help you for we know what you are going through, having gone through that ourselves and we know what awaits you. Just behind the curtain are countless hosts of beings, their hands held towards you wishing you God's speed. You will break through that mist and we will embrace you and you will know why you have trod the steps you have and in doing so, free us to take our steps in turn. We are all linked in one gigantic chain of expanding love. Now my dear friends would you like to express any thoughts that you have? It is important that you express any feelings that you have at any time, for by putting thoughts into words, you are creating, you set up a vortex where as you speak you draw more inspiration to you. As I said before, think before you speak, speak with your heart.

PLANETARY HEALING

CHAPTER 7 Planetary Healing

HOT SPOTS

Hot spots he said they are,
Aboriginal Sacred Sites
Sickness country they say
Get sick all along this way.

Magnetic anomalies all along this way
Earth's poles reversed,
Time of Gondwanaland
Country moved over hot spots

Uranium the clock ticking away
Gives off waves of energy.
Spirit feels body out-of-tune
Sickness country – Bula country

Lightning man strikes here
Sky energy comes to earth
Earth is energized

Magpie geese follow the energy
When I go walkabout
So do I.

Allow each breath to permeate through the body, relaxing all the muscles. Ask your conscious mind to close down, and allow the thoughts of the day to drift away. Feel that quietness come over you, that stillness before meditation. Allow the muscles of the back and shoulders to relax. Know that you are surrounded by divine energy on this day. From the center of your heart see a golden flame. See it expand throughout your body. Feel the limitations of your body. Now see the golden flame begin to expand beyond the body so that it merges with your neighbours. As you do this you all become immersed in golden flame. You are all one together in golden vibration of light – feel united as one. Hold that energy for a while.

Draw your attention to the heart chakra which you will see in red. Next move to the throat chakra in electric blue, next move to the Third Eye in violet, then to the crown in white light. See this white light drop down the back of your head, down the back of your neck like liquid light flowing down the spine and activating the base chakra in sapphire blue. Next come to the navel chakra in emerald green and then to the solar plexus in yellow orange. Then back to the heart in red. Repeat this a little faster this time, then again three times in all.

Next we work with the double helix, so allow your consciousness to come to the point just below your heart around about the waist. Follow the double helix up the back of your spine over the top of your head, down your face across your chest, coming down and crossing over around the waist, down your legs, down the back of your thighs under your feet and up the front of your legs, crossing again at waist level, the full figure 8. Do that three times. Once you have completed that begin the forward motion. Begin at the waist, over the chest, across the face, over the top of the head, down the spine, crossing at the waist down the front of your legs under the feet, up the back of the legs crossing at the waist again. Do this three times. Once you have achieved this draw your attention to the crown.

See the double helix in white light and above that is the white light beam out of the physical. Directly above that, seven spirals of energy anticlockwise in gold light. You will see another double helix, your soul star, the 8th chakra, the cosmic gateway. See the silver lotus, see the pearlescent glow. Do seven spirals of golden energy anticlockwise, finishing in a beautiful pale blue double helix as your 10th chakra, the intergalactic gateway whose symbol is the most wonderful shroud as it envelops you. See yourself moving into the shroud as it envelops you. The energy is of a higher vibration, the colour is pearlescent, you may even feel the particles of energy and colour flowing all over you. Directly above that another seven spirals of golden energy clockwise, finishing in another double helix of rose pink. Above that a cascade of rose pink energy which is your Christed level that envelops you once again, your 11th chakra. See this wonderful pearlescent rose pink sprinkling all over

you. You will notice that the vibration is of a much finer resonance. Immediately above that once again, seven spirals of golden energy anticlockwise, culminating in a pearlescent double helix and there above is the Higher self activation, the 12th chakra. Within your imagination call on your Higher self to manifest itself, let it be known that you now acknowledge that you are a being of light of 12 chakras. You might ask also at this time that your physical body be dissolved into light. As you do this look upon yourself as a complete being of light, a being of 12 chakras, you Higher self activation as your whole being.

This is where you are able to communicate with the Higher realms. From here you lock in to universal mind, from here you become part of the divine energies that flow through all universes. From here you are able to access all masters. Directly above the Higher self I AM presence you will see a five-pointed star, with each tip joined to form a pentagonal star. This is your merkabah, your light vehicle. See this wonderful five pointed star with all light bodies in gold. See the whole star in gold. You already know that the white and blue light bodies have synchronized within yourself. The five pointed pentagonal star in wonderful gold is your light vehicle, your merkabah light vehicle.

Dear ones, this is Sananda and we wish for you all now to experience the locking in of your wonderful vehicle of creation, into another wonderful vehicle the merkabah of your most holy planet. Look about and you will see shining with the most wonderful light, you will see the angelic realms moving about. You will see the ships of the Ashtar Command at work on the grid. Now allow your merkebah to lock into the grid, by moving into one of the five pointed pentagons. Feel it move into place and as you do, so that your consciousness spreads throughout the whole grid, you become the grid, you become divine energy power and vibration. Feel the high vibration. Feel the difference flowing through you, notice the high vibration, note the feeling of light. You can actually describe light within your mind for you can feel it within the grid. You might notice many other beings locking the grid. Join your consciousness with theirs, welcome each other into this new world. You are experiencing divine vibration.

The Most Radiant Ones knew the tools for you to work with. This is the gift from the highest of all realms not only for your planet, but also for yourselves. As you all lock into this grid you become one in consciousness light and love. There is no separation between any of you. Finally mankind will learn to unite through the most magnificent of light. So continue to explore and feel. It is important that you know and acknowledge what you experience. This is what you really are.

You encompass all spectrums of light. It is my request at this time that you might explore and work with this energy as frequently as you feel you should. For it is now to be a large part of your world. You will find new manifesting techniques that will come to you, that the energy source from the grid, is all you need, you will learn to flow with divine energies constantly. The old lower vibrational energies will not enter your physical creation anymore and the change will be rapid. So now dear Ones, work on top of things, see that you can extend yourself around the grid in your light vehicle, but now that you are attached. Notice you are attached by a golden cord, attached to you at all times and you can move wherever you wish.

Ask that a holographic sphere of information that you need, be sent down into your brain through the 11th, 10th, 9th, 8th charkas. Access it now, it might be as a symbol or complex. You are uniting your consciousness in a universal way. Bring it down to the Higher self.

All Higher dimension work with holographic thought forms. This is the most beneficial way to work with the planetary grid system.

You have heard of the Program of Light running through this whole planet and solar system. Compare it to a computer and you are electrical energies running through the program. When the program is complete, then another runs. Without the completion of the program there is a sense of unfulfillment. You have heard of electromagnetic circuits, these are also part of the whole program.

Look within the grid structure of the planet to see how the cosmic mind works. The holographic image is a representation, a projection from the reality universe to the unreality universe. It is a good illusion, but these are only atoms and molecules, it is that you have the illusion of life and the illusion is very good. Once your dimension has gone through the changes towards the fourth dimension, then the program changes, then you become part of another program. I am not saying that God is a computer, I am saying that the programs that are running are as a computer. In other words, as you change other people's thoughts, the program changes. Is that acceptable?

This is a sparking if you like, one person gets enlightenment and a spark goes off within. That's a jumping of the electron energy if you like, to the next person. So you must see within yourself what is the reality. As the changes happen it will move the grid and there will be an electrical vibration change also, an eruption to the electromagnetic spectrum.

Is that the same as a magnetic reversal, that has happened many times in geological history?

Yes.

Life forms of etheric nature exist within the earth. They too are going through the ascension process. There are openings on the planet that give access to the surface. We are serving them and they are serving us. Visualising the light at the center of the earth, helps them to work with us on the ascension process, understanding our role being to link the angelic realms through us with the elemental energies within the earth.

Holographic energy works in the Higher realms for working with pure thoughts and pure information without interference by the intellect. Manifestation works on this spiritual level to bring spiritual into the physical. This brings thoughts into action, by creating thought circumstances around what you want.

Send a holographic sphere from your solar plexus out to form an image the same size as your physical form. Place an image of yourself within the hologram with your hand out. Place a smaller hologram in the palm of your hand. Feel the energy flow into this little hologram from your solar plexus. Create a ball with this energy and throw it like a ball up to the grid. See it attracted to the energies of the grid so it will be manifested. If it is in divine ordinance it will come back to you. Withdraw yourself out of the hologram, draw the hologram back to your solar plexus, allow the energy to move all the way back up. You may request that your merkabah is open fully to the return of that request and as soon as it is, it will give you access to that information.

When you are working with holographic manifestation, there are few books yet written because it has only been introduced by the Masters. Always lock the image into the grid because is working with the dodecahedron shape. Let the holographic image go with the flow of energy and the merkabah is almost sucked into it. Your colour spectrum is light on the top. Once the grid is fully activated and your charkas become pearlescent, your ability to manifest will be greater. From on top of the grid all is gold light and you are drawing it into your bodies. You are bringing about the ascension yourselves. You have manifested everything you are responsible for it and are bringing in the next step. This is just the beginning.

On the hologram entering through your merkebah, you will receive a hologram full of a particular subject matter, it bursts open and information flows through to your conscious awareness. You will be able to retain the memory by asking your Higher self to do so.

I accessed a sea shell symbol when working with the planetary grid holograms. So I asked John about the symbol of the conch shell.

JOHN

When there is a use of the conch shell there is a specific effect, it is the use of sound.

I am not sure if I am meant to listen to it?

You are the conch shell, you are a vessel that will magnify energy into sound. No sound comes from the shell itself. It is useless unless energy is placed in it. The shell is in your hands. It is to call to awaken to draw attention to raise people's eyes and focus them in a particular direction. That is what your effort is doing. You are drawing people's attention to a particular point.

So it's a symbol, it's not meant to be used in the physical?

No, always look beyond the physical, the physical is never what it appears. There is always a message for you, everything you see, either in your imagination or with your eyes is a book for you to read. Interpret everything you experience for you are constantly being bombarded with messages from those who love you – messages from friends and messages from those who are recreating you.

When I was doing an interview for a book on gemstones, I spoke to a miner who had lived at Hayrick in central Queensland, as a child. The mine produced some of the best boulder opal in the world and the owner of the mine was a singer.

'He had a beautiful voice and although he could not go up to a high pitch such as breaks glass, he had a deeper tone. On a certain note he could hold it until the mountain trembled.

'He'd hold the note until lumps of sandstone would start to chip off the wall and the timbers in the roof would move. I felt the first earth movement then the unbelievable happened, the mountain was "talking", whilst the earth shook. I looked at Joe in amazement, his pick suspended in the middle of a swing, as his blue eyes twinkled.'

'Joe, the roof's moving, you'll bring the lot in on us.'

'It's hard to believe that a man's voice had enough energy to upset the atomic structure of the earth, but he did! How far through the mountain it went, I don't know. He'd laugh like hell when I'd clear out, but he knew just when to stop to prevent burying himself and those with him.'

I had the opportunity to ask about this from a Higher perspective.

JOKHYM

The actual resonance of the cave would be a harmonic of the sound of the voice and the cave doesn't look as if it's resonating but it would be resonating on a lower frequency and the voice would be resonating on a frequency octave above it. When the two interlock, there would be a movement, a parting and therefore the two waveforms come together and create a third waveform which would be the quaking of the cave of the mountain.

Does it depend on the actual rock or on the space?

No, the space within, no let us say the rock, depending on the thickness, the mass and the space. There is a formula for it, which you have not found on your planet yet, but it has to do with the content of the space consonance blends with the mass harmonic. If you have a crystalline cave it would be a higher frequency than if you had a made cave.

So this opal mine is quartz, would this be a higher frequency or a low frequency?

A high frequency yes. We see it working towards a C, or C sharp.

Would this be the frequency of a man's voice, it's very high isn't it?

It's very high but you can then find a harmonic below it. Yes an octave lower.

An analogy is a wave on a pond – when a disturbance is moving away in all directions it is an analogy of a scalar wave. A vector wave is the same thing but in only a single direction.

We encourage you to use analogies when working with ordinary folk. It has not changed much since the time of Sananda. As you are thinking, so you are creating your own reality. If you wish to create an abundant universe think abundance.

There will be a rising from the centre of the planet to the outside arising in the British Isles and North and South Atlantic making their presence felt and some of the old spirits of Atlantis will also be there. There will be a meeting on Saturn on the restoration of the planet and to move the greater merkebah vehicle onto the planet to bring about a cleansing and to bring your planet into the etheric planes where it should be, bring it into telepathic channelling where it should be, to bring your chakras into alignment at least up to the 5th D. To give you the knowledge that you have the faith that the master Christ had in those days, to give you the abilities to manifest the light. We are also working in central Australia and a beam of light from our ship is beamed to a point south of the Rock to a new aerial point. We are going to organise quite a few people for a meeting there. We will let you know as we get on with it. There is a need for a light point to be put there in the Centre of Australia which will become evident towards the end of this millennia. As you would say you will have an in-ground pool, a lake, a new oasis. There is also a way to get rid of Pine Gap proton generator which they are experimenting with. This is some of the technology given by the K group, weapons of pain and destruction instead of what we could have given them to bring your planet into the paradise vibration. We are the unseen workers, we are the ones here to move you to action. What are you supposed to be doing? You should be infusing your higher self that you become one with your Higher Self and there is no fear, that you are here to learn and to grow.

ARCHANGEL MIKAEL

Planetary healing when one is gathered in a certain area, a group gathering in a powerful camaraderie, one thought, one mind, this energy would then be sent to the Holy Body of one of the Gods of the universes. This energy would be like an acupuncture needle you would be able to fix the ills in the network of power sites. Even by your thoughts of peace and love and understanding this would go out towards your universe, to heal that area of a certain vibration needing that vibration. So the love vibration would be attracted to those that needed the energy to heal.

Is it important to perform on a vortex or part of the grid?

By being on the planet you are affecting the universal structure, by being on a grid point co-ordinate you are amplifying the healing. A major meridian would be more effective than a minor meridian.

Would Uluru as the heart, or rather the throat chakra of the planet be the most effective for healing?

Most healing should be done in the cities, for the cities are working in the second and third chakras of your area. They need more healing. Did Christ not say, I have not come for the good but for the sinners. It would be beneficial to stay in the cities to the last moment and then you shall leave. When is the very last moment? This you will have to weight up for yourselves.

So the experiment was to get a lot of souls together to see if they could all work together on a beautiful planet that has seven colours and more and see if all could live together as one. The experiment has continued and through many ways you have attempted to heal the planet but for the majority of people this is true. Thoughts are powerful and you have created a paradise dimension in the 4th and 5th D and there is no understating that, however, the 3rd D planet you were given guardianship of to yourself and those of the deva kingdom, it has been given over to people who should not be running your country, or your world. You feel that after this world there will be another world, but we tell you if you lose this world, there will be a part of the astral world that will not be there anymore. Even in your day-to-day life you are working in this dimension, in

another dimension you have gained the power inherent within you. That is why you have channels to bring you back to awareness of your spiritual power. As you have in your marriage rights: Let not man tear asunder, we would say: Let no man destroy your planet!

To go against that you would call the power of the universe, then there will be changes karmically in certain areas of the planet. We are sending you healing energies being directed to certain centres on your planet and you will find, buildings going up, new places of learning going up, you will find there is also a migration away from certain cities that have more of the holding back energy than an expanding energy.

I asked Ashtar about a hum which I can hear on Sacred Sites particularly in the mornings, which is similar to hearing a didgeridoo.

ASHTAR

It is good to hear that ones such as yourself are beginning to pick up the new vibration, sound and colour that are now beginning to surround you. There are many of you now seeing many, many, colours. Within your mind a spectrum of colour is now being blueprinted within your being. As you raise your vibration the colours are to be embedded within all parts of you, within your molecular structure. These colours are of the pearlescent nature and hold all of the diving energies. As you reach out through your Higher selves these colours pour into your system and a change comes about in your physical. With the normal colours that you have been working with, your charkas will become a pearlescent nature. Expect from now on to hear a vibration, to feel it, to see colours, know that these changes are irreversible and this is to bring you to a state of awareness of a higher dimension.

I was wondering that it doesn't seem to be continuous but goes on and off?

At this time you will find that it is coming in waves. As it is accepted through your beings, it then becomes registered and more solidified in your atmosphere. Until that occurs it will come in waves.

Should we be working with this energy?

You already are, as you press forward into a Higher conscious state and manifest your Higher self through the 12 chakra system, you are already working with it. It is all integrated with your new electromagnetic grid and the pulsating energy that is coming down is coming from this energy source.

Is it part of the photon belt?

I wish to say the photon belt is a little misunderstood. Indeed the photon belt is a structure of energy that allows transport of holographic images and energy, light and vibration and any vehicles that need to travel on it, through all universes. The grid system that surrounds this planet is locked into that. So you might say it is an addition to the grid system but not fully a part of it. Everything is integrated so as you lock into the grid system, you lock into the photon belt automatically. The photon belt is not fully manifest around this planet at this time within this solar system. It is being very gently put in place, for why give you something, that you cannot use yet, would you not agree? So it will be given as you need it.

Time changes as you come from one side of your universe to the outside. The same with your galaxy. As you go to the center of your galaxy time ceases to be and as you go out from the center, time becomes a real thing. Your true reality is not on this planet, because this planet is a holographic image.

Where do you think the reality is?

From within.

The holographic image is being sent out from within and it impinges upon your cells to create the illusion. So you have the projector from within shooting out. You are the holographic image.

Not only are we a holographic image of Higher self but so also is the planet an image of us.

When speaking of planetary healing there are three levels, the atmospheric grid, the crystalline grid of the planet's surface composed of mineral energy and the underground grid system of tunnels. The grid lines on the surface are derived from the Aboriginal leylines and run down the Great Diving Range with the mineralisation. The grid is totally made up of divine energies, and cannot be used for anything but a divine purpose. This is the light body of the new world. We are helping earth establish her new light body and in doing this we play a major part in her ascension as well as our own. Once the grid is fully activated and our chakras become pearlescent our ability to manifest will be greater. In placing our physical blueprint on Uluru we activate the heart chakra of Australia for ascension.

The tunnels seen while meditating are tied in with the elemental kingdom. They were originally full of light and honeycomb the earth. They had gold light on the outside with white light in the middle. The Aboriginals call them passageways. They are time tunnels and were of light, but some are filled with water and disused. All these tunnels are being reactivated. Each portal has

an energy force represented by a flower, the flower for Australia being the waratah. The old walkabout routes are tunnels forming an energy grid out from Uluru. All the vortexes tie into the world energy grid. There are etheric diamonds up into the atmosphere which are the link to bring down the cosmic energy into the earth.

A symbol that has been given to me is the waratah, what does this mean to me?

JOHN

You have a heart that belongs in Australia. There is one of your hearts that beats strongly in Australia, for that flower is symbolic of your country. You will draw from Australia from the symbol of Australia, an intelligence that is specific to Australia. Can I leave it at that for the moment. You will draw energy to you that is specific to information buried in Australia. Using the symbol of the seashell you will spread that information, focus attention, There is a very old Australian with you. One day you will know why he has put down one of his feet from his knee and will begin to walk with you. He has waited a long time beside you and has a great deal of patience and is now beginning to raise his stick and will give you a little prod.

May I know his name?

There is the letter A in the name, That amount of energy will do you for the moment, for his name also produces power on saying it, and perhaps after a few more little prods. He will give you a little more of that name. An R also.

The grid is totally made up of divine energies, and cannot be used for anything but a divine purpose. This is the light body of the new world. We are helping earth establish her new light body and in doing this we play a major part in her ascension as well as our own. Once the grid is fully activated and our charkas become pearlescent our ability to manifest will be greater. In placing our physical blueprint on Uluru we activate the heart chakra of Australia for ascension.

ASCENSION

CHAPTER 8 Ascension

RADON SPRINGS

Water trickles from the ground
Springs into being and life abounds.
Trees sprouting from cliff faces
Sunlight on water gathers butterflies
To drink - their blue spots of colour
Darting among the forest giants.

Outside the heat shimmers
Beneath the canopy
A goanna swims in clear pools
Among the tree roots, their buttresses
Holding back pools of water.
Oasis in a sea of sandstone cliffs.

Beneath Mount Brockman, Namarrkon lies
Waiting to beat the hammers on his knees
Into rain to break the Dry.
To flush out the radon from his lifeblood,
Bringing Power to the Dreaming.

Graveside
Black cockatoo, your flash of red
Flying overhead, leads me
To follow the water
Into the escarpment country.

The deep gorges black as ink
Black as your feathers
You cry for your people
Who have left the land
No-one sings their way
Through your gorges now.

I pick up the trail
Through the barren grassland
Dry and hot, burning all life
From the land, Graveside
A rite of passage into the Dreamtime.

Into the mountains, higher I climb
To cool forest giants, their roots
Holding back pools, their branches brushing
Sandstone red cliffs and water.

Trickling over rocks
Gurgling through gorges to give
Life to the plains,
Rebirth to the Dreamtime.

Picture a sphere of brilliant white light in the center The matter that concerns you, the matter you need to look at that moment, that is another key that you are given, for all the keys that are presented to you are presented by you. You are hanging a carrot in front of your eyes to lead you on a pathway deeper to yourselves. As a man seeketh in his heart so is he. The more

you know the thoughts that come from your heart, the more you know yourselves. As you already know, someone directs a question to you and you are not sure if it is you the questions are being asked of. You say who me, are you talking to me. You are pointing to your heart.

Were you aware of all the energies in the room during the meditation?

We are of course, always aware, however these energies were being utilized by a group who are closer metaphorically speaking to you. A group who are more able to interact with you on a level that is easier for you to perceive. The state of mind you were in corresponds more closely to their state of consciousness. They are beings who have known you and have loved you. They draw upon the energy you produce to help manifest themselves. You act as a battery, providing energy to make the connection. The more you can place yourselves in that state of mind, the more you will draw those beings to you – beings that act as an intermediary between us and you.

Do they help open a doorway to connect us and you?

As you know, they have already passed through one doorway which is much more brightly lit than yours. There are less shadows, there are less places for little memories to hide.

Do we have to direct them to see them like that?

You are consciously doing this. You have all noticed the short burst of sound on the tape recorder. That was no accident. You are all beginning to beat into a different frequency a little bit at a time. You are only hearing one or two notes, but rest assured, you will hear the whole symphony. And believe me, it is beautiful. If you were to hear it you would leave your bodies. That does not suit us and does not suit you at this time. You have all agreed to participate at this place at this time.

In our thoughts do we create beings or do our thoughts attract beings around us?

Your thoughts are living energy. The amount to which they manifest is in proportion to the amount of energy you place in your thought. If they are idle thoughts, they will dissipate into the ether. If you have a desire to create a specific situation it can be created by your thoughts, by the direct intention of having the situation around you. You are able to create anything you like.

During an energy session, I was channeling a lot of energy which was causing my body to vibrate at a high rate. Those in the group gasped in amazement, as they saw me transmute into a male with a beard. I thought at first it was my guide, but then I realized he was giving his permission. As others in the group took their turn they also transmuted, one into a member of the Ashtar Command with a helmet like a racing cyclist's and another into an old sea captain with a short black trimmed beard instead of his blond bushy one. He also grew in height. We did energy work in pairs and others could feel me sending very strongly. I was exhausted afterwards but asked another channel about what had happened.

When others have seen me transform into a male with a beard, is that an aspect of me?

JOHN

Yes of course it is.

Is it in another dimension?

Of course it is in another dimension. I would say what they saw was a composite. It's the consciousness you are creating from your Higher self, the formation of an individual from information formed by a vortex from the energy that you are beginning to pass. As you continue to give forth information, the energy created by that particular entity will manifest as a physical being.

Was this a high level guide?

This guide is at the stage where you can specifically direct who you wish to interact with. You are free to place your order. Please form clearly in your mind who you wish to work with you. This being is now in flux. You can create your own guide. There are specific contacts you have had in the past that you can call upon to form this guide.

Do not specifically take on board descriptions of others who are looking at you. They will see around you what they need to see. Many are picking up through their pineal gland, energy that is being translated by their brain to a form they can accept. What they are seeing is not what they are seeing! They are definitely seeing something, but do not limit yourself to the description you have been given. Many people will see many things. It is only one frame of the picture. Once again I perceive something around you - a being who had the life of an Aboriginal.

Is it an entity that came through the other channel to me?

It is not an entity, it is your future. The being you are creating is being helped in your construction by your guides. You have attracted them. You are your own channel, you do not need to be introduced. The introduction is direct. Be your own channel. Listen to what others say but know they are only seeing one small part of the picture. They are seeing what they need to see. When you put in your order: Go for the works!

An analogy is that of a wave on a pond - when a disturbance is moving away in all directions it is an analogy of a scalar wave. A vector wave is same thing but in only a single direction.

Thoughts are like seeds. They can be vitalised with energy of the Higher self to form actualities in the future. The thought forms form a complex. The kahunas liken them to a bunch of grapes. These may impede the ability of the low self (subconscious) to transfer messages to the Higher self (the mana, or life force energy comes from the low self). To get rid of the thought complexes, the guilt and fear complexes must be overcome. In order to convince the low self or emotional self, a physical sign or action will assist the process. Signs that a complex exists are the emotional responses to a particular trigger (for example anger at the idea). The kahunas used cleansing with water and it leaves frequently, but any form of physical symbolism which fits the 'crime' is appropriate in order to convince the low self into taking a particular action. When the psychological and fear complexes have been removed then the Higher self can contact a flow of vital force from the universe which appears as a tingling sensation and lots of light.

Hands represent the aerials, picking up information for the soul. Imagine a solid steel ball segmented into seven parts and connected. They can move out and spring back in again – that is where the energy of the atom comes from. If you vibrate it at a certain frequency say nine electron volts, it jumps to n_1 , and at 12 volts to n_2 , and at 600 electron volts to n_3 . It takes a lot more energy to jump it out and as it jumps back in again you get a photon. You are not so much moving the atom, its pressure around it, but the energy is moving around it in a vortex, creating cosmic energy, tachyon energy.

ASHTAR

Your guides are heading you in the right direction. Only through faith will the guides become real, then they will be as real as you are real. They are in a multi-dimensional universe and are able to transcend time and space. That is why you need them in the astral and dream states. You feel sometimes that you are separated from the God force. You are our brothers and sisters as much as we are yours. Most of the information comes from the Great Cosmic Mind or the Great Central Sun which knows exactly when the ascension of the planet will occur. It also knows exactly when those from the other universes will come to your planet. These things will be bled through to you in dreams. Intuitive messages will come through. Your guides are experienced in multi-dimensional ways of bringing things to fruition, so ask them for help.

Already your scientists and astronomers are looking at the heavens more than ever in the search for Extra-Terrestrial Intelligence program (SETI). We have beamed down messages but their equipment is so primitive they do not pick it up. We have beamed down all the encodings of love. We have beamed down love/man, earth/man, fellowship of man, they do not see it. There will be more craft in your atmosphere, you will see much more love brought about. You will see also the negative side of things, you will see the media are brought out more by the negative side of things, because they are not run by your God, they are run by another God.

Do not feel that you are left out. You are very well protected, all of you, and I can say this till doomsday but you are protected by the light. You are protected by that which you are portraying in your own life. If there is something wrong with your life that you are not happy with, change it. If you are completely happy with your life, go along with it. But not one person here is completely satisfied, I wish there was. Once you become completely satisfied, with where you are, the game would be to get you. You would be so interesting, people would want to know why you do not play the game.

The first wave of ascension – the train is running late, many channels have been saying this and that. We are telling you as best we can, we do not know exactly when the first wave will finish. It is up to you to make a conscious decision with your guides and say yes, that is enough we are ascending, one at a time or en masse. We would say: where your consciousness is, there you shall be. You are not with your body, you are your consciousness risen up. Some will be physical, but that is a continuation.

We are around, there are millions of us around. However, we are 5th D. If you have not seen the 4th D physically, consciously you will not see the 5th D. The idea is to get you to see these things, therefore we are working with you individually.

'Are Bruce Cathie's calculations correct?'

Yes he is working on the golden mean of the planet, the same as Pythagoras worked out.

Moving towards the time when there will be miracles seen in your skies. There will be many antigravity inventions moving along without the need for wheels. As you move towards the new millennium there will be people who will try and stop the inventions. There will be people who will start to look towards alternative fuel, alternative generators but you will also find those who wish to stay in the past. They will cut down those people as fast as they can. The energy that is now being precipitated is that of the energy of the upper spheres and with the energy of the upper spheres comes the consciousness of the upper spheres and the harmonic content of such. What this means is that your inventions will become more and more catering to the natural type of life but they will also go towards creating an alternative planet for there will be a need for

change as the planet goes through its changes. There will be a need to go back to the natural type of life after the end of these tribulatory times.

You will revert back to kerosene until the energy is brought to a point where you may use it in day to day reality. Already the energy of water filtration has precipitated onto your planet and you have the alternative methods of destroying insects. However there will be many more inventions and the miracle of anti-gravity will be discovered before the end of next year and more than one person will discover it. It seems far off at the moment, but the planets have been using it for thousands of years, however now is the time for you to come to a spiritual technology understanding rather than just a technological understanding. Things that were displayed in the early part of this century which were not picked up on including microwave technology, that is now being used in a small way. In a large way it would be mind manipulating techniques of scalar wave technology. However in a small way it has been put to use in domestic use and become a more friendly source of energy.

Microwave and multiphase generating technology was invented by Nikola Tesla and was put on the planet to represent a state of more light, for as you represent light here, you represent light in other dimensions. However the way Nikola Tesla would bring this light about would be by peaceful means, merely by resonating the earth would you have a complete supply of light and energy without burning fossil fuels. Through resonance of the planet you will be able to heat and light your houses. Spiritual technology is being sent to your planet and will be picked up by those in the know. Some of those in your group will be getting the messages, others will get other pictures, it is a game that you may decipher what is happening with inventions. Together you will create this type of machine that will help you when we change over the grid from the old grid to the new grid system which will be soon.

If everyone on your planet thought peace for one minute every day, we would not be needed on this planet. It would then come about that peace would reign by the thoughts that creates the action on your planet.

As you have been doing many experiments with the purple, you have been working with the coils and the capacitors of the multidimensional selves, you are connecting with your light selves in other dimensions the energy has been of a resonating frequency that has gone out to different planes of existences and tuned in to those that are also resonating on that harmonic. It would be easier for you to tune into those frequencies than to tune in to your negative frequencies as you do when watching TV or the Beta wave. It is easier to tune into your guide frequency than a fellow human being who is resonating at a different frequency to you. But your guides have been allocated to you because they are a resonance of your frequency. Otherwise they would not be your guides, they would be your demons. Many of you here have the ability to create flying machines that have been spoken of before in many of my books, but the time is not right before the 3rd World War.

Those that have the understanding will be able to find in my lectures and books that I have given before in America, you would be able to discern the real message not so much to rid the world of power but to make it a free commodity of cosmic energy so that everybody could use it on the planet. Many new horizons have opened up since the time of my passing in 1943. You would say that I have seen the light! You also have seen the light, what you have created tonight is a direct link to be in other 5th D universes and dimensions. By utilising that which we have sent you, the spiritual coil and also the physical capacitor, the physical spark gap you have been doing with your spiral, by doing that you have activated sometime in the planetary system of your solar system, therefore it has become a real occurrence. It is not that you are playing around making noises, you have made contact with you. So in the next few years there will be more visitations of your planet and you will be visiting ours.

We will be taking certain people to our planet at night in the dream state and showing them some of the wonderment of the universe. There are many wonders to see when you pass from this planet earth, an experimental planet, to see if all you people from all the galaxies of the universe can live together for a long enough time to reflect the god consciousness within yourselves and in your brothers with love for each other. It is sad within our hearts that those on the other side of the planet are working towards destructive nature especially the satellite wars. Using some of my inventions for the detriment of the planet. Some of the things which were spoken of and some of my 1585 inventions that were positive, have not been released, for fear the FBI and CIA may lose control of the situation at hand, which is grim for them and those left on the planet after the ascension, as has been spoken of by Lord Ashtar.

It is a pleasing nature that you are now using the polyphase generators and the alternating current generators however, too many wires everybody.

‘What should we be using instead?’

High frequency low voltage, single wire transmission through space. Also the energy to power your land machine your automobiles, using the helical coil as a receptor for the energy in the cosmic framework, the free energy that some of the craft use. Remembering the four force fields in the Father's universes are electrostatic, electromagnetic, stationary magnetic and resonating magnetic. They are the four that are going to bring you into the New Age, free energy, no more meters on you electric grids. Something to look forward to. Channel is on right track but move more to electrostatic than electromagnetic.

ASHTAR

What is your planet Ashtar?

That's it. Ashtar. We're the inner part of Orion in Metatron's area, we are in that area but not actually based there, so we can move through the area, through several of the universes without too much trouble. The middle section of Orion extending from Orion, not the negative energy of Orion, but where the cosmic energy generators are if you must know. It energises us also.

Indeed, I have been here on your earth of many eons of time. Within the early days of this world I was a regular visitor, but not a permanent resident like I am now. So from time to time there were meetings with indigenous people of many lands, but I would say I was not the only visitor, for prior to the policing of this solar system which I am involved in now, it was an open corridor for many similar to myself and many dissimilar to myself to be allowed to land and be active upon this planet. So within your history you have a great deal of evidence of this and you will see there are carvings and drawings that obviously explain many modes of travel that have existed on this plane. It is a shame that modern man so deeply embedded in his intellect thinks that he was the inventor of so many things. In the last one hundred years all of those ideas were simply always here, they never left the consciousness of the planet. They were brought a long time ago and when the time was right, man's consciousness once again accessed those so called brilliant ideas of modern travel and technology. Once thoughtforms have been embedded in the atmosphere of a planet, they truly remain and so there has been a combination of light and dark thoughtform. You have only to show the desire one way or another and you will draw the thoughtform to you to recreate. Are there not drawings and carvings of UFO's of space vehicles and flying saucers, so it is only right and proper that man shall have this mode of transport for it is embedded in the thoughtforms around the planet. Even though you are witnessing space craft, man has fully to develop this form of transport.

Are we actually stars?

Yes, we would say in another dimension you are stars born on the wings of light, or you could say star born. All the stars together form the one star which will be this planet. Too much knowledge on your planet and you'll wish to be a star before you have transformed yourselves. It's better just to let it happen. Even though you do not wish the changes to happen, planet earth must go through the changes to go to its next dimensional self which is 5thD star or if you like a binary in Archturus.

METATRON

You will also be in charge of those ships you can the light vibration ships, if it is within yourself to do this. If it is part of yourselves that you should become one of the light working forces tithing your universe. It will be your will that will drive these craft onwards to different areas of your universe. But though the love you're feeling within, will be the driving force that will tend to create the different realities that you'll find within the planets that are in these universes. There will also be a cleansing of those universes of life on those planets, as you have done in the beginning of this planet. There are some present who will go on to different areas of the galaxies, different areas of the universes and make sojourns to those areas, make pit stops to those areas not far off. It will be like returning home for that area of the universe will be more of a vibration that suits you that you are feeling at this time on this planet. For it will align itself with the vibrations which are going on within you. You will come to peace within yourself and therefore you will make your home on those dimensions you would call of the same vibration.

Even as we speak, you are feeling there is a need for a connection to those planes where you are from. You are becoming 'hum-am', moving from the man vibration to the God/man vibration. You are not male or female, but as you are on 3rd D, you are working towards the integration of male and female as one. Sometimes you feel more masculine, sometimes you feel more feminine, you are aligning with certain areas of the universe pulsing out different vibrations, electronic vibrations, electromagnetic vibrations, electro-gravitic vibrations and that called the light coding crystalline fabricated vibration also. So it is now that's what you feel at the time. You will see in times to come the family unit will not so much break down but will restructure itself, as there will be a center of power which will revolve around the family structure. It will not so much be power within the family, the power will be the family.

Only through the networking of the light lattices, the vibration you would call the encoding, the 144, 288, etc, that you will find you are also aligned to the cosmic family. For those which we are speaking of may then align your Higher selves or your true selves with that of your first light or cosmic self. You will become 7/10 or 8/10ths of your consciousness instead of what you are now 1/3, so you become more aware of what you are and where you are going.

If you are only to align with the blueprint of your genetic structure, your crystalline structure, your whole self, your light body, you will then come into alignment. You will also be training those things you would call your crystal craft, your UFO's your unified field objects. You will also be creating those that will become that, those craft that can move through dimensions. You are working with the Father's energy, you are doing the work of the Father, you are moving in the direction that the Father wishes you to go and everything is possible in the Father's universe and everything is possible in your universe. There is a time lag, a lagging of the energy, the thought goes out, and after a span of time there is the manifestation of the end product. They become physical and gravitate towards an impression vortex where there is less of the matrixes around it, gravitates towards the area that needs an object. It is thought of first, then it is put there and specifically brought into planetary space. You are all family of light. It is only through networking this energy, a 'family get-together', that you

become aware that you are not singular, but family at the same time. Not only are you an island, but you are part of the mainland. If everyone was to realize this there would not be dissension and wars upsetting climate that is happening at the moment.

LAO TZU

You are being realigned by the biogenetic engineers along this universe. They are realigning your body to the higher vibrations of the genetic code activation.

Sometimes I feel it would be easy to slip into the other dimension. I almost stumble into it, then I hold myself back.

It's because each of you in the beginning was trapped within the body. It was a plaything, then it was a home, then a friend, the only place to be. Once you realize you walked in, you can also walk out again. As your fear is released you will do it again.

I feel that I did that as a child.

Most of you have done this for your understanding is such that you would then release all fear to the universe and say here I am. Look forward to it.

METATRON

The light force will repel those of the dark. The more prepared you are for the next onslaught – you are the battle-ground for the Gods of the universe. You are the way-preparers for the Christ consciousness which will return to the planet. You are the preparers and way-showers to lead the way to the path to the universal structure of God. Through your experiences you will be able to pave the way for others to do the same thing until once again you return to the rays that you are, and on to the universal matrix or consciousness. So to see yourselves as sparks is correct, for you are part of divine consciousness within each of the charkas, each of your selves, each of your vehicle bodies. You are divine conscious parks which do not die, ever! You never cease to be. At the moment you have taken on a time and the veil of forgetfulness, but you will move from the veil of forgetfulness on to a New World. It may not happen this year or next year or the year after, but it will happen and when it does – it will be a new awakening on the planet.

I had a feeling a different reality would superimpose on this reality and the old will be no more?

It is so, as the energy of light is taken off the dark will come to change it to a different vibration, then the light will come in double force. It's something like quantum mechanics, you get a quantum of light from an atom and that grows as it hits other particles. You are all glowing at a certain rate, as one ascends and comes back, then another, you form a ball of energy on your planet and the en grey energy of Orion has been turned away. As you increase the light, the Dark Forces will come to try to quell the New Age to come, the Golden Age. To discern the energy between the light and dark is one of the tests as you go through to the New Age. Whatever you think now will be taught later and whatever you think in a dream later will become reality. Do not take anything for granted. Whatever you do unto someone else, you do unto the Father, for you are all from the Father's universe, whether you remember it now or when you pass over. We have raised the level to a level more conducive to the light.

ASHTAR

As you become more aware, your travels become more vivid. You can center yourself there and put yourself in space. So still be there with head in the clouds and feet on the ground. That's the whole idea of the pyramid, it is the solid base, so that you aspire to the apex r spiritual Higher self or the realms beyond this.

BASHAR

Good evening. So you have seen our craft. There are many more out there who will find it easier to come up to our craft level than to stay on the planet. In other words, more people are becoming aware. We heard that some people have been saying that the ascension has been put off. The first wave has been coming along quite well. The first wave started when Christ was lifted from the planet in this age. Do not think even the first wave was the beginning of the Christ consciousness.

ASHTAR

There has been a change of plans in southern California and an opportunity to move. The fires were a diversion to give people the opportunity to move. There will be a movement in California which will trigger Japan. There has been some movement in NZ which we noted with some trepidation that will eventually trigger off the Indian one again, causing continental shift, plate shift and it will not be long before Gordon-Michael Scallion's predictions come to pass.

ST GERMAINE

Build enough people together and you can form a craft. The Hierarchy or Council represents what is going on, on another planet through mutual attraction. If the core group on our planet is 33 then the next core coming out will be bigger.

What is the difference between Spirit and soul?

I am a biogenetic engineer, Spirit would be your creative self, brought about by your many incarnations with different life forms. The spirit is creative force as if working as Creative Source. Your soul is your effort of the Creative Source. In other words, in one way you are mimicking the Creative Source and in another way you are the Creative Source. Your body is made manifest from those two.

Is it through resonance patterning?

Marriage we would say. The creative spirit is the aura of the soul, and it interpenetrates the soul. Soul is like a funnel that goes through different dimensions. I'm not going to say any more. To understand the soul is another stage of your development. It is a little too complicated – like trying to explain a mirror to an ant. I'm not saying you're ants, it is very difficult to understand in this incarnation.

Can you explain where the soul ends?

Does a raindrop end? No, it drops from the sky to the ground and evaporates back into a cloud. Does it make it any less when on the ground? No, it is still a raindrop in different guises. Nothing ends on the planet, it goes back to the planet of course. What happens is, all of the information inside the blood cells, the iron crystals, the information, is then filtered onto the planet as you die. Spirit goes back to where it is and soul goes back to where it should be. Blood goes into earth and all the information of this life and past lives goes into the earth to create the consciousness of the earth. You go on your merry way again and are reincarnated again and you have created the consciousness of the earth and to earth you return. There's nothing very mysterious about it, but most people on your planet put people in boxes and say they are asleep. I ask you, do you put people in boxes of a night? Of course not, why have an illusion of that when you're dead. Your soul doesn't die, your body doesn't die, but to all intents and purposes it's not mobile any more. It's about time everybody woke up to the situation, how many millions of more lifetimes do you have to have, before you wake up that death is a reality of life, that you are only born to die and die to be reborn again. When people realize there is no death, they will realize there is only one life and what you do in this life will carry on to the next life, so you'd better do the right thing in this life. The Chinese knew that and thought, we won't do anything in this life and they just kept putting it off all the time. That is why there is karma to be worked out in China and in Japan. The soul does not finish, it is part of the cosmic mind, part of the God mind.

If a child is lost in pregnancy, does that soul go somewhere and can't return?

The soul decided it was not time to become incarnate as there are many changes happening and it did not have time to go through the lessons it has to learn and has been put on hold, you are dealing with a massive amount of karma for one planet. Those that are coming now have to learn their lessons very quickly. In 10 years they may learn all of their lessons. It is equivalent to 100,000 years in the astral plane. Their oversoul would say I have done well. Only towards the end of the cycle were people to become aware they are part of a bigger thing. If you are aware there is no illusion anymore.

JOKHYM

We are not to say when the cycle is complete. We do not know for one, and if we did we could not say, because it is part of your planet's cleansing.

Is there to be no sun for 7 days?

That's correct.

Would it be fair to say a lot of people will not be able to cope with that?

That is correct. It is as if they would think it is the end of the world. It would be as if the sun had turned sackcloth as it has been for the last few days but more so. It would be as the stars have turned on their heels, upside down.

There will be a high pitched whistle in the atmosphere, which is part of the changing of the old grid system to the new grid system which is part of your leylines. There will be a whistle because as you change the grid you also change the frequency of the planet. The whistle can be picked up physically but also spiritually, you will feel it more than hear it.

Is there something we can do to alleviate it?

Not much, it is just part of it all. There is nowhere you can go to stop it unless you could get off the planet. One has to learn some of these things that are about to happen.

Are you not all prophets?

Of course, you are speaking of wormwood in the bible, about the rogue planet that will come to your planet to change things if the probable reality of the earthquakes does not come. If the earthquakes do come, the change in the frequency will attract wormwood and $\frac{3}{4}$ of the seas will be polluted and another plague virus will come from another part of the galaxy, which will make the water undrinkable. We are not saying that this will happen during your sojourn, each of you will see more of the reality than the drama. By that time we hope to get you off the planet with at least 50% of your karma released.

How much can our consciousness change what is coming to us?

Nothing now, you cannot change what is happening to the planet, but you can change your reality so that you would not be there when some of this happens, Individually you cannot change the mass consciousness of the planet which has been built up through karmic relationship of young souls, which numbered at last count around 6 no, 5 ½ billion. Slim chance, they've all agreed to it, they feel they are part of a victimization. Whenever anyone says they are a victim, they are living a dramatization of what has gone before. They are not in present time. The victim is not a victim, it was karma, part of the evolution of the soul.

There are no victims, no accidents, no coincidences, in the universal scheme of things. We are strong on this point because there is so much of this going around. Young souls are actors, old souls are observers. Get that and you've cracked the riddle. Don't feel that you are young souls, anyone in this group, because you would not be attracted to the energy that is called teachings from other dimensions and if you did you would not be here for long. To cut a long story short, there will be many dramatizations that young souls will be going through and that old souls will be observing. Sometimes it feels like you are not observing it, something above you is observing it. You are just the TV camera, that is correct. Do not react because the TV camera does not react.

Old souls, light workers give themselves a hard time. They are monitoring their own thoughts. The more you become aware the more you are judging yourselves. Let them do what they will. There are those who are saying they wish to be better, they think no one is watching them. We have at least 500 people watching you all the time, depending what you are doing. If you are working in the light working fraternity you have a million watching you, keeping you safe. You realize the soul is safe but the body has to get through the lifetime. Look after the vehicle you call the body, because it is the best spacesuit you've got.

The biggest sign is when the moon becomes two or appears to become two and the sun is black and the stars are tuned upside down, and by that time you will hopefully be off the planet.

Those that were meant to have the ascension in the early 90's would have had an ascension through an unusual means – perhaps while meditating or perhaps waling along the street admiring nature. They would be in the first wave as Eric Kline has to say. When you get to a certain point and your consciousness then becomes more physical, ore real, then that is an ascension. Then you are not so separated from the God consciousness, you are not so much in the paradise lost but in the paradise found vibration, so you would be moving towards the vibration 4th, 5th, 6th, 7th D and onwards.

Those who go in the second wave will go in more planned ways for they will be speaking to those who went in the first in unusual ways. Those who go in the second wave, which is a powerful wave or vibration, those who want to tune into that tractor feed, would get a certain vibration. To find that vibration of that harmonic you would perhaps like to fast on the natural good foods of the planet for 3-7 days. The most important part is not to fill yourself with carbohydrate.

The third wavers, those who will be making the choice, the third and final wave will be doing anything and everything to get off the planet. They have no need to worry because once they have said: Yes, I wish to ascent to a different level of consciousness, perhaps live within the Brotherhood of Light vibration, they will ascend.

It is imperative you waken yourselves completely, time is running out.

It is called the Age of Reckoning, you are being tested and tested and tested until you say that's enough, I'm out of here. When you do pass over, you will not know unless you are awake at the time. The vibrations have to come up to a fever pitch so that you can then see the astral planes or beyond the astral. The 5th D body you then make your real body. This is all we are trying to help you with. Not so much your astral body, you do that at night in your dreams, but your 5thD body your etheric body your light body and this is what we are activating – myself, Ashtar and probably 15 million others.

SANANDA

It is fitting that as you approach the accepted time of my birth, it is a fitting time for an ascension, raising the vibrations of consciousness remembering: when one or more people are gathered together in my name, I shall be there to comfort you and guide you. Also as your rod and staff shall comfort and guide you for you are walking through the valley of the shadow of death. You have something more important than the rod and the staff as a comforter, you have your faith that there is nothing that can switch off that light from within, that can switch off that divine spark that is your own birthright, but there is some consternation as to why it should protect you. Those that would have it for themselves, it w something that was given to you after many incarnations. You have worn it from within and it has protected you from without. It has been called many things, it has been called the bridal gown, the etheric body, the light body, the merkebah vehicle, it has been called the Holy Ghost. It is indescribable and indefinable thing, your right to have this that you would call the light body, this that you would call your gift from the Father. This is your way of moving around the cosmos, moving around the galaxies and universes as you know them without the need of a physical body. It is your way of perceiving and actually experiencing those things that you thought were only dreams and thoughts and illusions, for in another dimension these thoughts and illusions are a reality. As you become more aware of the situation, when you raise your vibrations up they will become a reality. These things that you have

the feeling of that are mere smatterings of the reality, when you raise your vibrations up, become the reality. This planet will lose its hold or grip and this will fade into a non-real place and the next dimension will be of a more real vibration. In other words your faith would be producing the impetus to move through to the next dimension which are just levels of reality/deception. As you increase your vibrations, your faith also increases to a knowingness and that knowingness spreads to others.

If one was to walk through Galilee today it would not be the Cross that was a hard thing to bear, but the actual torment and hurt within the faces of those who do not realize that they are creating the drama without that is going on within. The Father has said the them, Repent, and they have repented not, and by not repenting they have brought upon their own wrath – not so much the Father's, because the Father – Creator God knows no wrath. Those that would feel guilty about going against the father's work, will feel that they have to balance that out, through toil, want and destruction. So because you have gone through this many times before, in many lifetimes and in many different dimensions of deception, you can also feel for this as an experiential time of development and you do not buy into these arguments and dilemmas. You would then be more likely to see it as in a far-off land, as I did when I was confronted by these emperors, when asked could one do feats which I knew I could do. But I was reluctant to be led into the games they were playing, which was one of struggle and proof. I would feel it better to say nothing rather than to force an issue, which would change their karmic ways and the lend more of the blame back onto myself and the Father. When one is confronted with the evil inherent on this planet and the manipulating factions, for you to take a stand, that would not be the right way for you to do it, for you are forcing an issue of which they have no experience. So if you were to say, it was much better to turn the other cheek, the, having no experience of the love vibration, would then say they have no need of turning the other cheek, they would therefore smite that cheek.

Can I ask why Christianity has not recognized female energy?

Well, they have in their own way, for I am not only male, but female.

There will be female energy around as we move into the world we call the Golden Age for it is more a feminine intuitive sense than it is an analytical male approach. But remembering you are not female and you are not male, we would say, you just are! I AM that I AM.

Because you have had so many lifetimes as a male and so many lifetimes as a female that you have forgotten what you are, but this life you might think, I will think male. There are no problems, only challenges. Let us say, when Herod spoke to me, not only; PROVE TO ME THAT YOU'RE THE SON OF GOD but prove to me that God exists. And with that it was thrown to certain other factions which remain anonymous. Not everything that was put in the bible at that time was true. There were things you did not know about. There was torture, there were flailings and other things which were not put in your biblical texts, because you cannot know that the angels of the Lord, other dimensional entities came down to try and coerce some the others to turn a blind eye to some the things that were going on, but I am getting off the track. Let us say you are not male and you are not female, you just are.

JOHN

The person He was is only one facet of who He is, as a crystal is not one face of a crystal. On the one face you only see one perspective of the crystal. You are now in a position to be able to stand back and view the whole crystal. You are able to see your fellow men in a different light to what you used to. Your ability or discernment is awakening. You are able to see your fellow men in a different light to what you used to. Your ability or discernment is awakening. You are able to see more than you are looking at. Each being, as you know, is a facet of All That Is, is All That Is. You will begin to realize that each person is not a separate identity but is a manifestation of All That Is. There will come a time when in a blinding flash you realize this, there is only All That Is, there is no time there is no space, there is only I Am. Then that will subside. Consciousness will begin to refocus into your body, you will begin to see individuals but you will never lose the knowledge of what you have experienced. This experience will increase in frequency for that is your ultimate goal. Until then my friends, you have much to do and much to be excited about for there have never been times like this on earth. It is much more exciting than you realize. This interaction would not have been possible until now, this is something brand new. You must realize you are drawing so many of us to you from various realms, realms you did not know about.

What is the difference between an ET and a spiritual being?

Depends on what level you wish to discuss. Ultimately there is no difference. As you filter their consciousness back down to the state at which they manifest themselves, then you are able to differentiate. ET's only exist in the minds of human beings for extra terrestrial means not of earth.

Is it the desire of mankind to see ET's and UFO's which manifest them?

It is not necessary for there are beings who do not need craft who are able to travel instantaneously to any part of the universe. They may not exist in your universe.

Are there also beings who need craft?

Yes, your human beings are now becoming extra terrestrial, you are no longer limited to earth. There are extra-terrestrial journeys being taken. Getting back to your point there are many civilizations manifesting themselves in your area now. Their craft do not fly in the manner you are accustomed. Their technology has been left far, behind but they are able to manifest their craft and they will. You also have the ability to leave the earth, to fly through space to observe other planets without the need for a space ship. Some of you have already done this. You have no need of any conveyance.

The fact that these UFO's appear is it only to awaken curiosity, I feel that it is more important to have a change of consciousness?

What is happening on earth is your responsibility. You have attracted beings to you who will watch over what you are doing to change the way you are. There is much more at stake than you know, but we cannot interfere in the decisions you are making. What is happening is part of a plan that All That Is has of expressing himself. This plan cannot be comprehended by you, but in reality all I can say now is, not to judge too deeply what you see happening, concentrate on your path, on your interaction with those around you, and look forward to what you are going to take part in, for you will soon be unaware of situations you not wish to take part in, a reality that is not of you, will not be with you. At this moment, believe that it does not have to concern you to know the whole picture.

Would that person like to stand in front of the channel?

Each one of us gains as much as the other out of these interactions. The concern that you give out to others, is returned tenfold. Realising this creates around you a spinning whirlpool of energy. You will see these whirlpools of energy manifest in different ways. Now that you have created this whirlpool of love let it flow through you, give it direction, for it is symbolic of a vast amount of energy that you are building up. Realise you are the channels, we can do nothing ourselves, we need you.

CYCLES OF CHANGE

CHAPTER 9 Cycles of Change

CHRISTMAS IN KAKADU

On the sandstone scarp at Nawurlandja
Figs wait to burst into bloom
Resurrection plant clothes the soaks in death,
Bushfires black remains, align the stream,
Green algae waits for rain to flush the world clean.

Mistletoe hands its red pendulums
From Eucalypts and drops into billabongs
Red petals on still water
Green plums ripen, fall from shaken trees
Clouds build up in skies of blue.

Cooling showers bring mist and rain
Relief from heat and humidity
At Barolba, green blades
Arise from forest floor exploding into pink
Agape on forest floor.

Orchids dance on slender stems
Striped dragonflies hover as partner
Leichhardt's grasshopper, flies off
In a blaze of orange and blue.

At Nourlangie, Aboriginal ancestors gather
Nature spirits play in forest glades
Their mischievous games, their slender forms
Disappear among the blades of spear grass
Light, transparent white, flashing like mirrors
I kneel and blow them away
Dancing and tumbling in the nodding grassheads.
In Jabiru, the faithful gather in church
For midnight mass, the crib's sand figures
Symbolic of simplicity and peace
Are placed by children.

As other Christians share the church,
We all share spiritual values of the Dreaming,
In Kakadu at Christmas.

Thunderclouds gather in the afternoon
Lightning man strikes the hammers on his knees
Rain sheets the face of Nawurlandja,
Gathers in rockholes, flashing flood
Of burnt sticks downstream, through gorges
Fig roots clinging to rockface - water roars
Disappears where Rainbow Serpent went below.
At twilight bullroarers whirr a warning
To those who linger at sacred sites.

Now take the light energy of the Lord God on High through your bodies so that you may transform your light body into a glowing light. Infuse your body with the light of the great I AM On High, clearing charkas from past lives out, smoothing energy from past lives out, and increasing abilities to see the future, to be in the present and to see the past. Move

yourselves towards your 4thD self, move yourself to 5th D to the 6th D and the 7th D, feeling all of mankind as one, whether they be vibrating to your wavelength or not, to give you recharging of energy to do what you must do while reincarnating on this planet. Feel yourself floating out into the wide blue yonder.

As you walk forward, as you know that you are walking forward and up, you do not realize how far you have come. You have come a long, long, way. There is no need for you to concern yourself about what has happened only look forward, for now the pathway gets narrower as it becomes shorter. Be guided by your intentions. Keep your intentions pure for paradoxically it will become more difficult to step off the narrow edged path, the narrower it becomes. The chances for you to step off become less and less. At this point you have been holding the hand of the one who loves you. Now your other hand has been taken by another who loves you. You can walk forward in the knowledge that both your hands are held. As a tightrope walker knows that he is perfectly safe while he is balanced, you can know that you are perfectly safe. You have done this yourselves. Already we are seeing you as one.

We were listening to your discussion about the children of Rwanda, we suggest you look on it in a slightly different way. We thank you for your compassion. If you can picture these souls as being pure ageless spirits and link your heart with their heart in joyous anticipation of their coming freedom. Laugh with them and laugh with who they really are and do not look upon the form of their body. They are not their body. They are providing a service. In due course you will understand the service they are providing to your world. It is not what you think. You can help what they are doing by looking on them and seeing in them their eternal spirit. Be joyous as you look upon them and you gain an insight into what they are doing. If you can see them as bright, bright spirits – nothing can harm them. The apparent use to which they are being put will be overcome. I will not go into detail at this stage, but if you can simply believe us, that you will help yourself and your world if you can look at what is going on and let your heart leap. For they are dear souls and they are helping you.

They are not their body. You are not seeing the full picture. When you see Christ on the cross do not weep as you see nails penetrate His palms, for what has happened to Him was not what you saw. The effect that that death had upon the world is still not understood. That is magnified out of sight by what actually happened what was seen to happen by onlookers, for they did not understand what was happening. I understand from your point of view it is difficult to understand what is going on. What is going on is a perfect fulfillment of law. It must occur.

Are you saying John that when Christ died on the Cross, the renting of the veil and the whole change in the earth's frequency, the same thing is happening in Rwanda to focus tremendous energy for the whole earth?

Of course, yes. These souls are providing a service. What may appear to be a sacrifice to enable something new to happen. Jesus apparently sacrificed himself so that the whole of mankind would change. Mankind at the moment of Christ's apparent death changed. A similar change is now going on in your mass consciousness.

Can you look at them and not add to the suffering they will experience? You can lighten their suffering as you look into their eyes, who they are. It only prolongs the situation which perhaps is why the situation is occurring in the first place.

This is what happens all the time. There is one disaster after another and we are stuck on this merry-go-round, we have to break the cycle.

Now is your opportunity to break the cycle, for you can look upon what is happening not with fear but with leaping hearts, because you can begin to realize why this is happening and in the future it will not happen again.

Are they like teachers to us?

Yes they are. Remember you are not your body, you are a spark of All That Is. You were never born, never die. You have lived many lives on many planets on many levels of consciousness. In reality this spark of life is the blink of an eyelid, it is not the totality of their existence. Each life performs as it should. Everything that is, is perfect.

If you can appreciate the sacrifice these children are doing for us, for a lot of people their hearts are full. When you are moved by compassion you will not prolong any agony they may be suffering. The feeling of compassion generates love. You are affected by what you are seeing because you love them. If you did not love them, you would not take any notice of what is going on. They are awakening in you a sense of love. They are making the world make a choice. Each individual wishes to create. If you do not wish that to be your reality it will not be. You can lift the atmosphere of the whole world and especially the atmosphere where negativity exists by concentrating compassion to those areas.

I think we should focus on the benefit in people's hearts and the good these souls are trying to achieve for humanity.

Perhaps you do more good if you lift your eyes from the valley to the top of the mountain, to the wide snow-capped peak of the mountain backed by clear blue sky. That is where you are headed, you are not headed back into the valley. You

do not wish that to be your reality, focus on what you want your reality to be, one of sheer inexpressible joy, surrounded by like spirits where there is only joy. It is a much happier place to be.

Seeing the face of Jesus in the mind is not your imagination. You can if you like obtain a painting of the face of Jesus and sit and hold the face with half open eyes look into his. If you do so with a longing to merge with that, he will draw to you. You can slowly repeat the name as a mantra. It is a very powerful name. You often use the name in the most peculiar way. Why do you think you proclaim that? Because at the utterance of the name you receive healing. Now you can do this with a fuller recognition of what you are doing.

He can manifest a physical body if you are of a like mind. There are many beings on earth today who have witnessed, standing in front of them, the man Jesus. He is an example to you of what you can achieve, where you are going, for he did not achieve that realization through incarnating on earth. He was not a freak of nature, he was a soul who loved God so much that he became one with God.

I have asked you before about an experience in which I went through the roof of the house and met a being who love me very much. Was that an ascension?

A lot depends on what your idea of ascension is. From our point of view we would not necessarily call this experience an ascension. It was however a raising of your consciousness and was interpreted by your brain as arising from your body, going upward. This is a sign for you that you have expanded your consciousness. You took a conscious effort to meet another being.

Was that being Lord Sananda?

It could be interpreted as a manifestation not of the being himself, but of an emissary. There are various stages that your consciousness would need to go through, before you face an energy source that is such a difference to yours. Your bodies are changing as your consciousness changes. Your frequency is being altered so that you may accept higher and higher frequencies. Now, on occasions, beings will come to you that have measured the frequency the body now emits. You draw these beings to you who match your frequency. Having the experience of matching with this frequency your consciousness then begins to take another step forward. So each successive step forward each successive expansion of your consciousness is met with a being of a similar expansive consciousness. You will only meet a being who vibrates at the frequency of your consciousness at the moment of meeting. One step at a time.

SANANDA

As you near that time that you make the ascension and that time is closing in, you may choose to make the ascension or stay – to ascend up to the Higher planes or to come back in an ascended state, as a master of the planet.

So bearing in mind that you are special people, light workers, you may have transgressed during your lifetime, you may have lost the plot, but who hasn't. To err is human but to forgive divine. You should know, for you have forgiven others in your ascended state, but you have chosen to come back to teach others and show them what they can aspire to. Always remember that you are not all physical but the main part of you is spiritual, never ending or beginning, it just is. Bear this in mind as you make the ascensions. Remembering that it is your game that you wish to play whether it be in Higher dimensions or physical. Beings of the light we rejoice in your presence. We feel that the time is imminent.

As you take on the hat of light worker remember that you have behind you, the Brotherhood of Light, the Masters that only have your best interests at heart.

For you see you are perfect in every way but you have taken on the veils of forgetfulness and the veils of almostness. This almostness permeates many people on this planet whether they are light workers or not. Keep in mind the star that is your goal. That is what you will be if you put your mind to it. It is your choice to come back to show others the way or to move on and move up, the show others the grades. Our goal is to awaken all star children within the fleets. These star children are to become the light bodies who transform this planet from 3rd D onwards. Your light bodies are your 'coat of many colours'. We realize you had upbringings in different facets of religious endeavours, but bearing in mind there is only one religion, the religion of self, that self being the reflection of the god force, you are all part of the presence within. We of the Elohim, will now surround you in light, so you may increase the vibrations. If you will do the earth chant, for a couple of minutes, we will stabilize the energy to give it a boost to the transformation of dimensions to give you the opportunity to receive messages from your Higher selves.

Bearing in mind that after finding this ascension quite pleasurable, you might wish to come back and share it with others, who have not had this experience, or if they have, have forgotten it. Those that are struggling with spiritual awareness and all the time it is within, not without. To put a crown on each of the material wonders of the planet is to make false idols. These false idols will be destroyed as the time of the planet draws near. This is not doom and destruction, this is the real world. Each of you have had different religious backgrounds, but there is one thread that runs through and that is God is All That Is. I

introduce myself as the Nazarene, but not for you to be feared by this, for the bible has been altered in many ways and what you perceive as the truth is only the doctrination of the things that were said from the beginning.

You too can create miracles after making the ascension to the Higher planes, you too can heal, you too can materialize and dematerialize at will and walk on water and feed the poor, but you also have the knowingness that your friends are watching you. So if you need this, all the time there are Higher friends watching every step that you make.

Fear not the changes about to take place on your planet, but rejoice in the fact that these changes must come, just as you must change. Many time you've seen this happen, yet it always leaves the taste in your mouth that this is your home that you are leaving. Your home is light years away and your true family is light years away. This has been a place to work out your lessons and a place to teach and show people, through your own actions, what they are lacking. Soldiers, you may be, however, we would say you would be soldiers of love having the divine essence within.

It is that there will be unknown planets brought into your solar system, and there will be etheric vehicles or other universe vehicles brought into your solar system. Let us go to the grass roots. You are being shaken up. Wake up to the situation that is going on!

All you feel within you, there is change going on. Goodness sakes, within the planet there is a change going on. If you have a headache, the high charkas of the planet have a problem, because you are intrinsically linked to this planet, and also to other planets within this universe and other universes. You are not separate entities, you are connected to every one of your brothers and sisters, this is why you are feeling such remorse for those that will be left behind. Do not worry, all goes back into the God matrix relationship – nothing is ever lost in this universe. As your scientists say in their primitive way – matter cannot be destroyed merely changed. There is no destruction in the whole universe, it is an illusion of destruction. Just like you have an illusion of movement, it can only be changed into energy.

Have you seen etheric craft lately, there are some around? You cannot see them with your physical eyes but look at them with the corner of your eyes, the astral eyes, or the extremities of your eyesight. Remember astral is beyond the speed of light and etheric is beyond the astral, loosen the illusion of perceptibility. Once you do, you will see craft everywhere.

Of all of the changes that will be coming about, the appearances of craft in your skies, will be of least value. The changes that will be coming about will be like guideposts to show you to go to where you will, to the mountains or wherever. The craft will be another signpost to show you the faith is manifested through the Father's universe. If you wish to see the lights, you will see them but if you do not need to, you will not see them. Your consciousnesses are moving towards your Higher selves.

Let us look at the hierarchical system – we do not like to think of it like that, because you are our brothers and sisters. However on the top you have the God consciousness All That Is, the Council of 12 Elders, or 24 as you prefer, the Michael energy, the Brotherhood, then you. This doesn't mean you are any lower vibration except where you put yourself as a physical vehicle is the same vibration as us. Spiritually you can ascend now, but physically you have chosen to put on a garment which will keep you in this third dimensional reality. Feel that we are not above you in any way shape or form. We are you and you are of us, but to wake people of the divinity within them, can you see the dilemma we have faced? We feel its best not to show them so many things, they are inundated by it.

Your mission is to awaken those who have the light shining but it is covered, and for yourself to ascend, for you to be so empowered that you are not swayed by the lower vibration. You cannot change anyone unless you change yourself. By your own deeds will you be known.

Spherical and elliptical vibrations are of the light. Craft that are strange, odd shapes are sometimes more scientific-oriented terrestrial craft, that your scientists have created, even though they say they are not.

There are many ways you shall know of the discernment of the energy. Feel within your heart chakra. Ask yourself, feel that you should ask your guides that you shall feel the energy. But there are different ways. Such is the way of a healer and this must be brought to mind, that as you are healing there are people coming to you with horrific wounds, this is why you are being tested on slight wounds as you say for you will be healing, for there will be no drugs, no manufacturing plants, there will be back to nature healing and some of the building we see in the future will be as a refuge. Some of the buildings which will be the big apartment blocks will be a garage for some people. Some of the apartment blocks will be housing for the slums, so the rich will come to a level which is lower vibration as those who they have pushed down on their way to the top, by their karma of greed. All this karma must come to fruition.

As you go through a cleansing period the earth is also going through its cleansing period. Because you are connected to the earth, you would feel a connection to the pain of the earth. It is not so much you don't want people to suffer, for you realize that people must go through their own karmic relationships with the earth that they have taken for granted for so many years.

Those that have the vibration of going through the dramatic period, this is their way of expressing themselves to the universe. Not so much they are at the whim of the elements, but they are creating the drama they are now going through. We were talking about difference in time cycles, so all these plans were made ahead of time so you would then ascent off the planet consciously. You ascend unconsciously every night, when you go into the dream state. But to be consciously aware and transfer your consciousness into the dream body, that we would call an ascension because with that knowledge you then come back and you can heal people in a real way. In other words, what you are doing is amplifying your faith as Christ did when he came onto the planet, He amplified the faith that was lacking within the physical self.

The consciousness of the planet is mixed up as much as the people on the planet, because the planet is the people. As that mind leaves the planet another mind will come on. This is called the luciferic mind, this is why you are getting fires at the moment. The luciferic energies started in the 1940's when you detonated the bombs at Hiroshima and Nagasaki, you released the luciferic energy. You opened a can of worms, now you have to deal with it. It is part of your training that you know what is yourself and what is part of the drama that you should not be into. You are representing God on this planet, you are the real Christos' of this planet, not the dogmatic ones that tell you that you must be. Each of you are representing God, you have the authority of God, you have the power if you like, but you have also released the ego, so you have not the stuffiness of some who believe they have the power. The power is still latent within most of you here, you do not realize how much you have, but it will be released as the times of tribulation get more and more in.

The critical mass for the ascension of the planet is 144,000 light entities or harmonic 144. More would be nice, but it would ascend nicely into the Archturian sector. The 144,000 will move it to another universe. The universal grids are lining up.

Once the critical mass is reached, consciousness will change on a global scale. There will be a demand by those of the light that economic activity be in deference to environmental preservation. Money and competition for resources will be replaced by unlimited universal energy channelled in energy exchange. Evolvement of humankind will replace exploitation and power struggles. Tapping into this universal energy source, the archetypal beings are accessible, as easily as changing consciousness states into a higher vibration. The more beauty we see, the more we evolve and the higher our vibration. The higher our vibration the less physical our bodies are. When they are vibrating at a high pitch we will disappear from this dimension. We will vibrate at the rate of the archetypal beings, the group energies of the creators of this universe. In that state we are creators of this physical dimension. We can move into that dimension. We can see the beauty of the auras of plants and animals and beings vibrating at that same frequency. The more individuals form group identities in this higher dimension, the faster change will come about.

You are closer to that state of being than you realize. For already you have a power you are drawing upon to create alternate states of being. You are drawing to you beings who exist for a short time now, in the state of existence you are about to step into. They are about to step out of that state of existence. They have extended a hand to you and will help you take that giant step forward. Had you not attained your state of awareness these beings would not have perceived you. Your call has now reached such strength.

There is always someone learning from you. You are constantly providing a service to others. You learn as much as you teach. There is an interaction going on here now. There are beings that have been attracted by you, they are basking in the light of your souls. They wish you to know that they love you for what you are doing for them and in die course will thank you personally. We are overcome, it becomes almost impossible for us to speak. We will cry tears of joy together shortly. You will never look back again for the view you will see from the top of the mountain is beyond words, is beyond anything you have experienced physically and it will dawn on you who you are. I am sorry to get carried away. Through your co-operation you have attracted many others who wish to alight themselves with your good intention. You are creating a creation that at this time, you have no comprehension of. It is formed purely and simply from your faith, a faith created from your intention to achieve a state of awareness that you know you are capable of achieving. Deep in your heart you know you already exist in that state and you wish to know it consciously.

The universe is your creation. I realize at the moment this may be intellectual. You simply have to take our word for it. The universe that you perceive is yours, you can do with it what you will. What is being demonstrated – I will leave that up to you. Because it is your creation you know what it is for. You know – it is not a case of thinking that you know – you know! Also, there are beings coming to your planet who will release a particular form of energy vibratory field that you will be capable of perceiving. Some of these beings are already here, you can perhaps guess who some of them are. They are beings of light.

Open yourself to the vibratory frequency of the earth and you can align yourself to all dimensions and frequencies. The ancient architectural features were aligned with the sacred geometry and hence are good place to be. The sacred sites were called such because they align with the earth's frequency. Have the intention to connect and place yourself in a place with the proper vibratory state. All archetypes are gateways or doorways to other rates of vibration and other dimensional universes within yourself. All archetypes are equal, a different diversity within All That Is.

Isis is clarity the true ability to love and nurture self, to breathe energy that knows itself and believes in its strength. The horns of plenty are symbolic of ancient knowledge, feathery antennae to other realms. The circle of light has no beginning and no end, energy which has specific application within our world.

White buffalo calf woman, I sit in your cabin in the bush, beside your fire as you show me the bridge between realities. The knowledge of the herbs you draw from your pouch as you explain their healing properties. You show me how I can feel them with my body, feel the area they will heal.

Aspect of RA – O Higher dimensional being surrounded by crafts, that look like UFO, the consciousness of RA expressing as individuals in a crystalline seed projection, a time projection. Their purpose – to alter the genetic code in transforming the human species to equip it for the next dimensional travels. Travel from one generation to the next from one world to the next to transform a generation.

Penetrate the veils between dimensions – align yourself to the earth's vibratory field, so you can access all dimensions. Motion is stilled so that the energy can reach across dimensions in the trance or dream state. Synchronise your dimension and move in any direction you wish to go.

Walk the spiral path from outer to inner with all colours and seasons represented. Each of us on earth will walk this path and when we come back will compare our piece of the puzzle with the other pieces to form the whole picture. Act this out walking the spiral to the center following the multicoloured path, walk it, feel it, taste it.

Mayan culture was a nature consciousness, a distinct multi-dimensional culture. Emerald green forest, a telepathic pool, vibratory connection between peoples of earth.

The Sirian connection a strong archetypal consciousness in a shadow world, of our collective unconscious, giving rise to the pathenon of Egyptian gods and the kachinas of the Americas.

Andromeda, the regulator, the timepiece pulsating and defining existence in our plane and other planes. Sacred sounds, man's architecture vibrating to your music of the spheres.

Expand your idea of yourself and your abundance will expand to meet you. This is the beginning of Sirian cycle, the end of Orion. Be centred and clear and breathe deeply to access information without being caught up in the energies. Clear quartz spheres with no flaws will assist.

Sirius, Earth, Arcturus, the triad will birth beings on this planet assisted by whales and dolphins who are connected to this energy.

My world is vibrating, melting, changing as I write, the feathered plumed serpent flickers beside the computer within reach, yet far away in another dimension.

Is my sight going or are the veils dropping away? Since Sunday I've been seeing the shifts moving in my world. Can I hold the focus on this, my eyes are open, I'm seeing both dimensions. The other one is moving like Christmas decorations in the breeze., shifting reflecting colours, moving in patterns, but staying in the same place, to the right of the computer flowing down the bands of colour. The awareness of who they are will begin to dawn, you will begin to realize what they are saying. Remember the words have always been the same, only now you will understand what has been said, you will perceive the energy in those words.

When those beings speak they speak with authority, with the knowledge of who they are, their presence on earth will bring about absolute change to those who have developed the ability to perceive. You will know then that heaven will exist on earth and all you will perceive is heaven for this will be a fact. This is what you are creating.

GLOSSARY

Glossary

Akashic Record – cosmic computer of library record kept by the cherubim of an individual's lives.

Andromeda – nearest spiral galaxy to earth Andromeda and a mirror of the Milky Way Galaxy. Andromeda energy has the ability to bring the physical body into a state of balance, can be attuned through dance, music, meditation, movement and in sleep.

Archetype – a predisposition towards certain patterns of psychological performance that are passed down from our ancestral past (human and animal) and are linked to instinct. In Platonic terms, an archetypes are forms without content in the collective unconscious, which become activated as psychic force.

Archetypal being – refers to the archangel level of consciousness, encompassing a broader but similar meaning to Jung's archetypes that manifest as energy beings.

Arcturus – midway station or programming center, gateway to dimensions in the Bootis system and beyond. Known to the ancients as the Shepherd.

Ascension – process of raising the consciousness to higher realms where connection with universal forces is possible.

Ascended Masters – those who have attained mastery of the physical planes and have returned to teach because of their great love.

Ashtar Command – the legions of light under the command of Lord Ashtar.

Aura – electromagnetic force field surrounding and interpenetrating living organisms, visible to some people through the Higher self as a dynamic web of inseparable energy patterns.

Black hole – A material body that has collapsed to a highly compressed state in which the gravitational field is so intense that not even light can escape from its surface. It is characterized by only three properties: mass, charge and angular momentum.

Channel – a band of frequencies used for communication; a path along which signals can be sent in the education of a soul via spiritual commands.

Chakras – energy centers in the human body which align with incoming cosmic energy.

Chaos – Theory of Chaos within order, which at deeper levels becomes order within chaos and at the next level chaos within order ad infinitum. Seth says there is no chaos, the universe is reality through ordered sequences of significance, a series of orders.

Cherubim – angelic light emissaries whose function is control of celestial documents. They supervise the creative affinities between the worlds of creation and the worlds of archetypal form. From the blueprint of archetypal form, the cherubim engineer new creations on different levels of light.

Collective unconscious – in Jungian terms the universal shared aspect of the unconscious mind, which contains patterns of instinctual behaviour (archetypes). The collective unconscious is manifest in the personal unconscious in the form of images and instincts.

Crop Circles – patterns appearing on the surface of the earth usually in field crops, which appear to have been made by a conscious mind, but for which no rational explanation has been found.

Dreamtime – Aboriginal concept of the now moment, where all universes and dimensions are accessible. Usually thought to have been in the past but in another level of reality, the Dreamtime is where time and space are non existent.

Ego – individual consciousness, normal waking consciousness which operates in 3rd D. The inner ego is a higher level of consciousness, which creates the physical world from the inner reality of the collective unconscious. In this book this is referred to as the Higher self which Seth calls the entity or soul. Both the inner and outer level, or the conscious and Higher self are projections from this Higher self.

Elohim – the Elohim Lords compose the blueprints which are the command programs for a star system.

Golden Age – the promised land, the future reality when the three kingdoms are united the angelic, the human and the elemental.

Great White Brotherhood – The Brotherhood is a field of intelligence serving the Father in preparing the physical creations for advancement.

Hologram – a photographic record created by laser light directly reflected from an object the laser light going directly to the plate to form a complex interference pattern. When the plate is illuminated with coherent light, the wavefront produced creates a three dimensional image of the original object. In this way the whole image can be created from each portion of the record.

Hyperspace – space that is defined by more than three dimension. As in Euclidcan space, all axes are normal to each other.

Kadoish, Kadoish, Kadoish, Adonai Tsebayoth – greeting the angelic commanders and brotherhoods.

Karma – the collective force of a person's action. Karma persists through reincarnations and determines the content of each lifetime.

Kundalini – subtle electromagnetic energy force which rises from the base chakra through the spinal column which when connected to the crown chakra allows contact with universal forces.

Leylines – Aboriginal term for the electromagnetic lines of force on the earth.

Light – the entire electromagnetic spectrum of which we see only that with a velocity in our range of 300,000 Km/sec. It can be interpreted as a wave (in classical theory). The physicist Bohm sees light as a multidimensional wave function, an implicate order, matter being a condensation of light which is reflected to form a pattern. Matter carries time and space but pure light does not.

Maitreya – Lord of the fifth world of light, the future Buddah for planets within the golden octave of light.

Mystic – one who is capable of transcending the physical realm of space and time through a state of consciousness that extends beyond the restrictions of the intellect.

Now moment – point of interaction between all existences and realities, through which all probabilities flow. The past, present and future exist together and can be experienced in the now moment. What we perceive as time, is a projection from a higher dimensional timeless order.

Melchizedek – Lord of Light with Michael and Metatron co-equal in rescue, regenesis and re-education of worlds.

Merkabah – divine light vehicle used by the Masters to reach the faithful in many dimensions.

Ophanim – messengers of light closely associated with the merkabah to enable other Orders of Higher Intelligence to perform specific functions.

Orion – some negative influence from this star system but it is an energy generator. Aimilan Alnitak and Mintaka can be helpful when attuned to. Aimilam assists with responsibility the shoulder region and neck muscles, while Alnitak assists with psychic development, and Mintaka with balancing aggressive or animalistic energies.

Pleiades – star system known as Seven Sisters or Taigai by the Aborigines which played an important part in earth's development.

Seraphim – angelic minds of light which control the pictographs monitoring/governing the lower heavens.

Sirius – binary star with a direct tie-in to Earth's future, there are associated with this star cyclical transformational energies and abilities to heal with magnetic fields.

Teslar coil – an electrical coil in an oscillating magnetic field.

Walkabout – a term used when Aborigines follow their intuition in walking from place to place.

White holes – time reversed black hole. A black hole absorbs all matter and a white hole is a source for all matter. Mathematically and through channeling it has been shown that a black hole is connected through a funnel that may end up in another part of the universe – an antimatter universe.

World energy grid – the electromagnetic force field of the earth, particularly as it refers to the atmospheric forces but also to those on the surface and within the earth

UFO – unidentified flying object or unified field object, an interdimensional craft which utilizes the earth's energy grid for propulsion. The higher spiritual orders use merkebah vehicles.

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