

*Multidimensional News*  
*By Suzanne Lie PhD*



*May 28, 2012*

**INTER-DIMENSIONAL COMMUNICATIONS**

Greetings,

We are the higher frequency expressions of your Multidimensional SELF. We come into your consciousness now as we see you are ready to ascend. In fact, many of you have felt as though you are on the cusp of going somewhere, knowing something and/or experiencing a version of your SELF that you have forgotten over your myriad incarnations in the third dimension.

You can feel that expression of yourself, as well as the courage, dignity, power and unconditional love of that expression of your SELF, just beyond your reach. Of course, you have learned, finally, that reaching is a third dimensional paradigm. In the fifth dimensional paradigm you shift your reality, not by trying and working hard against resistance. On the fifth dimension you shift your reality by flowing in the current of multidimensional light and unconditional love, as you surrender to each and every situation that you meet/create.

Meeting/creating is the basis of the paradigm shift. In the third dimension, you meet, run into and wait for that which you WANT to experience. On the other hand, in a fifth dimensional reality, you follow, flow and surrender into each

pattern that you Know YOU have created with your thoughts and emotions. From the fifth dimension you can observe your third/fourth dimensional expression trying NOT to try and fighting that moment of surrender. You are having this struggle, not because you are afraid, but because your third dimensional habits still dictate your behavior.

As you move into the fifth dimension, your every thought and emotion becomes manifest. In fact, that is occurring right now, but there is still enough left of “time” that you don’t always realize the connection between your thoughts/emotions and the reality that you have created. Now that you are on the very cusp of the fifth dimensional paradigm of reality, your thoughts and emotions are manifesting faster and faster. Hence, the time between thoughts/emotions and creations is closing.

Unfortunately, many of you have not, yet, become Masters of your Energy. Because of this, some of your thoughts and emotions are still fear (ego) based. Fear/ego based emotions encompass fear, anger, sorrow, rage, anxiety and depression. While the energy pattern of your consciousness still contains fear-based thoughts and emotions, you create a reality that is third/fourth dimensional because the resonance of your consciousness is too low to adhere to the fifth dimensional matrix.

Your resonance must match the resonate frequency of any given world in order for you to adhere your consciousness to the frequency patterns of that reality. Third dimension patterns are angular, separate and oppositional, whereas fifth dimensional energy patterns are flowing, united and circular. It is not possible for an angular state of consciousness to adhere and flow to a circular matrix? Also, “trying hard” to control your energy field will not work, for trying is a third dimensional behavior. You only try hard to do something it is because you doubt (fear) that you can easily do it. Think about it, if you know you can do something, you don’t try. You simply do it.

Those of us, you, who have worn a 3D earth vessel for myriad incarnation have forgotten the innate abilities that your earth vessel has hidden within its unused brain and turned-off DNA. Now, our Galactic light and unconditional love is turning-on this unused DNA and downloading and booting up your new Multidimensional Operating System. This System has lain latent in your human brain for millennia, but if you go back in your memory to the peak of Atlantis, you will remember how to use it.

You will also “remember” how to accept that your innate thinking is multidimensional. To think multidimensionally, you must release concepts that are bound by time, ego, separation, gender, polarity, opposition, as well as anything that is fear-based. The challenge is that in order to release all fear-based thoughts and emotions, you must be conscious of them before you can choose to refuse to participate in them. In other words, when you catch yourself

in the midst of a fear-based thought or emotion you must recognize that it is, indeed, based on fear. You may think this is an easy task, but it is not. Fear has become such an entragal part of your third dimensional life, that most of it goes unnoticed.

In fact, consciously identifying any form of fear can only occur when you are NOT trapped in the 3D Game. As you have all experienced, it is not difficult to recognize fear when you are in a high state of consciousness. For one thing, the juxtaposition between the unconditional love of your higher consciousness and fear is very obvious. Furthermore, when you are experiencing unconditional love, it is a simple task to release fear by unconditionally forgiving yourself for experiencing it. Unfortunately, you only have a few of your “minutes” to become conscious of your fear, as the fear will release adrenalin into your system, which will lower your consciousness into the third/fourth dimension.

Once your consciousness has returned to the resonance of your 3D reality, it is very difficult to unconditionally love yourself free of fear. In fact, once in a state of third dimensional consciousness, you are more likely to judge yourself for having fear and to become angry (fear-based) at your self for “doing it AGAIN.” We, your higher expressions of SELF, understand your quandary. Once you return to the habit of being third dimensional, fear and self-judgment are the first to meet you. Because of this problem, we wish to give you a “leg-up” into the next resonance of your journey.

We, who are actually YOU at a higher frequency of resonance, are lowering our resonance to meet you in-between that which you can almost feel and that which you are living. We know that you cannot feel our presence when you are trapped in fear, work, conflict, time, loneliness and other third dimensional experiences. However, within the very second that you can release yourself from this *trap* we will step-into your consciousness. You may wonder how we can step-into you. Therefore, we will answer that question. We can step-into you because you have given us permission to do so.

Since Earth is still a free-will planet, you must give us, who are actually you, permission to step directly into your consciousness at the very second that you identify and release all expressions of fear. Therefore:

- Take a moment and give us that permission NOW...
- FEEL our presence just before you...
- How do we appear to you?
- How do you see us?
- How do you hear us?
- Reach out and touch us...
- Allow your aura to expand to meet ours...
- Open your heart and mind to experience our unconditional love...
- Surrender to that feeling of unconditional love and multidimensional light...
- Fall into the Flow of our (your higher) Being...

- As we Step-Into YOU...

Only fear, and its best friend self-doubt, can interfere with this process. Remember, the “right way” to do this is “Your way.” YOU are your Path of Ascension. YOU are the Portal to your Ascension.

The 97% DNA that is now being turned-on by the incoming light and love is filled with miniature wormholes into the multidimensional world that has eluded your conscious perception. Additionally, your Multidimensional Operating System is being connected to and over-riding your Third Dimensional Operating System every time you Surrender to your higher frequency of SELF. Remember, you cannot attach, connect, or forge ahead into your fifth dimensional SELF, for those are third dimensional actions. Instead, you employ the fifth dimensional actions of accepting, merging with and falling into your higher frequency expression of SELF.

In this manner, you can become ONE with the feeling, reality, expectation that seems so close and yet do far. Fortunately, close and far are third dimensional terms, which are becoming increasingly obsolete. Other things are, also, becoming obsolete in your reality such as worry, darkness, fear, money, work, wars, taxes, restriction and much, much more.

- Can you BELIEVE that these third dimensional experiences are leaving your reality?
- Can you take the risk to BELIEVE that everything that you have felt inside your higher states of consciousness is REAL?
- Can your BELIEVE that the third dimension is an illusion, a holographic projection?

You have read or heard these promises from others, and manly of you have also heard these words, impressions and images inside your SELF. NOW, in order, to surrender into that which we see you SO deeply desire, that which you are ready to experience, you must BELIEVE that it is real.

How could you step-into an illusion? Actually, the answer to that question is quite simple, for that is the basis of your third dimensional reality. For myriad lifetimes you have volunteered to flow-out a version of your true, Multidimensional SELF to step-into a third dimensional world based on the illusions of time, polarity, separation and limitation. Gaia’s third dimensional version of Earth is graduating into Her Higher Expressions now. Gaia wants you all to join Her, but She cannot wait much longer for your decision to surrender. The cosmic energy field that is sufficient to “take Her Home,” is on the HERE NOW.

You are feeling a sense of urgency and a need to become, but you may not be sure about what you will become. Therefore, you must surrender to that which is unknown to your third dimensional self, but well known to your Multidimensional SELF. Your higher expression of SELF has logged in-to and out-of myriad realities and has had many experiences of ascension. Therefore, you do not need to learn anything. You only need to consciously connect to your Multidimensional Operating System, so that you can remember your SELF NOW!

*(After writing the above, I watched the end of a Star Trek - Deep Space Nine show, which I had fallen asleep to last night. The show was about imagination and how things they imagined came true. They became frightened by the experience, first a small fear, then a larger fear and finally a fear that their entire star system would be destroyed. The problem was that they did not know that they were imagining anything. Finally, the Commander figured it out and told everyone to imagine that everything was back to normal, which worked. In the closing scene, one of the people they thought they had imagined turned out to be a very advanced being who was, in fact, exploring human's power of imagination. It turned out that the Commander had imagined everything. So who is the Commander of your imagination?)*



## THE CALL

Dear Ascending Ones,

We are the Arcturians wish to speak with you today about your Mission. We will not directly tell you what your Mission is for it is through the process of finding, remembering and fine-tuning your Mission that you will find the Wisdom, Power and Love to live it. Your Mission is not a job that you go to and leave at the end of the day. Your Mission is the reason why you chose to take embodiment during this auspicious era of Personal and Planetary Ascension.

Ascension is not a gift or a reward. Ascension is a choice and a responsibility to be the Master of your thoughts and emotions. If you are not the Master of your own energy field, it is quite difficult to step-it-up into the fifth dimension and beyond. It is your energy field, your consciousness, which will ascend, for your earth vessel is just the container that was necessary for you to adhere your life force to the third/fourth dimensional matrix. One of the important moments of

your ascension process is when you remember that you are NOT your body. YOU are the consciousness the fills, and now overlap, your body.

Your earth vessel is the container for your consciousness, and your aura is the magnetic field that can adhere you to your multidimensional consciousness. Your full multidimensional consciousness does not need a container at all in the eight through twelfth dimensions, and from the fifth through seventh dimensions, your container is no longer created by third dimensional elements and fourth dimensional elementals. In the fifth dimension, your container is one of light, as light is ever flowing can transmit its highest expression of unconditional love.

During your process of ascension, your physical and etheric container is becoming increasingly constrictive. You are like a snake that must shed its old skin or a butterfly that no longer wants to crawl and is ready to fly. You yearn to flow, float and instantly transport yourself to the myriad light-based fifth dimensional realities that are increasingly entering your imagination and dreams. You are unsure of the manner in which you will transport and/or transmute your experience of reality into the reality of your dreams and imagination, but how that will occur is beginning to constantly haunt you.

You are being called Home. The Clarion Call has begun, and it grows stronger within every minute of your time. Sometimes this Call fills you with unconditional love and light that shines to colors and a brilliance that you never experienced before the Call entered your Being. Sometimes the Call fills you with calm patience and an inner Knowing that all is well. On the other hand, sometimes the Call fills you with great fatigue and frustration.

This fatigue and frustration is because your earthen vessel has become too small, too constrictive. You tire of the dramas that you once called life and yearn for a reality that is of a calmer, gentler pace. Ambition has left you and possession is an archaic term that bound you to a reality of work and acquisition. The only possessions that you treasure are those which you hold within and those which allow you the security of a safe place to more deeply explore your inner journey.

Hence, your home has become your haven from the hurry, scurry of a reality that you can no longer cherish. Your "yard" and all of nature can no longer be a possession for it is a living being that you lovingly tend, visit and protect. Your birth family and the family of your adulthood may or may not understand the process that lives forever in your heart and mind, but it does not matter to you. You no longer need outer assurance that you are "doing the right thing," or "being a good person." You look inside now to attain that assurance. In fact, now you look inside for everything.

Once reality was outside of you, and your inner life was just an illusion, a fantasy or your imagination. Now, you look inside for guidance, truth and comfort. Those

who can accept that you are strangely different than before remain in your life, and those who judge, or even fear your transition, are beginning to phase out of your reality. You are moving your consciousness into a frequency of reality that is more important to you than physical recognition, fame, comfort or acceptance. In doing so, you are finding an independence from that which you once knew as “life.”

At the same time, you are finding a new definition of “life” that flows into that which you once knew, but expands far beyond the limitation, illusions and barriers that were once a part of your daily reality. Every now and again, fear trickles into your consciousness and you feel it like an anchor that traps you in a sensation of reality that closes your heart and dampens your mind. Fortunately, your connection with your higher frequencies of expressions can reach into your memory and remind you who you REALLY are.

Yes, you are remembering who you are now. As past/parallel 3D realities begin to flood your awareness, the grand significance of “being alive” takes on a new meaning. Death is no longer a fear of extinction, but only an interruption in your present expression of reality. As you feel the great transformation within your self, as well as the promise of consciously creating a new, higher expression of reality, you treasure the life that had once been a burden filled with fear and challenge.

You remember now that fear was a choice of your attention and challenge was an initiation that pushed you further along your path of ascension. However, ascension is no longer a “path,” nor is it a “process.” Ascension is your every thought, every emotion and every choice of reaction, response and behavior. Ascension is a constant release of that which has been completed, and a continuous recognition of the reality that YOU are creating.

Everything that happens in your live now is a component of your ascension, and there is no person, place, situation or thing that is more important than your personal and planetary transmutation back to SELF. Challenges are becoming opportunities for growth. Fear is becoming that which you relentlessly transmute into love. And, time, which once captured you in duties and obligations or allowed you a moment of happiness and love, is blurring into the NOW.

Hence, the spaces in-between:

“Who you are and who you are becoming,”

“What you desire and what you are experiencing,”

“Where you are and where you are going,”

“How you get there and how you have already arrived” and

“Why your life is changing no matter what you DO”

are being erased from your perception. The space in-between is no longer a barrier that you must “work through,” as it was before.

With the Mastery of your Energy, you can instantly transmute any situation by simply remembering who you are. However, within the moment of your NOW, part of “who you are” is your physical encasement, as well as the physical encasement of your Mother Gaia. Therefore, just as the snake must remain still in order to shed the skin that has become too small, just as a caterpillar must disappear into its cocoon in order to become a butterfly, you need to “shut down” your physical operations as often as is necessary.

Remember, you are not just adapting to a new body. You are, also, adapting to a new planet and a new reality. With your every choice and decision you enter a new spectrum of possible realities. Many of these realities are of a much higher frequency. Therefore, you must calibrate your consciousness to these higher frequencies of reality with you every thought and emotion. Unfortunately, some situations still lower your consciousness and you must fight to release your fear and remember your SELF. After these challenges, you will need to rest. In both cases, there is a constant need to be still so that you can integrate the new and to release the old.

Furthermore, you are releasing time-bound third dimensional thinking and learning/remembering to think multidimensionally. You are also releasing the judgments and conditions of human love and learning to live in unconditional love. If that is not enough, you are transmuting not only this physical reality, but also all the physical realities you have ever experienced on the body of Gaia. Last, and definitely not least, you are transmuting the planet Herself.

Yes, the planet is a She, a being of form. She, Gaia, wishes to return to the fifth dimension where She can unite with Her Divine Complement, a formless being of Spirit. Together, they can again become a Multidimensional Star. She has been your Mother for countless incarnations, and you have chosen to serve her again and again. Now, person and planet, as ONE Being are returning to their Higher Expressions. Your Divine Complements are also lining up at the threshold of the fifth dimension to be rejoined as your Galactic and Celestial ancestors reach out to embrace you.

We have prepared a table for you, the candles are lit and the music is on. The party is starting, and we are ready to embrace you!  
The Arcturians





## **FINE-TUNING OUR MISSION**

The above message is channeled through my Arcturian SELF. This message is from my human self. Since time is almost gone to me, I can't remember when the above message came in, but since then I have been pulling through extreme amounts of higher light. I think that I have been in the process of "fine-tuning my mission," or, at least I thought so then. However, the first and second day after running this high frequency energy, I felt like a limp rag. It guests came over to see us. That should make me happy, which it did, but it did not add any energy to my consciousness. I felt like an empty vessel.

In other words, it was down to the fine-tuning part of our Mission, which is to make sure that that we integrate what we have experienced into our daily lives. Sometime, at least to me, the ascension process feels like a roller coaster ride. The up swings are amazing, blissful, euphoric, and fun. However, the down swings are exhausting, confusing, and strangely sad. I am not sure what the sadness is about. Perhaps, the sadness is the loss of my best friend - fear.

Perhaps, the sadness is a realization that life, as we have known it, is ending. Sadness is not always a bad thing. In fact, sometimes it is a way to honor that which is no longer is in our life. Perhaps, the sadness, that could not be felt before because it would be too overwhelming, can finally come to the surface to be released. Maybe it is the same with the anger, fear, anxiety and depression. Maybe they can only come to the surface of our consciousness after we have experienced truth, unconditional love, bliss and joy. Whatever the reason is, I think that it is important that we honor all our emotions, even if they are fear-based.

As our consciousness expands, so do our emotions. Therefore, many of our feelings do not feel identical to emotions because they are of a much higher frequency. In our multidimensional experiences, light and sound, thoughts and emotions are not separated. They are ONE experience. It is the combination of light/thoughts and sound/emotions that allows us to move our conscious experience of reality beyond the invisible threshold that has trapped us in the third dimensional illusions.

Now that these illusions are being popped open to reveal the truth, anger is a frequent guest in our emotional world. How could we have been so stupid, so scared, or oblivious to believe those obvious lies? This is, of course, a self-judgment that is NOT based on unconditional love. However, with time swirling in and out our reality, it is easy to forget that the world we lived until, well, until NOW was based on illusion. Just a few years ago, the truths that are common (to anyone who reads the Internet), were absolutely impossible for almost everyone to believe.

Then, there were those of us who forgot to forget. We had to monitor our every word so that we did not reveal what would be ridiculous or blasphemous to most of those around us. Perhaps, our sadness is the sorrow of years, in fact lifetimes, of isolation from others and from our SELF. As we become more intimate with our true SELF, we are able to become more intimate with others. As we become more honest with our SELF, we can be more honest with others. And, as we remember more about our SELF, we remember more about our Mission.

Thus, the fine-tuning of our Mission is actually the process of fine-tuning our relationship with a vaster expression of our SELF. This SELF is not just our higher expressions of our Multidimensional SELF; it is also the first expressions of our human self. I have found that remembering what I have always loved, such as Nature, gardening, laughing with a best friend, being with loved ones (even when I am too tired to fully engage) is what I have always loved. Different people have different loves, and I think doing exactly what we love is the best way to fine-tune our Mission.

In fact, in order to find the basis of our Mission, we can look back into our childhood and remember what we always loved as a child. Our Divine Child is the part of our human self that as never forgotten our Mission. We can also look at what our main problems, which have been constantly repeated in different forms and dramas, to see that which has been blocking us from BEING our Mission. If we can stop judging ourselves for having the same problem, again, and unconditionally love, forgive and accept ourselves, the problems are often resolved or often vanish.

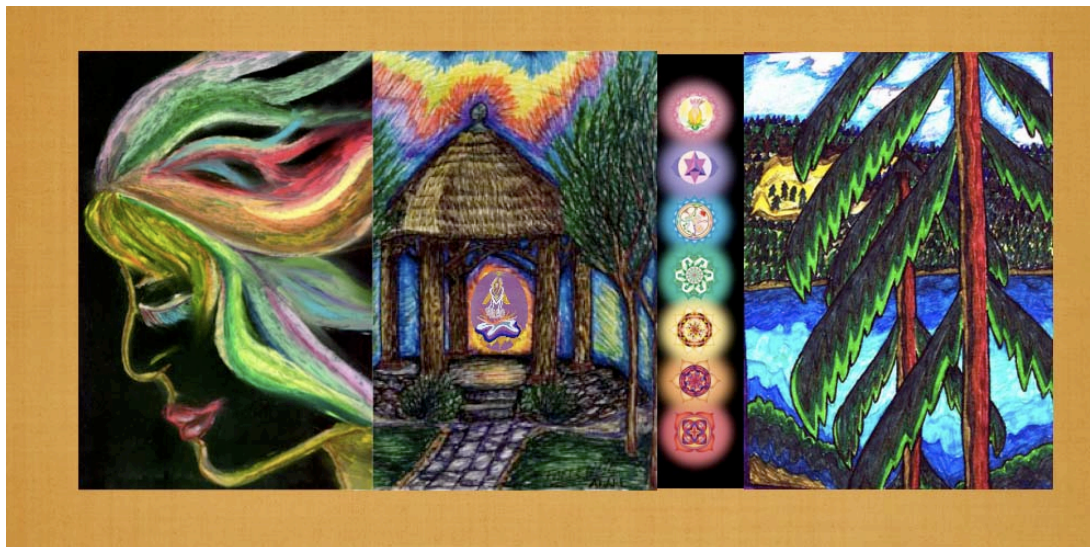
Once we have forgiven, accepted and loved ourselves—unconditionally—we suddenly find the “time” to DO what we LOVE. In fact, doing what we love is one

of the most important things that we can DO for our Mission. When we allow ourselves to do what we love, we FEEL love deep within our core. When we FEEL love within our core, we become solid, grounded, steady on our ever-changing Path. With this commitment to our SELF, we no longer forget to water the flowers, walk the dog, call the grandkids, lay in the sun, read our favorite book and spent lots and lots of time with people, animals, plants and activities that we LOVE.

Choosing love is what fine-tunes our Mission. When we choose love, especially unconditional love, we can see life clearly, without condition, without limitation or separation. Choosing love allows us to remember our Spirit and shine it out for all to see. We have hidden, kept silent, lied and ran away for myriad lifetimes because it was too soon to live in love. It was not safe to tell the Truth and we had NO guidance, except that which we found within. Now, our inner and outer lives are merging into ONE, and there is not place to hide, even if we wanted to.

The time that we have awaited for more lives than we could count has come into our NOW. Oly, Oly, oxen, free, free, free. It is time to come out of hiding and be our SELF. Yes, we may be exhausted the next day, or week. Yes, it is a risk. Yes, it could all be “just our imagination.” But what if it isn’t? What if everything that everyone is saying was true and we were too afraid to stand up and be counted? Now, that would be my greatest fear. Therefore, here I AM in the NOW of Personal and Planetary Ascension.

Where are you?



## FINDING FREEDOM

Beloved Ones,

I am Mytria from the Violet Temple of Transmutation on Alcyone, Pleiades.

(see: <http://www.multidimensions.com/TheVision/PDFbooks/TheVioletTempleBK.pdf>)

I AM a higher expression of the one who is writing. I am here to remind all of you that you ALL have many higher expressions of your Multidimensional SELF in the fifth dimension and beyond. I encourage you all to allow your higher expression to communicate with you in whatever fashion best suits the personality of your present incarnation. Some of you will best communicate with words. Others will be guided by another creative expression such as music, dance, art, athletics, working with nature, prayer and myriad other expressions of your innate creative force.

You will know when you are connected to your higher expression by the shift in your consciousness and the release of the constant demands of your ego. We, your expressions of SELF in higher frequencies of reality, are reaching out to you to assist you during your return to your true Multidimensional SELF. We remind you to trust that your imagination, your love-filled thoughts and emotions, sudden creative ideas, and fulfilling dreams are direct messages from your SELF. Since you all have myriad higher expressions of SELF, you may feel communications from many of us. Do not be confused by these many voices, as we are all serving as ONE Being to draw you into your greater experience of SELF.

The Pleadians and the Arcturians have been aligned in like-minded service for millions of your years. We also serve on Star Ships together. Therefore, when you look into your vast history of higher dimensional realities, if you find the Arcturians, you will likely find the Pleadians, as well. The Arcturians remind you of the great power of your unconditional love and multidimensional light, whereas as we Pleadians may remind you of your joy of living, dancing, singing, being with friends and experiencing inter-personal love relationships.

The Arcturians represents your tenacity to “stay the Path of Ascension,” and we remind you to dance, sing, create and love throughout your entire process. The Arcturians remind you of your deepest spiritual love, whereas we remind you to love life within every moment. Of course, both of our civilizations contain all the qualities that we have mentioned, but even Galactics have specialties. Furthermore, Arcturian realities resonate to the mid-fifth dimension and beyond. In these frequencies of reality all thoughts, emotions and desires are instantly fulfilled. Since our Pleadian world has ascended more recently than Arcturus, we have taken on the honor of assisting you in creating your fifth-dimensional, threshold society of New Earth.

Just as the Arcturians, Pleadians, Sirians and members of the Ashtar Command are assisting you from the Galactic realms, the Lamurians are assisting from the core of Gaia, as well as from the core of your ancient memories. In other words, we have you covered from “above” and “below.” Some of you will feel the need to align yourselves with the Lamurians, others with the Arcturians and others with the Pleadians or the Sirians.

When you fully regain your multidimensional consciousness, you will no longer need to choose between your myriad Expressions of SELF, as you will be able to easily align yourself with ALL of us. Since we are aligned with each other, when you connect with *any* of us you bonds with *all* of us. Furthermore, whenever you experience the acknowledgment of your multidimensional nature, you will merge with as many higher dimensional expressions of your SELF as your consciousness can accept.

You see, dear ascending ones, there is NO end to you. Also, there is NO beginning of you. You are timeless energy signatures of multidimensional light and unconditional love that adhere to whichever versions of reality attracts you within the NOW of the ONE. Some realities are a short visit, but others are a commitment that encompasses many eons of experience. Some realities have “time,” in which you age and go through different cycles of life. On the other hand, some worlds are timeless, and you can “live” there until you decide to detach your consciousness from that matrix. Polarities are only known in the worlds ruled by time because time creates separation, limitations and the extremes of polarity.

However, realities that resonate to the mid-fifth dimension and beyond function in no time. Hence, there is no aging, separation, limitation or extremes. Time-worlds are useful for learning many lessons quickly, but it is easy to forget your SELF and become trapped in that reality. Conversely, life in the mid-fifth dimension and beyond allows you to maintain the same form or signature frequency until you feel complete with that experience and decide to move on to your next adventure.

After many higher dimensional realities, you may want to have the challenge of a polarized world. On the other hand, after a long run in the polarized spectrum of the lower frequency adventures, you may wish to rest, rejuvenate, love and spiritually expand into higher frequencies of reality. What we are saying is that there are no GOOD or BAD worlds. These judgments are confined to the time-based worlds of polarity. All realities are choices of experience. Fortunately, since you are a multidimensional being, you can make many choices within the same NOW. However, you will not be able to recognize this fact from the perspective of a time-bound world.

Time-bound worlds force you to grow, whereas timeless worlds allow you to expand. Now, our dear returning ones, you are feeling complete with growing for a while and are ready to return to the more expansive versions of your SELF. When you have done so, the constant self-judgment, fear and struggle will be no more. Once you have chosen to return to your higher expressions of SELF, you will regain a freedom that was lost with your first physical incarnation.

However, in order to fully “return to your SELF,” you must completely and unconditionally love, forgive and accept the YOU that you have chosen to

express in your present incarnation. Please do not judge yourself because you have done one thing wrong or another thing right. These judgmental concepts only arise from the limitations of third dimensional thinking and are riddled with conditional love. Third dimensional thinking and love based on conditions bind you to the third dimension. In order to return to the timeless expressions of your SELF, you need to master your thoughts and emotions.

Many of our returning ones are asking, "What can I do to ascend." To this question we respond, "Our dear returning ones, to break through the final illusions of your physical containment, ***think beyond time*** and ***love without condition***. Once you can do that for yourself, you are FREE to truly assist others.

Mytria from Alcyone