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May 22, 2013

~ Online Healing Retreat ~
with Dr. Suzanne Lie

Merging with Your Highest Expression of Self



Merging with the Highest Expression of Self

Saturday, May 25th

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We hope to meet you Saturday May 25, 2013

We Are Conscious Creators of New Earth



Tomorrow I recently had a wonderful retreat in Nature. I wish I could say that I spent a great deal of time in Nature, but I actually spent a great deal of time sleeping. Being away from the house and all the things that I should do gave me time to do exactly what I wanted and/or needed to do. And, what I spent a lot of time doing was sleeping. One night I woke up several times, but I still slept a good three hours longer than usual. As I often do, I woke up with a sentence, which when written down becomes pages and pages. One of these sentences was,

I, Suzanne Lie from California USA,
Volunteer to be a Conscious Creator of New Earth

The pivotal word in this statement is "conscious" creator, as we are all in the process of creating New Earth with our every thought and emotion.

We had hoped that our years and lives of dedication, meditation and service would be sufficient to give us a free ride to New Earth and/or the higher dimensions. However, this was not the case. We, the members of incarnated humanity, are the creators of New Earth.

Yes, finally, time is on our side. The higher light from the Galactic Center is flowing into our world, and we have more assistance from the Galactics and Celestials than we have since the Golden Age of Atlantis.

However, the higher light that is awakening those who have dedicated themselves to the manifestation of their earthly mission and integration of their Multidimensional SELF, is making the lost ones fall deeper and deeper into their personal torment. Unfortunately, this inner torment is acted out as torment against others.

Fortunately, inner peace and unconditional love is also acted out on others. However, we have been calibrated from myriad lifetimes on Earth to put fear first and wait until later for love. Our animal brains tells us that fear is the most important emotion as it protects us from attack and eventual death. But death is always eventual and far less important to our Soul than the love.

Fortunately, as we download, integrate and become the Higher Expressions of our SELF, we have powers of creativity that are far beyond our former powers of destruction. Hence, what took TIME, effort and greed to destroy can quickly be transmuted with the unconditional love that is the core of the higher light that is awakening our creative powers.

However, in order to be master of our creations, we must master our thoughts and emotions. I imagine that is why I woke up with the above sentence. It is one thing to write stories, meditate, lead groups and help others, but another thing completely to BE the Master of ALL our thoughts and emotions.

We can easily think of all the "hard work" it would take to create a New Earth based on unconditional love for all life. However, living that unconditional love with our every thought and emotion is an entirely different challenge. We are used to "hard work," but we have NOT had much practice at being the Master of our Energy (thoughts and emotions).

In fact, even those of us who are able to have pretty good control of our thoughts and emotions, still fall into the trap of complaining about the difficulties of daily life. We even complain about how difficult ascension is! In fact, most of us "Lightworkers" are afraid to say the word ascension because it did not occur according to our specifications.

You can see that I include myself in that list. I too, have complained about the difficulties of remembering our True SELF while in the turmoil of our 3D life. It is indeed a challenge to maintain a higher state of consciousness while we observe the atrocities of life around us and while we travel in traffic and confront a pile of bills.

Therefore, when I woke up with the statement that "I AM Creating New Earth" it means that every thought and emotion IS creating my reality. My thoughts direct my intention and my emotions dictate the state of consciousness that fills that intention. Hence, if I am to BE a creator of New Earth, and I create my reality with my thoughts and emotions, I must be a Master of my thoughts and emotions.

Is it becoming clear now why we did NOT ascend? How many of us are actually a master of our every thought and emotion? Not me! I am striving to become a Master of my thoughts and emotions. However, I am fully aware that this form of mastery is impossible for our third dimensional animal brain. Hence, our animal brain is incapable of creating New Earth.

On the other hand, the Animal Kingdom that does not include humanity IS ready for ascension. They are ready for ascension because they live in Unity with Gaia and with respect for their planet. The human animal does not live in unity or respect for our planet. The "animal's" brain has a code of ethics and behavior that has been lost by the human animal.

However, the human animal has something that the animal kingdom does not. Humanity has the ability to be conscious of, to recognize, integrate and BE their higher dimensional expression while wearing a human body. However, in order to do this, we will need to release our third dimensional thinking, just as we had to release wooden wheels in order to have a faster vehicle.

I know that I have restated what I have been saying for quite a while. However, I know that a reminder is important, as I must constantly remind myself. Then, I still act from my human self. My advancement is that I catch myself more often now. However, if I am too tired, if I have allowed myself to become "stressed out" by daily life, the reminder does not work. My wounded ego ignores my higher expression and steers my earth vessel into the trenches of the third dimension.

Therefore, when I awoke this morning with that message from my SELF, I have chosen to share it with all of you who I know are endeavoring, just like me, to remember that"

**I, _____ from _____
Volunteer to be a Conscious Creator of New Earth**

If you would like to add your name to our list, please do. You can use a pseudonym or only your first name, as YOU know who you are. Also, if you just write that sentence down on a piece of paper or type it into your computer, you could use it as a mantra to assist you in remembering that YOU ARE the Creator of your REALITY.

The higher light has been entering our brains now for several months and giving us many uncomfortable symptoms of transmutation. However, slowly we are beginning to adapt to this higher frequency of light. On the other hand, we can look around our world and see many who have lost all control of them selves because

of this energy. To them, we must send our unconditional love.

However, it is important that we do not become reactive to the fear that surrounds us because WE ARE THE CREATORS OF NEW EARTH. In other words, we can serve as the antidote to fear by showering with our unconditional love. Sending love into fear becomes increasingly easier as our 97% DNA is turned on, and our multidimensional thinking/feeling comes online.

It is important that we remember to release our survival-based, human thinking and function more and more through the higher-dimensional Operating System of our multidimensional thinking. From this higher perspective we can send unconditional love into that which creates fear and focus our personal attention on that which creates love.

Therefore, we have to make some choices in our lives to release that which lowers our consciousness. If we hate our job, change it. If our living situation makes us unhappy, move. If our relationships are not going well, look at where you are feeding the negative and ignoring the positive. In some extreme cases, relationships will need to end.

Most important, remember to BE your SELF as often as you possibly can. I realize what I am asking because I ask the same of myself. I cannot say that I am wonderful at remembering to be my SELF.

But there are certain times that I AM my SELF.

When I am in the midst of a creative endeavor, I AM my SELF.

When I am with someone that I love and/or a dear friend, I AM my SELF.

When I am doing what I love to do, I AM my SELF.

When I am in nature or gardening, I AM my SELF.

There are also many places where I am not my SELF.

If I get too tired, I am NOT my SELF.

If I get too stressed out (which is usually when I am too tired) I am NOT my SELF.

If I am doing a mundane task that I must do now, I am NOT my SELF.

If I am working too hard (which is the collection of the above) I am NOT my SELF.

Take a moment to write down when you ARE being your SELF and when you are NOT being your SELF. I think you will discover, as I did, that if we are not taking good care of our earth vessel, the symptoms of transmutation are stronger and we fall out of our SELF.

On the other hand, when we realize that we are all working together as ONE Being to be the Creators of New Earth, we know that we are our Multidimensional SELF inside of the earth vessel that we are currently wearing. This earth vessel is of a frequency that is much lower than our resonance and is having great difficulty integrating our SELF into its small clay form.

We must give a great deal of unconditional love to our small clay vessel, as well as to the elements and Elementals that have created that vessel for us to wear. While we were not conscious of the fact that we were our SELF, the earth vessel fit fine, for most of us. Conversely, as we begin to remember that we are our SELF, we begin to allow the higher frequencies of light into our clay form.

This form is not accustomed to the frequency of our true resonance and is not comfortable with the frequency of light that is now entering its Pineal Gland. Hence, we must be loving to our vessel and give it thanksgiving for creating a portal through which we can contribute to the planetary venture of Creating New Earth. Furthermore, we must remember that we did not come here for our personal gain.

We, the Creators of New Earth, took an earth vessel at this time to assist our dear friend Gaia, consciousness of all life on planet Earth, to expand Her planetary essence into the higher frequencies of reality. The greater

percentage of humans are currently unable to realize this fact, but the plant and animal kingdom, as well of those who have awakened to our SELF, are working as ONE to Create New Earth!!

I, Andrea from Townsville, Australia, Volunteer to be a Conscious Creator of New Earth.

I, Hannah from South Whidbey Island, Washington, USA, Volunteer to Be a Conscious Creator of New Earth.

I, Shanti, from Uruguay, Volunteer to Be a Conscious Creator of New Earth.

I, Morgaine, currently domicile in Pacific North West region on Beloved Gaia, do volunteer to be a Conscious Co-Creator of our Newly Emerging Earth.

Wania Brasil, voluntária para ser um criador consciente da Nova Terra.

I, Polaris AB from Bournemouth UK volunteer to be a Conscious Creator of New Earth.

I Thabo from Soweto, South Afrika volunteer to be a Conscious Creator of New Earth.

I, sage, from Vancouver Canada volunteer to be a Conscious Creator of New Earth.

I, Rokisha of New Earth, Volunteer to sustain the consciousness and awareness of New Earth for others to reach this precious Haven.

I, Vicki, from Auckland, New Zealand, Volunteer to Be a Conscious Creator of New Earth.

I, Maya from Bulgaria, volunteer to BE a Conscious Creator of New Earth.

I, Rieko from Japan, Volunteer to be a Conscious Creator of New Earth.

I, Danica from Slovakia volunteer to be a Conscious Creator of New Earth.

I, Nuri from Holland, volunteer to be a conscious Creator of New Earth!

I, Elly from Holland, volunteer to be a conscious Creator of the New Earth

I, Dineke from Holland, volunteer to be a conscious Creator of the New Earth

I, Petra from Germany, volunteer to be a conscious creator of new earth!

I, Oleg from Russia, volunteer to be a Conscious Creator of New Earth.

Do YOU Volunteer?

Dear Ascending Humans,

We will speak to you today about the alchemy of creation. Alchemy is a process of changing matter by raising its resonance into a higher frequency. Hence, the alchemy of creation is actually transmutation. In the third dimension, creation is a time-bound concept, which is the polar opposite of destruction. However, beyond time there are no opposites, no birth and no death. Instead, there is transmutation.

The Alchemy of Creation



Transmutation of Consciousness The Arcturians

One form of transmutation is the process through which encasements of consciousness (bodies and/or form) raise their resonance into a higher frequency of atomic and/or energetic oscillation. In a physical body, the atoms of third dimensional matter spin to a higher frequency, resulting in a higher resonance.

If the matter/body raises its resonance before the inhabitant raises his/her state of consciousness, the human consciousness may not be able to maintain calibration with the body. In this case, the consciousness will separate from the body, which on the physical plane is often thought of as death. However, death is actually only a condition of the form.

If the resonance of the form rises faster than the human's consciousness, which seldom occurs, the inhabitant will be returned to the Astral Plane to wait assignment of a new body. However, a human of a higher frequency of consciousness can then inhabit the form if there has been a Soul agreement with the previous inhabitant. This scenario occurs with "Walk Ins." In other words, when the inhabitant of the form cannot maintain calibration with the ever-escalating form, that inhabitant can decide to leave that body and allow a consciousness of a higher resonance to inhabit it.

On the other hand, there are occurrences in which the consciousness expands beyond the frequency rate of the physical form. When this occurs, the consciousness ascends beyond the confines of the physical form and abandons the physical form because its resonance has become too low for the consciousness to comfortably inhabit that body. Throughout Earth's history this experience was known as personal ascension.

A third example of transmutation is when both the physical body and the consciousness transmute in a manner in which the consciousness and the form remain entrained to each other. Hence, the frequency of resonance of the consciousness and the body transmute into higher frequencies while remaining in calibration with each other.

In this manner, a person can accelerate their consciousness into the frequency of the fifth dimension and beyond, while their form matches the rise of the resonance of the consciousness and vice-versa. In this case, one can mediate for many years and greatly expand their consciousness. Simultaneously, special treatment is given to the body regarding food, exercise, etc.

When the inhabitant's consciousness is high enough, the inhabitant can use his/her highest states of conscious to connect their opened Third Eye with their High Heart. With this connection the human consciousness can direct their body to release certain hormones. This hormone release occurs while the inhabitant is in a delta wave consciousness so that he/she can instruct the cerebral cortex to consciously direct certain chemical changes.

For example, experienced Yogis can sit on the snow and cause it to melt, go into hibernation for weeks and/or consciously direct the Pineal Gland to give certain messages to the Pituitary Master Glad, to increase its frequency rate of the body. Many rituals regarding eating, sleeping and movement work together so that the body can raise its resonance enough for the higher consciousness to still inhabit that form.

However, in order to achieve this higher state of consciousness one has to direct all their attention towards this endeavor. Hence, it is mostly those who live an isolated life in which they can meditate many hours every day while their community cares for them who can dedicate themselves to this process. In other words, these people usually need to dedicate their lives to illumination. In fact, they usually enter their spiritual community as a child.

On the other hand, what is occurring in your NOW is that the higher light is activating your 97% DNA and creating evolutionary changes in both your state of consciousness and your earth vessel. Once this DNA is fully activated it facilitates the recall of multidimensional thinking, which leads to higher states of consciousness. The DNA also works on the cell bodies to initiate the transmutation of the body into a higher resonance.

In this case, an outside source is assisting both the consciousness and the container/body to resonate to a higher frequency. However, this higher light is not confined to a Temple situation. Thus, humans are experiencing the great challenge of returning to multidimensional thinking, expanding their consciousness and totally shifting the frequency of their form while continuing with their 3D obligations and duties.

Through raising the resonance of your consciousness, you can survey the inner adjustments in the frequency of your form. Thus, your consciousness is actively involved in your physiological changes and the entire body works as ONE being to keep all vital organs and other life supporting mechanism working in harmony with the expanding resonance of your consciousness.

This type of immense transmutation of form begins in Source. The Immaculate Concept of any changes in form emanates from Source. The Elohim are the holders of form who receive that Immaculate Concept from the Source and initiate the process of stepping down that concept into the lower worlds. IlliaEm, the Elohim of Arcturus will describe this process.

IlliaEm



ELOHIM OF ARCTURUS

Our beloved Ones in human form,

We, IlliaEm, have not spoken with you through this conscious form in many years and are pleased to be called upon again. We Elohim receive the Immaculate Concept from the Source of All That Is and begin the long process of merging spirit into matter to create a form for every Divine Ideal. Our process begins in the eleventh/twelfth dimensions and continues into worlds of matter.

You may think that matter is only physical, but there are different forms of "matter" at different frequencies of reality. All matter begins as a Divine Ideal, which is actually a divine thought-form. Once we Elohim receive a Divine Ideal we initiate the process of stepping it down through the formless realities of swirling light so that the Ideal can be fed with unconditional love, which is the highest frequency of light.

This unconditional love intermingles with the Divine Ideal to create a collective format similar to a matrix. The matter of each dimension can adhere to the matrix via the bonding force of unconditional love. In the frequencies above the seventh, form is continually shifting and changing, like a huge ocean or outer space. These shifting energy patterns will be perceived very differently by the different consciousness streams that experience it.

In the higher frequencies of reality, swirling lights of consciousness resonate in the mutable form of streams of possibility. These swirling lights are units of collective consciousness that have gathered in unity. When a collective vibrates in perfect unity to the Flow in any given energy pattern/matrix they share in ONE experience. This collective gives a loose form to this energy pattern via their unified interactions and reactions.

If the collective wishes, they can step-down this energy pattern into a lower frequency of reality. In the frequencies of the seventh through higher fifth dimensions, form exists for as long as a conscious collective of awareness maintains its attention upon this pattern/matrix. Thus when a collective consciousness Flows into this pattern and bonds with it via its unconditional love they feed life into the Divine Ideal.

If this pattern is of an ideal, behavior and/or concept, it can be passed on to collectives in lower frequencies of reality where the possible reality can become a light matrix of form. Each expression of consciousness interacts with this light matrix of a Divine Ideal according to the frequency of its consciousness and the intention of its interaction.

Thus, the same matrix can be experienced quite differently by diverse frequencies of light consciousness. Some of these collective consciousness entities may desire to step-down a matrix into the frequency of universal, planetary and/or personal form. Hence, the Divine Ideal enters the realm of potential form. This, the matrix can be stepped-down into a frequency of reality where form is more constant and ideals, behaviors and concepts interact with emotion.

Unconditional love is not an emotion. It is the higher frequency of light. However, unconditional love is a constant through all frequencies of reality, which becomes an emotion in the lower, form-based worlds. If an energy matrix is successfully stepped down into these lower frequencies, the emotion of love can collect it into a form.

It does not seem that "behavior" can take a form, but it does. As the matrix begins to hold a more constant form it elicits its own energy field. This energy field stimulates a consistent behavior in the beings of this reality. Behavior is a reaction to stimuli. Reacting to stimuli, rather than the higher dimensional surrendering to stimuli, further lowers the frequency of this Ideal into the third/fourth dimension.

In this manner, universes, galaxies and planets have consistent intentions that result in collective reactions that stimulate collective behavior. Then, streams of consciousness that desire the experience of form can chose a universe, galaxy or planet that will provide them with the experiences that will provoke a specific behavior. Hence, the behavior is replicated again and again to become the primary behavior for that collective reality.

For example, those who have chosen to take a form in the Milky Way Galaxy, the Solar System of Sol and the planet of Earth have chosen to experience a polarized reality, which is ruled by time, space, separation and limitation. Those of you who have spent many incarnations in that version of reality may wonder why any life stream would choose your world.

However, the challenges of your world provide an immense variety of stimuli such as the concept of time and the illusion of polarity, separation and resistance. These experiences can be quite attractive to a consciousness whose every thought and emotion comes into instant manifestation. These potential humans desire the experience of manifestation in slow motion with myriad interception patterns influencing their creations.

Just as you may be choose to go "back to work" after a long vacation, these life streams have chosen Earth's third/fourth dimension to experience the challenges of a physical world. Furthermore, many higher beings have entered incarnation on Earth to assist Gaia with Her return to Her Higher Expression. Often, they are naive regarding the many pitfalls of the density of physical reality, but they will learn about them soon enough.

On the other hand, the planetary being of your 3D Gaia feels complete with the experience of polarity. In fact, Gaia is quite fatigued with the constant threat to Her planetary existence. Fortunately, the area of space through which Earth is currently traveling is basking Her planet with higher frequencies of light.

This higher light is upgrading Earth's third dimensional operating system to a multidimensional operating system. In order for this upgrade to integrate into a personal matrix, each human will need to close his or her old, third dimensional systems. If these old systems, behaviors, actions, thoughts and emotions are not shut down, the planetary upgrade will not be available for their personal use.

The above scenario is exactly what has occurred on Earth. Humanity was intended to be the most evolved forms of life on Earth. However, many humans have refused to shut down certain behaviors, thoughts and emotions. Therefore, the planetary upgrade has been stalled. In fact, some humans on Earth do not want an upgrade. They are very attached to the lower frequency of power-over-others.

Hence, they are resistant to the descending Divine Ideal of transmutation of Earth into Her fifth dimensional expression. Those who desire to maintain power-over-others perceive this divine matrix as a threat to their

personal power. Therefore, they do not want to participate in the manifestation of this Ideal. In fact, some have tried to stop it. However, a human is unable to interfere with the manifestation of a Divine Ideal, no matter how much power they appear to yield over "others."

The concept of power-over-others has been battled in the Milky Way Galaxy for millions of years. Fortunately, most of these galactic battles have ceased because those who wanted power-over-others have recognized that they attain a great expansion of consciousness when they switched to power-within their SELF. However, this battle has continued on Earth, especially during that last 2,000 of Her years.

Gaia tires of war and conflict and has come to the decision that Her planetary being is in grave danger if she does not complete this upgrade of a new operating system. Therefore, she is moving forward, with the full support of her plant and animal kingdoms. However, many of the human animals have resisted this shift because their consciousness has become so low that they cannot even imagine unconditional love, which is the basis of the new upgrade.

However, the other humans who support the change have allowed their consciousness to accept the higher frequencies of light that are now bathing planet Earth. These humans of Gaia are gaining more and more access to the frequency of unconditional love. When their consciousness is infused with unconditional love they hold far more potential for creation than those that have maintained their lower consciousness of power-over-others.

Therefore, as the percentage of human population that resonates to unconditional love increases, which it is steadily doing, the percentage of human population resonating to fear-based behavior of being a victim-to-others and power-over-others will diminish. Eventually, many will fully accept the shutting down of certain behaviors, concepts, thoughts and emotions that are the foundation of the old polarized operating system.

This old operating system is in the process of being replaced with a quantum operating system that works directly with photons of light to instantly create via thoughts fleshed into form by unconditional love. Hence, new forms are actually arising on Earth that can only be experienced by those whose consciousness, and thus perceptions, resonate to the fifth dimension and beyond.

Those who maintain the lower states of consciousness of victim or victimizer will not be able to experience the new forms of earth life because they will not be able to perceive them. Their mental matrix and frequency of emotional reactions/creations cannot perceive frequencies that resonate above that of third dimensional form.

Hence, they will soon "drop out of the game" as they will no longer be able to perceive the playing field. They will continue with the third dimensional illusions that were perceived as reality according to the old third dimensional operating system. They will not be able to perceive or participate in the higher frequencies realities, as one can only participate in a reality that one can perceive.

Meanwhile, those who are accepting the multidimensional operating system will be able to experience the manifestation of Divine Ideal of planetary ascension in their daily life. Those who once played in the lower frequency field of reality will turn their attention, and thus their perception, to the higher frequency fields to experience an entirely different reality.

This process will be much like viewing a movie in the basement of a theater, then choosing to leave that view screen to climb the stairs to the main lobby to view a different version of that movie. The basement movie is based on power-over-others and the resulting fear and subjugation, which changes when the warriors fight and win so that another group can have power over the ones they just fought.

On the other hand, the move in the main lobby is based on humans learning to release all attachment to conflict. In fact, these humans are refusing to participate in the illusion of separation and limitation for they have discovered a different reality based on unconditional love. They have discovered this reality by expanding their consciousness into the higher frequencies in which unconditional love is normal and fear is

long forgotten.

Which movie do you want to watch?

First messages from IlliaEm:

http://www.multidimensions.com/superconscious/super_intuition_illia.html

More about Walk Ins from the Arcturians (Arcturian Lessons Chapter 11) click:

<http://suzanneliephd.blogspot.com/2012/03/arcturian-lessons-chapter-11.html>



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