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October 28, 2012

*We are Creating New Earth  
with our EVERY thought and EVERY Emotion*



## RELEASING THE WOUNDED EGO



AND RETURNING TO SELF

10-18-12

Dear Arcturians,

Yesterday you sent me some information about meeting with the Galactics. Was I correct in receiving that message? If not, please correct me. If so, please give me more details.

The Arcturians Speak:

Dear Ascending One,

We know that some of our information takes a while before it can work its way through your wounded ego. We wish to assist you in the final release of this ego, for it will be more and more of an interruption to our transmissions as we share increasingly unexplored topics and units of information.

Therefore, we wish to take you back to when the human was first born and you, the Arcturian, were training to download its circuitry into the form of this tiny infant. Why was this infant, a seemingly insignificant child of a dancer and a musician, chosen? Neither parent was awake, nor was the child slated to be special in any manner. She was just a normal, post-war baby in California, USA.

However, the body almost died of crib death at only six weeks. The constitution of the baby was still strong, and her soul still over lited her form, but had not yet entered it. Suzille, the Essence from Arcturus, saw a chance to enter this human form, which appeared to be healthy enough to survive until the Great Shift.

Hence, YOU the Arcturian, entered this form before it expired. There was minimal brain damage from the lack of oxygen, but you were able to repair most of it. The damage that remained was perfect, as the child had to think from her right brain in an imagistic manner.

You, Suzille the Arcturian, entered the form and faced many years of "time" as the grounded one worked through human issues of life on a hostile planet. Fortunately, the survival was so difficult that the human element had to surrender her fears to you, the Arcturian. Thus, at a very young age, you were her comfort and insight. However, the child did not know to whom she was surrendering.

Now you, the Arcturian, and the owner of the form have become ONE Being. Suzanne has become Suzille, and Suzille is returning Home to the higher dimensions of reality. Yet, the wounded ego still battles doubt. Because of this, we recommend that Suzille take the helm of this earth vessel in every way. How will this exchange occur?

This question is important, for the "changing of the Guard" of the earth vessel is a vital component of ascension. Of course, as with every process, this release of all ego can only be accomplished by total surrender. Your Arcturian SELF will not abandon the small earth vessel that it inhabits. Nor will it abandon the wounded ego that suffered through many years of deep depression and overwhelming challenges?

Do you remember when the young child was allowed to go Home to Faerie? Do you remember when you the wounded teenager was lovingly sent to study in the Mystery Schools of the fourth dimension? Do you remember when you released the all-suffering wife who could not find her SELF while minding the rules of being married in her generation?

Do you remember how these releases allowed your human element to surrender these portions of wounded self to a higher frequency of reality, so that the earth vessel could be more fully inhabited by light?

Now you, Suzanne and Suzille, can release the last wounded portion of the human identity, the wounded ego. Just as Suzanne sent her children off the college knowing that her relationship with them would never be the same, you now send the wounded ego off to the higher Mystery schools of Venus. On Venus, this persona can be fully healed and transmuted into light.

Observe as the vapors of the ego, in fact all ego, drifts away? The one who suffered, but always continued, the one with courage and tenacity to fulfill her obligation to Earth in order to ascension, as well as many other traits, thoughts and emotions have been transmuted into the frequency of the fifth dimension and beyond.

These components of the human ego will remain with you, the SELF, because they have risen in frequency to the ever-escalating resonance of your true, Arcturian Nature. You, our Arcturian family member, have assisted the wounded one for 65 years. Now, much of that wounded has been transmuted and will remain in form for the final duties of ascension.

However, the frequency of ego that cannot survive the frequencies of reality to which you will return is being lovingly surrendered back to the ONE. In reality, without Suzille the Arcturian, the form would have expired long ago. Because the human element of the earth vessel was able to perceive the Arcturian, she could allow her Arcturian constituent to repeatedly heal her form of clay.

Suzanne now merges her human, clay form with her Arcturian body of light. Just as she sent off her children to college, she now surrenders her wounded ego to the Mystery Schools of her beloved Venus. YOU, human and Arcturian, can FEEL the unconditional love that escorts the wounded ego to Venus.

YOU both have embraced all the loving, human relationships and will happily continue them. However, YOU will no longer be encumbered by the wounded ego who was created by myriad incarnations. What remains, as the inhabitant/creator of the earth vessel is YOU, the composite of human and Arcturian.

YOU are the one who first took a form on Earth at the close of Atlantis. YOU are the ONE who has visited your other Galactic realities during meditations and in-between incarnations. Hence, YOU are the one to close this cycle of birth-death-birth to return to infinity.

Now, with the surrender of the doubts, insecurities and limitations of the wounded ego, all karmic debts are paid and all cycles are completed. Thus, YOU, Suzanne/Suzille, are FREE to assist others to release their wounded ego and return to their SELF.

Do you have any questions?

Suzanne/Suzille Speaks:

I have NO questions.

I am ready to meet with the Galactics NOW!

10-19-12

After I wrote this message I had to rush off to work. I worked a full day and somehow drove home. I was exhausted beyond words, went to bed early, slept for ten hours and dreamt of being on the Ship. When I awoke, I was still exhausted and wondered if I should share this message.

However, when I read the message again it was clear that, even though it was deeply personal, it is what we are all doing. We are all coming into our true SELF and our new reality. Therefore, we need to clear our unconscious of ALL elements of our self that are unable to transmute into the fifth dimension.

10-20-12

This day was also very busy. By the time I stopped, I could not enter my handwritten message into the computer. I felt my wounded ego try to come back into my consciousness, as third dimensional habits are strong and persistent.

Therefore, I did not force myself to type this message and totally relaxed. When I surrendered to the NOW, I could feel a strength and power inside that I had not ever felt before. At the same time, I could feel the habit of ego trying to manipulate my thinking.

10-21-12

Even as I type this today, the day of releasing all that stands in the way of our ascension, I can still feel the habit of the wounded ego wanting to get my attention. Therefore I say,

"I love you Ego. I am sorry that you became so wounded. You protected me again and again by guarding my Inner Core. For that, I shall always be grateful. Goodbye for NOW, dear wounded Ego. I know that Venus will heal you forever."

### **ARCTURIAN ASCENSION MESSAGE**



### **PERSONAL AND PLANETARY PORTALS**

Dear Arcturians,

I have been awake since 3 am after only sleeping an hour at a time for most of the night. Sleeping is not normally a problem with me. Also, every time I woke up I thought of you. I tried to get a dream message, but could not. Therefore, I am asking now that I am awake and at the computer. Is there a message for me?

Our Dear Ascending Ones,

There is always a message for you, as well as for anyone who listens to our Call. It is just a matter of you tuning into the message and documenting it on your dimension. This morning there were

too many messages for you to retrieve in this manner, so your sleep was disturbed by your inability to grasp on to information you could carry into your waking life.

There are many decisions that are being made at inner levels of your world government. There are some countries that are fully ready for the shift and some that are not. On the other hand, ALL the awakened ones are ready and waiting. The biggest problem we are having is with many of the governments and those who are unable to awaken.

Clearly, all humans will not be able to make the shift, but we are trying to take as many as possible. Once money as you know it is taken from your world, the shift will be much easier, as greed is the main problem at this moment. Having things has been the pacifier for unhappiness for many lifetimes, which is the reason why greed is so rampant.

The irony is that everyone can create anything they want on the fifth dimension.

10-26-12

Continuation of message received the day before:

Where we left off:

The irony is that everyone can create anything they want on the fifth dimension.

If those who are grasping onto that which they feel has worth could loosen their hold, they could better find their own inner worth. Some will have to create a disaster scenario of ascension, as that is the only way in which they will be able to release their tight hold on the things that means so much to them.

At the other end of the spectrum, those who have become ONE with their Multidimensional SELF have found such peace and harmony in their daily life that they are already resonating to the fifth dimension. These Ones are the Openers of the Portals for they have already created and opened their Personal Portal into the true, multidimensional world. Since they have opened their Personal Portal, they are able to open Planetary Portals.

Personal Portals are of course, personal. In other words, the individual has come into Unity Consciousness with his or her Multidimensional SELF. Within this Unity Consciousness there is no fear, or even hurry to ascend for they are already merged with their own ascended expressions of SELF.

It is through connecting with your personal expressions of SELF in the fifth dimension and beyond that you will remember the Wisdom, Power and Unconditional Love that is necessary in order to find other humans with whom you can merge in Unity Consciousness.

The Planetary Portals will best be opened by a group of Ones (human, non-human, Galactic and Celestial) that can deeply love any given area of Gaia. Just as every person can become a Personal Portal, every place can become a Planetary Portal. If a group is formed with persons who have opened their Personal Portals, they will easily be able to join into Unity Consciousness to open a Planetary Portal.

The state of consciousness of each person is more important than physical location. In other words, if you all focus on a given area, you do not have to live there. At the same time, please remember that wherever you live at this time in your 3D reality is where you chose to be when you created your pre-birth contract.

Therefore it is beneficial if some of the members live in the area in which the group is focusing, as they have the deepest alignment with that area of Gaia's body. It is appropriate at this moment of the NOW for our ascending ones to practice opening the Planetary Portals. The ascension-coded frequencies of light are already streaming into Gaia's body, as well as each personal body and the all inhabitants of Earth. Hence, it is vital to make use of these energies.

We wish to explain our definition of Portal, as it may be different than other descriptions. We define a Personal Portal as a state of consciousness through which one can connect with their myriad multidimensional expressions of SELF. We define a Planetary Portal as a given area that has been connected to Gaia's Multidimensional Matrix.

Just as all humans are multidimensional in nature, so is Earth and ALL Her inhabitants. Therefore, just as your fifth dimensional self has infinitely existed, fifth dimensional Earth has infinitely existed. In fact, the entire spectrum of multidimensional reality down through the fifth dimension is beyond time. Without time, there is NO beginning nor is there an ending.

Only the third/fourth dimensional worlds exist within the cycles of time. We see that our ascending ones tire of these cycles, as they have expanded their consciousness to embrace the knowing of many of these cycles and are eager to return Home. Hence, we return to our definition of Portal.

When a Personal or Planetary Portal is opened, it becomes a passage into the higher frequencies/dimensions of that particular expression of life. For example, once you open your Personal Portal you are able to receive messages from your higher expressions of SELF in much the same manner as you might phone a friend. Unfortunately, your call may have problems "going through" because of many different factors. But, with determination and persistence, you will complete your connection to your Higher Expressions of SELF.

Gaia also has Higher Expressions of SELF. Your earth vessel is a component of Gaia's many bodies. Therefore, you have the ability to open Gaia's Portals. When you open a Personal Portal, you open a communication, visitation, experience, knowing, of your SELF in a higher frequency of reality.

In the same manner, when you open a Planetary Portal you open a communication, visitation, experience, knowing, of Gaia's higher expressions, such as New Earth. Therefore, visiting New Earth is not a difficult task once you have learned to open your Personal Portals, as it is the same endeavor.

However, your Personal Portal will take you to any world or reality in which you are holding a form and/or have bonded with via your unconditional love. Conversely, opening a Planetary Portal will take you only to Gaia's expression of SELF. Gaia is asking now that Her Ascending Ones begin to open Her Planetary Portals and practice visiting New Earth in preparation for Her Planetary Ascension.

Therefore, forming groups to open these Portals would be beneficial for Gaia, as well as for every member of the group. Gaia invites you to include your plant and animal friends into the groups, as many of them are well on their way to ascension. Please feel free to invite us, the Arcturians, into your group, as well as any of your higher expressions of SELF.

If your own Galactic and Celestial expressions of SELF join you, the Portal can be opened from

both ends of the spectrum. In the same manner, please invite the Lemurians, as they can assist you from within the higher dimensions of Gaia's Inner Earth.

We, your Galactic Family, greatly appreciate that we can call on our human expressions of SELF to cooperate with us in this monumental endeavor of ascension. In closing, we ask that you release your attachment to time during this ascension process. Please remember that time is not the consistent gauge of measurement that you have believed it to be. In fact, rather than the steady clicking of a clock, time is more similar to waves on the ocean. Sometimes the wind and the ocean are calm and the movement of the water is steady and consistent.

On the other hand, many times the wind and water are stormy and movements are erratic and unpredictable. Furthermore, during great influx of new higher frequencies of energy such as you are NOW experiencing, time can be a Rogue Wave. Rogue Waves appear from seemingly nowhere and suddenly rise up to create great change.

We, the Galactics and Celestials, have been attempting to "calm the sea of ascension" but there are myriad human and energetic factors that are NOT for us to control. It is YOU, the ascending ones, who must confront these Rogue Time-Waves with your great force of unconditional love.

What is a Time-Wave? A Time-Wave is a sudden influx of energy. First, this energy is seeded by the thoughts and emotions of the Galactics and Celestials in an attempt to calm the seas of multidimensional Light streaming from the Galactic Center onto your small planet.

However, what will this wave of time meet? Will this great Time Wave land on the gentle sands of unconditional love, unity consciousness and peaceful acceptance? OR, will this Time Wave break against the harsh and rocky shores of fear, deceit and self-service?

We can do our best to control the wave. However, it is up to the beings of Gaia to create the shores on which the waves will break. With your Portals Open, you can easily access the higher frequency scenario of reality. All the possible scenarios will manifest until the 3/4D hologram closes.

YOU have the CHOICE to open your Portals to experience the higher experiences of peace and love.

We are always here to assist you,  
The Arcturians

## ANNOUNCEMENTS

### Four Webinars for November 2012

#### WEBINAR 1

November 2 Friday at 4:00pm---this is CA time still on day light savings

#### WEBINAR 2

November 10 Saturday at 9:00am-now OFF daylight savings so it is PST

#### WEBINAR 3

November 14 Wednesday at 10am, CA PST

(We take a break the next week for USA Thanksgiving Holiday)



## WEBINAR 4

November 28 Wednesday at 4:00pm CA PST

EVERYONE is invited to EVERY Seminar for we are all ONE!

We will be clearing our Inner Wounding to open our Personal Portals to better open our Planetary Portals. Each of the four Webinars will focus on a certain area of the world. At least, that is my rough draft.

Since we are NOW fifth dimensional, we are always open for directions from our Higher Expressions of SELF. The Arcturians will lead meditations at the beginning and the end, just as they have done before.

Furthermore, each Webinar will have its own energy and will likely guide us into a unique experience of our co-creative NOW.

I look forward to meeting with all of you again. If anyone knows someone who is opened to joining us, please send them my email. I have to know in advance if someone new is joining so that I can invite them to the Webinar and they have the link so that they can join.

suzancaroll@multidimensions.com

I will be inviting all of you to every Webinar. I am also inviting everyone who is on the Newsletter. If you do not see your name on the lists, please email me so that I can add your name and area.

Blessings on November 2012-the Month of Preparation



### Quick Links...

You may Also visit:

<http://suzanneliephd.blogspot.com>

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

<http://www.multidimensions.com/TheVision/meditationdownloads.html>

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