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August 7, 2012



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Questions and Answers with the Arcturians  
ON August 16, 2012 AT 10:00AM Pacific Daylight Savings Time**

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*Dear Readers,*

*I have missed you. My quest has brought me to areas with no Internet and no phone. It allowed me to go deeper into my SELF, and it made me realize how important it is for me to be able to communicate with the Collective Consciousness that I can FEEL who is reading my messages. Being unable to communicate with you has shown me how grateful I am to have others with whom I can share my process. I will be a half hours drive away from Internet for the next five days, but I will happily make the drive to communicate with you.*

*Thank you for sharing my process,  
Sue*

*My physical journey into Gaia and Mytria/Mytre's Pleadian Ascension has blurred into ONE now. Therefore, their titles are connected, as well. If you are not familiar with the story of Mytria and Mytre, please click:*

<http://creatingnewearth.com/ascension-articles/pleadian-perspective-on-ascension/>

**CONVERSATION WITH MY SELVES**



## Part I Going Deeper

**SUZILLE:** *Dear Mytre, I have heard Mytria's story about opening the Portal to the Mother's Womb. Now, I feel like I need to hear your story about "mind over matter." I talked to you last night, and you said that I would see you in a dream. I did not have a very deep sleep and my leg, the one that will teach me how to heal myself, was hurting. I did not forget you, though, and would love to hear from you again.*

**MYTRE:** You did dream of us last night, but your consciousness was too low for you to remember our meeting. You see, dear earthly expression of our Being, you are in conflicted state of mind right now because you know that you need to go deeper into your SELF, in fact, much deeper.

Perhaps you forgot your dream, but first thing this morning you did remember that the Portal you must enter is you own Inner Portal, the Portal of the High Heart. You also remembered that since you were a teenager you ALWAYS wore a pendant around your neck, which just happened to land exactly on your High Heart.

Over the years you wore many different chains and many different pendants, but the pendant always landed exactly on your High Heart. You unconsciously remembered to protect your Portal. Every pendant that you wore reminded you of something special. Hence, it served as "The Guardian of the Threshold."

You chose a special pendant for this quest, as you knew that something special was to happen. All of your time is free of obligations to others, mundane chores or work. You are now at one of the Volcanoes who (I say "who" not "that," for Mt Rainier is a Mighty Being) served as a Portal to Inner Earth for the Lamurians.

The Arcturians will join us to share some information about the Pineal Gland and about opening your Portal to the High Heart. You have received/remembered Mytria's process of entering the Planetary Portal. Now I, a higher expression of your SELF, will assist you to open your Personal Portal. Just as the Planetary Portal is in the Core of the planet, your Personal Portal of your High Heart is in the Core of your physical body.

Just as the Core of the Planet is where Gaia connects with Her SELF, humanity connects with their SELF within their High Heart. To open your Personal Portal you must go much "deeper" into your SELF. You have grounded yourself by putting yourself in one of Gaia's Volcanic Portals, Mt. Rainier, in a small cabin with no phone, Internet, television or modern conveniences.

You have opened a special file for this process, one which you will likely edit before you send it out. Furthermore, you cannot send it out, as there is no Internet. This has all occurred to free you from your ego, which is NOT you. Your ego is the one who protects YOU. Therefore, thank your ego for its great contribution to your life and put it on guard duty "outside" of this current process. Before we begin, we will call in the Arcturians.

**ARCTURIANS:** Greetings, we are the Arcturians,

We wish to assist all of you to open the Portal of your High Heart. It is your High Heart, in conjunction with your Pineal Gland that serves as your personal Stargate through which you can travel the Multiverse.

Just as a bottle of water with a spout at the bottom of the bottle must have a hole at the top in order for the water to drain, your Pineal Gland must be opened in order for your consciousness/Lightbody to flow into your High Heart Portal and into the higher dimensional realities, such as New Earth.

**M.** In other words, your Pineal Gland is the portal that allows the Multiverse to enter into you. AND, your High Heart is the Portal through which you will enter the Multiverse. Therefore, your Pineal Gland is the door IN to your earth vessel and your High Heart is the door OUT of your earth vessel. Do you understand me so far Suzille?

**S.** *Yes, I do.*

**ARCTURIANS:** The Pineal Gland allows you to transform your higher desire into manifestation via the power of your thoughts. This transformation begins with shifting your thinking from the third dimensional thinking of your ego self to the multidimensional thinking of your Higher Expressions of SELF. Third dimensional thinking stems purely from your brain, whereas multidimensional thinking stems from your Higher Mind.

Your human brain transforms every thought you generate into bio-chemical messages. If your thoughts are based on fear and/or survival they will be transmuted into lower frequency bio-chemical messages. These thoughts will NOT connect you with your Higher Mind, which is in constant contact with your Pineal Gland. The Pineal Gland's objective is to be the interface between the higher dimensions and the physical realm.

The Pineal Gland is focused on opening the Portal to the Divine so that the higher light and unconditional love can enter into your physical form to facilitate multidimensional thinking, mastery of energy and manifestation via thought waves. Therefore, it will filter-out the lower frequency thoughts and leave them for the Pituitary Gland.

The purpose of the Pituitary Gland is to keep the physical form alive. Therefore, it recognizes all thought that contains any form of fear for survival and dispenses adrenalin throughout the physical body to give it added strength to address the cause of the fear. In other words, the Pituitary Gland is interested in keeping the human alive, whereas the Pineal Gland is interested in transmuting the human body into its true, multidimensional nature.

The Pineal Gland serves as a bridge or Portal between the physical and nonphysical, the human and divine, the brain and the mind. This Portal will not open until the human thoughts begin to generate bio-chemical frequency waves that resonate to the fourth and fifth dimension. There is a protective reason why the Pineal Gland is so selective.

The Pineal Gland also serves as a filter. If you are trapped in negative thinking and have the power to manifest with your thoughts, your life would manifest all your fears. Fortunately, the adrenaline that the Pituitary Gland releases sends a message to the Pineal Gland you have NOT achieved mastery over your emotions, and are having difficulty with the physical reality. Therefore, you are not ready for the next frequency of reality.

This is not a punishment. Instead, it is a form of protection. You would not give a child the keys to your new sports car, nor would you give the power of manifestation to one who cannot master their own fear. There is also another form of protection.

Even if you cannot hear your own sub-conscious thoughts of fear and doubt that underlie your conscious, positive decrees, your Pituitary Gland can hear it. In fact, the Pituitary Gland can hear your subconscious mind even more clearly than it can hear your conscious mind for your unconscious thoughts primarily communicate at a biochemical level.

When these fearful biochemical messages are detected, Pituitary Gland comes to the rescue with adrenalin. The

release of adrenalin serves as a Stop Sign to the Pineal saying, "Fearful, not yet ready to manifest."

**M.** Thank you very much dear Arcturians. With their message, Suzille, we come now to the Power of Doubt. I, one of your myriad higher expressions of SELF, know that you have been experiencing doubt about the ascension process. Is that correct?

**S.** *Yes, I would have to say that you are correct. It is a very interesting process in that on one level, I guess that would be my higher consciousness I have no doubt at all. However, I think that on an ego level there is still doubt.*

**M.** Suzille, why do you think that is?

**S.** *I think that it is just fear that I am wrong. The part of me that can talk to you and other Beings in the higher dimensions has NO doubt at all. This higher expression of my SELF directs me to live my life within the knowing that in only five months my life will be totally different.*

Then there is the other part of me. I guess it is my wounded ego that doubts that anything so wonderful could actually be true. I really do NOT want to manifest that fear.

**M.** Suzille, do you see how this inner battle is damaging to your body. You have difficulty fully grounding your Light because your mind and body are not on the same track. Your mind, ruled by your SELF, is in the process of ascension.

At the same time, your body, ruled by your ego, has a very different opinion about what is real and what is not real. Your body thinks that only objects of the same density as itself are real.

Do you see how you are representing what is occurring on the body of Gaia right now? Many of Her humans can trust the love and light, but others can only trust that which they can perceive with their five physical senses. Then, there is a huge majority of people in-between.

Some believe much more in the 3D concepts and are trying to accept the messages from their SELF, while others believe the messages from their SELF, and are trying to release the doubts that their ego still holds. You would be in this second category.

**S.** *Yes, I would be in the second category. I am embarrassed to admit that I have doubt after all I have written for so many people to see. However, this doubt is the remainder of my own darkness and likely the core of all my non-loving expressions and behaviors. I think that now these behaviors are mostly brought on by doubt and fatigue. However, the fatigue may be largely due to the constant unconscious battle that occurs inside of me.*

**M.** Yes, Suzille, that ego/doubt as I have come to call it came from me, Mytre, your masculine/scientific expression. This split between your masculine and feminine is a product of the era in which you were born. Up until the time that you became an adult, the male and female expressions of life were very different and quite separate within your psyche.

The separation between the masculine and feminine polarities of your personal self need to be resolved so that you can release the polarities of your planetary self. These polarities still remain in your thoughts.

Your male polarity of logical, sequential, scientific thinking is the cause of your doubt about ascension. On the other hand, your feminine polarity of holistic, imagistic, metaphysical thinking fully embraces your Knowing about ascension. Because you were raised in a reality in which these two types of thinking were incompatible, you need to heal that social message.

Fortunately, the generations after the Baby Boomer have experienced a reality in which the lines between masculine and feminine have merged into a spectrum rather than a polarity. It was the freethinking of many Baby Boomers who allowed their children to live in the in-between of male and female that assisted this process of merging of polarities.

However, the Baby Boomers must now merge that polarity within themselves. Again, each human holds the same polarity issues as the planet. In order to deeply participate in Planetary Ascension, you must all participate in your Personal Ascension. Therefore, the voice of the feminine must be measured as equal to the voice of the masculine.

When the feminine voice was dominant, the Goddess was worshiped and the planet was a sacred Being to be protected and revered. Then, when the masculine voice became dominant, and man set out to "conquer" nature. Many great technologies were invented, but much of the body of Gaia was damaged, or destroyed, in mankind's quest for domination.

As each human balances the masculine and feminine energies within themselves, they assist Gaia to heal those polarities within Her earthly body. This personal participation in Planetary Ascension is greatly accelerated when you open the Personal Portal of your High Heart. Your High Heart more easily opened when you are free of "scientific" doubt and/or fear of survival.

This healing of doubt and fear occurs when you:

Love your self unconditionally

Forgive your self unconditionally and

Accept your self unconditionally.

At the same moment of the ONE, you, also, need to open the Portal of your High Heart so that you can fully accept the inflow of Unconditional Love, Forgiveness and Acceptance from the higher frequencies of reality.

**M.** You do see the problem there, do you not?

**S.** *Yes, I do see the issue. In order to BE who I want to be, I have to act like I am already that person. Is that correct?*

**M.** Congratulations, you are totally correct. AND, in order to act "as if" you love yourself unconditionally, you will have to accept that sometimes you will be successful in this challenge, and at other times you will fail miserably.

That is called "accepting yourself unconditionally." Therefore, the unconditional acceptance and unconditional forgiveness will actually precede the unconditional love, which you will need to have in order to forgive and accept yourself unconditionally. Do you understand that?

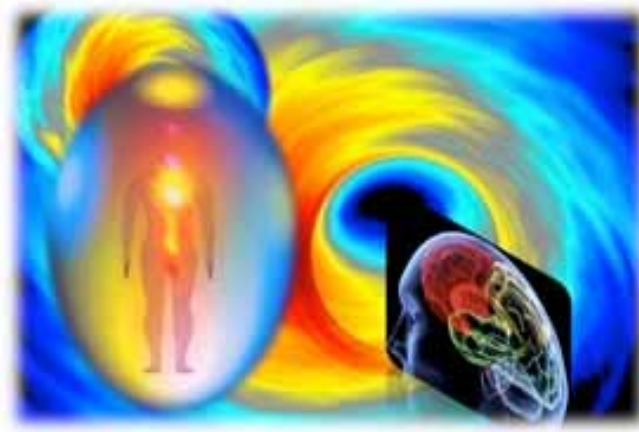
**S.** *Yes, I understand that I will have to let go of time. Time, and the third dimensional sequence that it creates, makes it impossible to do two "opposite" things at the same time. Hence, I guess we have to "take the risk" that we DO deserve the unconditional love, forgiveness and acceptance, so that we can give it to ourselves.*

Perhaps, the most important of the three—love, forgiveness and acceptance—is acceptance. If we accept our self for exactly who we are in any moment, then whether or not we "deserve" it is not an issue.

**M.** Yes, you are very correct. Please ponder our conversation and return when you have fully integrated this discussion.

7-22-12

**CONVERSATIONS WITH MY SELVES**



## PART II

### Opening The High Heart Portal

**Suzille:** Mytre, It is I Suzille. I had my first experience of opening my Personal Portal. I was not expecting it, nor did I try to do it. I just fell into a meditation with no forethought. It took me over. After I meditated for a while, a long white arm with a white hand, which was all I could see, pushed a door open.

I am now in a small cabin in the high mountains, but I saw through the Portal what looked like the ocean by my home-perhaps it was my fifth dimensional "Home?" I walked, floated through the round opening and stepped onto the sand. However, the sand did not feel like sand. It felt like walking on a cloud.

As I stepped onto the sand/cloud, I did not fall through. Instead, I walked in a floating kind of way to the edge of where the waves were gently lapping against the shore. In my physical life, I have often sat at the edge of the waves with my feet in the water and my body on the wet sand.

However, this sand was not wet, and when I extended my feet into the water, my feet went down as though I was sitting on the edge of a cliff. Only my feet were in the water. However, the water did not feel like water, and there was never any sense of temperature throughout the entire experience. The water felt like a blue, gelatinous liquid.

I had the urge to just let go and to allow my entire body to enter the "water." I gently slid into the water. As I did so, my perspective changed to one who was in the water observing the other beings there. However, I was the observer at the same time that I was also one of the beings that I was observing.

I saw these magnificent female humanoid creatures. They were off white, with two arms, two legs and a head. They all looked the same, but still felt individual. They had two eyes, a nose and a mouth, but there was no hair anywhere on their body. They were very long and slim, with no breasts, even though they were obviously female.

I knew they were female because they were pregnant. They appeared to all be at the same stage of pregnancy and were all ready to give birth. I was watching as they all began to their birthing process. There was no resistance at all. The baby simply swam out from between the mother's legs while she was swimming. Then, the mother swam circles around her infant until it could easily take its first independent breath.

It seems that they all breathed the fluid through which they swam. Once the infant could swim, it went into a pouch on the woman's stomach area, like a marsupial. The mother's tits were inside the pouch, and the infant could suckle whenever he/she wanted. All the females went through this process, and they never stopped swimming.

Then, suddenly, the scene changed and I was on "land." It appears that in this world the ocean is the same as the sky. Therefore, it was above the land. I saw the males looked just like the females. They had the same body type, but stood upright and walked. They wore a skirt-like garment that closed at their waist, but opened out about



half way down their legs. The men seemed to have been wearing some kind of adornment on their heads.

What I saw next was that the weaned babies were floating down towards the land to be caught by the males. The males would then raise them as land dwellers and the females would remain as water/air dwellers. I think it was the actual water that impregnated the women, as males and females seemed to have no interaction.

Then, I saw that the females were ascending to another level. At the same time, the males were transmuting into female air/water dwellers, leaving the children they had raised to live on the land. The children were all born at the same time, so they all became adults at the same time.

Therefore, once the children became adults, the mothers ascended into a higher existence. At the same time, the males ascended into the water/air world to become females, and the adult children replaced their fathers as the next generation of male, land dwellers.

In this reality, there was a constant flow of ascension, and planetary life was seen as childhood and early adulthood. Once the children became adults, they replaced their father as male, land dwellers and the fathers replaced the mothers to become female, water/sky dwellers.

It was not that females were better than males. Instead, it was that giving birth to the next generation was a higher frequency action. However, caring for the land was something that the females did in their prior male bodies before they ascended into their water/sky world.

The ascensions cycle that the children all became adult males to watch over the land, the adult male ascended to be an adult females watching over the water/sky, and the adult females ascended into a higher frequency of reality. This cycle for ascension turned for everyone at the same time.

I don't know if this was a real place or not, but "real" is according to the eyes of the beholder. I did hear the word "Alcea" as the name of this planet. It was not Alycia, like your Pleiadian daughter. I think the message that I got from my High Heart was that life is eternal, and we can easily flow from one stage into the next as easily as taking a new breath. Dear Mytre, please comment.

**Mytre:** Dear Suzille, I will happily comment on your first journey through your Portal to the High Heart. How do you think that you solved the quandary of opening the Portal of your High Heart?

**S.** When I am in a meditative state, my ego is not an issue. My challenge is to maintain that higher state of consciousness while I move through my daily life without losing track of my physical body. How can I maintain that higher state of consciousness and still navigate the physical world without injuring my physical form? I would say that that is my biggest problem now. Is there a way that I need to love, forgive and/or accept my earth vessel?

**M.** Suzille, in your first journey through your High Heart Portal you saw how surroundings changed with each level of ascension. Many of you have also experienced that your life flows more easily than ever before. This flow is because you have downloaded and integrated more and more higher frequency light into your consciousness and your earth vessel.

This highest frequency of this light is unconditional love, which is the source of the Sacred Geometry that can alter the personal and planetary 3D Matrix. Unconditional love, in fact, all unconditional expressions, change your life because it raises the frequency of your personal matrix. Then, each human who raises the resonance of his or her personal matrix, contributes that higher frequency of reality to the planetary matrix.

A frequency shift at the baseline frequency of the matrix changes everything within your reality for it shifts your entire reality. Hence, all your perception, and, thereby, your experience, resonate to a higher frequency. There are infinite frequencies of reality, which are based on the frequency of your reality's matrix. When you raise your personal resonance, you move into a higher frequency version/matrix of your present reality.

Thus, your entire world changes as you change because your consciousness has adhered to, and experiences, a higher frequency of the reality. Because your "ascension" is incremental, and your entire reality reflects your higher frequency of expression, you may not know that you have just ascended beyond your former frequency of reality. Therefore everything appears the same, but better. The boss who was grouchy becomes kind and supportive, the children that were causing your grief move into their next, higher stage, and the better job your wanted is revealed to you.

No, this does not mean that you don't have to work on yourself. You have to work on yourself a LOT in order to become Master of your Energy, so that you can raise your consciousness. However, you don't actually "work" at all. Instead, you choose to face every situation with the fifth dimensional energy field of unconditionally love, unconditionally forgiveness and unconditionally acceptance.

By making this choice of "unconditionally" loving, forgiving and accepting every aspect with your life, you are infusing the fifth dimensional energy field into the matrix of your third/fourth dimensional reality. When you do this, you raise the resonance of your life at the level of your personal and planetary matrix. With this higher resonance, you are able to expand your perceptions into the higher and higher frequencies of each situation.

Within these higher frequencies of perception/experience you are free of third dimensional thinking, which allows you to attach your attention to an even higher frequency of your reality. Where your attention is, there you are also. One warning, if you choose to place your attention onto a lower frequency of reality, you will lose your hold on the higher world and return into its lower frequency expression.

Yet, do not be concerned if this happens. It takes practice to respond to your physical life in a fifth dimensional manner. Fortunately, if you forgive, accept and love your self unconditionally, you can easily return to that higher frequency of reality.

Arcturians: You can expedite your power of transmutation by stretching your perceptions. By stretching your perceptions we mean that you can choose to:

- Believe that there is a higher frequency of reality that is just beyond your current spectrum of light.
- Go into a meditative state to expand your consciousness into a frequency of reality beyond the one to which you are accustomed.
- Believe that that what your imagination perceives during this meditation is real.
- While in your daily consciousness, stretch your imagination to perceive this higher reality with your eyes opened.

For example, if during your meditation you perceive that you are riding through your city in an antigravity car, allow an overlay of that image to enter you imagination while you actually driving on your 3D road.

In this manner, you will stretch your perception to include the possible reality of the higher expression of your personal/planetary life-matrix. Remember to allow yourself to believe that your higher perceptions are real and that which you experience via these perceptions are real, but in a slightly higher version of reality.

If you do not believe that your higher perceptions are real, you will not adhere your consciousness to these perceptions. Adhering your consciousness to a given perception is similar to saving a file in your computer. In fact, save these files to your "desktop," your Third Eye, where you can easily find them again.

When you choose to imagine, which is fifth dimensional thought, a higher frequency of reality bleeding into your daily life you:

- Give yourself hope of a higher frequency life
- Keep your consciousness focused on the positive
- Calibrate your consciousness toward the higher perspectives of every situation
- Allow and guide yourself to live the higher reality that you perceive from INSIDE your SELF

"Miracles" often occur because you have expanded your consciousness into a higher frequency reality. Then,



what was impossible in your former frequency is easy in your higher expression reality. To facilitate your ascension, live your life with the belief and expectation of an ever-expanding adventure of personal and planetary ascension.

Remember that as you ascend, your reality will change with you. Therefore, you may not experience life as "different." With each incremental shift of your consciousness adhering to a higher frequency of your personal/planetary matrix, your life may not appear different, but it will definitely be better, lighter, more loving and increasing filled with new expressions of your ever-expanding creative abilities.

To release all "effort," which is the domain of your third dimensional ego, focus on your wish fulfilled. In fact, you can imagine your aura as a bulletin board at a restaurant that has it latest menu posted. The Flow of the ONE is ever-present and fills your every thought. Repeating your wish is a form of doubt. Therefore, just post your wish on your aura one time. Then, relax and allow the Flow of the ONE to manifest your wish at the perfect "time" and in the perfect way.

In this manner, you will not limit your fulfillment to the thinking of your former self. Instead, you are allowing the impossible to come true. Once you "post your menu," release all wishes and surrender your life to the Flow of the ONE. In this way, you release all ego-based desires, let go of all process, and relax into the Flow of your higher expressions of life. To free yourself of your habit of third dimensional EFFORT, remember to "release, let go and relax." In other words, just open your Portal of the High Heart and allow your new life to flow through.

S. Thank you for that information. I am beginning to understand how mind over matter, and heart over matter, works.

The next section of this process will be send out next week.

Thank you,  
sue



**Creating New Earth Part 1**

<http://www.youtube.com/user/suzannelie>

How can you help Gaia?:

<http://creatingnewearth.com/ascension-articles/4-for-gaia/>



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