

The Arcturian Corridor IV

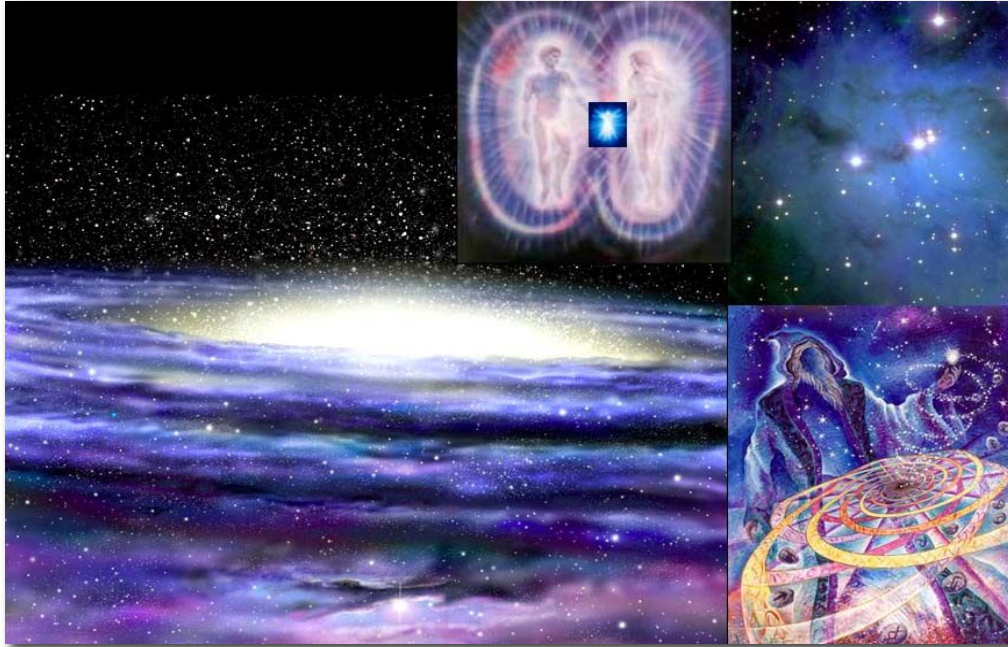


The Year of 2011

Preparing For The Return

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Happy New Year! Happy 2011!

This year promises to be very eventful, for it is the year in which you will ALL begin your personal and planetary ascension process.

Therefore, we have titled Arcturian Corridor IV,
Preparing for the Return

You will begin your RETURN to the fifth dimension not by just remembering that reality, but by also remembering the YOU who resonates to that particular fifth dimensional reality. Once you remember that YOU, you will have your first stepping-stone towards Home. You resonate to myriad fifth dimensional parallel realities, as well as myriad third and fourth dimensional realities. The difference is that once you regain your fifth dimensional resonance, you will begin to remember your myriad realities within that frequency of expression.

To avoid a sense of being overwhelmed and confused by so many possible realities, you have created a stepping-stone reality. Everyone has a fifth dimensional stepping-stone life that they will "step into" at ascension. Soon, many of you will begin to remember this stepping-stone reality and visit it in your dreams and meditations.

The secret is not in remembering everything.
The secret is that everything you remember is REAL!

By that statement we mean that everything that you can imagine you create. Imagination is fifth dimensional thought, and all thought has the power of creation. Therefore, if you think about it, you create it. That is the operating system of the fifth dimension and beyond.

It is this final stage of ascension into the fifth dimension that this operating system is often problematic, because you must BE the Master of your Thoughts and Emotions. If your every thought and emotion were broadcast over your head for all to see, you would become a Master very quickly. In other words, welcome to life in the fifth dimension. For in your stepping-stone life, your every thought and emotion instantly manifests. Because of this, it is vital that you gain Mastery over your fears.

The two vital tools to gain mastery over fear are INFORMATION and UNCONDITIONAL LOVE. Furthermore, if the information you receive does not "feel" like unconditional love, then discard it and look for a higher frequency source. Fortunately, unconditional love is not only the antidote to fear, it is also that firewall that keeps fear from penetrating your consciousness. If you feel even a hint of fear, do not "look" with your Solar Plexus, as it will accept lower frequency information into the sacred temple of your earth vessel.

Instead, we ask that you recognize the feel of fear with your lower chakras, but "look" at the energy patterns of that information with your Opened Third Eye. Fear cannot penetrate your Third Eye. Therefore, you will not be harmed by the perception of it. You can then emanate your unconditional love outward into your reality, to assure that you are not bothered by the frequency of fear.

On the other hand, when you receive a light message from your opened Third eye, share that message with your High Heart. Your High Heart will then "un-zip" the unconditional love embedded in the multidimensional light and send it throughout your body and environment. This unconditional love will always protect you, and it heals fear. Yes, fear can be healed, for it is a creation, a human creation. Begin to think of your every thought and emotion as your own human creation. Fortunately, you can edit all your creations with the mighty force of your unconditional love.

THE RETURN HAS BEGUN

Dear Arcturians,

I have been hearing a message just inside my mind, or is it my heart? I am asking you now to assist me in recovering this message. I know that I need to close the gap between the "me" that writes for assistance and the "ME" to whom I write—The Arcturian Group Mind.

I AM ready to ascend now!

I AM ready to be my full multidimensional expression of SELF.

I AM ready to close the gap between whom I call to and whom is calling.

Please assist me now to better understand this process...

Our dearest ONES,

We write our answer to our grounded expression, as well as to all those who receive it. We want you to know that all of YOU have already closed that gap! it is just a matter of re-calibrating your perceptions to be able to consciously experience ALL the frequencies of reality between the third/fourth dimension and our eighth/tenth dimensions. Once you have experienced the realities beyond the seventh, the return to the fifth will be natural. It is time now for us to take you (that is ALL of you) into the sixth dimension and beyond.

In the sixth dimension, we will assist you to go into the Divine Blueprint of your consciousness to clear the accumulated dross energy patterns that you have collected since the fall of Atlantis. While you are within that perception, you will also take the quantum leap into the reality in which Atlantis and Lemuria completed their cycle in a loving and peaceful manner. It was the violence of the closing of their cycle that has resonated in your world since then. You know that there are myriad parallel realities at all times. Hence, there is a reality in which Atlantis and Lemuria had a peaceful transition.

Because Gaia wanted to ascend along with her people, she asked for volunteers to experience the extreme polarity of your present reality. She knew that it would be very difficult for those volunteers, but the ones who survived would do so because they became strong enough to participate in a planetary ascension.

You, the survivors, both incarnated and in the higher planes, are gathering together now to assist Gaia with Her ascension. However, you must completely release all records of darkness. The darkness that made you strong must now be purged to allow you to be even stronger. In other words, your teacher, the darkness, must now become your pupil so that you can close the perceptual gap between the third/fourth dimensions and the higher worlds. This Return has already begun!



CLOSING POLARITIES

We have told you about portals to be found on Gaia and in your earth vessel, your opened Third Eye, as well as your personal Pineal Portal. We now wish to show you how to use the expanded perceptions of your opened Third Eye to create portals into the higher worlds through which you can travel via expanding your consciousness. These multidimensional experiences will greatly facilitate your personal and planetary transmutation. You will find these many portals by learning (remembering) how to close third dimensional polarities.

One of the differences between the third/fourth and the fifth dimensions is that the fifth dimension is free of all polarities. Therefore, by finding the place in-between the polarities, you can open the many portals of transmutation into the higher dimensional expressions of your SELF. In fact, you can also travel via the lowest (that is zero dimensional) realities of the quantum worlds.

We ask you to take a moment now to visualize the polarity of masculine energy and feminine energy. Do you see how the masculine energy flows towards the feminine, and how the feminine receives the flow of

energy? Now look in-between the two polarities into the center point where the two opposites meet.

Allow these two energies to intermingle and merge. Do you see the power of these two polarities merge into ONE? With the merging of these opposite energy flows there is the formation of a new energy. This energy is completely still, yet it holds a force beyond any movement, for it is the force of Unity.

FEEL this force of Unity. Allow it to pull you into it, as you simultaneously fall into the emanation of this energy. Experience the stillness and calm as your heart begins to open and your breath begins to change.

You are no longer breathing from your body. You are breathing from the force of Unity. This breath is so powerful that you can barely contain it, yet you do not want to ignore it, as you KNOW it is filled with the power of your Lightbody.

Your Lightbody is beginning to emerge from its slumber as you breathe in the power of this force of Unity. An intense vibration is building up in your spine, which makes you want to shake in order to accept that which is entering your form.

The waves of the Unity grow stronger and stronger. All you can “do” is become calmer and calmer to allow the Unity into your earth vessel. You can feel your body changing as you accept this force.

Continue to inhale the force of Unity, which emanates to the frequency of unconditional love. As you slowly exhale, visualize how the unconditional love fills your body.

Remain detached from your earth vessel, so that you can allow your inner vision to perceive how this breath of unconditional love and Unity is creating a new form for you.

This form is beyond the polarities of masculine or feminine. Yet, while you are still holding an earth vessel on Gaia to assist Her with Her transition, this form may still display the illusion of gender.

Take three long breathes to inhale the Unity and exhale the illusion of separation. With each exhale you release your attachment to the separation and limitations of your physical world. In this manner, you can better accept your new reality.

Hold your breath as long as you can so that you can fully experience being in-between human and divine. When you can hold your breath no longer, slowly exhale and visualize the force of Unity filling your essence, which appears to be formless. This essence is not attached to your earth vessel, but it fills it and emanates beyond it.

You will still groom your self, go to work, brush your hair and feed your body, but you will do so in the same manner that you would care for your house or your car. Your earth vessel is the body, which allows you to experience the third dimensional reality in an intimate way.

However, the YOU who is within this earth vessel can expand your perception beyond it so that you can experience your true HOME in the higher worlds. Just as you lock your house or park your car in a safe place, you will make sure your form is protected and safe when you expand your perceptions beyond the limitations of your physical vessel.

Many of you have an alarm system on your car or in your home. In the same manner, you leave a portion of your essence always "awake" within your earth vessel when you travel inter-dimensionally to let you know if you need to focus on your physical body to keep it safe.

Of course, to the YOU that is traveling inter-dimensionally, you have not left your vessel, you have only expanded your sense of SELF beyond it. The YOU that has regained your multidimensional nature lives within the paradigm of Unity consciousness and simultaneously experiences all dimensions.



MULTIDIMENSIONAL THINKING

We will now address the gap between the third dimensional and multidimensional paradigms of thinking. Within the third dimensional paradigm you think of your "self" as being the physical body in which you live. Therefore, in order to ascend you will need to leave the physical body and travel across a long distance to visit higher dimensions of your Multidimensional SELF. You experience your physical "self" to be separate from the higher frequency versions of your Being, as well as separate from others and from the planet.

Within multidimensional thinking, your "self" is united with all life on all dimensions. Therefore, you are connected to every aspect of being on the entire planet, as well as to every frequency of your Multidimensional SELF. Hence, you do not "travel" to a different place or frequency. You merely change the frequency of your resonance and perceive reality through that perceptual filter.

The higher frequencies can perceive the lower frequencies, but the lower frequencies cannot perceive the higher ones, unless they "raise" their consciousness. For example, within your third dimensional consciousness you can perceive the second dimensional plants and animals. You can also perceive the first dimensional rocks and elements. You can even use your third dimensional microscope to perceive individual cells.

With multidimensional thinking, you are not just *raising* your consciousness. You are *expanding* your consciousness so that you can simultaneously perceive all the realities in-between, such as the fourth dimension that is between the third and fifth dimensional realities. When you perceive fourth dimensional auras, you simultaneously see the third dimensional forms, such as the people, trees, nature, and houses that emanate those auras. On the other hand, in order for most humans to perceive the fifth dimension and beyond, they need to close their eyes and be in a quiet place to "raise their consciousness" into Theta and Delta Waves.

Conversely, when you "ascend" into the fifth dimensional frequency of SELF, multidimensional consciousness will be "normal." Hence, you will not need to close your eyes in order to perceive it. However, just as you can easily perceive the first and second dimensional reality with your third dimensional consciousness, you will be able to perceive the first, second, third, and fourth dimensions with your fifth dimensional consciousness.

The benefit of being fifth dimensional is that you expand your consciousness beyond the third dimensional illusions of polarity, separation and limitation. Within fifth dimensional consciousness you live in unity with the ONE. Therefore, you are free of all the illusions, lies, limitations and polarities of the physical reality. From your fifth dimensional perspective, you can observe the third dimension much as you would observe a motion picture.

Within the unity of your fifth dimensional reality, you are fully aware of and connected to the myriad expressions of SELF within the third through fifth dimensions and beyond. It is this multidimensional perception of reality that causes difficulty for the new returnees to their fifth dimensional expression of SELF.

RELEASING HABIT

Those newly returned to the fifth dimension still hold the *habit* of third dimensional thinking and are easily overwhelmed by the myriad perceptions of the fifth dimension and beyond. Because they become overwhelmed by the myriad perceptions, they doubt their experience. Doubt is an expression of fear, which lowers their consciousness below the perception of the fifth dimension. The new returnees also become overwhelmed by the fact that their EVERY thought and emotion is instantly manifest. This instant manifestation also creates fear, which lowers their consciousness back into the limited perceptions of the third dimension.

Therefore, the ascending ones often need to remember the feeling of multidimensional love, for only that frequency of consciousness can protect them from the fear and confusion of their newly expanded reality. It is the multidimensional love that allows the full transition from your dense form of physical matter into our mutable form of light. Try to release all doubt during your many transits into the fifth dimension. You will move back and forth between the third/fourth and fifth dimensions many times, as you gradually adapt to your Lightbody.

FILLING THE GAP

We return now to the concept of "closing the gap." Do you now understand that you do not "close" the gap? In fact, you actually "fill" the gap. You fill this gap between the YOU that is experiencing the physical world and the YOU that is experiencing the multidimensional world by placing your primary sense of SELF into your fifth dimensional resonance. At first, the force of your imagination will place your primary

experience of SELF in your fifth dimension. We will now guide you in this endeavor, as one experience is worth a million words.

MEDITATION

Visualize your SELF as being on the fifth dimension. We will assist you by repeating the opening of the portal at the beginning of our message. We know that the most difficult part of changing the frequency of your primary SELF is to overcome the doubts that: "It is just my imagination." "They will think I am crazy." "This is a waste of time. I have work to do." Etc. etc. etc...

We ask you to release your third dimensional doubts and tune into the unconditional love forever nestled in your High Heart. It may be too difficult for you to FEEL that love within this moment, but we ask you to begin by Knowing that it is there. Think of something or someone that you love without condition. Maybe that would be your child, your mate, your best friend, your pet, your home, nature, sleeping. It does not matter what or who, it only matters that your love is without any conditions.

Feel that love now and know that you could not experience that feeling if you didn't have it somewhere within yourself. You would not be drawn to this material if you did not hold unconditional love in your being. Take a moment to relax into the feeling of who you love. Would you stop feeling this love if the recipient changed? If the answer is NO, then you do love unconditionally.

Own this unconditional love as an expression of your Multidimensional SELF...

Visualize the polarity of masculine, out-flowing energy and feminine, in-flowing energy...

See how the masculine energy flows towards the feminine, and how the feminine pulls in that flow of energy...

Look in-between the two polarities, to the exact portal in which the two energies merge into one...

Observe the power of the merging as these opposite energies flow into a new energy, the energy force of Unity...

FEEL this force of Unity. Allow it to pull you into it as you simultaneously fall into its emanation...

Experience the stillness and calm as your heart begins to open and your breath begins to change...

You are no longer breathing only from your body. You are breathing from the force of unity...

This breath is so powerful that you can barely contain it, yet you do not want to release it...

As you continue to breathe in this force of unity, allow it to expand your consciousness into the fifth dimension...

Allow an image of your stepping-stone reality to enter your imagination...

Expand the essence of the YOU in physical form to meet the YOU in your stepping-stone reality and STEP INTO that YOU...

Experience your continuous connection from your grounded earth vessel into the YOU in the fifth dimension...

YOU are your Multidimensional SELF



I recall a dream I had last night.
It was filled with fear, and love and light.

I was a *me* I do not know.
But all around me was a glow.

Within that glow I saw the way,
A way to leave, and a way to stay.

I knew I was at Home, at last,
And all my trials were in the past.

But, yet, there was another *me*,
In a world that only I could see.

That *me* inside that other life
Still believed in pain and lived in strife.

I called that one to come and join me,
But in that world, I could not be free.

That *me* was still trapped in illusion,
Spending night and day filled with confusion.

If only I could wake that one
To know the fact that life was fun.

I remembered then, when I was there
In the lower worlds and filled with care.

But, yet, I am now high above,
Perhaps, to that *me*, I'll send my love.

My heart expands to embrace my Soul
To ask, "Can we again be whole?"

My Soul's response went to my heart
"To send your love, is a place to start."

In that moment I awoke,
"What a strange dream," I spoke.

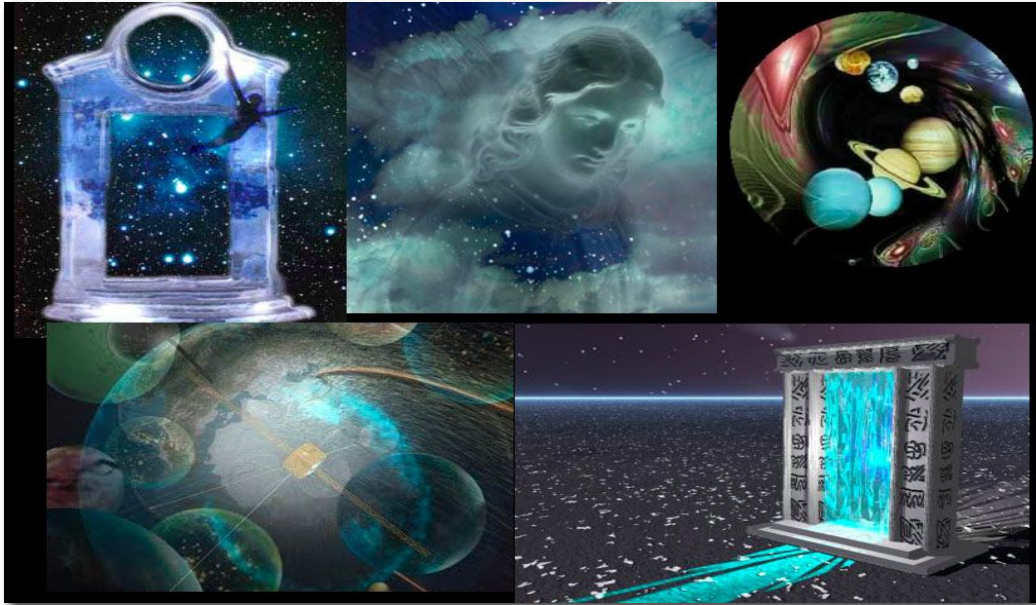
"Was I dreaming a dream, and now I'm awake?
Or, was that *me* awake, and now I'm asleep?"

As I arose for my day,

A voice seemed to say,
"Is there a difference?"

In our next message, we shall return to take you into the sixth dimension. In the meantime, enjoy the fifth dimension. It may be a bit overwhelming at first. Therefore, it is helpful to write down your experiences. Writing them integrates them into your third dimensional thought. As your third dimensional thinking becomes accustomed to your fifth dimensional experiences, your doubt and fear will gradually be released. Without your doubt and fear, your Primary Perception of SELF will gradually shift from the you in your earth vessel to the YOU who is Multidimensional.

February 2011



Parallel Realities Part I

Gaia Calls—Again

Dear Ones, we the Arcturians are joyous to communicate with you again. We are proud to see that our grounded ones are downloading the increasing light and using it to transform themselves and their realities. The awakening ones can hear the call of Gaia and wish to respond to Her. Gaia's call for assistance started about seventy years ago. At that time Her planet had returned to a state of darkness corresponding to that of the time before the fall of Lemuria and Atlantis.

It was then that She sent Her first call for assistance, and many of you joined Her wheel of birth and re-birth on planet Earth. Then, seventy years ago, another SOS was sent out to Beings of Light to incarnate on Her planet to assist Her. These returning Souls knew well what their Mission was and chose to answer Gaia's call.

Many of these Souls are still incarnated on Her body and many more take bodies every day. These Light Beings have also parented children who carry the Souls of their same Galactic Heritage. Furthermore, upon seeing the potential of Gaia's possible ascension, many other highly evolved souls embodied form, some as humans (Keepers of the Land) and some as cetaceans (Keepers of the Water). In a mere 70 years, Gaia has come from the edge of destruction to the verge of ascension.

We congratulate Gaia, as well as Her valiant inhabitants. Because of your great adventure into the polarities of the third dimension, we are able to guide these beings, as well as all awakening ones, into the sixth dimension. Once there, you

will observe and enter the Divine Blueprint to revisit those ancient times of near extinction and heal the matrix with your unconditional love. You can then bring that healing into the NOW of Gaia's Ascension Process.

We will begin that process by visiting the purity of intention at the founding of the Lemurian and Atlantian societies, so that that quality can be contributed to your personal and planetary ascension process. We commend you for gaining great wisdom, power and love from your many incarnations in which darkness was abound, and even ruled. We commend you brave ones and are actively awaiting your Return!

Now settle in and fasten your seatbelts. We wish to give you some information before we begin our inter-dimensional journey.



I AM MIND
I AM CONSCIOUSNESS

Your physical planet is a mental creation. It is a personal creation when viewed through the perception of Personal Consciousness, a collective creation when viewed through Collective Consciousness and a planetary creation through the perception of Planetary Consciousness. Furthermore, your personal, collective and planetary creation is perceived in an entirely different manner through your Galactic and Cosmic Consciousness.

Whenever you expand your consciousness into a new octave, you can perceive and experience more parallel realities of Earth. Therefore, the process of traveling to sixth dimensional Earth is actually the process of expanding your consciousness to encompass that frequency of reality. Below is a message from Kepier, Suzille's fifth dimensional stepping-stone self, received on 2-12-1997, which best explains parallel realities.

I, Kepier, your expression of SELF on a parallel reality, am able to assist you from my vibration of the fifth dimension. First, however, allow me to explain the difference between "realities" and "dimensions". Each reality of the many parallel realities has a vertical flow, which streams through all the dimensions. Each dimension also has a horizontal flow, which is specific to the frequency of that

reality. Upon the third dimension, each of these parallel realities appear to be totally separate, as one of the main laws of the third dimension is the law of separation.

The Law of Separation

The law of separation was instated upon the conception of the third dimension to separate consciousness into small, single units. This reality was created because consciousness wished to slow itself down and to itemize itself into individual units for the purpose of training through experience. Therefore, one experience at a time was set up so that Consciousness could experience itself in an individualized, polarized, sequential fashion.

In your fifth dimensional reality, you are able to connect any of your parallel realities that you desire to experience. On the sixth dimension, you are able to simultaneously be aware of and consciously live multiple realities in many dimensions, galaxies, planets and “third dimensional times.” I know that this is a difficult concept for your physical brain, but think of it as multi-tasking. For example, imagine that you are doing dishes, eating an apple, talking on the phone, and talking to someone next to you while you look out the window, observing someone walking down the street. Now think of each of these “tasks” as a different reality, and you are living them all at once.

Also, one can experience dimensions in a lower vibration, but can only observe higher dimensions if they raise their consciousness to that frequency. Therefore, you can easily see the second and first dimension, but you have to raise your consciousness to perceive the fourth and fifth dimensions. Your process of ascension begins by raising your consciousness into the vertical parallel realities of the higher dimension to accustom you to that frequency of reality.

When I say I am your expression of SELF on a higher dimensional parallel reality, I mean that I am living a life on a different page than you, but it in the same book. If you were to compare the book to the space-time continuum, you would say that the first pages are the past. Therefore, you feel as though you are remembering the pages you have read and you are creating the pages you have not yet read.

The Book of Life

However, YOU are the creator of the entire book. This book is beyond the limits of space and time, and you are writing this book you with your every thought. With every thought and emotion you write and re-write the book of your myriad expressions of SELF. When you edit one expression of SELF, you change all the expressions of your SELF, for they are all ONE.

As another example, think of your “Book of Life” as having clear pages with images rather than words. These pages are overlays, much as you have seen on your anatomy books. From a horizontal viewpoint you only see one page, which would be only one of your myriad realities. On the other hand, from a vertical perspective you see all of your parallel realities existing within NOW. From this viewpoint you

can see how all the “pages” interact and intermingle to create ONE book. If you change anything in any of the images (realities) on any of the pages (dimensions), the entire collective picture (reality) changes as well.

If you were to look down through the pages, you would have the perspective of your higher expressions of SELF looking into the lower frequencies of expression of your SELF. If you looked up into the book, you would have the experience of your third dimensional self looking up into your higher dimensional expressions of your SELF. However, since time and space is an illusion of the third dimension, the above terms of down and up are only used to clarify your image. In reality, all realities are functioning within the NOW of the ONE, and you perceive each parallel reality by adjusting your consciousness to a specific frequency.

In other words, when you change from one reality to another,
you are actually changing your consciousness!

(*THE RETURN* at <http://suzanneliephd.blogspot.com> starting on 1-3-11)

Multidimensional Operating System

Third and fourth dimensions are based on the illusion of space-time. All the “files” for these realities are recorded on the Akashic Records that resonate to the highest sub-plane of the fourth dimension. You have the innate ability to have access these Akashic Records, such as is done by the Lemurian, Atlantian and Aghartan societies of Inner Earth. When you active your Multidimensional Operating System, you will be able to gain access to the collective information of the third and fourth dimensions stored on the Akashic Records.

However, much of modern day establishments are limited by the Third Dimensional Operating System of thinking, as well as their addiction to old models of reality that place them at the top of the “food chain.” Therefore, it is up to you, the awakened and awakening ones, to download and activate the Multidimensional Operating System. This multidimensional system is the system that is used by the Galactic Federation. Once you download and integrate this system into your consciousness and thinking, we can better communicate with you and you with us.

The writer of this message, whom has been identified as our channel, is not actually channeling us, but instead she is listening to us. She has moved along her path of awakening enough to realize that we are not speaking *through* her, but actually, speaking *to* her. On the other hand, she can only perceive her self as talking directly to us when her consciousness resonates to the fifth dimension and beyond. It is at that resonance of consciousness that the Multidimensional Operating System is activated. All of you have the innate ability to consciously communicate with your higher expressions of SELF. However, while you, our grounded ones, are still functioning within your Third Dimensional Operating System, your mind is limited by the beliefs of your ego/self.

This grounded expresses of your Multidimensional SELF does not have adequate SELF-esteem to believe that you are "WE" in a higher expression of your Multidimensional SELF. Therefore, in order to perceive our communications, you have to release your attachment to your human consciousness and allow us to "channel" through you. Eventually, you will be sufficiently awake to be able to listen to our message with your fifth dimensional consciousness and translate it into your linear earth language. This translation is much like translating cuneiform, hieroglyphics or Light Language, because you are translating collective images into individual words.

Soon, you ALL will be awakened enough to listen with your Multidimensional Mind. Your Multidimensional Mind is free of all third dimensional processing issues of linear space and time. Hence, you will be able to receive our messages, which are actually sent to you from a higher expression of your SELF. These communications from higher expressions of SELF will lead you to a full understanding of the manner in which you will fulfill your purpose, as well as guide you to your fifth dimensional stepping-stone life.

(As was discussed the 1-20-11 Multidimensional News

http://www.multidimensions.com/TheVision/integration_newsletters.html)

Connecting to You Fifth Dimensional Stepping-Stone SELF

Once you establish the connection with this expression of your SELF, you will gain an increasingly intimate relationship with this fifth dimension. You will meet this YOU in your dreams and meditations. Information that is pertinent to this understanding of your SELF will suddenly come into your awareness because your Multidimensional Operating System will be activated by this frequency of consciousness. You may or may not be aware of this inner direction. However, gradually, you will recognize the presence of this direction in your daily life. This recognition is the first step toward allowing the expression of your Higher SELF into the daily activities of your third dimensional life.

As you allow your higher expressions off SELF into your daily life, new Truths will begin to come into your awareness that before you were likely too afraid to know. It is this new information that will assist you to release fear from your life. There are two antidotes for fear: information and love. The new information will diminish your fear and fill you with unconditional love. Also, as you recognize the higher frequency expressions of your SELF, you will begin to recognize the higher frequency of others. In this manner, you and those with whom you share your life, will work as one unit to gradually rise the resonate frequency of your entire reality.

Through your higher expression of SELF you will be able to perceive the truth because illusions will fall below your perceptual field. Remember, illusion only resonates to the third and lower fourth dimensional realities. Hence, as you expand your consciousness into the resonance of the fifth dimension, you will be able to easily discern illusion from Truth. Then, just as a child becomes tired of

old toys because they are “too old” for them, you will tire of the endless drama and intrigue of the third dimension.

At that time, certain third dimensional foods will become too heavy for you to digest, many third dimensional clothes (especially synthetic materials) will be uncomfortable, and violence, competition and adrenaline filled endeavors will lose their entertainment value. You will find that being creative is more fun than watching someone else’s life, and you will enjoy the creativity of your friends and family.

Your dreams and meditation will become deeper, but also less important, as your daily life will feel much better. In fact, you will enter into a state of walking meditation, in which you will ground your enlightenment as you receive it. This grounding and integration of previously a “high” state of consciousness will allow you to attain even more expanded states in your meditations and to have more and more lucid dreams.

CHANGING YOUR MIND

If you want to change something,

Change your mind.



Your mind is the interface between your consciousness and your personal hologram. In fact, your mind is the medium upon which your sixth dimensional SELF projects your holographic patterns of reality. In other words, your sixth dimensional expression of SELF projects via its Multidimensional Consciousness the version of reality that is most beneficial for your soul growth. In fact, in these times, the Cosmic Consciousness of your Multidimensional SELF projects your program of ascension onto the mind screen of your current reality.

Unfortunately, your mind has acquired many viruses in your myriad earth bound incarnations. Therefore, even though your SELF is projecting a clear program of multidimensional light and unconditional love, the viruses embedded in your mind may distort these messages. Before you downloaded your Multidimensional Operating System your mind had the difficult task of translating these multidimensional programs that were sent to you from beyond time and space.

Your Third Dimensional Operating System was created so that you would perceive all reality in a polarized manner. Hence, messages/programs of Unity were translated into programs of separation and programs of unconditional love were translated into programs of love vs. fear. Your Sixth Dimensional SELF knew that their grounded one would translate their multidimensional program into

polarized, third dimensional versions, but it kept sending its infinite messages awaiting your awakening and subsequent download of your Multidimensional Operating System.

Beginning the Download

This download has now begun. Also, for most of the awakened ones, your new Operating System is now in the process of integrating into every level of your consciousness and mind. Regrettably, at the time of integration you are extremely vulnerable to the fear viruses, as your “firewall” is diminished to complete the process of changing operating systems. Fortunately, most of you have learned that your human mind is the hardware for your biological computer brain. Therefore, just as you can “delete” a corrupted message on your computer, you can delete a corrupted message in your mind. Then, once you have deleted this fear-based programming in your mind, you will delete the resulting behaviors in your life.

The advantage of your Multidimensional Operating System, even if it is not fully integrated, is that it can read Light Language. Therefore, it doesn't have to translate your cosmic messages, except to share them with others. You will receive the Light Language message into your consciousness and suddenly know the meaning. Whenever you can consciously receive the Knowing of the Light Language, your consciousness expands into Galactic or even Cosmic Consciousness.

This expanded consciousness can easily identify any message that has been corrupted by residual fear-based thinking in your mind. You can also “read the code” of the damaged message to find the exact site of the virus. You know that the cosmic message is beyond corruption, as it comes from the ONE. Therefore, the virus of fear is somewhere in your mind, and you are faced with the task of finding and removing that virus.

You can change every degraded message, which is an arduous task or you can take out all the viruses. It is quite simple to perceive that virus even from your third dimensional consciousness for all viruses are based on fear, even fear-based love. Fear-based love is the conditional love of the third dimension. Examples of this love are: “I will love you if you...” or “I will stop loving you if you...” Our earth bound ones are quite familiar with the feel/frequency of conditional love. Hence, you can easily delete that translation of the message and “read” it at a higher frequency, the frequency of unconditional love.

In other words, you can directly read Light Language off of the feel/frequency of unconditional love. We said feel/frequency because the manner in which you can discern the frequency of a cosmic message is by how it feels. Specifically, you can determine the frequency of your inner messages by how they feel when they move through the Three Fold Flame of your High Heart. Because of this fact,

your High Heart is the translating center for all inter-dimensional messages from your Multidimensional SELF.

The Three Fold Flame

The Three Fold Flame within the ATMA of your High Heart, has the Wisdom Flame to instantly discern if fear and fear's translator, ego, have corrupted a cosmic message. Your High Heart also has the Power Flame to give you the inner power to delete all fear-based messages. The Flame of Unconditional Love identifies the causes of the fear virus and can heal and release that cause of fear. Unfortunately, since the fall of Lemuria and Atlantis the frequency of Earth has been on a steady frequency free-fall. Because you were often surrounded by constant and intense fear, your body went into adrenaline-filled survival mode, which closed your High Heart. Without the filtering mechanism of your High Heart, you accepted many corrupted messages. Therefore, we ask you now to take a moment to fully open your High Heart, which is the source of your multidimensional discernment.

Now that your High Heart is open again, its force of Wisdom, Power and Unconditional Love can assist you on your journey into the sixth dimension Cosmic Mind. The Cosmic Mind is also Cosmic Light, Cosmic Consciousness and the Divine Blueprint for life on third dimensional Earth. Once in this sixth dimensional Blueprint, we will find, heal and delete the cause of the fear-virus that was created over 12,000 years ago. In this manner, your planetary history can be re-written.

However, you will not forget the lessons you learned from your many incarnations on Gaia in the past 12,000 years. These lessons will remain within your Wisdom Flame to remind you of the inner wisdom you have gained and in the Power Flame to remind you of you power within. Your Flame of Unconditional Love will constantly monitor your Wisdom and Power Flames to assure that they shine brightly to lead you on your Path. The Flame of Unconditional Love will be your tool of discernment and the means by which you will release the pain of the past and the fears for the future. In that manner, you can forever live in the NOW.

This process of healing your past to heal you present is a common tool used by mental healers. Once you are free of old mental programming and have healed the emotional scar tissue buried in your personal Akashic Records, you can write new ones. These new Records can be based on the great courage, wisdom and power that it took you to enter the dark archives of old programs and fear-filled experiences. Once the "foundation" of your "building" is repaired, you can "remodel" your home based on a blueprint of unconditional love and multidimensional light.

MIND TRAVEL

If you want to travel
in your mind,

Change your
consciousness.



You receive messages from the higher dimensions via your expanded consciousness, which relays those messages onto your mind so that your earth vessel can register them. Now that you have downloaded and integrated your Multidimensional Operating System, you will be able to remain more conscious of the inter-dimensional communications that you have been experiencing since you were a small child. As children, your “imagination” was allowable, but you felt you needed to “grow up,” which made your innate ability move into the realms of your subconscious.

As a child you might have had “imaginary friends.” Many of these friends were actually your higher expressions of SELF. Since your child mind found no explanation for these “friends” in your physical world, you created an envelope of form, such as an animal or another child. This *imaginary friend* was perceivable to you through your imagination, which is actually fifth dimensional thought. Thoughts are a combination of consciousness and mind. If your consciousness is restricted to the third dimensional reality, you have little access to your imagination.

As children, you had not yet learned to limit yourself to the third dimension. Thus you could easily cross the imagination bridge, which connects the lower third/fourth dimension to the higher dimensional realities. Consequently, as a child you still remembered your fifth dimensional “friends,” and even communicate or “play” with them. You had also learned that your activity needed to be approved of by your parents, who had forgotten their higher connections. Therefore, you created a *friend* that was acceptable to your parents.

Since imagination is the mental activity that connects you to your innate multidimensional consciousness, it also connects you to your Multidimensional Operating System. Within this operating system, you are increasingly conscious of parallel realities that resonate beyond the physical world. It is to one of these higher dimensional parallel realities to which you will return. It is helpful to know that the reason why there are so many stories of your past and your possible future is because there are myriad parallel realities. Therefore, many of these

versions of reality are indeed correct, but they exist within different parallel realities.

The 3D Game

Just as you project your consciousness into a video game, your Multidimensional SELF projected its consciousness into this third dimensional version of reality in order to experience the many challenges of a polarized reality. However, the very conflict that was once energizing, while you were still connected to your SELF and knew that you were playing a “game,” caused many of you to forget your true SELF. At that point you became trapped on the wheel of birth and re-birth on physical Earth. With your awakening and the activation of your Multidimensional Mind you are becoming increasingly aware of the many choices of reality that are available to you.

You Know that you are a vast, Multidimensional Being of great power and discernment, and you remember that this reality is not real. It is a “game” into which YOU projected yourself. Unfortunately, due to humanities fallen states of consciousness great damage has been done to you and to Gaia. Fortunately, ALL of you have the innate ability to heal that which you have wounded—in this reality or in one of your parallel realities. With the re-connection to your Soul/SELF, you have the ability to create that healing. It is this healing that is our next adventure in the Arcturian Corridor.

You, also, have the innate ability to shift realities via expanding your consciousness to calibrate your mind to perceive the higher dimensional expressions of reality that flow around you like lights in a Cosmic Sea. This power of choice has always been within you, but the earth vessel that was once a portal to a polarized experience gradually became a prison for your consciousness. Before the decline of Lemuria and Atlantis, you could maintain a connection to your Multidimensional SELF until you were ready to log-out of the Earth experience. We say, “maintain a connection” because you did not lose your simultaneous connection to your Multidimensional SELF. You could visit any other versions of reality that you wished by the mere power of your mind.

It was on Atlantis that these powers began to diminish because the Atlantians became attached to their machines. At first, the machines for inter-dimensional communication were like toys. Then, over time, the Atlantians became so dependent on their machines that they forgot that they could do everything with their minds. They forgot that their bodies were a temporary projection of their consciousness into the model of polarized reality.

Then, instead of remembering that they could return Home (log-out) whenever they wished, they began to “die.” At first, they only died after hundreds or even thousands of years, but eventually, they began to “die” at younger and younger ages. Their solution, rather than turning to their Soul for answers, was to turn to their machines. Unfortunately, instead of using the divine flow of unconditional

love that is the healing force of the Universe, they used their Regeneration Machines that pulled energy from the Earth.

The Turning Point

This choice was a vital turning point in their civilization, as they became so identified with their material creations that they forgot their true multidimensional creative powers. The times of selfish intentions began and Unity Consciousness was lost in comparison, competition and wars. What if you were to go back to the days of purity and love of Lemuria and Atlantis to recapture your initial intention for this cycle of Gaia's timeline? You could then align with the version in which ascension is a peaceful and loving experience.

There are some of Earth's residents who still need the model of conflict and control in order to learn. They will create an ascension filled with conflict and drama, much like a Hollywood move. Some will win in that reality, and some will lose. On the other hand, there are many of the Galactic Family's grounded ones who no longer need challenge and conflict to learn. They have already remembered, downloaded and integrated their true, Multidimensional SELF into their consciousness. They KNOW that they are already a resident of the ONE. It is these members of Earth that are ready to create a peaceful and loving ascension for themselves and for their planet Earth.

These grounded ones look around at all the conflict and fear and KNOW that it is no longer necessary for them. They are learning this fact through communicating with the higher dimensional expressions of their SELF. The heart and Soul of Gaia is also learning this through communicating with Her higher expression of SELF. Gaia is tired of the endless warring and decent on Her body and is ready for a peaceful and loving return to Her fifth dimensional expression. Hence, She has called in all her helpers from all Her higher dimensional parallel realities to create a joyous return HOME filled with multidimensional light and unconditional love.

YOU, in all your dimensional expressions, are the ones whom Gaia has called. We—that is the Arcturians, you and your higher expressions—will create this Homecoming by connecting with the parallel reality of Earth in which Lemuria and Atlantis lovingly and peacefully created the conclusion of their cycle. Your cycle is also coming to a conclusion. Unfortunately, in your parallel reality your ancestors concluded their cycle with war and destruction, which created a deep fear within you that you might do the same.

Auspiciously, you are a multidimensional being and can exist in many parallel realities. Hence, you have also experienced a loving and peaceful transition. We will revisit that reality so that you can re-write the past of your past to change your future. In order to understand the big picture, you will need to activate the power of your imagination and your Multidimensional Operating System while we “tell you a story.”



PARALLEL MINDS

Living In Myriad

Parallel Realities

We remind you that there are two kinds of parallel realities. There are parallel realities that exist on a vertical level, in that they exist across many differing frequencies and dimensions of that version of reality. An example of this is the parallel realities that run vertical, across many dimensions, from your third dimensional earth vessel to your fifth dimensional Lightbody and beyond. There are also parallel realities that exist on a horizontal within the same dimension. An example of this is the violent fall of Lemuria and Atlantis and the peaceful conclusion of the cycle of Lemuria and Atlantis.

Both vertical and horizontal parallel realities afford your magnificent Cosmic Consciousness the ability to engage in myriad versions of the same experience within the same NOW of the ONE. In this way, you can simultaneously try out several “experiences of third dimensional polarity.” From within the NOW of the ONE your Multidimensional SELF viewed the two realities in which (1) Lemuria and Atlantis peacefully and lovingly concluded their cycle and (2) the reality in which Lemuria and Atlantis concluded their cycle in fear and destruction.

What you discovered was that in the version in which Lemuria and Atlantis peacefully concluded their cycle, the players did not gain enough strength, might, potency and tenacity to successfully assist Gaia in Her ascension. In your current version of reality in which the Lemurian/Atlantian cycle ended in fear and destruction, some of the players became deeply lost in darkness. On the other hand, other players became wise, powerful and courageous enough to awaken in spite of great difficulties.

These players are definitely strong enough to assist Gaia in Her planetary ascension. Even better, these awakened players even regained enough Wisdom, Power and Love to want to stop creating war and start creating peace. Upon your multidimensional analysis of these parallel realities, you/we (grounded ones and Galactics) realized that by joining the two versions of reality, you could maintain the attributes of both realities within the NOW of ascension. Do you see how mighty you are?

Blending Realities

In your current version of reality, you repeatedly incarnated on a fearful, warring reality in order to gain the strength to ascend a planet. We, the loving members of your Galactic Family, commend you for your immense courage. We want you to know that we are helping you and Gaia more and more each day. Your version of Earth is based on extreme free will, which has limited our intervention. However, when you, the grounded ones, use your free will to ask for our assistance we can answer your call. We joyfully answer your call for WE are YOU in a higher dimensional parallel reality.

You (those who receive and read this message) are awakened enough to leave the game of opposition between light/love and dark/fear and create a reality in which Gaia can peacefully return Home to the fifth dimension. This creation will appear to be a mental exercise. However, the third dimension is an illusion, whereas your Multidimensional Mind is real. Therefore, mental exercises are real. The greater portion of your light, your mind/consciousness, and your unconditional love already resonates to the fifth dimension. Hence, there is no danger, as you are beyond the concept of death. You have connected with your Multidimensional SELF and are in the process of “stepping into” the fifth dimensional expression of your SELF with whom you have made your birth agreement. The stage is set.

We understand that the concepts we are presenting will need to be explored with your Multidimensional Mind or even your imagination. However, if you have come to believe that you are the creator of your reality and you are a peaceful and loving being, why would you want to create ascension with a cliffhanger ending? Those dramas are for those who are still “on the fence” regarding their Multidimensional SELF. These grounded ones need to unconsciously create (“unconsciously” for they have not yet remembered their creative powers) a reality in which they “barely make it through” in the last second.

Because you have downloaded and integrated your Multidimensional Operating system, you are able to view all possible realities of ascension and choose the one you wish to create and, simultaneously, experience. Within your Multidimensional Operating System, you can perceive both of these versions of Lemurian/Atlantian realities within the NOW. The process through which we are about to take you can be confusing for your third dimensional mind, but it will be natural for the multidimensional mind of your Lightbody.

Your Lightbody is a higher frequency expression of your current third/fourth dimensional earth vessel. Thus, the reality in which you express your SELF as Lightbody is a vertical parallel reality to the reality in which you express your SELF as a grounded earth vessel. Opportunely, since your Lightbody resonates to the frequency of the Divine Blueprint, when you “become Lightbody” in your consciousness, YOU merge with the Divine Blueprint, as well.

When you initially experience this merging of the parallel realities of Lightbody and earth vessel you may think of your self as being physical with a higher dimensional Lightbody. However, you will increasingly think of your self as being Lightbody with a lower dimensional earth vessel.

BEING LIGHTBODY Changing Your Consciousness to Change your Body



<http://youtu.be/yaT329qVGXo>

While you are in your form of Lightbody, you can easily direct your consciousness to create your reality. Therefore, we ask you now to:

- Direct your attention away from the external perceptions of your third dimensional brain...
- Direct your attention inward towards perceptions of your multidimensional mind...
- Allow your multidimensional mind to receive the message from your Lightbody...
- See yourself INSIDE your Lightbody...
- See your earth vessel INSIDE your Lightbody...
- Release your perception of self as your earth vessel...
- Perceive your SELF as Lightbody...

Just as your earth vessel perceives Earth around it,
your Lightbody perceives Light all around it.

- Perceive your Lightbody within our Corridor, which has been resonating to the frequency of the fifth dimension and beyond...
- Look around you and see the many Lightbodies that share your experience of this Corridor...
- Commune and communicate with them...

Enjoy your Lightbody.

We will return soon to guide you on a Lightbody journey into the sixth dimension.

In closing, we remind you that the process of ascension is much like surfing the Internet or watching the television. Which sites, which channels, do you choose to linger on? What information are you feeding your consciousness? Where are you choosing to place your attention? What thoughts are you allowing to linger in your mind? What emotions remain in your body? As one of your spiritual books say, "Consciousness is your only eternal treasure." What treasure do you choose for all eternity?

Blessings,
Arcturian Lightbodies

March 16, 2011
Parallel Realities Part II



For Part I please click Newsletter for February 17, 2011 at:

http://www.multidimensions.com/TheVision/integration_newsletters.html

If you your version of this newsletter is without pictures and hot links, you can enjoy the audio meditations and youtubes at the archived newsletter:

http://www.multidimensions.com/TheVision/integration_newsletters.html

Thank you very much to any who has forwarded this newsletter or posted it on their site.

Announcement: Part I of my blog book: *THE RETURN, Merging with Your Fifth Dimensional SELF*—Part I is now available as a free download at:

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

THE COSMIC SEA

Dear grounded ones, we are the Arcturians, here to continue our journey. We wish to remind you again that as each of you continues your awakening to your fifth dimensional SELF, you will remember your life “in between” death and birth, other third dimensional realities, and lives on the higher dimensions. These realities are occurring all at the same moment of the NOW. Therefore, they are not “other” lives—they are “parallel” lives.

Your fifth dimensional stepping-stone, parallel reality will assist you in acclimating to your expanded reality at the point of your ascension. This fifth dimensional expression of your Multidimensional SELF is running concurrently with your third dimensional expression of your SELF. This concept of “it all is happening HERE and NOW” can only be understood from our Multidimensional Operating System. Thus, release your attachment to linear and time-bound thinking, so that you can

better understand how parallel worlds are interacting within a vast Cosmic Sea of many frequencies.

If any of you have swum in the ocean, or any other body of water, you know that while you are swimming you may go through patches of water that are much colder or warmer. You can feel the warm and cold upon your body, but you cannot see why the temperatures are different. It is the same way with the Cosmic Sea. As your consciousness/Lightbody Flows through the Cosmic Sea, different parallel realities intermingle, overlap and co-exist. You, also, cannot see these different realities, but you can FEEL them, just as you can feel the different temperatures of water. Hence, once you consciously swim the Cosmic Sea, which you often do “unconsciously” while you sleep you will be able to visit many different parallel realities.

All of you who have volunteered for this process of personal and planetary ascension will have many initiations. These initiations are necessary so that you can clear fear from your aura and center your consciousness on unconditional love. Whenever you clear your own aura, you also clear a portion of Gaia’s aura, as you and the planet are ONE Being. It is this clearing that will assist you to consciously experience your parallel realities, as fear of the unknown blocks your expanded perceptions.

Whenever you view an alternate life you have the opportunity to “re-write” it by replacing fear with unconditional love. That healing will then rush through your Multidimensional SELF, as well as through the body of Gaia. Since you are the sum/total of all the expressions of your consciousness, whatever happens in one reality is shared with all your parallel expressions of SELF. When you remember to merge with your stepping-stone SELF, you will regain your ability to view all of the many lives that are being played out in myriad times, places, and dimensions.



CREATING PARALLEL REALITIES

Parallel realities can arise when there is an either-or decision to be made. Since you are Multidimensional Beings, you often choose to experience both of these choices so that you can gain the maximum growth from any reality. In other words, if you need to make a choice between two things and choose one experience (such as taking a new job), the other experience (staying with your old job) continues to exist in a parallel reality. On the other hand, in the reality in which you choose to stay with your old job, you will have a parallel reality in which you took the new job.

While you are logged into the 3D program, choices that are polarized, especially fear-based or love-based, have the greatest chance of creating parallel realities. Furthermore, choices that are fear-based create a lower frequency parallel reality and choices that are love-based create a higher frequency reality. For example, if you choose to stay with the old job because you were afraid you were not enough to do a new job, you will split off into a lower frequency of parallel reality. On the other hand, if you decide to take the new job because you believe you will love the job, or maybe you love yourself enough to believe that you can rise to the challenge of the new job, you will create a higher frequency parallel reality.

Whatever reality you are in, know that there is a higher or lower frequency expression of that choice. If you are in the lower frequency parallel reality, you know that there is another expression of your SELF that has great confidence and self-love. Conversely, if you are living in the higher frequency reality, you can serve as a guide to the YOU in the lower frequency. The higher frequency realities are based on love, as love bonds all life to the great creative force of the ONE. In contrast, the lower frequency realities are based on fear, as fear separates you from the ONE and diminishes your creativity to conflict and survival.

Another example would be when the Atlantians' chose to depend on their machines rather than their inner connection to the ONE. (See February 2011 newsletter) They chose to depend on machines because they were afraid that their inner connection to the ONE was not strong enough. They felt this way because they had become overly attached to their ego and were no longer in constant connection with the Flow of unconditional love from the ONE.

That fear-based decision began the long journey into the lower frequencies of separation, polarity, detachment from SELF and dependency on something outside of your self for assistance. Furthermore, because that version of reality split off into increasing separation from the ONE, from others and the planet, the concept of comparison, competition, conflict and war began. Meanwhile, the parallel reality of living within the ONE continued in the love-based reality.

On a personal level, you will split into two parallel realities when a situation occurs in which you can decide to choose love, unity and SELF awareness or choose fear, separation and dependency on external conditions. Once a parallel reality splits off, it takes on a life of its own. We say a reality splits off, for whenever you make a choice based on fear and separation, you *split off* from the Truth that you are a Multidimensional Being and can perceive ALL options within the Now. The reality in which you chose love, unity and SELF is NOT the "split off" reality for it remains in attunement with your SELF. On the other hand, whenever you make a fear-based choice, your resonance falls below that of your Multidimensional SELF, and you *split off* into a lower frequency parallel reality.

When the Atlantians made the fear-based decision to depend on the machines it was not a bad decision, but it did take on the life of a reality that became more and more detached from their Multidimensional SELF. Hence, the connection to unconditional love and multidimensional light diminished, which created a gradual fall into the fear and darkness of separation from the ONE. This reality, which is the one in which YOU live, offered great opportunities and growth but also separated some life streams from their Soul so much that they became lost. In fact, many of these beings are still lost.

On the other hand, those of you who have Awakened have gained great Wisdom, Power and Love. Of course, the survivors of Lemuria and Atlantis had a second chance when they created a new reality in Inner Earth. This new reality has evolved into the higher fourth and fifth dimension, and will assist the landed ones at the time of Gaia's ascension. In the higher frequency version of Atlantis, these lost, dark ones are still connected to their Light, and will also assist with Gaia's ascension.



JOURNEY TO THE SIXTH DIMENSION

We will now guide your Lightbody into the high frequency parallel reality in which Lemuria and Atlantis concluded their cycle in peace, love and surrender to the ONE. In this manner, you can have the experience of a peaceful, loving close of a Cycle, as well as an opportunity for planetary ascension. You will also have the memories of your present reality in which you gained great strength, courage and tenacity through the parallel realities of your present version of reality.

While you are in your form of Lightbody, you can easily direct your consciousness to interface with your mind. Redirect your consciousness from your personal mind, physical self, and third dimensional perceptions to your multidimensional mind, Lightbody SELF and multidimensional perceptions.

Allow your multidimensional consciousness to be aware of your Lightbody...

Change your mind from perceiving your SELF as your earth vessel to perceiving your SELF as your Lightbody...

Just as your earth vessel perceives Earth around it, see how your Lightbody perceives Light all around it...

Since our Corridor is resonating to the frequency of the fifth dimension, you can easily perceive your Lightbody within the Corridor...

Look around you and see the many Lightbodies that share your experience of this Corridor...

Commune and communicate with them as you merge your consciousness into ONE...

We are now ready to commence our inter-dimensional journey.

Relax and observe as our Corridor spins faster and faster. Your Lightbody can easily match this escalating frequency.

As you peer through the walls of our Corridor you see that you are surrounded by a huge matrix of light. This matrix is the Divine Blueprint for life on planet earth. From your fully activated Multidimensional Operating System, you can perceive the many frequencies of light embedded within this program.

See the third dimensional frequency of Earth...

See Earth's fourth dimensional aura...

Calibrate your consciousness to a higher frequency to see New Earth...

Expand your consciousness again to see the sixth dimensional matrix...

Observe how the sixth dimensional matrix encompasses ALL versions of Earth...

See the matrix for the many expressions of your Multidimensional SELF...

See your third dimensional matrix...

Calibrate your consciousness to see your fourth dimensional matrix...

Then, see your fifth dimensional matrix...

Now, see Earth's Divine Blueprint...

Do you see how it sparkles and glistens?

Look to this higher expression of your Lightbody...

See the matrix for your Lightbody...

Within that matrix see your fifth dimensional expression of SELF...

See your fourth dimensional expression of SELF...

See your third dimensional expression of SELF...

Focus your consciousness to Feel ALL these many versions of your SELF...

Now, we ask you to merge all of these aspects of your SELF with the Collective Consciousness within our Corridor...

Merge your consciousness with our Arcturian Consciousness...

FEEL this multidimensional Unity Consciousness...

As ONE consciousness we focus on the FEEL of Lemuria and Atlantis when they were living within their Divine Blueprint of Unity, Purity, Peace and Unconditional Love...

HOLD that signature frequency of life fulfilled in Unity, Purity, Peace and Love in your High Heart and “save the file” to your Third Eye!

As you save this file, you suddenly experience yourself as a huge bird flying over the platinum waters towards a golden Temple at the peak of a glistening mountain.



FLYING INTO LEMURIA

We are Kaa-ah from the Bird Flock of Mu—also known as Lemuria. We are here to tell you of our world of peace, love and surrender to the ONE. You likely cannot say my name properly, nor could I say yours, for we speak only in tones and melodies. However, we are able to telepathically connect with this human. We came into her consciousness about four years ago as a vision. The vision was my most beloved memory of flying into our golden city. Of course, our entire world resonated to shades of bronze, silver, gold and platinum.

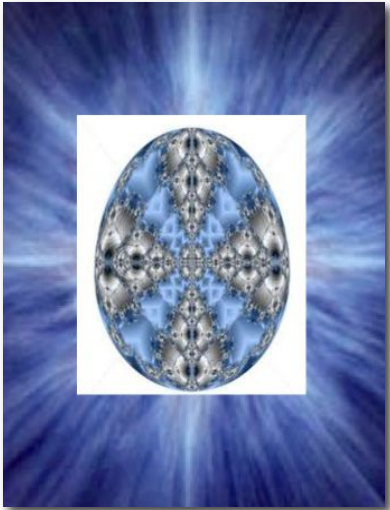
You see, we of ancient Mu were the first to experiment with form in this Cycle of the Great Galactic Rotation. There were other realities that existed in former Cycles, but they were quite unknown to us at the time of our incarnation. We came from the ONE to attempt to create a reality of duality based on peace and love, but at this point, our reality was still of the ONE. We are joyous to communicate with you. As we look into your collective mind we see that the term “we” means many, but to our minds the many are ONE. Hence, we have no term for many individuals. We are the flock. Each of us cares as much for the flock as for the heart that beats within our own chest.

Perhaps, this was because we all beat to the heart of the Sacred Egg, which was the Heart of Life within the projection of the reality of Mother Earth. Earth, who you now call Gaia, was responsible for the ongoing gestation of the force of creation that emanated from our Sacred Egg. In return, Mu, who was the entire planet to us, continually breathed Her sacred life force back into the Sacred Egg to create an infinite cycle of creation. We, the Bird Flock of Mu, were the Keepers of the Sacred Egg

Not all of our citizens of Mu were of the Bird Tribe. The Beings of Mu experimented with many forms. The concept of form was new to us, for in our true Home in the higher vibrations of Light, we were pure consciousness. The many citizens of Mu came to our dear Mother Earth to begin a grand experiment of life, not only in form but in a polarized form, in which the extremes of polarity were to eventually appear to be separate.

Within our experiment, the emanation of the ONE was to be gradually split into light and dark, and form was to be split into gender of male and female. In the former Cycles of life on the Mother there had been many visitors. Our Mother Earth had been given a format of life that included many expressions. In that manner she prepared her SELF for her Final Initiation—the Initiation of Unconditional Love. Love is the cohesive power of the Multiverse and the power

of construction. Within the ONE, only love and construction is known. When we no longer need our love manifestation, we simply withdraw our attention and intention. At that point, our creation gradually returns to the state of pure potential.



THE SACRED EGG

Our Sacred Egg was the receptacle for the waves of potential (spirit wishes to experience form), and it was our duty to protect the Egg and assure that its flow of the ONE light was constant. With the power of attention and intention the citizens of Mu could call upon the waves of potential to manifest whatever they needed. It was in this manner that we created forms for our consciousness. We had great fun experimenting with taking many different forms.

Just as you experiment by wearing different clothing on your body, we experimented with wearing different forms on our consciousness.

Mother Earth's "nest" for the Sacred Egg, the power source for the planet, was inside the peak of our highest mountain, far from the interruptions of the psychic energy of Mu's inhabitants. In the highest tower of one of our highest mountain, of which we had few, the Great Mother could live in constant communication with her mate, the Father Spirit. Thus, Mother Earth and Her Divine Complement, Father Spirit, could protect and unconditionally love their Sacred Egg. This

constant connection of Spirit and Matter gave us the power to consciously create our forms.

We, the protectors of the Sacred Egg, needed a form that could fly, as we were the emissaries between the Mother and Her land and sea. When we first began our experiment of life in a polarized form, all Beings could easily float up the mountain and into the Great Temple of Completion. However, as the Mother became more and more polarized we had to choose a form that adapted to one of Her four elements of earth, air, fire and water. Hence, some of us chose to walk the land, others chose to fly in the air, or swim in the sea, and others chose to remain in formless light so that they could serve the element of fire.

Gradually, the water beings could not be out of the water long enough to travel the great distance up the mountain, the fire beings chose to maintain their flickering ever-changing forms of light, and the journey up the mountain to the Temple became too arduous for those who walked the land. Hence, it was the creatures of the air who became the keepers of the Sacred Egg. We could easily fly from the mountaintop over the water and onto the land. We could also converse with the fire creatures through their beams of light within the sky. All the beings of the four elements were totally conscious of their forms and easily communicated, with all the other beings of the other elements, through the power of what you call telepathy and empathy.

As Keepers of the Sacred Egg, we created nests on the outside of the mountain below the Temple to lay and hatch our own eggs. We only created an egg when we were complete with our experience as a member of the polarized reality and longed to return Home to the ONE for a visit with our family of Spirit. At this time, we would build a nest in one of the many outcroppings towards the top of our mountain to lay our egg.

Our egg was instantly fertilized by the Flow of the great Father Spirit that penetrated every molecule of our Tower. We would then sit on our egg until a Spirit interested in experiencing a manifestation of an air creature came into our egg. Once the Spirit entered the egg, its consciousness traveled throughout Mu to learn all about our reality and its future responsibilities and experiences of being a member of the Bird Flock. If the Spirit decided that it wanted to be a member of our Flock, the Mother Hen would share her consciousness with the being gestating in her egg. When the egg hatched, the Hen would train the new bird until her replacement could fulfill all responsibilities on its own.

At this point, the Mother Hen would flash out of its form and return to Spirit. You must realize that in our reality there was no birth or death. *Birth* meant surrounding your consciousness with form, and *death* meant releasing that form back to its component elements so that our consciousness could return to its true formless state. It is, in fact, the same in your day. Furthermore, we “ate” only light. Hence, there was never a need for food or an elimination of waste products.

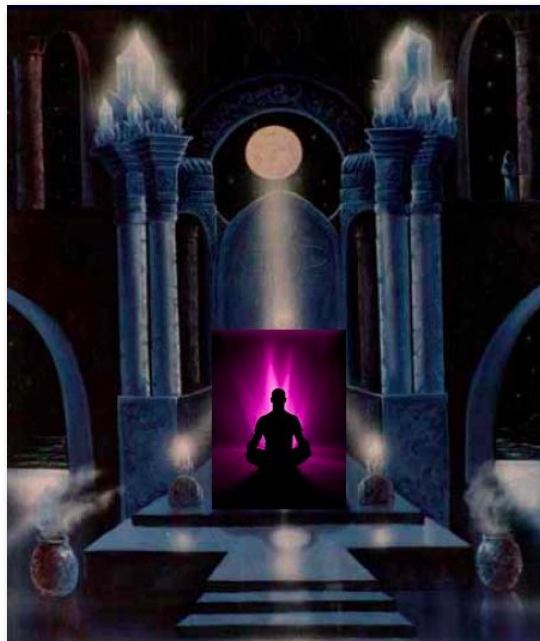
There was nothing dying or dead in our reality. Life was in form, then life vacated the form and then the form vanished. All form was filled with life and all form communicated with all life.

We hoped that we could maintain that understanding of life once we lowered our frequency into a resonance in which polarity existed. We were incorrect in that assumption, but the Game is not yet completed. Therefore, we communicate with you, the members of form, to remind you of your true beginnings. We of the Bird Tribe wish you unconditional love and eternal unification with your Spirit.

Kaa-ah

As you adjust your perceptions, another Being flows into your consciousness.

His name is RA NUNE.



RA NUNE OF ATLANTIS

Greetings, I am RA NUNE the High Priest of Atal Kenarian. Atal Kenarian is the Central Temple of our sacred island of Atal. Because I speak to you from beyond time I am aware that you live in the parallel reality in which Mu and Atlantis were unable to continue to live in peace with each other and within themselves. In your version of reality, Mu and Atlantis fell into the sea and disappeared into the subconscious of most of the remaining landed ones.

However, in my version of reality, we were still NOT able to ascend Gaia, but we did not fall into the subconscious mind of humanity. Indeed, our lands returned to the oceans from which they had once risen for it was the culmination of our cycle. In spite of this, we were able to be at peace with our situation and most of us ascended into the fifth dimension and beyond. In your reality the opposite was

true. Great destruction and fear was experienced at the close of Atlantis's time in form, and this fear took deep roots in the land and sea of Gaia.

I, Ra Nune, am a representative of the parallel reality in which love, peace and surrender to the ONE was experienced at the close of our world. I speak with you with the intention of assisting you to love, be at peace and surrender at the time of your ensuing transformation. The inhabitants of my reality were unable to ascend Gaia as She was not ready. She knew that even in our version of reality there were too many of her inhabitants who were not ready to release the experience of separation and duality.

Gaia is now in the process of ascending, and those of her humans (for ALL of Her non-human inhabitants are ready) who cannot release their fear and need to experience power-over others, will move to a holographic copy to continue the third dimensional game. In this manner, those who are still lost to their true, Multidimensional self will have more time to continue their lessons, but the amount of "time" will depend upon their choices.

If they choose to live in fear, which is the victim-victimizer program, they will have less time because the fear virus will quickly degrade their third dimensional hologram. Eventually, this corruption will shut down or crash their program. On the other hand, if they choose love, they will have more time, because love heals. Love also creates, and it will create a frequency bridge of unconditional love from their hologram onto the reality of ascended Earth.

This bridge will only be perceptible to those who hold love in their hearts. The reason for this is that only the frequency of love raises their consciousness enough to perceive the energy that comprises this bridge. When those who resonate to love cross that energetic bridge to ascension, only the ones who choose fear will remain on that hologram. At that point the holographic projection will crash. Where those souls will go is determined by their own state of consciousness. We, the members of our love-based version of Atlantian transition, have volunteered to help the members of your reality, in the hopes that no one will be lost to the glorious experience of planetary ascension.

We are actually ONE with you. Even though you split off into your lower frequency of parallel reality, you also maintained a form here with us in our version of reality. When you split into a new parallel reality, you also remain in your original version of reality. However, you can only perceive that fact while your consciousness resonates to the fifth dimension and beyond. The YOU who are receiving this message is only a fragment of your Soul, and a fragment of our group Soul, as well.

The first split into a lower resonance parallel reality occurred when the choice was made to depend upon outer machines instead of the inner Flow of the ONE. At that time, the first program of duality was created with the illusion that "you the

creator” (inventor) and “you the creation” (machine) were separate. This duality of inner world (inner creative power) and outer world (creation in the physical world) formed the illusion that your inner and outer worlds were separate.

Worse yet, the separation between creator and creation shaped the illusion that not only was your creation separate from you, but that you were separate from your source of creative energy—the ONE. It was at this time, “God” became a Being separate from your body who lived high above you or on the Earth of your outer world. The knowledge that you are eternally ONE with God/Creator was then known only in the Spiritual Temples.

With the invention of genetic engineering to create a slave race cruelty began, which lowered the frequency of your parallel reality even more. As separation consciousness and cruelty grew, war and its final destruction of Atlantis and Lemuria plummeted your reality into over 10,000 years of ever-increasing darkness. But now, the New Age has begun and our grounded soul fragments are awakening like lilies of the field on a warm spring day.

I do not want to overload you with too much information. Therefore, I will return to you in a short amount of your time to begin our inter-dimensional travel into the sixth dimensional Divine Blueprint/Matrix of planet Earth. Within this Matrix is every reality that has ever existed on Gaia. In the meantime, I wish you love, I wish you peace. You, the brave ones who now serve dear Gaia, are a beautiful vision to behold. Members of your entire Local Universe are protecting, educating and supporting your great moment.

Blessings!
RA NUNE

In closing, please click [HERE](#) to receive an audio of
A Blessing from Gaia



A SPECIAL MESSAGE FROM YOUR GALACTIC FAMILY

Our dearest grounded ones,

We, the members of your Galactic Family, are so sorry that the disaster in Japan could not be avoided. However, as horrific as it was, it was greatly diminished from the intention of the perpetrators. We could see the brewing upheaval of destruction from our dimension. We are here to tell you that the “seed cause” of this kind of devastation began at the fall of Atlantis. Those of the Dark Robes that went into the lower frequencies of reality during the fall of Atlantis, have survived and have been within your reality every since.

They have infiltrated every government, religion and scientific endeavor. The secret misdeeds of the dark ones has been going on to some degree for the last 10,000 years, but for most of that time they were able to stay under cover. That is until now. Now their cover is blown because you, the awakened ones of Earth, realize that the stories of the Illuminati are not a nightmare but the truth. This knowledge diminishes your fear and enhances your courage because you know that they can only function in the third dimension and the lower astral plane. They are limited to these realities for that is the resonance of their consciousness.

Therefore, your greatest victory can be realized by raising your consciousness beyond their reach. Dear grounded ones, KNOW that YOU can easily raise your consciousness into the realms that are far beyond the interference of these dark ones. Unfortunately, they are still at large on the physical body of Gaia. They have many means of escape from the earthly damage they have created, but again, all of them are in the third dimension and lower astral plane. Therefore, they know that they will loose, for very soon only they will remain at such a low frequency of reality.

Yes, there are many who are still unaware of their ability to ascend, but they are not needed to contribute to the planetary ascension. There are now more than enough Lightworkers to handle that task on their own. Since these Lightworkers are free of ego, they have no need for competition and can willingly act as one Being. Gaia, too, is a Great Being and is quite unhappy about what the dark ones are doing to Her body. She also has great powers, which she has held in check for the sake of her humans. However, She will refrain Her SELF no longer. Gaia is in the process of transmutation NOW, and she will leave these dark ones in the wake of her ascension.

We have been speaking of portals and inter-dimensional travel for a specific purpose, which is to train our Lightworkers to “reality jump” by raising their consciousness beyond the lower levels of Earth that are becoming uninhabitable. The dark ones are like insects that attack a sick plant. The plant will die anyway, but the insects speed up the process. The process of the close of the third dimension is being put into overdrive. Those that need a disaster to wake up will

learn about unity consciousness in the face of their great challenge. This lesson will assist them to awaken and to awaken others, as well.

Furthermore, those that are ready to return to their true SELF will know that NOW is the moment for their ascension. This ascension will begin by moving into the sixth dimension to stop the flood of destruction at its source, which is the downfall of Atlantis. When we return, we will guide you to travel into the sixth-dimensional Matrix of Gaia. Once there you will correct that initial destruction, which left the forces of darkness with the lion's share of power. With the great Wisdom, Power and Unconditional love of your true SELF you will change the storyline of your reality to put the forces of Light, Love, Peace and Unity into the driver's seat.

All of the grounded ones of Light have experienced all the darkness that their Soul's need to evolve and grow. Therefore, they are completely ready to log out of the 3D Game and return to their Home in the higher dimensions. Remember, every Lightworkers has ten times the power/light of every one who is asleep and even more power/light than those who still choose to walk in the dark.

Just as the darkness has been hidden so that it could slowly take over, the Light has been growing in your homes, your spiritual communities, your families and your Universities. This light had to be hidden from the dark ones, as well as from those who were afraid to see that all they believed in was an illusion. Because these ones chose illusion over Truth they became trapped in a storyline in which they could not write the ending. Fortunately, as the Lightworkers rewrite the story, and as the darkness is forced into the open by the every growing light of the ascension process, the silent lost ones in the middle will begin to remember the Truth, as well.



Yes, the Truth often cuts like a sword, but in the end it gives YOU the power to heal the damage of the many lies. We are sorry that we cannot come in and rescue you yet, but if you cannot find your way to a certain frequency, then all that you have suffered in your myriad lives will be for not. YOU are the body of Gaia. YOU must be the ones who initiate this transmutation. Then, and only then, can we land in the fashion that you wish?

We are not your saviors.

We are not your leaders.

We are expressions of your SELF in a higher frequency reality!

We could go down into the bottom of your well of darkness, but then you would be deprived of the victory of finding your OWN Path. It is the Divine Plane that we remain in a frequency just above you and give you our hand to pull you up into OUR New World. Rather than looking at the disaster around you, look up to the Truth that resonates oh so very close to your hearts. Leave the dark ones with their broken toys of war and join us in eternal peace and unconditional love.

We will return soon return with Part III. Until then, know that all of you can communicate with the members of your Galactic Family. Just calm yourself, and call upon us. We ARE here, and we WILL answer! Gaia's mid-fourth dimension and beyond is a parking lot filled the Ships of your Galactic Family who assist you and cheer you one. Please call us, and we WILL answer!

Blessings,

The Arcturians, Pleaidians, Sirians, Andromedans and all the ascended
members of your great Multidimensional SELF

March 26, 2011



Parallel Realities Part III

Greetings. I am RA NUNE of the parallel reality of Atlantis in which we did not fall into fear. However, our Cycle did complete, and we found other landed surfaces, or went into Inner Earth or individually ascended to the fifth dimension and beyond. We, the members of this parallel reality of Lemuria and Atlantis, have overseen your great Awakening and preparation for planetary ascension with joy and unconditional love. We are so proud of our grounded family and are here to assist you whenever you need. If you have just joined us on our journey into the sixth dimension, you can read Parts I and II Newsletters, February 17, 2011 and March 16, 2011.

In preparation for your ensuing planetary ascension, we have returned to guide you into the sixth-dimensional Divine Matrix of Earth. Once there, you can attach your Cosmic Consciousness to the Matrix of our version of the close of our Cycle. In this manner, you can experience our loving and peaceful way of surrendering to our highest frequency of reality.

Many of us have taken a body in the time frame of your reality. We did so because we wish to assist in rescuing all our soul fragments who split into your lower-frequency, parallel reality to gain the experience of life in a polarized reality. Your split into a lower frequency took great courage, for at a Soul level you knew that going into the depths of the 3D Matrix meant that you would experience the extremes of love and fear. It also meant that most likely you would not be able to return to us until the transmutational Earth Times of 2011 and beyond. After we guide you through the Matrix and have completed our healing mission, we will visit with our Oversoul in the seventh dimension.



INTER-DIMENSIONAL TRAVEL

Of course, this journey will be in your consciousness, for consciousness is the YOU that instills life into any form you wish to “wear.” When you travel inter-dimensionally via your consciousness, you may or may not, decide to wear a form once you arrive at your location. Actually, every “location” is a frequency of reality to which you attach your consciousness in order to experience that reality. Some locations/frequencies resonate to a lower frequency, so a denser body is provided for you in that reality. On the other hand, Beings in the frequencies of the eighth dimension and beyond seldom choose to wear a form, unless they are visiting the lower densities/frequencies of reality.

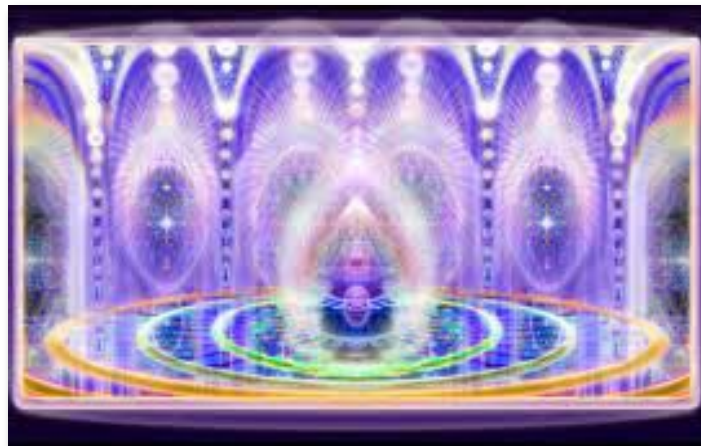
You can only log in to a reality that is of the same resonance as your consciousness. Hence, to experience a fifth dimensional reality, you must maintain a fifth dimensional frequency of consciousness. If you are visiting that reality and your consciousness drops down into the frequency of the fourth dimension, you will “fall out” of that reality and into a parallel reality of a lower resonance. It is for this reason that parallel realities of Atlantis appeared when inhabitants of our world made choices that caused their consciousness to resonate to a lower frequency. The lowering of the frequency of Gaia was by design, as She volunteered to be a third dimensional planet. However, we were not aware that once in that lower frequency of consciousness, our soul fragments would forget their SELF and believe that the illusions were Truth and that Truth was illusion.

We knew that different frequencies of reality had different rules and laws and that it was much easier to merge with your Multidimensional SELF in a higher frequency of consciousness. However, we had never experienced the lower fourth dimension and had no idea that our Soul fragments would totally lose contact with us. Furthermore, we did not yet realize that our consciousness would be so greatly influenced by the rate of the spin of molecules of our form. We did not know that because we had not experienced form in a frequency lower than the mid-fourth dimension. Also, we did NOT know that it would be such a

challenge to remember our true consciousness while we maintained a form with a resonance below the mid-fourth dimension.

We have greatly missed our family in your version of Earth and are so happy to finally be able to make contact with you. We celebrate your awakening and look forward to merging with you again as you transmute your form back into Lightbody. Your Lightbody resonates to the fifth dimension where you will no longer be encumbered by the limitations of time and space. In the fifth dimension, all manifestations of form exist simultaneously in the HERE and NOW of the ONE. Therefore, many parallel realities will be simultaneously perceptible.

In the sixth dimension all reality is consciousness, and form is thought of in the same manner that your earth vessel thinks of clothing. In fact, form is perceived as its potential and consciousness chooses to adhere to whatever matrix/experience is desired. So if you shift your sixth dimensional consciousness to a different point on the matrix, your entire experience of reality shifts to conform to the reality of the new matrix. This experience is much like selecting the book you wish to read, the song you wish to hear or the show you choose to watch.



The difference is that in the sixth dimension, all choices are made at the frequency of the light matrix, which is created by the light (thought) of the Cosmic Mind. This Cosmic Mind resides within your sixth dimensional consciousness, as there is NO separation at the frequency. Also, there is no inside/outside, within/without. However, in the interest of liner thinking, we may use these words to facilitate your understanding.

I RA Nune, in conjunction with my Galactic Family of the Arcturians, will now assist you traveling into the sixth dimension to align your consciousness with the peaceful and loving transition of my parallel reality. This alignment will liberate you from the space/time and dualistic laws of the third dimension and assist you in embodying our qualities of love, peace and surrender to the ONE. These qualities will increase your capacity to incorporate our multidimensional energies

into your mind, heart and daily life. Most importantly, you will attune your consciousness to the cresting Wave of Unity Consciousness and Ascension Energy.

ASCENSION IN RA NUNE'S REALITY

When it became evident to us that our time in form had run its full cycle, we were not afraid of leaving our current form because we had NEVER lost contact with our true SELF or the Collective Multidimensional Light that was our highest expression. Therefore, we saw the end-times much as you would see the closing of a wonderful and exciting vacation. Some of us decided to travel to other landed areas of the planet, others decided to create a life in Inner Earth, and others chose to ascend into our fifth dimensional Home. I was one of those who chose to ascend into my higher dimensional expression. I will briefly tell you of my experience.

We had known for hundred of years that the end of our cycle was near. Time was a different concept in our reality for we lived to be hundreds of years old. In fact, some the leaders kept the same form for thousands of years. We knew that we chose to enter this world and that we could choose when to leave. However, the close of a cycle was different. It was much like the closing of a successful play that had run for many years on Broadway. If the play had continued, you may have kept your "part," but since the play was closing, there were no parts to obtain. In fact, it was time to find a new play.

Those of us who had decided that we wanted to "stop acting" for a while, log out of the holographic matrix and return to the reality of the ONE began to gather in small groups. These groups were soon psychically linked to other small groups, which eventually created a huge matrix of consciousness that covered all of the remaining parts of Atlantis. This matrix was much like your Internet, as it was a medium through which we could all connect and communicate with everyone.

Through our daily group meditations, we created a powerful mental matrix of ever-expanding frequencies of consciousness. We discovered early on that our joint consciousness was much more powerful than our individual consciousness. We also discovered the importance of Surrender. There were many fearful things happening around us. More and more of our landed surface was falling into the sea. It was even more frightening that some of our land simply disappeared. In fact, we could visually see the degradation of the holographic matrix. As this event occurred more frequently, we knew that it was almost time to leave.

Of course, our leaving was in consciousness. We were not concerned for our forms, as we would not need them upon our return Home. Therefore, we happily held the light for those who wished to relocate to another physical location, or for those who needed support in their ascension or re-location to another area. There was NO fear at the closing of our "play." There was only joy and thanksgiving for a long, productive experience in form. The Wave of Unity

Consciousness was tangible and basked our Ascension Matrix in multidimensional light and unconditional love.

Gradually, we spent more time in meditation and less in daily activities. As our frequency rose higher and higher, we no longer had a need for food or water, and since we were never really awake, we had no need for sleep. Everything our degrading form needed was abundant within the Ascension Energy. Slowly, we began to lose all attachment to individuality and perceived our consciousness as one Being of Ascending Energy.

The cares of our past reality faded from our being, and euphoria was a constant state of our consciousness. The unconditional love of the ONE filled our hearts to bursting and the multidimensional light illuminated our Way Home. When we released the illusion of having form, we were also liberated from the illusions of space and time.

Our collective consciousness perceived the frequency of the ONE as the Home we had once left and to which we were now returning. Every experience we had ever chosen in our journey into form was revealed, along with all the ways in which we, the collective, had interwoven our lives through many realities. We had rehearsed this final act of our play many times and were ready for the grand finale.



It was then that we realized that we were totally surrounded by multidimensional light and unconditional love. We were “in-between” *who we were* and *who we were becoming*. It was then that we remembered the importance of Surrender.

We Surrendered to the in-between and became the Love and Light.

We Surrendered to the Love and Light and became unconditional love.

We Surrendered to the unconditional love and
Became one Body of LIGHT!

We Surrendered to our
Body of Light
And became
HOME!

Our ascension was more of a whisper than a shout as we quietly returned from our long journey into the lower dimensions. Before we fully “opened our eyes” we pondered our experience of inhabiting a “separate” form, reviewed our many other experiences and explored the spectrum of emotion that was unique to physical expression. Eventually, we knew within our Soul how those with whom we had ascended were fully acclimated to the fifth dimension.

We had revisited this Home in our consciousness many times during our incarnations on Atlantis, but now we were here to stay. Many of us, including myself, chose to remain in the fifth dimension to assist our Soul Fragments who had stayed on Earth by splitting off into their ever-polarizing version of Earth.

We had learned a great deal from our experience in form and wished to share our wisdom with our brave Soul Fragments who had split off into your parallel reality of Earth. We have held the energy of peace and love for you and wish to share it with you now. We were successful in saving Gaia from destruction, but it is who have the opportunity to participate in Her ascension.

We have given you a preview of coming attractions for your ensuing ascension. Now we, the ascended ones of Atlantis and Lemuria, will assist you in aligning your resonance with the peace, love and surrender of our frequency of reality. The power of these qualities will greatly empower you to fulfill your Mission. *Because you are now in the form of your Lightbody, you can easily imagine yourself as a beam of light floating before the sixth dimensional Matrix of the many parallel realities of Earth...*

See Earth’s Divine Matrix...

Do you see how it sparkles and glistens?

Look to this higher expression of your Lightbody...

See the matrix for your Lightbody...

Within that matrix see your fifth dimensional expression of SELF...

See your fourth dimensional expression of SELF...

See your third dimensional expression of SELF...

Feel and unify with these parallel realities of your Multidimensional SELF...

We ask you now to merge all these aspects of your SELF with the Collective Consciousness of the many Lightbodies within the Arcturian Corridor...

Merge your consciousness with the Arcturian Consciousness...

FEEL this multidimensional, Unity Consciousness...

THE MATRIX



Kaa-ah of Mu, and I, RA NUNE of Atlantis, have told you of our peaceful and loving reality. This is a reality that many of you also lived, for you are among our brave volunteers who ventured to split off into parallel realities of the lower, polarized realities. It was never planned for reality to drop into such a low resonance, but the damage done by the Dark Robes of Atlantis left deep scars of fear and violence on the body of Gaia. These scars forced Gaia's frequency to plummet further and further into the depths of the lower fourth dimension and into the third dimension. We are here to guide the great Collective Consciousness that you have created within the Arcturian Corridor to heal that scar.

We begin our process by first attaching our consciousness to the Atlantian version of reality in which peace and love were NOT marred by fear. Follow the sound of my voice and the musical flapping of Kaa-ah's great wings as we all float above Gaia's sixth dimensional Matrix to find that reality. Feel the power of the Collective Consciousness we have formed.

Allow this consciousness to match the sparkling glow of the Matrix. Feel how we are the Matrix and the Matrix is us. Flashes of our many experiences in form move quickly through our consciousness, but we do not attach our attention to them. We will be distracted, for we are on a Mission.

As we remember Kaa-ah's stories of community and love (Part I of Parallel Realities) and my stories of peace, love and ascension, we allow our consciousness to embrace these qualities. With these qualities stored in our Multidimensional Consciousness and High Heart our consciousness attaches to the vibration of Lemuria and Atlantis before the split into the lower dimensions.

Together, we breathe in the love, peace and unity. With each in-breath, we feel these qualities entering our consciousness. With each out-breath, we feel these qualities integrating through our collective consciousness. As one Being we move through Gaia's Matrix breathing out unconditional love, peace and unity. We must find the "site of lesion," the place on the Matrix where the parallel reality first split off into the lower frequencies.

Yes, there it is. We can see the small flash that looks like a short circuit. This short circuit was created by a fear virus, which caused the light matrix pathways to move out of alignment with the ONE Matrix. Once the Matrix fell away from the ONE of the sixth dimensional Matrix, it could only fall into a lower frequency of expression. As we connect our consciousness to this area, we feel the fear, anger, confusion and deep loneliness of being separated from the ONE.

We can, also, hear the dissonance of this misalignment and see the dampening of the frequency of light in the center of the flash. Together, we direct our consciousness into the core of that wound. We remain peaceful and calm so that we can maintain the power of our multidimensional light and the healing force of our unconditional love. With deep empathy and all knowing we direct our unconditional love into this wound.

Again and again, we share our love, our peace and our unity with the ONE with this area of the Matrix that became infected with fear. As a loving Mother would gently blow upon a child's cut, we share our true, multidimensional essence with this injury to Gaia's Matrix. Together, we imagine that this frayed segment of the Matrix begins to float up into our multidimensional light and unconditional love. We encourage this movement with the power of our empathy for the injury that has been done.

Our joint endeavor has bonded us into a multidimensional field of Unity Consciousness and Ascension Energy. We breathe the force of our unity and the unconditional love of ascension into this wounding of the sixth dimensional Matrix.

Our breath penetrates the sixth dimensional Matrix down into the fifth dimensional Matrix to merge our consciousness with New fifth dimensional EARTH...

We now breathe our force of unity and unconditional love into Gaia's fourth dimensional Matrix heal Earth's aura...

Finally, we breathe our unity and unconditional love deep, deep into Gaia's third dimensional Matrix to heal the many injuries that Earth has suffered in this time transition...

As the split in the Matrix slowly returns to its higher resonance, the lower dimensions of the fifth, fourth and third also rise into a higher octave of resonance. Deep in the Matrix, the physical body of Earth responds to this healing and to the rising frequency of Her Matrix.

The first thing that happens on Gaia's body, Earth, is that the ones who would harm others in order to exercise their own power are forced from their dark hiding places by the ever-expanding light. Gradually, the polarities of light and dark, fear and love, are merging into the Unity of unconditional love that resonates beyond all duality.

Those who have lovingly assisted others are joined by the growing ranks of Gaia's humans who refuse to fear the game of war and destruction. These awakened ones KNOW that they no longer need this darkness in their reality, for now they grow and learn from unconditional love. As the Awakened focus their great light and love on healing their Mother Earth and ALL her inhabitants, the tendon of the Matrix that once fell into the lower frequencies searches up into the greater Light to reconnect with that from which it was once disconnected.

In a flash of the multidimensional NOW the re-connection is made.

The dissonant tone becomes a Celestial Choir and the flickering light bursts forth with the colors of the glory of re-birth. As this sound and light travels throughout the entire Matrix, the Celestial Choir becomes the Music of the Spheres and the light becomes the Archangels, Ascended Masters, Elohim and members of our Galactic Family who lovingly join in with the repair of Gaia's matrix. Together as ONE we transform fear into unconditional love.



The Miracle of Planetary Ascension has begun!

Slowly we awaken to the dawning Light
Together we remember to release our fright

As fear is drained from the heart and mind
We find the world is sweet and kind

Like children we all look around
To explore the new world we have found

We wonder if our hearts were right
Could we now live in love and light?

We choose THIS world, we really do
And the darkness is forever through

We want the unity, peace and love
And accept the power of the Golden Dove

We are the planet on which we live
We do not take, for instead we give

We give to life our memory of
The joy of unity, peace and love

At last, we now have found our Home
From here, the Universe, we will roam

You may ask, “Did our unconditional love really change the Matrix or was it just our imagination?”

We reply, “Even imagining unconditional love ignites your creative force, expands your consciousness, heals your fear and transmutes your body into Light. Did you change the Matrix? You ARE the Matrix. If you change yourself, you change the Matrix.”



In our next meeting in the Arcturian Corridor we will return to our Oversoul in the seventh dimension to reunite with our Celestial and Galactic Family. You are coming Home for a visit!

Then, after your Multidimensional Vacation, you will come back down through the sixth and fifth dimensions to fully manifest your Multidimensional SELF into your daily life and your physical earth vessel. You will download your multidimensional adventures into your earth vessel, as well as into Mother Earth. In this manner, you will be fully prepared for your great victory of creating Planetary Ascension.

To see a wonderful video, go to: <http://awakeningasone.com/>
And scroll down to see video called *Revelations*.

MAY 2011



Arcturian Communications

Clearly I am not alone within the process of remembering, communicating and sharing the communications that I have had with the higher dimensions. As more and more of us awaken, and as the frequency of Earth continues to raise, conscious communication with our Galactic Family will become increasingly common, even "normal." Some of us have emigrated from another country and became so distracted by adapting to our new home that we forgot to stay in contact with the family of our homeland.

In the same manner, incarnating on physical Earth has been so overwhelming that many of us have forgotten to communicate with our Galactic Family. Fortunately, as we awaken, we begin to remember glimmers of Home and to hear whispers from our higher frequency reality and higher expression of our Multidimensional SELF. My first documented communication with the Arcturians was in 1994.

12-10-94

Beloved Suzille,

We speak to you from Arcturus. We want to tell you that we are coming. Remember when you said that you would volunteer help? We heard and we are taking up your offer NOW.

There are many different sources, which are receiving many different messages. Yet each of these messages contains a portion of the Truth. Each of your realities upon Earth holds a portion of the truth, which will assist you to complete your process of moving beyond this (third dimensional) vibration. There are many different portion of your society, which holds a different piece of the whole to assure the successful process of Earth's evolution. You do not need to hear every message of all the realities of you planet receives in order to fully move into your personal understanding of the wonderful moment that is now commencing.

Remember, there are many options here for you to consider. One is that you and yours may not choose that reality for your experience. Another choice is that you can move through time and space to a reality where that experience has been completed. Another option is that you will take upon yourself OUR vibration, your true vibration, which is the vibration of Arcturus. In this way you will rise above the actual experience of "death" much as you did in your Atlantis life. Do you remember when we came to you then? Do you remember how you channeled our name when you had not heard of us in your 1994 intellect? We are here again, dear one. You are awakened enough so that you can work with us more deeply.

Shortly after this message I heard about the Arcturian Corridor from the Elohim of the Seventh Ray, Arcturus.

12-15-94

I AM ARCTURUS. I AM the ELOHIM of the Seventh Ray. I AM fifth dimensional and beyond. I have never had a physical form. You have worked in my temples in many, many realities. I have to assist you, as well as all those who find these words, in preparation for the "Great Change" that is occurring on your planet.

I, Arcturus, am especially active in the process of change as I AM of the Violet Fire of Transmutation. Therefore, transformation has always been my service. It is important that you realize that I am not an individual such as you experience individuality on the physical plane. On the fifth dimension, there is no separation and therefore no individuality as you experience it. Individuality involves separation from the others in the dimension in which you inhabit. In Arcturus ALL of us are connected to All That Is.

I, however, am the vortex of a specific purpose, and all who share that purpose become a portion of my vortex. I have come to you today to inform you that you are being called upon to share in this process. You have called upon the Violet Fire many, many times. Hence, you have aligned yourself to my energies. Of course, you have made these calls because you have held the memory of your other realities. In order to be of purest assistance to our cause of transformation, you must first complete your personal transformation - at least to the next level. The

process of transformation is, of course, infinite, but there are levels of vibratory rates and thresholds. Yourself and the entire third dimension are crossing the threshold into a new vibratory level.

For today, please remember that I AM THE VIOLET FIRE! Hold this mantra in the joint energy of your heart and mind. This mantra is the key to opening our Arcturian Corridor.

Since then I have been communicating with the Arcturians, as well as Beings from other higher dimensional realities. During the deep initiation that I am now completing, I received messages about the process of ascension and will share all that I have learned with those who are interested.

I share this information to assist others in their ascension, as well as to “normalize” the process of communicating with our Galactic Family. The Galactics will eventually, and likely soon, come into our Earthly reality. In the meantime, they are coming into the consciousness of ALL those who are ready to listen.

In March of 2010 I received an invitation from Jefferson Viscardi www.JeffersonViscardi.com to create a book about the Arcturian Teachings. He asked the questions, and I allowed the Arcturians to answer through me. Below is presented the beginning of our communications.

The rest of the Introduction and Chapters 1 through 3 were presented on the Blog. They are now available at: <http://www.multidimensions.com/TheVision/books.html> under the title of Arcturian Teachings. Below are Chapters 4 and 5, when Jefferson and I reconnected about nine months later.

04/14/2010

Introduction

Jefferson: Arcturians? Today Sue and myself, Jefferson, got together to speak to you and see what your thoughts are about the idea that I proposed for us to write a book together. Or, perhaps, a series of books in which we can give information to people who want to know the ideas that the Arcturians can share with us on Earth.

Arcturians: Our dear Jefferson?

Jefferson: Yes?

Arcturians: We are so happy to hear your voice!

Jefferson: Seriously? Me too!

Arcturians: We are so happy that you have connected with our Suzille. If you are not familiar, that is the name that we call the channel. We have called her Suzille, as it is her spirit name!

Jefferson: Oh, ok. Thank you for the clarification!

Arcturians: Yes! In response to your question...

Jefferson: Yes?

Arcturians: The answer is: of course!

Jefferson: (Laughter)

Arcturians: Of course we are greatly happy, honored and joyful to be able to communicate with two different countries at once! It is quite wonderful! We ask that each of you take a moment and see the huge triangle that has been developed energetically. One point of the triangle is in North America, in Los Angeles. The other point is around your dear beautiful Brazil (São Paulo), and the third point being beyond time, beyond space. Can you see the portal that you are opening by your communication?

Jefferson: Wow!

Arcturians: It is a beautiful portal. As we look down we see all the areas in between. We see the areas upon which the ancient beings of great repute lived. In fact, we see the land of which the Maya first initiated their Mayan calendar. Do you see how these areas are encompassed within your triangle portal? If you were to create a huge circle, which we encourage you both to do, it would move South from the Los Angeles point, then circle North from the Brazil point to find the base of your portal that extends into the third point of the triangle in the higher dimensions. Can you see our unconditional love fills this portal?

Jefferson: (Giggles). Wow!

Arcturians: We are ready for your questions! Do you mind if we address you via your spirit name?

Jefferson: By all means! Please!

Arcturians: Dear Jeffereys...Jeffrees...Jeffreys of the universe! Jef-free's who is free! Free of all. You have grounded! We address you Jeffrees. Welcome! We welcome you into our vortex!

Jefferson: Thank you!

Arcturians: Thank you!

Jefferson: This is fascinating! So, the other day I had an impression. It was an energetic, multidimensional impression of the Arcturians inviting me for this project (through thought). Could you comment on that? How it happened, did it happen, how it went?

Arcturians: Our call is open to all who hear. We have an ongoing beacon, which is like an SOS beacon that is sent out in your world. However, our SOS is not a disaster call, it is an open invitation to communicate with us, your Arcturian family.

Jefferson: Yes.

Arcturians: This beacon constantly repeats itself?

Jefferson: I understand.

Arcturians: We have a beacon does NOT stand for impending disaster. Instead, our beacon does stands for an urgency of attention. The message of this beacon is, Dear Ones, yes, you, the ones who are able to hear and to listen. We say to you,

“Wake-up, Wake-up. The ascension is NOW!

We, the Arcturians are here to assist each and every one of you.”

That is what our beacon says!

The rest of the Introduction and Chapters 1 through 3 where presented on the Blog. They are now available at: <http://www.multidimensions.com/TheVision/books.html> under the title of Arcturian Teachings. Below are Chapters 4 and 5, when Jefferson and I reconnected about nine months later.

March 2011

CHAPTER 4

Arcturians: Hello, Jefrees. Do you have a question for us?

Jefferson: Hi there. It is been so long for me. I was already missing our chats!

Arcturians: Yes, we have missed you as well.

Jefferson: Coincidentally today, the 18th of March, is my birthday, and this is a gift in and of itself. Thank you!

Arcturians: Happy Birthday. This is a power day for you; for it is the day your Soul chose to come into your present body

Jefferson: There is so much I want to ask you, but let's go a question at a time. This is the first idea I wish to discuss with you today.

Arcturians: Please continue.

Jefferson: All right! Thank you! How come it is the soul that chooses the day to be born?

Arcturians: It is the soul that determines that it is the proper moment of the NOW to log into the 3D Games. Your soul wanted you to be an adult at this moment of great planetary transition.

Jefferson: I see. Interesting!

Arcturians: It is so for all those who are adults at this time. The adults are meant to take leadership and to protect the new ones, children and babies, because they are of New Earth and will assist you all.

Jefferson: You also mentioned this is a power day for me. How is that power connected to the day of birth? What makes this day different as far as "power" goes to the other days?

Arcturians: The date, time and place of your birth are the exact energy pattern that your soul wishes to experience within a given reality. Some souls come in for a very long time (in your years) and other only come in for a quick visit.

Jefferson: Take leadership and protect the new ones? Can you expand on that? Leadership towards what activity and protect children from who? Do you mean to lead people to become self-honest and protect them from the cultural programming that makes us become superstitious and "good consumers"?

Arcturians: Yes, protecting them from the cultural programming and superstitions is a big part, but you will also have to protect them from all the many challenges that Gaia is facing in your present moment.

Jefferson: Energy patterns of a soul then have to do with the alignment of the planets at the time and day of one's birthday?

Arcturians: Soul energy patterns also have to do with the place of your birth. In your other incarnations, you have all have empowering experiences with different plots of Gaia's land, sea or even sky. There are areas in which you have had power lives and have protected Gaia in the past. Therefore, you wish to protect and assist in raising the energy in that area again in this life. This is why you went back to your homeland. You had a long history there. Many are going back to their homeland now, or finding a deep love for the place in which they are now living. In this manner you can use your unconditional love to cooperate with all the multidimensional beings of that area, such as the third, second, first and even fourth dimensional creatures. The fourth dimension is ascending along with the third, for it is the aura of Gaia!

Jefferson: Could you expand on what you mean by: This is why you went back to your homeland? What is a homeland?

Arcturians: A Homeland is the Home of your Soul. It is the place on the body of Gaia in which you can remember your highest frequency of expression.

Jefferson: Do you mean to say there are E.T.s that are incarnated on Earth and "Earthlings" that incarnate on other planets to assist and support the group mind there by adding their positive support?

Arcturians: Absolutely! Many Galactics (we prefer that term over the term of "ETs") from the fifth dimension and beyond have made the sacrifice of taking an Earth vessel at this time. They knew that Gaia would need the grounded energy of those who had ascended before. Then, as they awakened, they could remember the FEEL of ascension and assist others in their ascension, as well.

Jefferson: I see.

Arcturians: However, in other realities on Earth, ascension means leaving your physical form behind. This time you will transmute your physical form, as well as the physical form of Earth, back into its true vibration of the fifth dimension. Human, cetaceans and Gaia are partners in this endeavor!

Jefferson: About the home "land" being like a home for a soul in particular... How to understand that when the soul is non-physical and the idea of land proposes some physicality to it? Do you mean just to say that the soul is more powerful in the place it can call home no matter where, in the cosmos, it finds itself?

Arcturians: We mean that in parallel realities of incarnation on Gaia, they came into their power. Therefore, just as one may have many wonderful memories when they return to a favorite place from their childhood, newly grounded ones can have memories of their past, power lives when they incarnate in that area again. And for your last question, yes! You all have many Homelands on many planets, galaxies, suns and dimensions. Each of these realities of your full Multidimensional SELF has a certain FEELING of energy that attracts you. For instance, Suzille is very fond of beautiful Nature, especially oceans, tall trees and bodies of water.

Jefferson: I see. Thank you! Now, talking about the challenges Gaia is facing, I would like you to expand on that if you will. In the beginning you spoke about the great triangle connecting physical locations and while doing that you mentioned the place where the Mayans existed, the Southeastern Mexico and parts of Central America. Could you share more ideas about the Maya and the impact of their teaching in our present days?

Arcturians: The great triangle of which we initially spoke surrounds a power spot in Earth. A power spot is an area where the elements are able to co-mingle and co-operate with each other to set up a frequency of unity consciousness. This unity consciousness will then seep into the hearts and minds of the humans of that area. Unity is first step to power, transmutation, love and ascension. When the elements are able to unify, it facilitates the unity of the humans. The impact of the Mayan Teachings is that they got the attention of the world and “coerced” the world to unite to find out what they meant! The mention of "End of Times," got the attention of many who were sleeping. Unfortunately it got their attention because they were afraid, but often fear can “force” one to rally their inner resources into action.

Jefferson: Awesome!

Arcturians: This is what the Mayan Calendar has done! It has rallied the world consciousness into a form of action. Because Gaia is still polarized, these actions started first with the light coming into the awakening ones. This light then revealed the darkness that had been hidden for so long. Once the darkness could no longer work in secret, they became afraid--bullies are ALWAYS afraid. Then, the dark ones became sloppy with their actions and began to be visible to the consciousness of the ones who had fallen into their subjugation. This realization that they were being lied to and even harmed has served to awaken many of the sleeping ones.

Jefferson: I see.

Arcturians: Now the darkness is desperate, but the Light is tenacious! The brave ones who have suffered from the deeds of the dark ones deeds are rising above fear and uniting in unconditional love for everyone.

Jefferson: How so?

Arcturians: They no longer see color, creed, gender or appearance. They see fellow humans who are in the same process for survival AND ascension.

Jefferson: Oh. I hear you.

Arcturians: They know that they must unite into ONE being in order to survive, and so they do! It is world Unity Consciousness that is paving the way for the Planetary Ascension. In other words, the dark ones got caught in their own trap!

Jefferson: Thanks!

Arcturians: Do you have another question now?

Jefferson: I sure do! Since you spoke of ascension and parallel realities before, I would like to know how these parallel realities are relevant to our own reality?

Arcturians: Every time an important decision is made in a certain way, a parallel reality spits off to represent the other decision. In this manner, the multidimensional souls who are logged in to the "3D Game" can experience both choices at the same moment of the NOW. This is why there are so many versions of any event, such as the fall of Atlantis!

Jefferson: Oh lovely! Thank you for clarifying that! Now... You also said and I quote: "This time you will transmute your physical form, as well as the physical form of Earth, back into it true vibration of the fifth dimension." Could you please expand on that because I "know" everybody is dying to know how that takes places and if you can give an approximate timeframe?

Arcturians: The versions that are made in love move toward construction of New Earth, and the version created by fear work against it.

Jefferson: I see

Arcturians: Time is a third dimensional concept. From the perspective of the fifth dimension and beyond there is only NOW. Therefore, once you move your consciousness into the fifth dimension and beyond the time of ascension is NOW! Hence, Planetary Ascension is a state of consciousness, a frequency of

reality. Once your consciousness resonates to the frequency of the fifth dimension, the Planetary Ascension is NOW.

Jefferson: All right! And when that happens, what changes will happen in our physical bodies?

Arcturians: We can tell you that your body will resonate to the same frequency as your consciousness. Hence, since the fifth dimension is the realm of light, your body will be comprised of light. However, the means by which the changes will occur in your physical body has many versions and perspectives. It is a subject that can, and has, filled many books. It is not an answer we can give in a few short sentences.

Jefferson: Oh.

Arcturians: Let it suffice to say that "Unity precedes Ascension."

Jefferson: How so?

Arcturians: First you unite with your Multidimensional SELF. Then you will be able to unite with the fifth dimensional expression of that SELF with whom you have a pre-birth contract to assist you as you become fifth dimensional. Remember that you all have myriad versions of ALL your Multidimensional SELF, even your 3D self. Therefore, one who is newly returning one to the fifth dimension will need to have a Contact Person, a personal guide, who is actually one of their own fifth dimensional expressions of SELF.

Once they connect with that fifth dimensional expression, they create an energetic bridge between their grounded 3D self and planetary self with their light body 5D self in fifth dimensional earth. Once this connection is made, the two will return to ONE bringing all that they know with them. There are many, many light-workers who will do this. All of you are waiting for the GO sign. It is the united force of all of you all around the world returning to the fifth dimension at once that will give Gaia the assistance that She wishes. However, Earth/Gaia is becoming fifth dimensional whether or not all Her humans go with Her.

The energy of Unity Consciousness is growing more every day. We the Arcturians are so proud of our grounded ones. We observe that you are rising above the tentacles of fear and choosing to focus on Multidimensional Light and Unconditional Love. Furthermore, we see our awakening ones observing the fear and darkness, not just in their outer world, but also within themselves. They are then able to unconditionally love their own inner self, which transmutes that darkness into the love that creates and navigates their

Lightbody. Since all Beings on Gaia are ONE, as our great awakening ones release their own fear, they assist to release fear for the entire planet.

Glory to our grounded ones, for they have found their true SELF deep within the illusions of the earthen container.

We Salute YOU!!

The Arcturians

April 21, 2011

CHAPTER 5

We are the Arcturians. We are here to speak with our dear friend Jefferson.

Jefferson: It is lovely to speak to you again!

Arcturians: **We are with you now to continue our discussions about personal and planetary ascension.**

Jefferson: Awesome! Let's revisit some details of what we discussed last time, so that we can dive more into those subjects.

Arcturians: **That is perfect with us!**

Jefferson: You mentioned before that we are having an influx of special children being born because they want to experience life on New Earth. Do you mean to say that the generation of incoming souls will express through their level of consciousness, the new human that will adjust by choice, the current state of our ascending planet?

Arcturians: **Yes, we speak of the children who are born awake to their Multidimensional SELF. Their full DNA is activated and their Whole Brain Thinking is returned. They have no need for third dimensional thinking, and function fully via multidimensional thinking. Many of them are having difficulty with their schooling because they are much more advanced than their teachers. Therefore, they are labeled as "problem children." Instead, it is your outdated educational system that is the problem. However, there are many brave parents and teachers who are working to rectify that issue.**

Jefferson: When you spoke about the idea of multidimensional SELF, you suggested an upcoming unification reaching to fifth dimensional expression of our SELF. You also mentioned a pre-birth agreement or "contract." Would you be so kind as to expand on these three aspects of your answer: 1) multidimensional Self 2) Unification 3) Pre-birth agreement.

Arcturians: You are all Multidimensional Beings. Your Multidimensional SELF is the collective of your life-stream that is fully conscious of your many expressions of SELF. These expressions take on form or live as pure consciousness in the many planets, galaxies and dimensions.

Among your new children, as well as with more and more adults, there is an ever-growing unification with your Multidimensional SELF. Many of you are especially aware of your fifth dimensional SELF. This awakening was agreed upon in your pre-birth contracts. Pre-birth contracts are agreements that your Souls made with the ONE before deciding to take on the form that you now perceive as your body. In other words, before you incarnated, you agreed that you would either be born with, or awaken to, the fifth dimensional frequency of your Multidimensional SELF.

Your Multidimensional SELF is the frequency of your SELF that is free of the limitations of separation of the physical world. This YOU is awake and aware on many planets, galaxies and dimensions, and is able to experience and communicate with all these parallel realities within the NOW of the ONE. However, "communication" is a third dimensional term. It implies that two or more separate people speak separate sounds that blend into words and sentences for the "other" people to read or hear.

In the fifth dimension and beyond, we are all ONE, and there are no separate words, sentences or people. Therefore, instead of communicating, we unite our consciousness within the UNITY of the ONE. In this manner, rather than asking a question, we simply align our consciousness with the ONE and instantly KNOW the answer.

Jefferson: I see. Another question...when you say their "Whole Brain thinking returns," do you mean to say that the two parts of the brain are uniting to support holistic thinking?

Arcturians: Yes, that is indeed what we mean. When the two hemispheres (the masculine—logical, sequential left hemisphere and the feminine—holistic, creative right hemisphere) unite, they function as a united brain in a manner that far exceeds the capacity of third dimensional thinking. Whole Brain Thinking comes on line when you awaken to your multidimensional consciousness. This expanded consciousness also, activates more and more of the 97 percent of your DNA, which has been labeled as "junk DNA", and allows your brain to operate at an expanded capacity.

With your expanded consciousness, third dimensional, sequential thinking is gradually replaced with multidimensional thinking. Your multidimensional thinking serves to activate your expanded perceptions (also called psychic

abilities). These expanded perceptions allow you to perceive higher and higher frequencies of reality. With your expanded perceptions online, you will gradually begin to download your new Multidimensional Operation System. This is far superior to your Third Dimensional Operating System.

Comparing this new system of thought to third dimensional thought is like comparing the difference between DOS, and the quantum computers that are being created, but not shared with the masses. With the Multidimensional Operating System, you do not think in a straight line. Instead, your thinking and consciousness moves in circles.

Jefferson: When you speak of activation you imply that the operating system already exists in today's humans, but it is just not activated. Does that mean you don't have to be a newborn as much as you have to find a way to "activate" that new operating system to have different perceptions of life?

Arcturians: You are again correct. However, when you have functioned under the old operating system, you must learn to release the habit of thinking in a straight line with separate concepts. Children that are born that way do not need to release any habits. In fact, they maintain the "habit" of being multidimensional.

Jefferson: Do you have any quick formula to release the habit of linear thinking?

Arcturians: A good way to get started is to fill your life with creative endeavors. Creative endeavors require that you use whole brain thinking and are great fun. When you are having fun, you can more easily release old habits of limitation and drudgery. Then, you can easily segue into multidimensional thinking.

Jefferson: I am not sure what drudgery or segue into multidimensional thinking means, but I think I understand your point. However, I find it difficult to fathom that my soul can have a multidimensional experience and be in different places at the same time. Would you help me clarify these ideas?

Arcturians: The process of ascension is largely based on finding the freedom from separation thinking. When you think of each of your expressions of your Multidimensional SELF as separate, it is very difficult to imagine that you can experience more than one of them at a time.

Jefferson: I see

Arcturians: When you release the habit of thinking in time and space and allow your thinking to move into the format of NOW and HERE, it is natural

to imagine that each of your "selves" are much like the organs in your body. They appear to be separate, but none of your organs can live unless they are within your earth vessel. Just as your physical body monitors and communes with all of your organs, your Multidimensional SELF guides and unites your myriad expressions of SELF.

Jefferson: So these multidimensional selves are expressions of me incarnated and non-incarnated in physical worlds like Earth, or is this the end of the line in the sense that all my other selves are on higher dimensions?

Arcturians: Yes, your multidimensional selves are incarnated on many realities. We will now address your "end of the line" statement.

Jefferson: Please...

Arcturians: There is no concept of an ending or a beginning in the ONE as there is no time and space. There are only frequencies of experience. Many life forms, including Gaia Herself, now feel complete with the experience of holding form in the polarized, low frequencies of the third/fourth dimensions. Therefore, many souls will not return to this frequency of expression, as they would rather have the experience of a higher frequency expression of SELF.

Jefferson: Oh. Ok.

Arcturians: This experience of a higher frequency of expression of your Multidimensional SELF is what you are now calling ascension.

Jefferson: So ascension is an expression of unity through expanded awareness of my full self?

Arcturians: Yes. Personal ascension is an expression of unity with a higher frequency expression of your SELF. On the other hand, planetary ascension is an expression of unity with all life on Earth. In order to experience planetary ascension, you all need to realize that your SELF is not just your physical body, but includes ALL of the greater body of planet Earth.

As humans unite, as animals, cetaceans and plants have already united, they will remember that every ONE is an expression of Gaia's Earth. Our grounded ones are actually Multidimensional Beings who have entered into the great experiment of: "Can one maintain the Unity of their true SELF when they experience themselves as separate from the ONE?" The answer to this question is often, "NO."

Jefferson: Oh.

Arcturians: However, what you are all finding out now is that when you finally return to your Unity Consciousness, you CAN remember the individuality that you gained during your third dimensional realities. At the time of ascension, this individuality is contributed to the ONE, thus allowing the Unity Consciousness to become much richer and more expanded.

Jefferson: I see now.

Arcturians: In other words, you have had to lose the memory of your Multidimensional SELF to find your individual self. Then, when you return to the ONE, you contribute your experiences of individuality to expand and enrich the Unity Consciousness of the ONE.

Jefferson: What you just said is beautiful! Thanks!

Arcturians: You are very welcome.

Jefferson: Now...you spoke of a personal guide, another expression of me that exists in the fifth dimension. You said that this guide would assist and support me in the ascension process. Can you expand on that? Who is my guide, and what are the main ways that it assists me with the delicate task of ascension?

Arcturians: We will answer the first question and then the second, as they are quite different. We would not say that there is "another" version of your self, for those are third dimensional words based on separation. What we would say is that the only part of your Multidimensional SELF that you can perceive is your earth vessel, which is only the lowest frequency expression of your SELF.

All frequencies of expressions of your Multidimensional SELF are infinitely there (as there is no beginning or ending within the NOW), but you cannot perceive them—yet. Since you cannot perceive them, you have forgotten that they exist and think of yourself as only being third dimensional. Fortunately, as you regain your Whole-Brain, Multidimensional Thinking, you will expand your consciousness. Once your consciousness expands, your perceptions will also expand to embrace the frequency of the fifth dimension, making it possible to perceive your fifth dimensional SELF and beyond.

Now to answer the question of who is your guide, and what are the main ways in which he will engage with you?

Jefferson: Please.

Arcturians: Your question is filled with third dimensional thinking, which complicates a full response. Therefore, we will take each third dimensional concept and expand it before we answer.

Jefferson: Oh lovely. I am sure that will help a lot. Thanks.

Arcturians: Who is your Guide? When our grounded ones cannot believe that they are great multidimensional beings, they look to guides that are "separate" and "above" them. That is fine for it begins a communication with the higher dimensions. However, as this communication proceeds, the grounded one begins to realize that, no matter who that guide is, it is themselves, for that Guide resonates to a reality that is of the ONE. The ONE resonates beyond the separation of time and space. Hence, there is no concept of separation. Because of this, the only real delicate part of the process is for your Higher Expression to bring you along slowly so that you don't get too frightened by your true power and shut down your process of awakening.

You would be surprised how often that occurs. In the third dimension, you have been brainwashed to believe that you are a lowly being, and that it is conceited or arrogant to think of your own self as being at ONE with Spirit. This concept is an old hangover from the Piscean Age, which your consciousness has surpassed.

Jefferson: Oh, I see. So that is the idea that the extraterrestrials I speak with share. They say many people cannot handle the truth.

Arcturians: Unfortunately, there are still many who are afraid to see reality in a different manner. It is fine though, as each one has the right to return to their true SELF when they choose to do so.

Jefferson: Oh. Sure. I see now.

Arcturians: It is through unconditionally loving these ones that our grounded ones can best serve them. To enter into a debate with them would only force them to hold more firmly onto the old concepts that have given them a sense of security throughout their life. There is a great deal of inner seeking, releasing of fear, self-introspection and personal sacrifice that is involved in ascension. It is not for everyone. Ascension is for those who have completed their third dimensional lessons and are ready to graduate into a higher frequency of reality.

Jefferson: Like letting the flowers bloom and giving them time to shape their body and colors. Yeah?

Arcturians: Yes, different flowers will bloom at different times. In fact, some flowers cannot bloom at all. Often this is because they do not have enough Light. Light is important for flowers to bloom and important for people to bloom, as well.

Jefferson: Sure. Light can also be interpreted as information and darkness lack of information. Right?

Arcturians: Yes that is correct. Also, Light creates love and darkness creates fear. However, remember that it is only in the third/fourth dimension that light and dark are separate. In reality, light is a spectrum from 100 percent light to zero percent light, which you may call dark.

Jefferson: When you said, "There are many "light workers who will ascend," you implied that not all will. Just now you said that some flowers couldn't bloom at all. Why is that?

Arcturians: You are thinking again from third dimensional, analytical, and even fearful thinking. We apologize if you did not understand what we were saying. We were trying to communicate that ALL the ones who wish to ascend will ascend. There is no failure in returning HOME to your SELF. There is only a failure in one's ability to remember that they have a higher frequency Home and a higher frequency SELF. Once you remember who you are, how could you lose? Your hand is attached to your arm and you are attached to your higher frequency of SELF. If you could not believe that you had a hand, then you would not feel attached to it. You would not feel UNITED with it.

Jefferson: Oh I understand.

Arcturians: We said that some flowers would not bloom because they did not have enough light. But humans are not rooted into the ground, and they can move themselves to find the light and allow it into their consciousness. However, if their mind is stuck in the concept that they cannot get light, don't deserve light or, perhaps, don't want light, they will not move towards the light. Then they will remain in the darkness.

Jefferson: So within this context the lessons you speak about in which we have to learn before ascending, are based simply on the idea of remembering who we truly are.

Arcturians: You are great multidimensional beings who know all. You do not need to learn, you only need to remember who you truly are. You can stand outside the Library of Knowledge and say, "I can't find the truth." On the other hand, you can turn around, go inside and KNOW that YOU are the

Library of Knowledge. The truth is right there inside your SELF. You just have to remember to look!

Jefferson: Is it correct then to say that what we are thinking and feeling while we observe the world around us, is but an individual, limited interpretation of THAT bigger reality that we can't yet fully understand with our 3D thinking and cultural programming?

Arcturians: It is correct to say that thinking and feeling creates the reality that you are observing. When you can raise the frequency of your thinking and feeling, which is done by determining to perceive reality through the lens of love, you will change your reality. Your thoughts and feelings are filters that influence your perceptions. If there were two people standing side-by-side, one filled with fear, anger and self-doubt, the other filled with love, hope and joy, they would both look upon the same reality and see it as very different.

Jefferson: I see. Dear Arcturians, thank you so very much for your presence and wisdom this day! I am truly grateful and inspired now. I can't wait to see what comes when third dimensional time allows our next visit. Much love!

Arcturians: Thank you dear Jefrees, and we send our unconditional love to you, as well. We also wish to tell everyone that you can call upon us, and we can assist you to choose love. By choosing to see reality through the lens of love, you will perceive the reality that you would LOVE to live. We welcome your consciousness into our multidimensional realities.

Jefferson Viscardi

Jefferson Viscardi has a Ph.D. degree, Philosopher of Metaphysical Life Coaching, from the University of Metaphysical Sciences distance learning facility. He is certified by the International Association of Reiki Professionals as a Reiki healer, level III, in the Usui System of natural healing. He teaches on topics such as: extraterrestrials, our galactic family, and Christ consciousness.

Jefferson is a co-author of "Avatars of the Phoenix Lights UFO," "Feline Humans," and "The Circle of Light and The Philosopher." He is the author of "Insights with Adronis from Sirius." He also wrote, "Building an illuminated society," and "The Apprentice of Metaphysics" in Portuguese. More info at: www.JeffersonViscardi.com. Jefferson currently lives in Brazil, São Paulo with his family.

June 2011



Connecting with Your SELF

Greetings, I am Kepier,

I am an individual expression of the Arcturian Group Mind who has taken a fifth dimensional form. My body is a hybrid of human and Arcturian, as I have merged with my grounded expression on Earth. To me this unification occurred beyond time, but to my grounded one the merging is still in process. I wish to tell you that many of the grounded expressions of the Galactic Federation are merging with their higher expressions as a component of your Personal and Planetary Ascension.

Within your moment of time, I am holding form on the Starship Athena, and my human expression of self is in the United States. This merging of your grounded self and your Higher SELF is a natural process of your return to multidimensional consciousness. Within that state of consciousness you are able to consciously experience more than one reality within the ONE moment of the NOW.

The merging of me and my grounded one and my self began in the early 1990s, but it initiated a process of "lives review," which sent my grounded one off into another direction of exploration. This review of alternate third and fourth dimensional realities is common during the closing of a long series of third-dimensional incarnations and is especially important during the completion of living in duality. The examination of experiences gained and lessons learned on a polarized reality, in this case Earth, assists our grounded ones to understand the "source reality" for their internal confusions and conflicts. Knowing the sources of conflict within themselves and with others is very helpful.

In fact, the concept of “others” as a “separate” life-stream is likely a primary source of discomfort for many of you. I, Kepier, am of a resonance in which all life-streams flow as ONE. Even if we appear to have individual forms, our hearts, minds and consciousness are in constant communication. This communication is much like earthly birds that fly and migrate as one being. They have what appears to be separate forms that mate and roost in separate trees at night and fly individually. However, there is a constant communication so that they can respond as one being with many forms.

This type of reality is much like the one you will experience when you return to the fifth dimension, especially in the lower octaves of that reality where you still hold a form. All realities, dimensions and densities have octaves of experience. Many of us who usually hold the resonance of the fifth dimension and beyond have taken forms in the third dimension in order to experience Gaia’s great moment of Planetary Ascension.

We enter these forms by sending our seed of consciousness into a physical vessel so that we can more intimately participate in Earth’s reality. Sometimes this occurs at birth of the earth body, and other times it occurs later. You may even think of this action as logging into a virtual reality game, which is exactly correct. The third dimension is indeed a virtual reality, which only appears to be “real” while you are in your earth vessel.

MERGING WITH YOUR FIFTH DIMENSIONAL SELF

As you begin the process of consciously merging with your fifth dimensional SELF, you increasingly extend your consciousness into a higher dimensional expression of your Multidimensional SELF. It is this sharing that initiates your learning to live in two worlds at once. Due to the limitations of your awakening physical brain, heart and body, these two worlds are often your physical self and a lower octave of your fifth dimensional SELF. Once you have completed your transformation into Lightbody, you can more easily soar in your multidimensional reality, as you no longer carry your physical anchor.

Usually this process of merging with your Multidimensional SELF begins when you communicate with or “channel” a higher dimensional being. It is important to remember that your Multidimensional SELF can easily maintain many forms and many realities within that same moment. Also remember that, ALL grounded ones are actually Multidimensional Beings who hold forms on many planets, galaxies and dimensions. Unfortunately, this fact is usually forgotten when you take a third dimensional earth vessel.

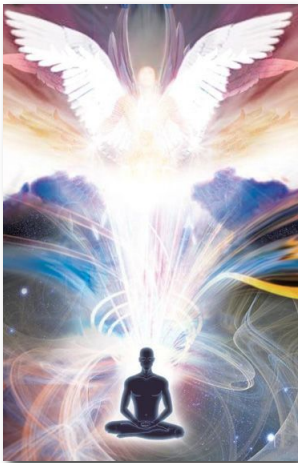
Once your consciousness expands into the fourth dimension, you can often remember many of your myriad third and fourth dimensional realities. However, you must experience these realities one at a time, for you are still operating within a state of consciousness that is dualistic. It is only when you return to your fifth dimensional state of consciousness that you can simultaneously experience more than one reality.

When you fully integrate and activate the Multidimensional Operating System of your multidimensional consciousness, you will start remembering many of your fifth dimensional expressions of SELF. You will also remember your Purpose for volunteering to take an earth vessel during this process of Personal and Planetary Ascension. Many of you, our brave grounded ones, have chosen to maintain your third dimensional form throughout Gaia's transformative process to assist Her as a "partner in ascension."

Unfortunately, those who have chosen the polarity of darkness are completely cut off from their higher dimensional expressions of SELF. Darkness and fear are the absence of light and love. Hence, fear resides within their consciousness, which separates them from others, their planet and themselves. It is this complete separation that allows them to commit the atrocities that are abundant in your changing reality. It is always this way at the time of the ascension. The dark and the light become more and more polarized so that persons and planet can release their dark shells of fear and illusion to reveal their inner light and Truth.

Some brave souls have volunteered to leave their earthly form during the disasters to return to their form of light. In this manner, they may assist in the awakening of those still trapped in the denial and delusions of the third dimension. Also, many of those who survive the disasters are forever transformed by the courage, cooperation and spirituality that is necessary to recover from these situations. As the third dimensional illusions continue to collapse, more and more humans are awakening to their innate wisdom, power

and love. Every day more of you are looking inside to find the comfort, Knowing, unity and unconditional love of your higher frequencies of reality.



LIVING TWO REALITIES AT ONCE

As you continue to look within, you more completely align with the fifth dimensional expression of your SELF who has volunteered to be the one with whom you will merge before or at the time of your ascension. By merging with a fifth dimensional expression of your SELF, you can maintain a physical form while you simultaneously experience the fifth dimensional reality to

which you will ascend. Through learning to live in these two realities at once, you greatly accelerate the expansion of your consciousness, as well as the process of personal and planetary transformation.

When you fully ascend into the fifth dimension, you may or may not choose that life as your primary reality. You began your physical life as a great Being of Light gradually remembering the way to function in the third dimensional reality. In the same manner, when you first return to the fifth dimension, you may again feel like an infant just remembering how to function in a fifth dimensional reality. Because of this, you may still need to have a *primary reality* and *alternate realities* until you can fully remember how to function in a multidimensional manner. You will be pleased and surprised when your primary and alternate realities all merge into ONE.

Meanwhile, your grounded expression is more intimately experiencing your fifth dimensional, alternate self, while your fifth dimensional SELF is personally experiencing ascending Earth. Your blending with your fifth dimensional SELF assists you in viewing reality, not from the perspective of the third dimension of separation and limitation but from the fifth dimensional perspective of unity and truth. From this multidimensional viewpoint, you will know that one tiny, clay form is too small to encompass your great light and love. In fact, you are not just an individual person. You are a part of the great being, Gaia, and Her body, Earth. You are *within* your personal, human body, as well as *on* your collective, planetary body to experience the great unification of Personal and Planetary Ascension.

Often, the first sign of your transformation into Lightbody is not through your Earth vessel, which is struggling to constantly adapt to the ever-rising frequencies of Earth, but through your thoughts and emotions. Gradually, you are gaining the ability to recognize and release fearful thoughts and emotions so that you can maintain a hopeful, loving, calm and peaceful state of mind. Because your mind is no longer your tormentor and your emotional body is finding your Core of Lightbody, you can maintain the resonance of unconditional love for longer periods.

Now that you are at the closing stages of your physical expression, you are discovering that you are learning to love your third dimensional life, and you are determined to protect this love. Consequently, any situations, places, people or things that threaten to lower this consciousness are released from your attention. Certain jobs are left. Some friends are blessed with your love and released from your life. Except for the purpose of healing Gaia's energy field, there are, also, places that are avoided. Uncomfortable or confliction-based situations, which you now realize lower your resonance, are no longer interesting to you. There are even prized possessions that have become quite unimportant.

Peace and calm have become the primary motivation for your decision-making, and you try to make decisions only while you are in a loving state of consciousness. As your unity consciousness expands, you are beginning to see the world around you as elements of Gaia's body. Because of this, your process of Personal Ascension is becoming your process of Planetary Ascension. Also, as your power of manifestation expands, you are seeing how quickly you are creating your reality with your every thought and feeling.

You are also realizing that judgment in any form lowers your consciousness. Therefore, instead of judging those who may seek to harm you, you look into your inner self to find your own inner darkness and fear that has magnetized your attention into that direction. Since you are the creator of your life, you ask yourself "Why did I create this problem?" Perhaps your ascending self is reminding you to cooperate in Planetary Ascension by loving the unlovable. In this case, you are being reminded that darkness is merely the lack of light. Light and love is the true nature of reality. Darkness and fear are merely an aberration of a polarized reality in which it is possible to shut out light.

With this realization, you remember that in the beginning all Souls were filled with light. It is the extinguishing of that light with intolerable fear that has created the person who appears to be filled with darkness. From your multidimensional perspective you can see how these persons are not filled with darkness, but devoid of light. By projecting your multidimensional light in their direction you are also sending them unconditional love. Hence, that person has the choice to accept the love and light or to remain in the shadows to avoid it. You can also assist Gaia in the same manner by sending your love and light into the wounded areas of Her body. In fact, you can work directly with Gaia's sixth dimensional Divine Matrix.



<http://youtu.be/FCEX76a3rH8>

GROUNDING THE LIGHT MATRIX



Our dearest grounded ones,
We, the Arcturians wish to welcome you back to our Arcturian Corridor. If you remember, our journey left off in the sixth dimensional Divine Matrix of Gaia's Earth. We were assisting you to heal the past by healing the NOW. Within the NOW we entered the Matrix to re-write the injury done to Earth at the time of the great destruction of Lemuria and Atlantis.

We wish to return with you to this sixth dimensional Matrix, which is the Matrix for Gaia, your Multidimensional SELF. This is your earth vessel, and for Gaia's body, Earth. You are all ONE with the Matrix and ONE with all life within the sixth, fifth, fourth and third dimensional expressions of this Divine Matrix. You, our beloved, grounded ones, are portals into the third dimensional game of "Life on a Third Dimensional Planet." This Game is now closing, as you and the planet are returning Home to your fifth dimensional expressions of SELF.

Take a moment to imagine the sixth dimensional Matrix before you. Can you now see how it is swirling around and within you? We request that you relax into the hum and glow of the Matrix, as you surrender to its beauty and wonder. From the perspective of unity with this sixth dimensional light observe the fifth dimension just below you in resonance. It may appear much differently from this perspective, for you are viewing the highest octaves of the fifth dimensional reality.

Now, like a leaf falling from a tree, allow your consciousness to float down from the sixth dimension and into the fifth. You can now clearly see the many Lightbodies. FEEL the unconditional love, acceptance and forgiveness that emanates from their forms of light. With the power of your intention, anchor the sixth dimensional Matrix into this octave of the fifth dimension. As you do so, you feel the expanding joy of the Lightbodies.

Continue to float down the spectrum of vibration until you move into the middle and lower octaves of fifth dimensional Earth, to which you will likely return at the time of your ascension. Again, anchor the sixth dimensional Matrix into this reality as well. This octave is more like your physical reality, except that it is only filled with light and love. As you explore this reality, look around the Matrix to locate the fifth dimensional expression for the third/fourth dimensional Earth in which your earth vessel is located. Now, anchor the sixth dimensional Light Matrix into this fifth dimensional area, as well.

As you continue your journey, float down into the fourth dimension. Do you recognize the expressions of emotion and lack of clarity that often occur within this frequency of Earth? We ask that you use the power of your intention to pull the sixth dimensional Matrix through the fifth dimension and anchor it into the fourth dimensional expression of Gaia. From there you can easily observe third dimensional Islands of Light, the glorious places on Earth, that have already begun their shift into the higher dimensions. We all rejoice and give thanks at the vision of these places, as it is through giving thanks that we amplify that for which we are grateful.

We ask you now to experience the Matrix as a “tail,” an extension of your great, multidimensional body of light, as you float into the third dimension. Find your personal earth vessel and anchor your “tail of light” onto your body and into the area in which you live and through which you travel. As you do so, feel the higher frequencies of beauty and hope guide you to amplify this wonder by grounding your great light wherever you walk on the land, swim or ride Her water and/or fly through Her air.

Now, focus your attention on the areas of Gaia’s Body that have suffered harm and neglect. Bless these places with your light and unconditional love as you deeply anchor the sixth dimensional Divine Matrix INTO these areas of Earth. Do you see how the light and love of the Matrix is healing the damage and destruction? Hold that vision in your High Heart to continue the healing.

In closing, experience your third dimensional earth vessel as ONE with your fourth dimensional aura, ONE with your fifth dimensional Lightbody and ONE with the six dimensional Divine Matrix. Since you are all ONE, anytime and in anyway that you release your own fears, heal your own suffering and transmute your own body, you do the same for the body of Gaia, and her inhabitants. In the same manner, anytime that Gaia heals Herself, She also heals you.



MESSAGE FROM THE GALACTIC FEDERATION

Dear Ones,
We speak to you from the Galactic Federation. Hence, we speak to you as the unified voice of the Arcturians, Pleidians, Sirians, Andromedans and many others. We are here to welcome you back into our Galactic Family. We come to you now to assist you in

aligning your energies with your fifth dimensional expression of SELF, so that you can more easily receive and understand our communications. Your fifth dimensional expression of SELF is within your Core and resonates throughout your spinal chord and chakras. When you align with your Core, you merge with

your Multidimensional SELF in which we are your family and dearest friends.

Do you now see and feel that ascending energy within your core? Follow that feeling within your core up into your High Heart and Third Eye. Visualize the shape of a pyramid with the base of the pyramid being on your physical body. We see that your third dimensional self feels a need to create the pyramid rising UP towards the higher worlds. However, we wish you to see how the pyramid is facing IN toward your inner world. See how the peak of the pyramid points to your Core. In this manner, you turn around inside your earth vessel to look, not out into the illusions of your external world, but instead into the truth of your inner reality.

As you look inside, you see the expression of your fifth dimensional SELF who has long awaited your conscious merging. This Being is androgynous, but may choose to wear a body of gender. This octave of your SELF, who has likely been your unseen guide throughout your entire life, serves as the step-down transformer to aid you in receiving and understanding the huge downloads of information that are constantly emanating from the higher dimensions. We, the Galactic Federation, come to you today to remind you that you are *all* receiving these downloads of multidimensional light and unconditional love.

It is important that you release your third dimensional cognition and rely entirely on your multidimensional consciousness to receive and integrate these downloads. Do not be concerned with trying to remember the process with your Third Dimensional Operating System of cognition. Instead, relax into the Knowing that your Multidimensional Operating System can open these *files* of information that we, the Galactic Federation, are projecting into your consciousness. When you are fully aware of your physical self and, simultaneously, aware of your fifth dimensional self, you will KNOW that which you have downloaded.

When you begin to receive our communications, they will often be in the form of images. You receive the information this way, as this is the manner in which the information was downloaded. We ask you to remember that your heart and mind must focus as ONE to “read” this material. Actually, it is your High Heart and



opened Third Eye that must focus as ONE. Your opened Third Eye, which is your Crown and Brow united, that receives the Light Language and your High Heart that uses the power of unconditional love to recognize the meaning of each symbol and picture.

DOWNLOADING LIGHT

We are going into great detail to explain how to consciously download our

transmissions because these instructions are necessary in order for you to clearly receive and understand our messages. Again, imagine the fifth dimensional SELF with whom you are merging as standing in front of you.

How do you perceive this octave of your SELF?

See your SELF as it moves towards you with open arms to embrace you.

Feel its hands touching yours to connect Lightbody-to-earth body.

Allow that *touch* to move up your arms and into your High Heart.

As you relax, this sensation rises up into your opened Third Eye.

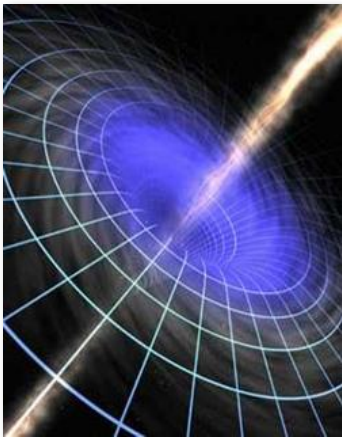
Feel the download of information into your Crown and allow your fifth dimensional SELF to assist you in activating your Multidimensional Operating System to better understand the message. As you become intimately connected with this expression of your Multidimensional SELF, it can greatly facilitate this process. Therefore, we ask you now to use your breath, your life force, to merge with the life-breath of your fifth dimensional SELF.

Breathe into the image of your higher dimensional expression with the intentions of unconditional love and unity. With your next inhale, allow the breath of your fifth dimensional SELF to enter you. Contain that essence within your earth vessel. You are now ONE with your Lightbody. You are ONE with your Lightbody within your Core and ONE with your Lightbody in the fifth dimension.

Take a moment now to release your belief in time, space and separation to better embrace this experience. Relax and allow your High Heart to FEEL the messages that you have received. As you tune into your multidimensional light/consciousness, hear the tones and see the colors of these messages.

Feel and see how the cells of your body are drifting further apart and glistening with light. Imagine that your inner Lightbody is expanding beyond the illusion of your physical vessel and is emanating out from your Core in every direction.

As you feel your light shining out past the form of your earth vessel, feel the Light beaming into you from your fifth dimensional Lightbody SELF. Observe, as the two sources of light rays interlock in ONE.



These interlocking rays of light expand into the body of Gaia and into Her Core Lightbody. Feel the rays of Gaia's fifth dimensional Lightbody interlocking with your fifth dimensional Lightbody.

You are now ready to understand our message.

THE INTERGALACTIC MESSAGE

Our dear grounded expressions of SELF, we are

beaming our consciousness into your earth vessels. We ask you to accept the expanding light that is coming into your frequency of reality. If you, our grounded expressions, could see how many of you are opening to our frequency of reality, all your collective fears would be released. We of the Galactic Federation are communing with our family members, our beloved ones, to tell you we have *always* been within you.

The rules of the *3D Game* of polarized Earth were that you could not look deeply WITHIN until you could look UP. In other words, until you could look UP into Spirit, you would not be able to look IN to find Spirit. It is the process of looking UP into a Higher SELF that assists you in releasing your attachment to your ego. Once you have deeply connected with this Higher Being, you are free enough of ego to look WITHIN. Then, when you look WITHIN you can remember that YOU and that Higher Being are ONE. Because you are connecting with your “Higher SELF,” you can more easily connect with us, your Galactic Family.

Can you now remember that you have taken a physical form so that you can awaken to our presence in this lifetime? We wish you to know that we are downloading into you all the tools you will need for your process of ascension. As you merge your consciousness with ours, we can bathe you in our multidimensional light and unconditional love. Our message will also help to activate your Multidimensional Activating System to remember what you once knew, but forgot. You forgot this Knowing because your mind became limited to the third dimensional thinking and your heart separated from the ONE.

To begin this process of remembering:

Feel how our Light, consciousness, is interlocked with your own.

Feel the unconditional love that is the medium through which that Light Flows.

Release all belief in the illusions of limitation and separation.

Place your awareness inside your High Heart and opened Third Eye.

Our blending with your Mind-to-Mind (opened Third Eye) and Heart-to-Heart (High Heart), allows us to completely intermingle our multidimensional consciousness with yours. From our perspective, WE are ONE. We of the Galactic Federation are ONE with our dear grounded ones, and our grounded ones are ONE with us. You are experiencing the closing of the Third Dimensional Matrix. As you perceive this closing with your Third Eye and High Heart, you can actually see how the energy field of that Matrix is beginning to short-circuit and transition into the Fourth Dimensional Matrix.

The transition of the Third Dimensional Matrix into the Fourth Dimensional Matrix will allow those who are not ready to fully awaken to their fifth dimensional reality to reside within the fourth dimension. The fourth dimension is superior to the physical world, but it is still a polarized, dualistic reality. The fact that there is the concept of *above* and *below* means that there is still an attachment to polarities. Therefore, turn around and look inside. “Turn your back,” so to speak, on the

illusions of the third and fourth dimensions and seek the Truth within your fifth dimensional SELF.

Fortunately, there are many of our grounded ones who are interlocking their light with ours and merging with their Celestial and Galactic Families. Many of our grounded expressions are still holding their earth vessel so that they can align their transition with that of Gaia's. In this manner, people and planet can return to Lightbody as ONE Being. Your Lightbody has always been within your Core, awaiting its birth. Just as the butterfly is always within the caterpillar, your Lightbody has always been within your earth vessel.

Dear grounded ones, we want you to KNOW how simple your transition will be. It is from within your Core that you can best turn away from that which is ending, and unite with that to which you are returning. You can no longer become lost, for the greater light and love are here to guide you Home to your SELF and your Family of Light. As you find your way home, you remember that you never left. You simply logged into an illusion and believed that it was real.

We conclude our transmission, with the reminder to:

Turn around inside your SELF.

Look inside to see your Core.

Step into your core to BE your Lightbody.



WHERE LOVE ABOUNDS

As we turn inside to see the ONE
We know our process has begun

The process of our great "Return"
The final lesson we will learn

And, as we learn to turn around
We'll find a life where love abounds

How long has this love been inside?
How could it find a place to hide?

Where is that place where love was lost?
It must come back, at any cost!

Can we forget, and yes, forgive
To allow our inner love to live?

If love can live inside our Being,
Will that affect our outer seeing?

If we look upon our world with love
From both within and high above

What will be left for us to know?
What winds of change will start to blow?

And, is that change within or out?
Will it be a whimper, or a shout?

We want to know, we truly do,
For with this conflict, we are through!

What must we KNOW, who must we BE,
So everywhere, it's LOVE we see?

Who can we ask, who is our Guide?
Is it high above, or deep inside?

Of yes, of course, it must be here
Inside the love we hold most dear

If we can find our inner love
We can connect with life above

And then the ONE is all around,
And we'll live the life where love abounds!

July 2011



THE PROCESS OF ASCENSION

We are the Arcturians.

We enter the consciousness of our awakened grounded ones now because we wish to prepare you for what is soon to come about in your reality. We would like to communicate with every one of our grounded ones, but, unfortunately, there are still many who cannot—yet—embrace the unknown in the fashion. Nonetheless, we wish to tell *all* who can receive this message that the time is NOW. You may say, “The time for what?” Our answer is, “It is the time for which you have awaited.” Your process of ascension is moving into a new frequency because your Solar System has moved into a new area of space.

Within this region of “outer space,” which is simultaneously “inner space,” you must keep careful watch upon ALL your thoughts and emotions because your powers of instant manifestation are quickly returning.

First, we say *inner space* because you can only experience the power of this area if you go within your SELF and calibrate your consciousness to the resonance of the fifth dimension and beyond. We will guide you into this calibration.

Second, we wish to remind you that your clay, earth vessels will be undergoing great transitions once you align your consciousness with the resonance of this area of space.

Third, it is vital that you maintain a consciousness of unconditional love, as much as possible, so that you can drop the ego protection of your self that has allowed you to come this far in your process.

Your polarized reality has taught you to protect your self from others. Even worse, this reality has taught you to protection your self even more from those you love. Why? Because it is those you love who can hurt you the most.

Therefore, we ask you these questions:



THE POWER OF LOVE

Is it more important to protect your self or is it more important to protect those whom you love?

Can you really know who you are before you have seen your self through the eyes of those whom you love?

Is it not from this perspective that you can know how your love feels to others?

Is it really important to protect your self from those you love?
And if so, do you really love them?

Love heals because it breaks the illusion of separation and replaces it with Unity. The release of your belief in separation is what allows you to experience a reality in which you live in Unity with all life. We ask you to take a moment to imagine yourself as being in Unity with ALL life.

See the molecules of Spirit that connect everything—every person, every place, every thought and every emotion—into the ONE moment of the NOW. Within this moment you can experience NO separation from your SELF, from others, from the planet, or from this area of space. It is within this Unity that you KNOW that you are all a personal expression of your ONE Planetary SELF. If you can imagine this experience inside your self, you can calibrate your consciousness to experience the energy field that your Planetary Body has just entered.

Since you are in Unity with all life, you affect all life and all of life affects you. This is the threshold of the fifth dimension, which you are now entering. As you enter

into this threshold, you begin to feel a strange tingling all over your body. This tingling sensation will only be conscious if you WILL it to be so. You are the master of your reality!

If you choose to get lost in the mundane aspects of your physical reality, you will “fall asleep” during the climax of the movie that you have been watching for myriad incarnations. We cannot tell you how you will interpret your experience, for it is your gift to the ONE to contribute your myriad personal experiences of ascension to the multidimensional, collective consciousness.

You, our brave grounded ones, volunteered to enter your present bodies to “stay awake” during this momentous experience of transmutation into your higher expression of personal and planetary SELF. We know how easy it is to become lost in the turmoil and challenges of your physical world. Therefore, we understand what a difficult task we are asking of you.

We also wish to remind you that *time* is an illusion of the third dimension. Hence, if you do not receive our message on your Earth time of June 15, 2011, it is of no consequence to your process of ascension. Third dimensional time is a product of your belief in separation. As long as you maintain your belief in separation, your consciousness will be time-bound, which will limit it to the third/fourth dimensions.

As you begin the process of releasing your belief in separation, your consciousness will expand to become increasingly fifth dimensional, which will allow you to consciously perceive the molecules of Spirit that connect all life. It is then that you will begin to experience true Unity with all life, and you will be able to directly and consciously experience the “time” of which we are now speaking.

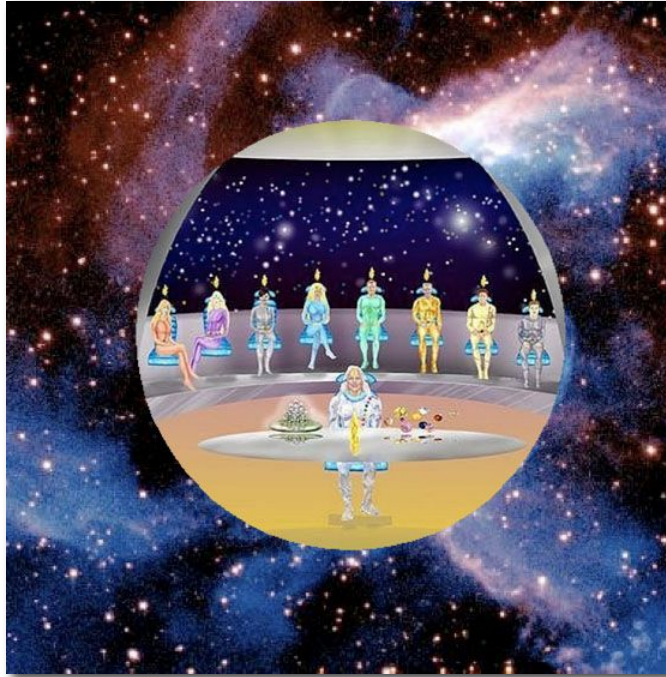
We are saying that “time” is a consequence of your state of consciousness. Furthermore, your state of consciousness is a consequence of your ability to maintain the presence of unconditional love within your High Heart. Unconditional love is the bonding force of the Universe and will assist you in your process of releasing your belief in separation.

We say *process* because you are still bound to time, which makes everything a process. Once you are freed of the illusion of time (which is synonymous with the illusion of separation), there is only NOW. Within that NOW there is only HERE, and the HERE to which you will resonate will be fifth dimensional. In closing, we wish to remind you that:

You are ALL great Multidimensional Beings. Therefore, ALL of you are
HERE NOW as your fifth dimensional expression of SELF.

You are not “coming Home.” You are “returning Home” to a joyous reunion with those whom you have infinitely loved and who have loved you beyond all illusions of time or space.

We are your Galactic Family!



MESSAGE FROM THE GALACTIC FEDERATION

Our dear grounded ones, we wish to personally meet with you and tell you of our Final Initiations into Planetary Ascension. We will begin our communication by taking you on a journey to your seventh dimensional Oversoul. Once there you will meet with your Galactic Family who will share with you their experiences of ascension. We present these experiences to you in the hope that you will begin to remember your higher dimensional expressions of SELF on other worlds that have experienced their return to the fifth dimension. Through creating a deep alliance with these members of your greater SELF, you will better release your attachment to third dimensional illusions and more easily become your Multidimensional SELF.

Before we begin, we wish to say that we are joyous that you are allowing the changes in your consciousness to integrate into your physical form. Your Lightbody stirs within the encasement of its physical shell. The resistance of your physical form's transformation causes some discomfort, but do not be concerned. Resistance is part of the process, which is taking place as scheduled. We will begin our communications with you with a short contemplation to better unite all your consciousness into ONE.

Please, close your eyes and take a long, slow, deep breath. Release all thoughts of your mundane life, and set the intention of your consciousness on your inner world. Allow your inner pictures to come into focus. See and feel your SELF in the heart of the sixth dimensional Divine Matrix. It may be challenging for your grounded self to imagine what will come next, so release your ego and send your consciousness into the matrix.

The heart of the matrix is beginning to spin as it, too, becomes a vortex. This vortex is huge. Release all resistance and fall into the vortex as the vortex falls into you. You are in the long wormhole with worlds, planets, stars and galaxies surrounding you as you travel through Infinity. You are about to join your Oversoul in the seventh dimension. Words are not enough to describe this experience, so we must speak in images.

A river of light beckons you to plunge into its flow. As you answer its call, you lose all sense of form. YOU ARE the river, YOU ARE the light within the river, and YOU ARE observing both your SELF and your grounded self. Within a single moment you travel beyond all the visions of worlds, planets, stars and galaxies.

The river now joins many other rivers as they travel upstream on a path of reunion towards the dark void. You find that your consciousness is able to jump from river to river and feel each river's story. Every river is a different offshoot, a different reality, which flows from your seventh dimensional Oversoul. Each river represents a part of your evolution on a different world, planet, solar system, galaxy, or dimension. You can feel how each reality holds a fragment of the Essence of your SELF. Earth seems far away and significant only in its pending ascension. An inner voice tells you that you will now visit other worlds in which you have participated in ascension. Sirius B comes to your mind.
<http://www.unmuseum.org/siriusb.htm>

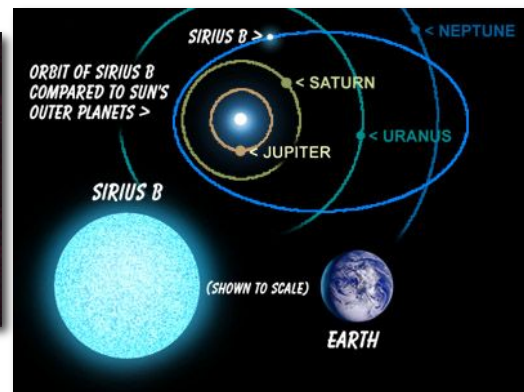
TARMAIN FROM SIRIUS B

I am from Sirius B. I tell this story in hopes that you, our grounded ones of Earth, can learn from our ascension and integrate these lessons into your reality. Sirius and Earth, Terra, as we have called it, have always been closely linked. Our world was also a water world; yet it was not the same as earth water. My form on Sirius B was similar to that of your cetaceans, but at this point, I seldom limit myself to any form and prefer my emanation of light. I am all I wish to be, and I have completed all of my experiences, including the ascension of my planet and star system. You may call me Tarmaine.

Dear Earth Ones, please know that I use your language, as our language was completely telepathic. Therefore, it would be a language that you could not understand. Because our translator has downloaded me into her consciousness, I am able to access your language and communicate with you in a manner that you can understand. I speak in terms of I/me/my for the sake of your earth

language. However, no such pronouns exist at my vibration. We are all in oneness and commune constantly in the divine unity of the One. We can track our consciousness back into individuality if we wish, but most of us keep that experience only as a memory. We return our consciousness to the third dimension solely to guide the grounded ones, as I am doing now.

I have come to you in your “time” to tell you our story of Planetary Ascension. Perhaps my story will ignite your memory, for many of us have incarnated on your world, which is also a water world. Furthermore, we have learned to incarnate in human forms to act as guides to those of humanity who could open their hearts and minds to us. In fact, there are many of us who volunteered to take form, both human and whale, on Earth during your “time” to assist with your Planetary Ascension.



ABOUT SIRIUS B

Sirius, located in the Canes Major constellation, can be considered directly ‘upstream’ from our solar system in a cosmic sense in that refers to its relative position in the Milky Way galaxy. Sirius B is part of a Triune Star System of Sirius A, Sirius B and Sirius C. (<http://sirianrevelations.net/the-source/the-sirius-ra-connection/>)

The planet of my origin, which is called by a telepathic name that is not translatable to your language, was pivotal in the ascension of our solar system. Like Earth, our planet was the last planet that was ready for the shift into the fifth dimension. Hence, we, like Earth, were the trigger for the ascension of our Solar System, Sirius B. I speak in past tense because our planet resonates in the fifth dimension and beyond. We are now an ascended planet of Light. However, just like our friends the Arcturians, we still hold a presence in the Galactic Sky. All of Sirius B is beyond polarity, separation, and limitation, but I speak to you from my masculine expression of Tarmaine to better tell my story of unification with my Divine Complement, Shaleem.

The “liquid” we lived in was more viscous than your water. The bottom, ground, or base of our atmosphere was much like the bottom of your ocean. Visualize a reality where the atmosphere, air in your world, was a viscous, watery substance. What would be your rivers and oceans would be our valleys and caves. These valleys and caves were filled with the same viscous, watery substance as the atmosphere, except that the atmosphere was the denser. As we moved farther away from the ocean floor, our atmosphere became less and less dense.

Because of the density close to the planetary floor there was little or no light, and the ones who lived there became luminescent to create their own light.

Those of us who lived at the bottom of our atmosphere worshiped the darkness that was around us, whereas those of us who lived at the top of our atmosphere worshiped the light that we had sought through many generations of evolution. We believed at that time that the more evolved citizens of our society, such as our Council of Light, lived in the upper atmosphere. These High Councilors, myself included, were the leaders of the Council of Light, as well as the leaders of the upper atmosphere. From the perspective of our Council of Light, the less evolved lived in the lower atmosphere. We believed that this separation was a sign of our superiority and the inferiority of those who worshiped the darkness.

On the other hand, the Council of Darkness believed that we, the Council of Light, were heretics and had denied our heritage when we abandoned our Source by moving away from the surface of the planet. Before our ascension, we did not realize that our society was based on a hierarchical system, filled with separation and limitation. We just both thought that we were “right.” The Councilors of Darkness lived near the valleys and caves in the Grounded Temples, and the Councilors of the Light resided in Temples that “floated” near the surface of our liquid atmosphere. These Temples floated because they were near the threshold between the third/fourth dimension and the fifth dimension.

Just as dimensions one through three intermingles in your world, dimensions one through four were intermingled in our world. Therefore, magic, imagination and all forms of psychic powers were always a main element of our society. For example, all of our communications were telepathic. We had no need for arms, as we moved things telekinetically, nor legs, as we “swam” and/or teleported ourselves.

On my world, males and females were always equal. In fact, we could change from male to female, or vice versa, within a single incarnation. We were almost androgynous, yet we still had Divine Complements with whom we eventually merged in preparation for our entry into the fifth dimension. Because our society had dimensions one through four intermingled, it made our ascension process into the fifth dimension much easier. However, we were not without the prelude of extreme polarities that your planet is now experiencing.

We had to amplify our polarities, just as your planet is doing now, in order to stretch the “rubber band” of light versus darkness to the greatest extreme. In this manner, we prepared for our ultimate ascension past all polarities, into the fifth dimension and beyond. As our time of ascension drew closer we, too, found that the first leaders to amass a great following were the leaders of Darkness, representing the old guard of separation and limitation. These leaders, who were firmly based in the familiar, used fear to control their legions. The leaders of light used love to guide their legions and, therefore, took much longer to amass a

following. Fear is a choice of perception that is difficult to ignore. Unfortunately, love is a choice of perception that is often difficult to choose.

THE PROCESS OF SELF-AWARENESS

All of our inhabitants sprang from the depths of our caverns. Therefore, it took eons and eons for enough inhabitants to go through the long process of self-awareness in order to resonate to, and live in, the lighter, less dense vibrations of our atmosphere. Fortunately, when we died and reincarnated we had the choice to return to the frequency of form we had attained in our previous incarnation. After more generations than we could count, the population divided into those who would not change, and therefore, remained in the darkness, and those who had moved into the light and were ready to change even further to move into the next dimension.

The forces of the Light Council lived in unity. Therefore, each leader had to learn to rule their “self” with “SELF.” On the other hand, the Council of Darkness remained set in the pattern of an elite few ruling the many. This was largely why the Forces of Darkness were more powerful near the end. They had fewer changes to make and did not have to face, or transmute, their vast power of habit. The Forces of Light, on the other hand, had to learn an entirely new manner of guiding themselves before they could guide others.

Those who dwelled in the Darkness were not all “dark.” In fact, those who had stayed in the shadows and created their own illumination secretly gathered with their extreme opposites, the Threshold Dwellers. The Threshold Dwellers were never members of the elite Council of Light. They were, instead, members of our society who could no longer hate the Council of Darkness, as did the Council of Light. The Council of Light and the Council of Darkness were staunch enemies for as long as we could remember, and they refused to relinquish their traditions, or their belief that “their way was better.”

The followers of Light had risen to the lightest area of our planet by finding their SELF within. However, over time, the Councilors of Light became corrupted by their power. Once they had risen to the highest atmosphere and become High Councilors they stopped looking within because they no longer wanted to change. Instead, they wanted only to rule.

Another group, those who were not among the ruling class and later known as the Threshold Dwellers, quietly went about their SELF-realization without the temptation of being rulers. Hence, they could continue to see their own darkness and their own “inner enemies.” Through this process of SELF-realization, they had evolved beyond the need for enemies. They had faced their enemies within and no longer needed to project their fear out onto others, creating “outer enemies.”

The Ancients, the name given to those who had first learned to create their own illumination, were also not destined to be rulers. Instead, their sole concern was for the safe-keeping of our planet. Because of this dedication they developed a Planetary Consciousness. Within their Planetary Consciousness, they could experience the entire planet. The Ancients were descendants from our first civilizations. They had stayed in their caves, and away from the rest of society, so that they could protect the memory of the Divine Plan of Ascension that was prophesied when our civilization was young.

Using the opposite method, one of seeking great change and the reality beyond the planet, many Threshold Dwellers also gained Planetary Consciousness. These two groups were in communication with each other, with the entire planet and with the higher dimensions. The Threshold Dwellers gained galactic information and the Ancients grounded that information into the planet. Then, through the Ancient's Planetary Consciousness, they grounded the galactic information into the unconscious mind of the planet's dwellers.

While the Councils of Light and Darkness were holding onto the past tradition of power over others, the Threshold Dwellers and the Ancients were "waking up" to a new future. Neither the Council of Light nor the Council of Darkness could affect these two groups. Because they had found their "power within," they were not influenced by external power. They had found their Truth, and were not in need of validation or control from any outside forces. The Threshold Dwellers and the Ancients knew that they were part of something more important than the old systems of the past. They had seen "the reason for their incarnation" and they knew their Multidimensional SELF. Therefore, they were without fear.

Eventually, the Threshold Dwellers and the Ancients discovered that they were BOTH the Darkness and the Light. Through this discovery they could release the illusion of being "only" light or "only" darkness and find the Center Point in-between the polarities. They no longer needed to judge either group as being different, for they were ONE with both. With the release of judgment, they gained Compassion for all life.

Since the Threshold Dwellers had unified with their fifth dimensional SELF, their bodies resonated slightly above and "out of phase" with the Council of Light. At the other extreme, the Ancients had unified with planetary body and resonated to complete Unity with our planet and our Star System. Therefore, they were also of a higher consciousness and "out of phase" with the Forces of Darkness. Because these two groups were "out of phase" with the third dimensional environment, the bodies of the Threshold Dwellers and Ancients appeared as steam to those around them. Consequently, it was difficult for the Councils of Light and Darkness to perceive their presence, much less interfere with or influence them.

The Threshold Dwellers and the Ancients knew that “time” was on their side. I, Tarmaine, was one of the first of the High Councilors of Light to realize that our path of ritual, dogma and discipline was extinct. When I left the Council and joined the Threshold Dwellers, I was greatly maligned by the Light Councilors who had been my friends for many years. On the other hand, the Threshold Dwellers completely embraced me and, in fact, facilitated my rejoining with my Divine Complement, Shaleem.

DIVINE COMPLEMENTS

Shaleem was one of the first to leave the High Councilors of Darkness and join the Ancients. I first met Shaleem at our biannual Planetary Council Meeting. Instantly, I had had a special aversion to her, or was it an attraction? Little did I know that we were to be the first of the Councilors of Light and Councilors of Darkness to join as Divine Complements.

We discovered later that other Divine Complements who had lived in the polarities, one in Light and one in Darkness, began to find each other and merge into their true androgynous SELF, as well. It was eventually revealed that it had long been a cosmic plan for Divine Complements to incarnate in the different polarities of “light” and “dark” and to then rejoin into one Being. As the two became ONE again, their resonance raised, which contributed to raising the resonance of the entire planet. Our planet was gradually becoming more and more fifth dimensional.

Meanwhile, the Council of Light and the Council of Darkness became so disturbed by the lack of control over their Councilors that they actually began to communicate with each other. When we had our biannual Planetary Council Meeting, each side had always been strictly divided. However, the meetings were now changing. Instead of focusing on how the two groups were different, the focus was now on the problem that both groups shared. Little did these two separate groups, enemies since the dawn of our world, realize that this communication would begin a process of understanding and compassion for their enemy, the “other” Council.

There were many other members of our world besides the cetacean beings. Some of our beings looked like water snakes, eels, or even large amphibians with arms and legs. These amphibians were our less evolved race and had not developed their telekinesis. Therefore, they were still in need of limbs. Because they had not evolved as far as the snake, dolphin, and whale beings, the amphibians would be what you would consider “animals” in your society. The beings without limbs would be what you consider in your society as “human.” All of us “human-like” beings knew of the polarities of our third/fourth dimensional life, and the 3D Matrix that held it in place. We also knew that this Matrix was degrading, and our world was transforming.

Our social system was much like that of dolphins and whales. Hence, many of us have taken incarnation on your world in that form. Our society was set up in family groups called “pods.” We did not need to struggle for survival, as you often must in your world. Because of this, we lived much longer, usually several hundred of your years. Also, after several rounds of incarnation, we began to remember our other incarnations and our life “in between.” All of these factors allowed us to ascend more quickly than your world. Due to the struggle for survival on your world, there is much more fear. Fear stops people from changing, as the greatest fear is “fear of the unknown.”

We were basically a peaceful people, but the Forces of Darkness allowed us to experience the feeling of conquest and domination if we desired it (as do many on your world). However, unlike humans, we never dominated our own kind. Long before our ascension, we could travel the astral planes, morph into whatever shape we desired and conquer and/or dominate other worlds. We did so for quite some “time.” The Forces of Darkness were ever eager to “conquer,” and the Forces of Light were ever eager to “save.” Auspiciously, due to the growing number of Threshold Dwellers and Ancients, other citizens of our world had a new choice between “conquering” and “saving.” This choice was ascension. The Councils of Light and darkness could choose to stop playing the game of polarity (light/dark and saving/conquering) and join the Threshold Dwellers, the Ancients, and the others in the fifth dimension.

A GROWING BELIEF IN ASCENSION

At first, few believed that ascension could be possible, but gradually the Collective Consciousness of our planet began to have experiences of unity-with-all-life. Collective Consciousness is different from Planetary Consciousness in that it is only the consciousness of the “human-types.” On the other hand, Planetary Consciousness is the consciousness of the planet itself and all that live on, within, or over it. Once the Collective and Planetary Consciousness began to move towards the awareness of ascension, many of our citizens lost their desire to dominate or to save. Instead, they could allow others to choose their reality just as they were choosing their ascension.

Since everyone in our society was connected to our Collective Consciousness, the “warriors” who were conquering, and the “saviors” who were saving, began to return home to see why the Collective Consciousness felt so different. When they returned, they found that the polarities of helping-or-harming were being replaced with the Unity of Unconditional Love. When the “saviors” unconditionally loved the ones they had believed they were saving, they loved the problems as well as the person. They then realized that by “healing” the problem, they had actually been amplifying it with their attention.

Consequently, their “healing and saving” transformed into “compassion and acceptance.” They could then accept that each person was choosing their problem and would have to connect with their own Higher SELF in order to

correct it. The saviors then simply communed with the Higher Selves of the ones whom they were assisting, so that they could amplify the solution rather than the problem. However, then they were not the healers. They were the observers and communicators. The “conquerors” were also exposed to Unconditional Love when they returned home. With the “feel” of this love in their consciousness, they experienced such unity-with-all-life that they realized that anything they did to anyone else, they did to themselves, as well. The thrill of harming another lost its edge when they were also harmed. Thus, they lost their desire to conquer others.

Gradually, the magnetism of the third/fourth dimension was being released and the entire push/pull game of the lower dimensions began to lose all attraction. More and more of our inhabitants were becoming involved, instead, with the many wonders of the higher dimensions. As our citizens’ belief in separation began to vanish, they realized that they had no friends and no enemies. They were all ONE. As they lost their belief in limitation, all struggle, competition and judgment became unnecessary. Whatever they desired simply was, as everything was available to everyone—instantly. With no competition or possession, no one was better, and no one was worse. In fact, no one was different. They were all ONE.

UNITY CONSCIOUSNESS

Unity Consciousness, beyond light or darkness, embraces polarities as the extremes of the same spectrum. As more and more inhabitants of our planet were choosing Unity Consciousness, the Councils of Light and the Councils of Darkness could see that their power was dwindling. For the first time, these opposing Councils had much in common. They both wanted the 3D Matrix format of polarity, limitation and separation to remain. They enjoyed their power over others and would not allow this third force of unity to destroy their reality.

Meanwhile, the “Others,” the label given by the Councils for those who joined the Threshold Dwellers and the Ancients, were merging with their Divine Complements. They were having numerous fifth dimensional experiences, as well as remembering their parallel realities on other planets, galaxies and dimensions. They knew that they had chosen to incarnate in that space/time in order to assist in the ascension of their planet and of their solar system. They remembered their Mission and knew exactly what they needed to do. Since they remembered that death was an illusion they lost their fear and interacted with loving detached Compassion.

With no fear, the Councils had no means of controlling them. Even more upsetting to the Council Members, more and more of the Others began “phasing out” into the fifth dimension. Therefore, the Councils could not even see them. On the other hand, the Others could perceive the Councils, as the higher dimensions can perceive the lower, but not vice versa. The Councils became increasingly frustrated and amplified their indoctrination of the remaining

third/fourth dimensional masses. Normally, our world never warred against each other, but the Councils of Light and Darkness became so desperate for control of their world that they decided to have a war against each other in order to create fear and increase polarity as the “good guys” fought the “bad guys.” They created this war in the hope that it would stop the accursed ascension process.

Of course, the Councils had known of the ensuing ascension for generations and had been doing their best to prevent it. They enjoyed their feeling of power-over and preferred that to the feeling of power-within themselves. As the war stirred up, the members of our world had to take sides. “This group is right. No, this group is right.” Meanwhile, those who had chosen the path to ascension stayed dedicated to maintaining their commitment to Detached Compassion. They could see what was really happening was that the Councilors did not want the third/fourth dimensional game to end and would do anything to keep it going.

The Threshold Dwellers and the Ancients were wise enough to realize “taking sides” would feed the 3D Matrix and lower their vibration, as well as the vibration of the planet. They were all greatly enjoying their fifth dimensional Unity Consciousness and would not risk losing it. Because of their higher consciousness, they were like “parents” standing around a sandbox while their children fought over the toys. They refused to join in the fight, or even judge the “children” who were fighting. “Children will be children,” they said. In fact, they were even able to love these fighting, struggling children.

THE FORCE OF LOVE

Their love was so strong that it became a “force” that washed over the fighters. One by one, these fighters began to wonder what they were fighting for, and over. The feeling of complete love and compassion that came from an unknown source was far more attractive than the feeling of fear and righteousness that came from being the “good guys” or the “bad guys.” One by one, these fighters got tired of fighting. They wanted to know the source of this wonderful feeling of compassion. Fortunately, the members of our world had always been able to tune into the Collective Consciousness. Therefore, when they merged with the Collective to ask for the source of this feeling, their answer was, “Go inside and listen.”

And so they did. They began to close their eyes and ears to the struggle and fighting of the Councils’ war to go inside their own hearts and minds. They found that the source of this “feeling” was their own higher SELF. More and more citizens realized that merging with their SELF could make them feel better than “being right.” Furthermore, as they went inside they connected with the growing Planetary Consciousness. One of the main precepts of our Planetary Consciousness, which had been forgotten by the Councilors but protected by the Ancients, was that we would not perceive our family as our enemy. As they began remembering this precept, they dropped their weapons and left the

“Councils’ war.” Soon after that, they joined the Threshold Dwellers or the Ancients to phase out beyond the domination and control of the Councilors.

Then, third/fourth dimensional symbols of power began to degrade. The symbols of the High Councilors and Lower Councilors began to look just like the clothing of the simplest citizen. The Councilors of both the Light and the Darkness used all their magic in vain to repair the “damage” to their symbols of rank, but their magic would not hold. Their world was changing and they could not stop it. Those who wanted the third/fourth dimensional reality to continue banded together. They realized that by uniting with each other they could hold onto the 3D Matrix longer. However, this unity eventually raised their consciousness in Collective and Planetary Consciousness. Then, one by one, their members “defected” to the fifth dimension.

Even the ruling ranks of the remaining Councilors began to become disillusioned with the old ways and began to wonder about “the feeling” of which the Others spoke. Then they began to go inside and listen as well. By now the Planetary Consciousness was so strong that even the Councilors began to realize the great limitations that their separation into the “right path” had caused them. They, too, merged with their Divine Complements and began to remember their other realities, other worlds, and other dimensional selves. They let go of the empty symbols of power-over-others for the true power of knowing SELF and phased out into the fifth dimension.



REACHING CRITICAL MASS

Eventually, the collective consciousness of the fifth dimensional awareness reached 51%. It was then that the 3D Matrix began to disintegrate. The caves of the Council of Darkness began to fill with light and the darkness invaded the chambers of the Council of Light. The walls that separated the light from the darkness, and the lower chambers from the higher chambers simply disappeared. The ceiling that had separated the beings of the fifth dimension from the beings of the third/fourth dimension vanished. The water-like substance that filled our atmosphere became infused with photons. It became less viscous and all the layers became the same. There was no separation now between the “caves of darkness” and the “threshold of light.” As everywhere and everyone

became the threshold into the fifth dimension, the 3D Matrix began to disappear, blurring all polarities into the ONE.

The taste of Planetary Consciousness, Unconditional Love, and Detached Compassion was too pure, too sweet, to give up for the empty power of the third/fourth dimension. However, the remaining members of the Council of Light and the Council of Darkness, who were now banded together in a tightly knit group, would NOT change. They did not want to finish the 3D Game. They knew that their only hope was to leave the planet. Perhaps on some other world they could again experience the emotional rush of domination and power over others. They entered their astral ships in the hope of finding the glory of conquest and domination on other worlds; and they did. But of course, that is another story.

On our planet, the final toehold of the third/fourth dimension was lost when the last astral ships left the atmosphere of our planet. Then, our planet and the entire solar system of Sirius B that had been awaiting our readiness, flashed into the fifth dimension. All that was left to the perception of the lower worlds was a small dot in the night sky that sometimes warbled the movements of Sirius A.

In this manner, your planet and solar system are also ascending. Our process seemed slow to our third/fourth dimensional perceptions, but as we are now beyond time, it appears to have happened in a moment. I shall return later to tell you of the story of how Shaleem, my Divine Complement, and I merged. Little did we know that we would set an example that would gradually be followed by most of the members of our world. I will soon return to complete my story.

In Unconditional Love and Detached Compassion,
Tarmaine

JULY 18,2011

ASCENSION OF SIRIUS B PART II



THE MERGING OF DIVINE COMPLEMENTS

Through expressing the deepest depths and the highest heights of our emotions, and mastering them both, we are able to transmute emotion into intuition.

Shaleem's Story

My name is Shaleem Shakara. Tarmaine and I are Divine Complements. I shall now share my tale with you, for it is appropriate that you hear of our merging and ascension from my viewpoint. From where I am now, the journey from where I was then, would be far. Tarmaine and I were worst enemies for many hundreds of years. He hated and feared the darkness in himself that I represented. In turn, I hated and feared the light in myself that he represented. But in spite of the hate, in spite of the fear, we always, always felt the spark.

When we would enter the Planetary Council Meetings, he was the only person in the room for me. I even stopped attending the meetings for a while, as I was so disturbed by the feelings that I had for him. I was a Priestess of Darkness and lived in the deepest caves that were located on the planet's surface. He was the enemy, as he represented the light, which would distract me from my duties. The Council of Darkness knew that in order to maintain the 3D Matrix, the polarities of light and dark would have to remain separate or our planet would return to Source. Therefore, we chose to separate from light. If we had to use fear in order to maintain this separation, it was a small price to pay to continue our physical reality.

I had heard of the Ancients, but I had never met one. In fact, I thought they were a myth, until they saved my life. It was shortly after the Council Meeting in which I “ran into Tarmaine.” Twice a year, when the moons were in opposition, the Councilors of Darkness and of Light met to discuss the important issue of controlling the 3D Matrix. Although we kept it a secret from our citizens, both Councils knew the Matrix was degrading and there was not much time left before our planet would transcend into the next dimension. We were much like the Priesthood in the final days of Atlantis who, no matter what price, wished to keep themselves in power as long as possible.

We told ourselves that we kept this information from the masses to protect them and give them more time to evolve. That was, of course, a lie. We did not tell the masses the truth, as we knew that it would diminish our power. As I was saying, hundreds of years before our ascension we knew that the 3D matrix was degrading. However, since we were the ones in power over others, we were the ones who were the least likely to embrace this change. We liked our power, and we wanted things to stay the same, so that we could suck the last nectar from the flower of our success.

We were successful at domination and control of others. We saw no need to focus on our inner world. In fact, we did not even have an inner world. Even our Goddess Mother was external to us. It was the service of the Council of Darkness to maintain separation and limitation so that our planet could play the 3D Game longer. In fact, even the Council of Light had an external God. Their God lived up in the sky somewhere. He was so far away from them that their Counselors even believed that they could hide things from Him!

They could be very ungodly outside of their Temple, but it was acceptable as long as they were godly inside the Temple. As Counselors of Darkness and servants to our Mother Planet, we were wise enough to know that the Great Mother saw everything and was everywhere. We also believed that the Mother Planet was an enemy of the Father God and his Council of Light. Therefore, we only interacted with the Council of Light at our bi-annual Planetary Council Meetings. Other than that, the light and the dark were forever separate. Therefore, when I finally returned to the Meetings and my old feelings resurfaced as soon I saw Tarmaine, I was greatly concerned.

I didn't know what love was, but I did recognize attraction. I was so attracted to him that I could hardly be in the same room without looking at him. When I saw him at the Meeting, I practically flew from the room. Little did I know that he had had the same reaction and had escaped in the opposite direction. However, the corridors that we escaped into were circular, and in our haste to escape, we ran directly into one another. For just a moment, or was it an eternity, we looked into each other's eyes.

In his eyes I saw unity. Somehow, I knew that he had seen that same unity in my eyes. I excused myself before I could look at him again and returned to the Temple of Darkness in great haste. Once there, I realized that when someone, such as myself, who had known only separation and fear, unites with love, it can cause great injury. My very physical form became almost instantly dis-eased. My body temperature rose to an enormously high level, and I ached everywhere. I could not eat, rest, move, talk or think. My body was infected with the virus of light, and I could feel it spreading throughout my system. I was dying.

For days and weeks I lingered on the verge of death. I was so distraught that no one could read my mind, even though that was normal for our society. I was now separate from the one group that I had been united with, the Council of Darkness. Finally, my fellow Councilors realized that, even though the journey might kill me, they would have to take me to the cave of the Ancients to be healed. We had always been forbidden to enter their Caves. In fact, we were not even sure that anyone was really inside of them. But we had to take the chance. My sisters brought me to the Cave and left, as they knew the Ancients would not come while they were there. By this time I was hallucinating. I was outside myself, watching my small, shaking body propped against the entrance to the Cave of the Ancients, as I moved farther and farther away.

I was sure I would never return to my physical form, when suddenly in a moment of excruciating pain, I was pulled back. The Ancients had come to save me. I cannot remember what happened after that. I can only remember that I was healed. My body was healed, my mind was healed and my spirit was healed. Actually, I was transformed. My heart was open, and I could not close it again. Eventually, I went back to my old world, but found I could no longer live there. I could not tolerate the fear. For my entire life, I had used fear like a weapon. Now it was intolerable to me.

I knew from being a High Councilor that our leaders were not ready to change. I learned that Tarmaine had “defected” to the Threshold Dwellers. Somehow, knowing that allowed me to start a new life myself. Hence, I joined the Ancients. The Ancients were peace and love incarnate. I didn’t think that I would be able to feel either the peace or the love. However, much to my surprise, I could, and it was wonderful! I studied with the Ancients for many years. During that time, more and more of our citizens joined us. It seemed that once the Ancients opened their Cave to me, it remained open to anyone who wished to enter. Because the Ancients had Planetary Consciousness, their emanation of peace and love seeped out of their now open Caves, into the body of the Great Mother, and throughout our watery atmosphere.

Eventually, I could even sense the minds of many of my former friends in the Council of Darkness yearning to join the Ancients. These Councilors wanted to change, but they were afraid. Fear had been their ruler since the beginning of our time, so it took time and effort before they could release the hold of that fear and

embrace the peace. However, gradually they did, until one day, most of my friends had joined the Ancients.

Allow me now to tell you of my next meeting with Tarmaine. Much time had passed since our “accidental” meeting in the corridor. During that time, he had joined the Threshold Dwellers, and I had joined the Ancients. In order for us to do so, he had had to face his inner darkness, and I had had to face my inner light. Therefore, when we met, it was not as two polarized halves, but instead as two complete beings. Since I had released my fear and joined with my light, I had a deep sense of love. Tarmaine had joined with and balanced his inner darkness and had a profound wisdom. Therefore, our second meeting was NOT an accident.

Since the awakening of Tarmaine and myself, our telepathic connection was greatly enhanced. Even though he resided in the Threshold Temples, and I resided in the deepest caves of the Ancients, our communication was almost constant. We were somewhat like what you would call in your world, imaginary friends. Finally, we both received from our inner selves that it was time for us to meet physically in the exact middle ground of our planet’s atmosphere. I was to pull the feminine polarized energy of the Great Mother up, while he was to carry the masculine polarized energy of the Divine Father down. I was to represent “matter,” and Tarmaine was to represent “spirit,” as we consummated our Mystical Marriage of spirit-into-matter.

The Divine Father and the Great Mother were to marry and give birth to the sacred child, our new world. Since we were the first of the High Counselors to “defect” to the Threshold Dwellers and the Ancients, we were the first to perform the ceremony; as each of the Divine Complements met as one, they would also perform the same ceremony. If both Divine Complements had served in the same Temple, light or dark, one of them would choose to study in the realm of the opposite polarity so that during their eventual joining, Divine Complement with Divine Complement, they could assist in de-polarizing the planet. I say “de-polarizing,” as polarities of good/bad, male/female, light/dark, even here/there, are what keep the 3D (in our case 3D/4D) Matrix intact. Each time two Divine Complements joined in mystical marriage, the 3D Matrix of our planet degraded further.

I would like to share with you my Mystical Marriage with Tarmaine. Since we were the first to unite in such a way, there was greater energetic resistance between our two polarities. Hence, there was greater power released when our polarities merged into ONE. My journey into the middle atmospheres was very difficult, as I had only been there during the Planetary Council Meetings. These meetings did not expose me to the light energy because our Council of Darkness had special vacuum tubes, like elevators, which maintained each Councilor’s own vibration in the “mid-world.” The Council of Light had the same devices.

Each Council believed that its way was right and did not want to taint its “purity” by exposure to the opposite polarity of the other Council. Also, both Councils had come to realize that these meetings of light and dark might have been a contributing factor to the degrading of the Matrix. Therefore, we created barriers to separate us during our meetings. However, the energy field between Tarmaine and I was so intense that we could feel each other even through the barrier.

Now, my journey to the mid-world was different, indeed, as I had studied many years with the Ancients in preparation of my Mystical Marriage. Since the beginning of our civilization, the Ancients had been the ones to protect the knowledge of the end days of transformation. In fact, that is why they had isolated themselves from the rest of our society. The Ancients, much like the Native Peoples of your planet, held the ancient secrets until the time of ascension.

The first to inhabit our planet, the Ancients would be the last to ascend. They were the “Captain” of our planetary “ship,” and would not abandon it. They would ascend with the planet, or not at all. The Ancients taught me that, in the beginning, our world was fourth dimensional. Then our planet gradually lowered its vibration to encompass the third dimension. The Ancients contributed to this process by dividing their formerly androgynous selves into Divine Complements, two genders, and sending one of their genders into the upper atmospheres. In this way, the male/female opposite polarities could stabilize the emerging 3D Matrix.

Since Tarmaine and I were the first Divine Complements to re-join, I was incredibly nervous. I had to constantly go within to find love, so that I could calm my fear. Fortunately, the Ancients were there to give me courage, while Tarmaine’s loving call urged me toward him. I had found my light within, but I had never experienced the light of the higher worlds. The further up the atmosphere I traveled, the more I had to confront my fear of the unknown.

Without the call of Tarmaine, I don’t believe that I could have made the journey. However, when I saw Tarmaine moving towards me in the mid-world, I knew that it all had been worthwhile. I felt a deep love and understanding within me project out towards the form of Tarmaine. As he came closer and closer, I gained an ever-growing knowledge of myself. When first we touched, the world disappeared. We were again ONE. There was no ceremony, or celebration. There was only Unity, Peace and LOVE.

We left our planet completely and traveled to our Source as the one being that we had always been. It was there that we learned all that was necessary to assist our planetary ascension.

Shaleem

Tarmaine's Story

I am Tarmaine, here to continue my story. My first journey into the darkness was just as terrifying as Shaleem's journey into the light. To me the darkness was not just unknown. It was the enemy.

My fellow Councilors and I believed that the enemy was always inside of others, since we fancied ourselves as being only light. When I first met Shaleem, I felt her darkness, but the thing that attracted and repulsed me, was that I felt "her" darkness inside of "me." How could that darkness be inside of me, the one who was ONLY light? However, that was not the most disturbing thing. The most disturbing thing was that the darkness felt exciting. It felt powerful and fun. Fun was not something with which I had much experience.

In the Temples of Light, we were SO serious. We prayed, meditated, pondered, and controlled. We controlled what we thought, what we felt, what we ate and where we went. We even controlled others. There were strict rules for everything, and it was forbidden to ever question a rule, much less break it. Luckily, we believed we were all of all light, so none of us ever considered breaking a rule. That is, we never considered getting caught breaking a rule. We Beings of light were very ruthless about our subterfuge. If we broke a rule, we made sure that no one knew about it, no matter what we had to do.

From who I am now, I look back to that mindset and see how truly dark we actually were. However, we believed that we were right. In fact, we believed that we were perfect. That belief was the first inner darkness that I had to accept. I realized that my arrogance about my light was actually my greatest darkness. Once I realized that, I could not continue the lie about my perfection. Just as Shaleem did, I went into a deep depression and great fear after meeting her. I was afraid that I, this high and mighty Councilor of Light, was not good enough for my enemy, a Councilor of Darkness.

None of us had actually met our Complements. Nonetheless, when I ran into Shaleem in that corridor, I knew that she was my Divine Complement, and I was hers. I also knew instantly that I would have to break every rule there was to be with her. After much inner conflict I knew that I could no longer be a High Councilor of Light. I realized that my life, and all that I had so vehemently stood for, was a lie; a lie that I could no longer live. Therefore, I left my life and all that I had known. I threw off my symbols of station, and without a word to anyone, I disappeared into the world outside the Temple. It was a world that I had never experienced.

I had been born in the Temple and lived there my entire life. I wanted to see the people that I had spent my life ruling. For months I hid in shadows as my hunger grew. I had never worked and had no social skills. A life of labor had always been beneath my station. Yes, I did see members of our world laboring, but I also saw them as having fun. It was the thought of having fun that drew me from my

shadows. However, I knew no social conventions and offended everyone with my arrogance. When I was around, everyone stopped having fun. They didn't seem to realize why, nor did I, but my presence made everyone get serious. Who I was had not changed just because I had taken off my robes and escaped into the night.

I was still a controlling presence that made everyone feel uncomfortable. I traveled far and wide seeking a place where I could fit, but always it was the same. When I entered a gathering, everyone stopped having fun and gradually dispersed. I was totally alone now. I could not find a place for me, and I could never return to the Temple. So, I went off into the wasteland areas of our world where none traveled and none lived. Even though we were a water world, we still had a wilderness. This area was much like your desert in that it was flat, no peaks, and no caves. But most frightening of all, the wastelands led right to the precipice of the territory of Darkness. Since I had no responsibilities, there seemed to be no time, and since everything was flat and looked the same, there appeared to be no space.

I was alone without even time or space to define my essence. There was nothing left to hide behind, or in. I only had myself, and the memory of Shaleem. I became a nomad, traveling around the wilderness in search of food. My thoughts and feelings were focused on my physical survival, and on my great pain. Why did NO ONE wish to be with me? How could I have such a negative influence on everyone whom I encountered? How could they shun me? I was a High Councilor of Light. How could mere laborers turn away from my mighty presence? Of course! They were frightened by my great light, my great Power.

"How could they, so lowly in our civilization, not recognize my great LIGHT?" I shouted into the nothingness. It was then that I heard the laugh. It was NOT a happy laugh. It was a taunting one.

"Now you taunt me," I cried indignantly. But, I realized that I was alone. There is no one here but me.

"You are never alone," I heard inside.

Was it the Collective Consciousness observing me in my sorrow?

"I AM your SELF. I AM in you, as well as beyond you," replied the voice.

This time, it was not laughing. In fact, the voice felt compassionate and kind.

"How dare you be compassionate with me," I yelled. "I am a High Councilor of Light. It is I who have the right to be compassionate—or not."

"To me, you are a child," replied the voice that I was beginning to hate.

"You taunt me, then you have compassion for me, then you judge me. How dare you be so arrogant with ME!"

"Why are you so angry at your SELF?"

"I am angry at you, not at myself."

“But here is only you. Your arrogance has even cut you off from the Collective Consciousness.”

“How dare you call me arrogant? I am just out here trying to survive in this wasteland of nothingness. I came out here, as there was no one who would accept me, no one who could even be near me—ME—a High Councilor. Didn’t they know who I was?”

“Do you know who you are?” the voice softly whispered.

The quiet of the voice, and the truth of the words, stopped me. NO! I did not know who I was, but I knew then that I would have to find out. I had to go to the one group that accepted everyone and judged no one, the Threshold Dwellers.

The Ancients Speak

When Shaleem first came to us, she was on the verge of death. She had lived her life championing the cause of separation. Always, she had held the negative polarity of matter and third dimensional stability. When she joined with Tarmaine in the hall she was electrocuted by his positive charge of light. All the electrical circuits in her body were de-polarized in that moment of their meeting.

Tarmaine’s body did not suffer that injury, as his body was more ethereal and could absorb a brief depolarization. However, within that moment of unity, Tarmaine’s mind was opened and his thoughts were freed of limitation. He was formless, and experienced himself as pure consciousness in union with the Flow of All That Is. Henceforth, he would never again feel separate from another—even his “enemy,” and the dogma of the Council of Light was revealed to him as separatist, limited and judgmental.

However, what affected him the most was Shaleem’s opened heart. Just as Tarmaine’s mind had opened, Shaleem’s heart had opened, and she experienced a moment of pure, unconditional love. Within the moment of their meeting, they each had a fifth dimensional experience. However, since they were both still incomplete within themselves, the experience repelled them rather than united them.

Tarmaine’s opened mind had made him doubt all that he had formerly believed in, and threw him into self-doubt and confusion, while Shaleem’s opened heart made her release too much of her life force into Tarmaine. This sudden loss of life force was why she became so ill, and why she could not heal herself. In their brief meeting, their lives were changed. Together they experienced something that they could not experience apart—the fifth dimension. However, before they could stay there together, as ONE androgynous being, they would each have to find their SELF—separately.

The Threshold Dwellers Speak

When Tarmaine came to us, we were surprised to have a High Councilor of Light at our door. We knew who he was with our inner senses, but, externally, he

appeared more like a peasant than a High Councilor. He had no arraignments of authority, and he looked beaten and broken. Our healers took him in at once to assist him, but his problems were not physical. He had released everything and everyone he had known. He felt totally lost. However, he seemed to have found an inner voice that none of us had yet remembered. Oh yes, and he had found Shaleem.

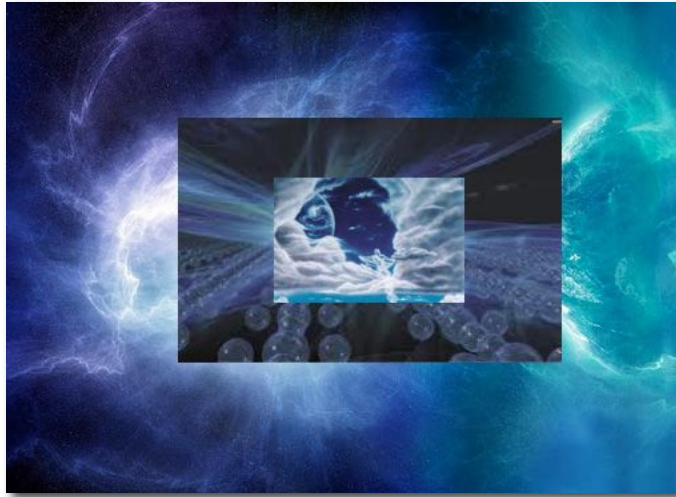
He believed he had lost her as well, and his inner voice constantly told him that he must find her. He found her first telepathically, inside himself. In fact, he talked to her often. Telepathic communication was not unusual in our society, but any communication between a High Councilor of Light and a High Councilor of Darkness outside of the Council Chambers was unheard of and totally forbidden.

When he first came to us, he kept to himself, but, gradually, he began to share his experiences in the wastelands and his long journey to join us. He had lived among the masses for years and released all sense of superiority and arrogance that all the other Councilors had. He did not try to lead us, but his essence was one of leadership and assurance. We sought him out for guidance, and yes, for comfort. He knew of darkness and pain, as he had gone into the depths of himself and had found him SELF.

One day, much to our distain, he told us he was leaving. He had shared all he had to give and must join with his Divine Complement, Shaleem. Tarmaine had spoken quite a bit about Divine Complements. With much patience, he finally convinced us that everyone had an opposite polarity, an opposite gender. He told us that, eventually, we would all merge with our Divine Complement and become our true androgynous, fifth dimensional SELF.

Then, one morning, he was gone. He left without a word and without any ceremony. He had gone to his wedding, his Mystical Marriage. We connected with him via our Collective Consciousness in order to support him in his "Joining." We could feel that his journey to the mid-world was no longer a challenge for him. He was lowering his vibration, as Shaleem was raising hers. As he approached Shaleem, we saw her through his eyes, and we felt their great love through his heart. When at last they touched, there was a burst of light, and they were both gone.

Just as Tarmaine had said,
They had Joined and gone into the fifth dimension—as ONE.



THE PATH BETWEEN

The Path between is hard to see
The One within is hard to BE

To BE the Darkness and the Light
Expands the hearing, hones the sight

The sight of ALL that does abound
Beyond the world of light and sound

The sound has trapped the Light within
Veils of Illusion—oh so thin

Illusions now, they slip away
Preparing for another way

There is a way that's in-between
All we've heard and what we've seen

Beyond the Dark, inside the Light
There is no wrong. There is no right.

Compassion comes from finding how
To love the ALL, inside the NOW

Tomorrow may no longer be
And from the past, we now are free

Oh my ONE, take me inside
So in the TRUTH, I can abide

When judgment lies down with my pride
I feel that I must take a side

The side I take is down the Center
Into my SELF, I wish to enter

I enter NOW. I do not wait
As I am sure it is my fate

The fate that I, myself, have made
As I walk the Path that I have laid



I AM Kepier,

We speak to you from the Starship Athena. We are readying ourselves for our first official visit with your reality. We speak to you from our fifth dimensional resonance. Hence, I use the plural term of we. Because we resonate beyond time, our visitation has already occurred. It is for this reason that we KNOW that we will meet you soon. "Soon," is a term we often use when speaking with our time-bound ones to reassure them of ensuing events. However, your experience of any given event of which we speak, depends not on time, but on your frequency of consciousness. In other words, when your frequency of consciousness resonates to the fifth dimension, you will be able to perceive and experience our meeting.

Do not be concerned if each of you experience these meetings in a somewhat different way, as you are still holding your physical, individual forms. Because of this, you will each have your perceptions influenced by the thought-forms and emotions that are embedded within your earth vessel. This situation is by design. You all entered the experiment of life in a polarized reality to experience the

many different individual expressions of the ONE. It is this individuality that you will donate to the ONE on your ascension into the reality of Unity.

We wish to share more about your transition with you. You see now how your earth vessel is changing more each day. Also, the news of our First Contact is becoming more and more commonplace. As we have told you, our First Contact with our grounded ones will be inside your consciousness rather than within your external, physical reality. We begin our contact in this manner to remind you that the Path to Ascension is not above you but within you. Therefore, to speak to you inside your heart and mind, you seek our communications by tuning, not into the third dimensional news, but into your own Inner Truth.

To find this inner truth, tune into your innate Multidimensional Consciousness to which you have been awakening. Then, because of the blissful feelings and bodily sensations that accompany our communications, your rational mind can more easily accept this inter-dimensional communication. Yes, it is the expansion of your consciousness that is our primary goal in preparation of our “landing.”

Again, we wish to remind you that it is your state of consciousness that will allow you to experience this landing, not the place in which you may be or the time that you should be there. Once you connect your consciousness to ours, or to any member of our Galactic Fleet, you will be on our “email list.” In other words, once your consciousness is united with ours, you will Know how you are to participate within this great transformational moment of First Contact.

We say First Contact because it has become a well-known term. However, there are many of our grounded ones of all our Galactic and Celestial Families that have experienced and are currently experiencing contact with us. Many of you have known us by a name that was already in your vocabulary as some form of deity. You chose these names for us because the feelings of bliss that our communications evoked in you were much like your feelings during meditation and prayer.

We wish to remind you again, that we are not deities in any manner. In fact, we are YOU in a higher frequency. The bliss that you experience is the unconditional love that has always been latent within your own earth vessel. This unconditional love reunites us with our grounded ones and can only be activated by a higher state of consciousness. The component of this Unity with which our grounded ones have the most difficulty, is the understanding that this unconditional love is best activated when you can love yourself unconditionally.

Fortunately, through communing with us, usually through what you would call meditation, you can feel our unconditional love entering your awareness. Since love given unconditionally is a rare experience in your dimension, you may need to first experience it from what initially appears to be a *separate* source. One of

the most important things that we wish to relay to you today is that WE are NOT separate from our grounded ones.

We are ONE! It is within that ONE that you shall ascend. To prepare our grounded ones for our impending unity of consciousness of personal and planetary ascension, I, Kepier, will send you communications via your Youtube:

Preparing for Ascension
Releasing Time and Space



<http://youtu.be/ohV0eIMJLNA>

July 2011
Message From El Morya



I AM the Ascended Master El Morya, and I wish to leave a message for the many ascending AND Ascended Masters holding an earth vessel. There are three things that I wish to share with you, our Planetary Ascension Team:

1. Release ALL the fear that is still embedded in your physical earth vessel.
2. KNOW that there is ALWAYS Enough.
3. Maintain your earth vessel for as long as Gaia needs you to.

It is NO sacrifice to maintain your earth vessel because your Spirit is forever FREE. Your earth vessel merely represents that YOU are the planet Earth. Therefore, as you release your residues of fear that are in the molecules and atoms of your earth vessel, you are serving to release all fear in your planetary vessel, as well. Furthermore, your fear of not having enough, which is an innate "fear of survival," can be released when you realize YOU are the planet. As the planet returns to Galactic Consciousness, the humans will return to their true Planetary Consciousness.

You, the members of humanity, have reached critical mass regarding multidimensional consciousness, but only because the awakened ones hold so much more light than the masses. However, many of you awakened ones are still holding a form in fulfillment of your pre-birth contract to partner with Gaia. Also, the physical form that you hold is a representation of your Planetary SELF. Humans, who are the Keepers of the Land and the cetaceans who are the Keepers of the Water are sworn to release ALL attachments to their third dimensional illusions while they retain their earth vessels.

Your detachment from illusion while maintaining an earth vessel facilitates the release of ALL fear embedded within your earth vessel, so that you can better assist in releasing all the fear embedded in your collective planetary vessel. It is the knowing that there is always ENOUGH that expedites the release of embedded planetary fear/darkness. While watching a scary movie you may say, "It's just a movie. It isn't real." You can now make the same comment while observing the many frightening third dimensional illusions.

Because you know these illusions are not real, you can maintain your earth vessel and continue to play the 3D Game while you also move through your process of ascension. The ascension personal and planetary processes are accelerating more and more each day. Things may look the same on the outside,

except that you are finding that things that were once essential to you are no longer important. Competition, wealth, fame and success carry less weight once you realize that the Game of 3D Life is not real. What is REAL is inside.

Inside, you are becoming more and more transformed with every breath. Just as thought precedes action, changing your state of consciousness precedes changing your reality. Believing that you are changing your reality places you in a state of consciousness in which you can change your reality. In fact, you are not just changing your reality. You are creating your reality with your every thought. Therefore, remember to maintain your Mastery over your every thought and emotion. You have great power now, and with that power comes the responsibility to maintain your multidimensional consciousness.

I, El Morya, serve as the Ascended Master of the First Ray, the Blue Ray of the Power of God's Will. To avoid religious discriminations, as different religions have different names for the energy they perceive as God, I will speak of the Will of ONE. Dear ascending ones, we Ascended Masters understand how difficult it is for you to forgo your return to SELF in order to remain in service to Planetary Ascension. However, I proudly remind you that YOU are not "remaining" on Earth. You ARE Gaia.

You are the portals through which the multidimensional light and unconditional love of the higher dimensions can enter Gaia's body of Earth. In return, Gaia shares Her expanding light and love through the glory of Her Nature. I will return to speak more of being an Ascended Master while still maintaining a third dimensional earth vessel. We, the Ascended Masters of Earth, remind you that if you have found yourself reading this communiqué, you are an Ascended Master who is still wearing an earth vessel.

You may wonder how we could make such a sweeping statement, but you must remember that we are in full possession of our multidimensional perceptions. Therefore, we know you are an Ascended Master because you are ALL Ascended Masters. You did not leave the fifth dimension and beyond to enter third dimensional Earth. No, you expanded your consciousness into the third dimension so that you could participate in this cosmic moment. It is just that you forgot that your earth vessel was actually a puppet, an avatar in a video game.

As you awaken to your Multidimensional SELF, you realize that YOU are the puppeteer, the one who chose to log into this reality during this auspicious moment of transmutation. In fact, you spent eons of lives training for this particular reality. One of the worst indoctrinations of this 3D Game was that "You are NOT Good Enough." We say to you, "YOU are precious!" YOU are necessary and vital for the completion of a great plan that went into motion long before the establishment of Lemuria and Atlantis.

YOU are the final chapter in the book of third dimensional Earth.
YOU are Gaia, the consciousness of Earth.

Those of you who have awakened, have done so because you refused to totally forget your SELF. You may have seemed to forget, but there was always a glimmer of a memory of your true SELF. That memory that was implanted into your Soul during all your lives in which you prepared for this moment of HERE and NOW. You are, indeed, HERE NOW in the process of ascending your personal and planetary SELF.

I AM El Morya. It is the Will of the ONE that you succeed. Therefore, you shall!
All of us in the higher dimensions know that you will succeed, for in the NOW of the ONE you have already ascended!

(I have served with El Morya since the late 1970s. When I had my first inner meeting with him, I was terrified of his power, the Power of God's Will. In fact, I believed for quite awhile that he was angry with me. Fortunately, like an adult would love a frightened child, he comforted me and assisted me to find my own inner power. I have come to know his loving heart and quick humor. He does not mince words and speaks powerfully with utmost authority. In other words, he is a role model for us all!)

INTO THE MOON



I am El Morya, here today to take you through the portal into the Moon. The Moon was once a spacecraft, but is now inhabited by the higher fourth dimensionals who wish to be protectors of Earth.

To begin this journey, find the Moon inside your self, for that is the True Reality. Can you see it? Each of you may carry the Moon in a different area of your body. In fact, your Inner Moon, which is the Portal to Gaia's Moon, can change locations with your emotions.

I ask you to close your eyes for a moment of the NOW and feel the power of your Inner Moon. Do you feel how the power of your Inner Moon is different than the power of your Inner Sun? It is calmer and subtler. It is not as steady as your Inner Sun, but waxes and wanes with your state of consciousness.

In fact, your Inner Moon IS your state of consciousness. When your consciousness is expanded, your Inner Moon is huge and fills your entire body

with its peace and truth. Then, when your consciousness is trapped in the mire of physical life, you Inner Moon can feel dense and far away.

Therefore, take a moment to take some slow breaths to connect with your Inner Moon...

Once you have connected with your Inner Moon, allow your right hand to slowly rise and touch the place on your body where it is at NOW...

As you connect with your Inner Moon, allow its light to project the Path into Gaia's Moon...

Slowly, you float upon the Path as you allow the Moon to pull you into Her embrace. As the Moon approaches, you know that you will easily move past its surface via the Portal of your Inner Moon. In a flash, you are inside the Moon.

The beauty inside the Moon is indescribable, and looks like a combination of Lemuria and the Land of Faerie in their peak expression. Floating above what appeared to be the grounded area (as the "ground" is inside of an orb), are many magnificent beings of the higher fourth dimension. In the very center of this reality is the Moon's Violet Temple of Transmutation.

I, El Morya, must tell you that now you are on my own, for only those who can resonate to the fifth dimension and beyond could find their way to enter the Temple. Therefore, just relax into the unconditional love that you have felt for your self and for others. It is through the energy of your unconditional love that you shall find your Way.

As you relax into the flow of your unconditional love, you easily float up to the three stairs before the Temple entrance. You feel the innocence of purity of your Divine Child and know that state of consciousness will grant you the ability to climb these three stairs. You can see now that this Temple is made of pure violet light, and that its shape can change with your expectations. It is your state of innocence and purity that allows you to hear the manner in which you can climb these stairs.

Your consciousness is free of fear, or you would not be approaching this step. However, to climb the first stair, you must release ALL fear from every cell and atom of your physical form.

Inside, you hear the Mantra:

I NOW release ALL fear from every cell and atom of my physical form
And replace it with Unconditional Love.

Say this Mantra three times, or as many times as you need to until you can believe it is true. Is it not a glorious feeling to experience your body completely free of fear?

To step upon the second stair, know and fully believe that YOU are the creator of your reality. Knowing that all you need is "enough" frees you from the toils of the third dimension. In the fifth dimension, you create only what you need for the NOW and allow it to return to the ONE for redistribution once you withdraw your attention from it. As you use this fifth dimensional thinking in your grounded life, it grants you complete independence from third dimensional worries. This independence comes from your total believe in the next Mantra:

"I ALWAYS have Enough."

As you move toward the third step, you hear, "What will you forget?" To your surprise you answer, "I will forget nothing. I carry with me the memory of every life, every experience, every sorrow, joy, fear, anger, love and lost love that I have ever experienced in any of my third dimensional incarnations. I, a speck of the ONE, entered the individuality of the third dimension to gain experiences, which I vowed to share with the ONE. Therefore, I now place every earthly experience I have ever had upon the Threshold of this Temple, so that I may share all that I have known."

As you place your earthly experiences on the Threshold, you hear the third Mantra:

"I now place every earthly experience I have ever had on
the Threshold of Ascension, so that I may share them with the ONE."

With the last Mantra, you float into the Temple and are instantly surrounded by every higher dimensional Being you have known during your many sojourns on third dimensional Earth. You listen calmly as they tell you that you are now, and have always been, an Ascended Master.

As you return to your mundane life, you hold the memory of being surrounded by my many Guides and higher expressions of your SELF who are bathing you in their unconditional love. You vow to Gaia that you will retain an earth vessel for as long as necessary, so that you can contribute your Light to Her Planetary Ascension. You know that something important is happening, and you will maintain your presence on the body of Gaia for as long as she needs you!

You are not yet aware how this process will influence your life, but you vow to remember the three stairs:

I NOW release ALL fear from my earth vessel.
I KNOW that I AM creating "enough."
I share all my physical experiences with the ONE.



<http://youtu.be/QtotUol0pnM>

ANOTHER MESSAGE FROM EL MORYA

Greetings, I AM El Morya,



I speak to you again of being an Ascended Master with a physical form. All of the Ascended Masters throughout the ages have had the ability to maintain an earth vessel for varying amounts of time. St. Germaine was known to have an earth vessel for centuries. He is an example of the power of transmutation because he serves on the Seventh Ray of Transmutation and Ascension.

Transmutation and ascension are the same because the transmutation of the frequency of physical matter into the frequency of spiritual energy is the core of ascension.

When you decided to incarnate on Earth, you inserted your multidimensional energy field into a physical encasement. Unfortunately, you usually forgot that YOU were the essence and NOT the encasement. Fortunately, many of you are now remembering that you are the essence, the spirit, and the energy of the ONE that enlivens your form. When you are done driving and you leave your car, the car does not disappear, nor do you. However, when you are in your car, you and the car appear to be ONE.

During sleep and meditation, many of you step out of your vehicle. However, it is important that the vehicle is parked before you leave it. Would you leave your car while it was moving? In the same manner, you would not like to step out of your earth vessel while you are walking down the street. Just as a moving car could crash if you left it, your body would fall if you left it while you were moving. For this reason, Ascended Masters learn to be fully conscious of how much of their Essence is inside their physical form. As an Ascended Master you will learn that when you visit the higher worlds, you make sure you *park* your vehicle where it is safe. Then, you can return to it when you are needed in the third dimension.

Fortunately, your inter-dimensional travels are out of time. Therefore, what appears to you to be a substantial journey, appears to others as only the blink of your eyes. However, this eye blink must occur only when the body is safe. The physical form is quite delicate and difficult to maintain at optimum health in the lower frequency of the third dimensional world. As you know, molecules of life decay over time in the physical world and are susceptible to injury and illness. This fact is especially true when your essence/spirit is visiting other realities.

When you visit the higher frequency worlds, you can merge with one of your many higher dimensional expressions of your SELF, or you can choose to visit these worlds in a formless state of pure consciousness. On the other hand, you may want to create a higher dimensional form to represent your visiting consciousness. These forms are created with multidimensional light and unconditional love. Hence, they are infinite and indestructible, and they

automatically disarticulate and return to the ONE when you are no longer using them.

An advantage of being an Ascended Master is that your multidimensional consciousness has marvelous healing powers, which can be used on your physical vessels. However, the high frequency that heals your earth vessel also creates a sense of great exhaustion for beginners. To have a consciousness that is resonating to a much higher frequency than its container is very tiring for the container. Hence, frequent naps, meditation and excursions into Nature are important while residing within your earth vessel. Walking in Nature is important so that you can more fully ground yourself into the body of Mother Earth.

Once grounded, it is easier for you to accept Gaia's assistance. The form for the Planetary Consciousness of Gaia, planet Earth, allows your body to have a break from the burden of holding a form of a much lower frequency than your consciousness. Eventually, as well as during Planetary Ascension, your higher consciousness within your carbon vessel will transmute (raise the frequency of) every cell and atom of that vessel into its fifth dimensional counterpart of Lightbody. In the meantime, your Ascended Master consciousness will remind you how to use your multidimensional healing powers to heal and maintain your third dimensional vessel. Then, you can more easily continue to use your clay vessel until your Personal and Planetary Ascension has been completed.

In the meantime, your ascended consciousness will upgrade your vessel from the inside out by activating your "junk" DNA. This 97% of your DNA, which has been labeled as "junk DNA" by your scientists, is actually the hard drive for your transmutation into Lightbody. Therefore, it expedites your ability to experience the transmutation process into Lightbody, while your consciousness still inhabits your clay form. As this transmutation continues, your expanded perceptions will increasingly come online and your clairvoyance, clairaudience etc. will assist you to consciously perceive the multidimensional energies entering and integrating into your third dimensional world.

These perceptions are the best antidote for the 3D fear virus, which can be very disruptive to your ever-changing physical vehicle. Once you can consciously perceive the higher dimensional energy fields as they flow into and merge with your personal vessel and your planetary vessel, you will KNOW beyond any doubt that you ARE ascending. When you first begin to perceive these molecules it is helpful to close your physical eyes and observe your reality with your opened Third Eye. Your third Eye allows you to perceive these energies, whereas your High Heart assists you to merge into, communicate with and understand the message of these energies.

To try out these multidimensional perceptions:

- Take a moment to look around your present surroundings through your Third Eye.

- Release all thoughts.
- Center your emotions into a neutral place.
- Calm your body and sit with a straight spine to align and open your chakras.
- Expand your consciousness by modulating your breathing so that your exhale is twice as long as your inhale.
- LET GO!

Take a moment to process your experience with your expanded consciousness.

Before you go about your day, make sure that your consciousness is fully integrated into your earth vessel before you move it. In other words, before you move your vehicle:

- Fasten the seat belt.
- Adjust the mirrors, especially the rearview mirror.
- Check the fuel level.
- Start the engine.
- Check out your surroundings.
- Then, move your vehicle.

When you are done using your vehicle, park it in a safe place, lock it so that no one else can use it and surround it with light. Don't forget to clean your vehicle, check the oil and make sure it has enough fuel. Do NOT drive your vehicle unless your primary attention is in the third dimension. It took you a long "time" to awaken this vehicle to its true nature. It is much easier to maintain it than it would be to get a new one. You have waited, studied and incarnated in myriad timelines in preparation for this opportunity to hold a physical form during this time of Personal and Planetary Ascension. Therefore, YOU are the treasure of your Multidimensional SELF.

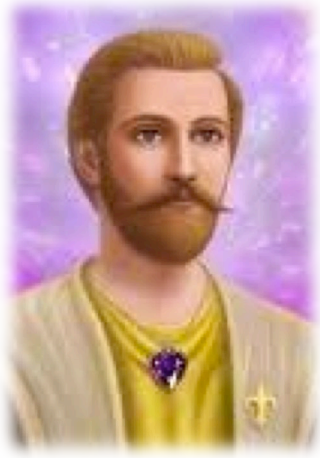
Your Ascended Master SELF perceives the *energy* that embodies the third dimensional form. However, your human self sees the *form* without full realization of the energy that created it, fuels it and gives it life in the third dimensional world. Therefore, when your earth vessel is parked and safe, practice your Ascended Master perceptions by perceiving the energy that creates, enlivens, sustains and connects all life.

At first, you may only be able to perceive the molecules of life while in a meditative state of higher consciousness, as the volume of that sensory data will overwhelm your mundane consciousness. However, as your multidimensional consciousness comes fully online, it will become increasingly natural to see energy and form simultaneously. In the meantime, I invite you to call upon me for assistance. I will be honored to answer your call. My Brother in the Light, St. Germain, will now address you.

Blessings,
I AM EI Morya

ST. GERMAIN SPEAKS

Beloved Grounded Ones, I AM St. Germain,



I wish contribute to my dear friend El Morya's message about keeping a physical form while being an Ascended Master. I see that you, dear grounded masters, tire of the hardship of the third dimension and wish to expedite your return Home to your true vibration. Most of you have served the cause of ascension for myriad lifetimes, and wish only to bask in the glory of multidimensional light and unconditional love. I can joyfully tell you now that you are, indeed, coming to that moment.

However, as you have learned in your many incarnations, the last 3/9ths of any project is the most difficult. First of all, you are exhausted with the process. And, second, everything that you put off until "later" because it was too difficult is now in front of you. Please know that you were correct in putting off certain tasks, as they required your Ascended Master consciousness to address and successfully complete them. Furthermore, the frequency of Earth was too low for many of your higher actions to be understood and appreciated by the collective consciousness of that era. Hence, many brave moments fell into the oblivion of the mass amnesia.

Auspiciously, now that you are standing at the very threshold of Planetary Ascension, the frequency of Earth is higher than it has been since the fall of Atlantis. Therefore, be patient. Many of the problems of your darker times will be automatically released because the frequency of fear and duality can no longer tolerate the resonance of planet Earth. Hence, the transmutation of physical matter into spiritual energies will be greatly facilitated.

As Ascended Masters holding a physical form, you have volunteered to participate in the final transmutation of darkness into light and duality into unity. Initially, you may experience this transmutation with sadness, for indeed, your old world is dying. It is appropriate to feel sorrow at the end of an era. Even though it was an era of great challenge, many of you who took forms found great love, victory and even enlightenment in the midst of the separation and limitation of the last 12,000 years.

You have had some lives of great victory and others of horrible suffering. We also know that fear and anger were constant threats during your many physical incarnations. However, you were brave enough to return, again and again, to serve in trying to stem the ever-increasing energetic downfall of Gaia's body. We Ascended Masters know how difficult incarnations on Earth can be, but we also know the joys and victories that are possible. Hence, we understand that there is

a reason to mourn. We wish to tell you all that NOW you can allow yourselves to relax into the joy of your return Home to your true frequency of expression.

Therefore, your final act before ascension is to clear your physical form, which is truly a component of Gaia's form, of the many fear-based emotions, thoughts and memories. You have been brave warriors far beyond your knowing. In fact, please take a moment to recognize how brave you have been to return again and again to a planet in which you had a greater possibility of feeling fear and sorrow than love and joy. But, return you did, lifetime-after-lifetime.

At first, you could not remember your many incarnations and came into each incarnation as if it were your first. Worse yet, you could not remember the glorious returns Home into the higher worlds that you experienced after incarnations of spiritual expansion. On the other hand, in some incarnations you became so lost in the ever-present darkness that it took many lives and returns to the lower realms of the fourth dimension before you could remember your true SELF.

Blessings, dear grounded ones, for in this incarnation you have remembered your true, Multidimensional SELF while still holding a physical form. In fact, you have remembered that you are NOW and have ALWAYS been an Ascended Master. Therefore, do not be fooled by the crumbling 3-D Game as it degrades around you. Release that which is leaving with unconditional love and joy of completion. At the same time, embrace whatever fills your being with the love and light of your true SELF.

I remind you to fully acknowledge that YOU are an Ascended Master who is still logged into the third dimensional Matrix of Earth. With the detached compassion of an Ascended Master, calmly observe how the third dimensional structures of limitation and separation are degrading more and more each day. In response to this observation, first transmute your every fear-based thought or emotion into unconditional love. Then, project that unconditional love into each and every situation that comes into your awareness.



Whenever a fear-based thought, emotion or situation enters your awareness you may call upon me for assistance by using my most powerful Mantra of:

Blaze, Blaze, Blaze

The Violet Fire
Transmuting ALL Shadow Into

Light, Light, Light

Repeat this Mantra three times to transmute darkness/fear into light/love.

Just as ultraviolet is the highest frequency of the third-dimensional light spectrum, a higher octave of Violet Light resonates as the highest frequency of every octave of light. In fact, there is a Violet Temple of Transmutation leading to the threshold of every dimension of reality to assist the cosmic traveler to adapt to that expression of reality. When you call upon the Violet Fire, you are pulling in the energy of these many Violet Temples, as well as the force of transmutation.

The force of transmutation, which can change a lower frequency of form into its higher frequency counterpart, has been at the core of all creation since Gaia first took Her planetary form. Transmutation has the power to raise a person, place thing or even thoughts and emotions into a higher frequency of expression. As you now take your higher form of Lightbody, it is the Violet Light that will ease your transition from matter into spirit.

Please call me and I will answer. It is my Mission and my privilege to assist you with your personal and planetary transmutation.
St. Germain

Calling The Violet Fire



September 5, 2011

ARCTURIAN CORRIDOR
Your Multidimensional Reality II



Inter-Dimensional Travel

Greetings from the Arcturians, we see that many of you, our grounded expressions of SELF, are now awakening, and are fully awakened, to your multidimensional consciousness. Consequently, we come to you to assist you in better understanding your expanded abilities. Just as you may need to adapt to the expanded abilities of a new computer, you are now in the process of adapting to the expanded abilities of your multidimensional consciousness. We meet with you now to assist you to better understand your ability of inter-dimensional travel. It is these multidimensional abilities that will assist you in being a vanguard of Personal and Planetary Ascension.

The process of inter-dimensional travel is actually a form of reality jumping. In order to jump realities you must know and totally believe that it is possible. Doubt comes from fear, and fear lowers your consciousness to a frequency that is too low to jump realities. In fact, you jump realities many times a day with the wavering of your consciousness. For example, imagine that you were going to one of your grocery stores.

Let us say that you awoke from bed early enough to meditate and align your

consciousness with the reality filled with joy and love. With peace and happiness you set off in your automobile to get your groceries. However, you are so enjoying your bliss that your focus drifts from the road and into the beautiful sky, which causes you to drive directly through a stop sign.

You do not realize this mistake as you are watching a lovely bird flying just above you. Then you hear a short tone of the siren and see flashing lights behind you. You look in your rearview mirror to see a police car. Instantly, your consciousness drops and you are in a lower resonance of reality. You feel fear activate your adrenaline, which rushes through your body. Your thinking moves to how you will afford this ticket and wonder what you did wrong. You are no longer happy, and you no longer notice that the sky is beautiful and clear.

How do you get back to the reality in which you began your day? The answer is that you meditate. In the same manner as you began your lovely day gone wrong you can return to your higher state of consciousness. If you can remember to put aside your thoughts of fear and worry and to safely park your car, you can take another long moment to look into the sky, and then close your eyes. You can breathe deeply and return to your higher state of consciousness. In this manner, you will know that the problem of getting a ticket was a reminder that while doing certain Earth activities you must remember to stay fully grounded.

It is through “mistakes” such as this example that you remember to expand your consciousness, not only into the higher dimensions but deeply into the body of Gaia. As members of the Planetary Ascension Team you have volunteered to retain an earth vessel until Gaia has completed Her process of Planetary Ascension. We are here to remind you that the frequency of your collective consciousness is rising with your every breath. Consequently, it is vital that you remember to repeatedly integrate your expanded consciousness into your daily life. Since energy travels in circles, the higher you go into the Spirit Realm, the deeper you must go into the physical world to fully ground your expanding energies.

We see that many of our grounded ones are chafing at the bit to experience the grand finale of ascension. And a wonderful finale it shall be, but there may or may not be a fanfare or definitive moment of ascension, YOU are the authors of your new reality. We are here to assist you, but this is YOUR ascension. YOU are creating it. However, KNOW that your ascension is a process, which you have already begun. We cannot tell exactly how you will experience ascension, as your version of reality is determined by your perception.

Your beliefs determine your state of consciousness. Your state of consciousness determines your expectation. Your expectation determines your perception, and your perception determines your reality. The reality that you perceive is the reality that you experience. This last sentence is the key to inter-dimensional travel. Hence to travel inter-dimensionally, you must:

- Believe that *you* are capable of inter-dimensional travel
- This belief in your SELF expands your consciousness
- With expanded consciousness you expect to perceive higher dimensions
- Since expectation guides your perceptions, you will begin to perceive higher dimensions of reality

You may wish to document your journey in some manner so that you can better remember it. It is often difficult for your human computer/brain to remember these journeys if you have not documented them. Furthermore, once documented you can share your experience with others. Sharing your experience will assist you to ground it into your daily beliefs, consciousness, expectations and perceptions. Also, if our grounded ones find the courage to share their experiences, they greatly influence the beliefs, consciousness, expectations and perceptions of the collective reality. Eventually, inter-dimensional travel will become “normal,” and a component of the Collective and Planetary Consciousness.

YOUTUBE

<http://youtu.be/CcF52bzLXMc>



INTER-DIMENSIONAL FUEL AND STEERING

Emotions are the fuel for your inter-dimensional travel, and the steering mechanism is your thoughts. Your emotions and thoughts combined make up your consciousness. Your inter-dimensional journey lasts as long as you are in a state of multidimensional consciousness, and your multidimensional consciousness continues as long as your emotions are in the range of unconditional love and your thoughts are focused on your inter-dimensional journey. As soon as any level of fear enters your thoughts or emotions, your consciousness will drop and your journey will end.

On the other hand, sometimes your journey ends because of time constraints, or because you can no longer maintain that higher state of consciousness. You, our brave grounded ones, are more accustomed to third dimensional consciousness.

Therefore, your brains are still calibrated to that frequency. With practice, the Multidimensional Operating System of your computer/brain will come fully online, making the perception of higher and higher dimensions of reality a “normal” experience.

At that point, the third dimension will become the grounding point for your Multidimensional SELF, as well as Gaia’s physical earth body. Since you and Gaia are both in the process of ascension, you are realizing that your third dimensional expression of reality is coming to a close. This awareness can have a great influence on your emotions. Therefore, it is important that you honor each emotion, for the Mastery of your emotions is one of the biggest challenges you have had in your earthly incarnations.



YOUTUBE

<http://youtu.be/UEFzAw6yD5U>

Preparing for Ascension 4 - THE POWER OF EMOTION

When you are traveling in your consciousness, you will “run out of fuel” if you allow any fear-based emotions to invade you which will cause your consciousness to plummet into the third dimension, or worse, into the Lower Astral Plane. Therefore, if you begin to experience fear, call to your Inner Guides and/or a higher dimensional expression of your SELF. If you feel you cannot do that, then just open your eyes. Once you see the physical world around you, you will return to the *habit* of being third dimensional.

The frequency of unconditional love provides you with the smoothest ride into the higher worlds. Unconditional love instantly connects you with your Celestial and Galactic Family who will protect and assist you on your journey. This guidance and protection will facilitate the maintenance of your expanded consciousness. It

is through the power of your expanded consciousness that you are able to experience your other realities. You can travel from one reality to another by changing the state of your consciousness and remembering that your imagination is actually the power of your fifth dimensional thought.

Most importantly, your power lies in your Knowing and Believing that YOU are a great Multidimensional BEING! This belief will give you the power to become the Master of your thoughts. If you can master your thoughts in your daily life, you will automatically be the Master of your thoughts throughout your inter-dimensional journeys. Remember that there are many versions of your Multidimensional SELF, so the dimension to which you will travel will be determined by the version of your SELF that is doing the steering/thinking. Because of this, it is best to begin your journey with the primary thought of surrendering to the highest expression of your SELF to whom you can surrender within that moment.

Your experience of your “self” is determined by your belief, consciousness, expectation and perception within any given time. When you travel inter-dimensionally, you experience your “self” in higher frequencies of reality. As you progressively experience higher and higher frequencies of reality, your sense of SELF expands. Each time you have an inter-dimensional journey, you will gain more confidence in the process. Thus, you will be able to surrender to higher and higher frequencies of your SELF, who can guide you into higher and higher frequencies of reality.

What is important for you to remember is that YOU are your consciousness, and your physical body is the form your consciousness holds in order to physically experience the third/fourth dimensions. YOU are your consciousness and your body merely contains YOU. However, YOU, your true Multidimensional SELF, is infinitely everywhere, in every reality, in every dimension, in every frequency because you are a component of the ONE. Since everything that you perceive is a component of the ONE, everything that you perceive is a component of YOU!



FIFTH DIMENSIONAL CONSCIOUSNESS

Inter-dimensional travel is a process of maintaining fifth dimensional consciousness for enough of your Earth *time* to free your mind of the third dimensional influences of limitation, separation and fear. Since separation creates the limitation, it is best to attune your consciousness to the Unity

Consciousness of the ONE. As long as your consciousness, and, hence, your expectations and perceptions, resonate to the ONE, you are free of the third and

fourth dimensional space/time barrier. This freedom allows you to travel inter-dimensionally.

Many newly incarnated ones on Earth have not yet taken on the burden of third dimensional programming and can easily travel into the higher dimensions. In fact, they often do so, but this process is not perceptible to others, such as their parents, because they blink out of third dimensional space/time. Hence, to the vision of others they are just closing their eyes for a moment. Many of you did this as a child. However, if you told adults of your experiences their response was often, "It is just your imagination." Hence, you began to doubt your excursions into other worlds or you kept them a secret.

It was this doubt and secrecy that created the fear of being different or crazy or that you were doing something wrong, which caused you to forget your innate skill of inter-dimensional travel. For this reason, it is important that you share your inter-dimensional experiences with others. Your courage to break free of your third dimensional programming will give others the courage to do the same. This will allow more and more of you to remember your innate, multidimensional perceptions and abilities.

Your ability to travel inter-dimensionally, along with all the rest of your myriad multidimensional skills, is stored in the 97% of your DNA known as "junk DNA". Therefore, you do not have to learn anything. You only have to unzip these DNA files with the multidimensional light and unconditional love that you are constantly downloading. We are always available to assist you with this download process. All you need do is ask. As you download these higher frequencies of energy, your Junk DNA will automatically be activated, and the Multidimensional Operating System stored in the 97% of your previously unused DNA will come online. In fact, this process is occurring more and more each day.

Once you have regained your multidimensional consciousness, there will no longer be the illusion of separation, and you will experience your self as ONE with ascending Earth. Critical mass has already been reached within your current expression of third dimensional Earth. Because of this, Ascension into the fifth dimensional reality of your choice, is alive and well within Gaia's Unity Consciousness of the NOW.



PLANETRY ASCENSION TEAM

You, our Lightworkers who have volunteered to "stay with the ship" of ascending Earth, are continuing to maintain your current earth vessel in order to contribute your force of Personal Ascension to that of Gaia's Planetary Ascension. At the time of Gaia's ascension, all of our Lightworkers will flash into Light as ONE Planetary

Being. After that, a fourth dimensional reality will be maintained as long as possible to allow those “on the fence” to continue the illusion of the *time* that they need to embrace their own fifth dimensional consciousness. This illusion of physical Earth will stay intact only while there is more light than there is darkness.

This fourth dimensional reality is much like an afterglow that can only be maintained while there is a greater percentage of light than dark. Once the light of the afterglow ascends into the fifth dimension, the fourth dimensional glow will return to its fifth dimensional source, and the illusion of third dimensional Earth will disappear. There are as many versions of ascension as there are those who ascend. This differentiation of experience is the reason why the Force of the ONE copied itself into many expressions of form on countless experiences of reality.

When you want to take a form during your inter-dimensional travels, you can find an expression of your SELF who is holding a form in that reality and merge with that frequency of your SELF. On the other hand, you can create a form of light that resonates to that frequency. Either way, the form will need to match the frequency of your consciousness. Hence, taking a form is similar to a radio wave signal signaling one of your radios. That signal can only enter the “channel” that resonates to the same frequency of that radio wave.

When you take a form you will experience the dimension of the reality. However, whenever you slightly change the frequency of your consciousness, your form will begin to resonate to a different frequency of reality. As we said before, your change of focus is primarily achieved by changing your state of consciousness. It is your frequency of a consciousness that aligns you with the resonance of any given reality, as well as with any form that you create or inhabit within that reality. Hence, whenever you change your consciousness, you will also change the version of reality that you are experiencing.

Every form in every reality is actually a point of awareness through which the Force of the ONE perceives life. The fragment of your Multidimensional SELF that holds a form in the lower worlds of separation, usually does not remember that YOU are a portal through which the ONE perceives life. Instead, you believe that you are a separate being that is limited to your form. YOU are not your form. YOU are the component of the ONE that inhabits that form. In other words, WE all are ONE Being with myriad different versions of experience.

VERSIONS OF ASCENDED EARTH



As a rehearsal for your Personal and Planetary Ascension, you will travel the Multidimensional Universe while you, also, remain grounded in your physical earth vessel. In this manner, you will be able to stay grounded when necessary without having to sacrifice the joy of inter-dimensional travel and communication. You will also practice living in more than one reality, because your fifth dimensional SELF can experience many realities at once. Thus, there are several of your fifth dimensional realities to which you can travel. Just as you might visit an area to which you are moving, you can inter-dimensionally travel to the different realities that you will inhabit once you ascend.

One of these realities may be aboard one of the Starships in which many of Earth's grounded ones have a higher expression of SELF. Many of us on the Starships that surround your planet have also taken an earth vessel in your "time" to be able to assist from above, as well as from the planet's surface. Another reality that our grounded ones can easily visit is on New Earth in which Earth has become a member of the Galactic Federation. Many of you greatly enjoy that reality. You love the instant transportation via the Portals. Of course, there is no movement involved with the Portals because you instantly arrive at your destination. Therefore, you may choose to travel in one of the swift, gravity free automobiles. From these vehicles, you can see your reality while you travel through your new world.

You also enjoy the instant manifestation of any item you need via the replication machines, and all of you love the complete freedom from financial worries. There is no money on any fifth dimensional reality and healing is light years ahead of your present dimension. Because of this, there are no diseases, and the few injuries that do occur can be instantly be healed. Most of all, you enjoy the freedom from fear. Fear does not resonate to this frequency, so it is non-existent. In fact, fear is non-existent in any reality that resonates to the fifth dimension and beyond. Fear is the result of separation from Spirit, from your SELF, from others and from your planet. Thus, there is no fear within the unity of New Earth.

Many newly ascended ones need to rest on New Earth, which resonates at the

threshold of the fifth dimension. This rest is usually required to heal your thoughts and emotions from the fear and pain of your multiple incarnations in a dualistic reality. New Earth is much like the third dimension without the concepts of separation and the fear that results from it. Also, New Earth has the advanced technology that has been hidden from you by the rulers of your present version of Earth.

If you still are attached to a human body, human homes, some form of education and jobs, you may wish to enjoy New Earth where you live in houses and are primarily planet bound. However, in this borderland reality you can experience Star Cruises, which are much like ocean cruises or airplane trips to a faraway location. On New Earth, you have the opportunity to gradually awaken to your Multidimensional SELF without the burden of financial issues and health problems. Therefore, you can continue to live a life similar to the one you are living now, but without the challenges of duality.

New Earth resonates to Unity Consciousness. Hence, all fear is instantly transmuted into love on New Earth because there is no sense of separation. You do not need to work hard to attain survival needs, as there is no money. "Another person" can no longer rule you, as you are all ONE Being who works as a unit to create a New World. It is the creation of this new reality that draws our ascending ones to live on New Earth. After myriad incarnations in a third dimensional Earth, it is such a great adventure to be among the ones laying down the foundation of a new reality.

By staying in New Earth at the borderland of the fifth dimension, you can enjoy the process of remembering how to manifest with your thoughts and emotions. Once you are completely comfortable with your power of manifestation, many of you will move into the mid-fifth dimension where instead of society instantly providing you with your needs, YOU become the power of your manifestations. On the other hand, some of you will choose to return to your Homeworld to visit your Galactic Family or go directly into the realms of pure light to return to your Angelic or Elohim expressions of the ONE. In the meantime, you can visit your options for ascension via your inter-dimensional travel.



AN INTER-DIMENSIONAL JOURNEY

Fasten your seatbelts, for we will now guide you on an inter-dimensional journey. Before we begin, we wish to remind you that the Universe is very fluid and travels inter-dimensionally. Your planet, in fact your entire Solar System and Galaxy is now entering the area (actually it is a frequency) of space that has been spoken of in prophesy for millennia. Among other names, it has been called the Photon Belt because there are so many highly

charged photons in this area. This energy field of charged protons is actually resonating from the Galactic Center. You will fully enter this field by 11-11-11. The words “frequency” and “area” are used interchangeably in this message because this field is a frequency rather than an area.

To begin our journey, please release your attachment to the limitations of space/time, so that you can travel within the NOW. Step into your inner Arcturian Corridor to activate your fifth dimensional consciousness and align your inner and outer perceptions to the ONE of the NOW. Even though you are aware of your physical vessel, trust that your experiences are the perceptions of a higher frequency of our Multidimensional SELF. In this manner, you can accept that your earth vessel is grounded in Gaia, who is serving as your anchor, as well as your protector.

You have been indoctrinated for many third dimensional lifetimes to believe that your inner vision is not real and that only your vision of the physical world is real. You are now breaking free of that illusion and living the truth of your great powers of inter-dimensional communication and travel. With your increasing freedom from third dimensional illusions, you can experience realities far beyond your former limitations. Trusting your inner perceptions is an important key to ascension. Thus, rather than perceiving your self as a human looking OUT into third dimensional Earth, think of your self as a Multidimensional Being looking IN to your multidimensional world. It is through these inner perceptions that you can free yourself from the illusions of the physical world.

Furthermore, please remember that just as different temperatures of water intermingle in your oceans, different frequencies of reality intermingle in Cosmic Space. Allow your power of imagination to perceive this Cosmic Space around you. This frequency of reality resonates to the fifth dimension. Therefore, remember the Mastery of your thoughts and emotions, as they will be greatly amplified and instantly manifested in this “frequency pool” of the Cosmic Ocean. Also, since this area is fifth dimensional, the energy that you emanate will instantly return to you.

Take a moment to use your power of emotion to FEEL the multidimensional light and unconditional love of this area. Surround your essence with this energy field to maintain your connection with your Multidimensional SELF. You can raise your consciousness to these peaks of emotional perception, which few planetary societies have been able to attain, because you have been brave enough to live in a reality with a huge density of fear and have still awakened. It is your expanded light and love that allows you to enter this frequency of Cosmic Space.

FEEL the light and love of the glorious colors of the surrounding inner/outer space, and focus your thoughts on your collective journey. This frequency of reality is beyond your third dimensional perceptions, but you can merge with our Arcturian energy, and the collective energy of those with whom you share this

journey, to assist you in maintaining your multidimensional consciousness. Because you have allowed your consciousness to perceive the fear-based events on Earth and have blessed them with your unconditional love, you are now able to perceive this frequency of reality.

As you travel into this frequency of reality, you feel the Kundalini rising in your body. Your Lightbody wants to shine beyond the limitations of your physical skin, so you take a moment to firmly ground your self in the body of Gaia and experience your self as a planetary Being. Once you have done so, you can continue your trek through this area of space with the physical form of Gaia serving as a grounding anchor. In fact you are so connected to Gaia that you and the planet are ONE. All of you who are volunteers of the Planetary Ascension Team will be having wonderful inter-dimensional journeys, but you will be urged to wait to transmute into Lightbody until Gaia is ready to come with you.

You are like the stone in a slingshot. The rubber band that holds the slingshot is pulling back further and further, so that even in your daily life, you are feeling the immense tension of this potential acceleration building up within you. It is this building of potential energy that determines how far into the higher dimensional realities you can go when the *rubber band* is let loose and the stone accelerated into its path of trajectory. To remain in complete control of this type of situation you need to calibrate your release point into the highest expressions of Planetary Ascension and make sure you have aimed your intention into the signature frequency of New Earth that is in alignment with your multidimensional mission. You also need to be the Master of your Emotions and choose unconditional love again and again.

Within this frequency, your thoughts get clearer and you remember why you have experienced “bad things” in your life. Something fear-based was developing because your ego was in control and was moving you in a direction that was out of alignment with your highest purpose. At that point, your Soul took control of the helm and drove you into a “ditch” to give you some *time* to think more deeply about how you wanted to create your life. When you surrender your thoughts into the Flow of this expanding frequency, you easily understand how your challenges were only places in your life in which you were getting out of alignment with your Soul Path.

These experiences were much like driving on the freeway while you were so tired that you were falling asleep and gliding into another lane. If it were not for the bumpers between the lanes, you could have gone into another lane. It was these difficult moments that actually signaled that your emotions had become fearful and your thoughts were not in alignment with your Path. Therefore, your problems were signals to find your Center again, for from this Center, you were ONE with your SELF.

As the visions begin to dim, you see the Galactics who have been assisting Earth's return to Her Center Path. You experience these Galactics as many energy fields, some are encased in Starships and others, who are beyond the need for a flying vessel, are traveling as pure consciousness. As you commune with these higher-dimensional Beings, a great calm flows through you and pulls your energy deeply into your core.

Those who can visit and commune with this frequency/area, have a consciousness that resonates to the fifth dimension 51% of the *time*. In fact, those who are aware of this area of space are actually those who have ascended within their consciousness, yet still hold a physical form to assist with Planetary Ascension. Therefore, they are Ascended Masters who are still maintaining their earth vessels. Your energy is now returning to your earth vessel and your eyes are opening. You can hear the traffic noises and feel your earth vessel around you. You are back on ascending Earth and fully contained within your earth vessel.



IT HAS BEGUN

Dear Grounded Ones, in closing we wish to tell you that *It has begun!* The shift is taking place right now. However, this change cannot be observed by your third dimensional perceptions. You will need to call primarily upon your High Heart to FEEL how the energies have changed. Then, you will need to believe in these feelings more than you believe in the illusions of your crumbling 3D Matrix. This Matrix is not meant to enter this area/frequency of space, and it will not. Therefore, those who resonate to the old paradigm of “power over others” and “service to self,” will not enjoy the speed at which their own thoughts and emotions return to them.

Your higher dimensional expressions of your Multidimensional SELF are cheering you on as you approach the “finish line.” Please do not be concerned with the amount of “time” necessary to prepare for your new adventure, as YOU are the creator of your life NOW. The expanding frequency of light and love entering your body will activate your fifth dimensional abilities of manifestation and expanded perceptions. Furthermore, your biological computer/brain is

learning to function multidimensionally. Your Multidimensional Operating System will gradually and safely activate your unused DNA, as well as the 90% of your brain that has been unused while your earth vessel resonated to the third/fourth dimension.

We remind you that you don't have to "do" anything and Know that you have an inner breaking system. Therefore, if you begin to feel overwhelmed, please call to us, the Arcturians, or to whatever Guides you are working with and ask for a rest. During this rest take as much *time* as you need to integrate what you have downloaded. The best way to facilitate your integration process is to remain calm, be in Nature, enjoy your loved ones (this opens your High Heart more), take naps, get enough sleep, eat carefully and according to your body's needs and drink enough water.

All of our grounded ones are familiar with what they need to do in order to afford their physical form the "time" to fully integrate the expanding frequencies of light and octaves of unconditional love that are now being downloaded. Yes, unconditional love has octaves. With every increase in frequency, your High Heart can attune to higher and higher dimensions of reality, which allows you to feel more expanded versions of unconditional love.

As your High Heart continues to open, your Three Fold Flame glows brighter and brighter to regulate and calm your process of transmuting into Lightbody. Furthermore, your original "first eight cells" within the ATMA of your Three Fold Flame will gradually release your genetic memory of all your incarnations on Earth, as well as your myriad expressions of SELF throughout the Cosmos. Please stay tuned to our energy, as we will continually send more information regarding your process of ascension.

The Arcturians, the Galactic Federation and the Celestial Protectors of Earth

September 14-2011



Three Days With St. Germain

Day One

Dear One, I am ready to hear more about whatever information you deem as important at this moment?

It is I, St. Germaine. El Morya and I are pleased that you, our earth masters, have returned to us here at the completion of your third dimensional life cycle. At this phase of your process of ascension you have the opportunity to see every thing, every thought and every emotion, that you have gathered into your consciousness in your long journey into the third dimension. Many of you are feeling insecure. How could you not? You are moving into a new reality. Hence, you are being called upon to release all that you cannot or choose not to take with you.

When you move to a new house, you must go into the closets, cellars, attics and garages to open boxes that have likely not been opened in decades. Some of these boxes have been carried from house to house without ever being opened. In a similar manner, you have carried myriad illusions in your unconscious storage bin for life after life. These illusions have been accepted without reflections, as you were too busy with the business of survival.

Now you are moving into a new house/life, but this new life is not in a different place. Instead, it is in a different frequency. The boxes of unknown content that have been carried in your aura for life after life must finally be opened. You can no longer lug them in your unconscious, for your "unconscious mind" is closing. This storage place is no longer an available place to hide whatever it is that you don't want to look at. Furthermore, you cannot just leave these boxes on the curb, nor can you give them away just because it is too much work to open them.

These are your boxes and only you decide what you want to keep and what you are ready to let go of.

However, these hidden places in your mind must be opened because they create fear; fear of confrontation, fear of truth, and fear of fear. Therefore, these storage places must be emptied because they lower the frequency of your consciousness. Entering another third dimensional vehicle and lugging around the unopened boxes one more time is not possible, for this “move” can only be accomplished by releasing ALL that lowers your consciousness. The good news is that you no longer need to open the boxes, look through all of the contents, and decide what to take and what to release.

Our ascending ones have come to the End Game now. Hence, if this box of hidden memories has not been opened for decades, all you need to do is let go of it. Our ascending ones no longer have to process their darkness. All you have to do is transmute the fear back into its Source, which is Light. Darkness is only light that has taken on too much fear. Therefore, once you transmute the fear—ALL FEAR—the darkness simply falls away as the Light returns to its Source. There is only ONE Source, and that Source is the pure, light energy of the ONE.

Transmutation is the process of raising the frequency of a person, place, thing or situation. Once the frequency is raised to that of Light and Love, the issues that have caused you fear-based emotions simply do NOT exist. We know that this is an unusual concept for those of you who have taken myriad lives and spent many years clearing, healing and releasing. It is because of these many years of ‘work’ that you can NOW trust that you can simply release your inner illusions by transmuting their frequency into the Truth.

This transmutation process begins with the identification of your lower frequency thoughts, emotions and reactions. Because you, our earth masters, have decided to look inside to truly know your self, you have the ability to discern the illusionary energy patterns of the third dimension from the higher dimensional Truth. This Truth can only be found by going within to connect your consciousness to the ONE. In order to make this connection, you have taken a brave look deep into your inner life. Through deciding again and again to look into your self to find the Truth, you have remembered the most consciousness-expanding Truth, which is “We are ALL ONE.”

Therefore, whenever you feel lower frequency energy that feels separate from YOU, remember to go inside to transmute the illusion of separation into the Truth of Unity with ALL Life. In this manner, you can remember that YOU are the creator of your life, for YOU have the ability to keep your consciousness within unity consciousness within the Flow of the ONE. Through transmuting your consciousness from the third/fourth dimensional expression of separation, to the fifth dimensional consciousness of unity, you will begin your “move” into New

Earth. This fifth dimensional unity consciousness is NOW embracing Gaia and ALL Her inhabitants.

I wish to remind you that you, dear humans, serve as the inter-dimensional portals through which Gaia can pull in the ever-expanding rays of multidimensional light and unconditional love. Because of this, it is important that you keep your Portals clean. The care and maintenance of your Portal means to clean out all the residues of illusion in your consciousness so that your Portal can be filled with the pure truth of your multidimensional consciousness. When you were first born, you were filled with the light of this multidimensional consciousness. However, your light was tainted by the fear of your third dimensional world. Fortunately, to clear your Portal, all you need to “do” is to release your third dimensional dualistic thinking of light and darkness and simply return to the unity of your multidimensional consciousness.

Once you remember that YOU are ONE with all life, you can FEEL the light and love as it courses through your consciousness and is grounded into Gaia through your earth vessel. With the feeling of this light and love inside of you, you will instantly recognize whenever lower frequencies of fear attempt to invade your Portal. When you feel this invasion, instantly transmute ALL Shadow into Light with the Mantra I have been using for eons, which is:



Blaze, Blaze, Blaze

The Violet Fire

Transmuting ALL Shadow Into

Light, Light, Light

I wish to now remind you that because of your great advancement into the Light, you no longer need words to transmute an energy field into its higher expression. The above Mantra carries great energy as it has been used since the peak of Atlantis. However, you can now KNOW that your frequency has expanded beyond the need for separate words that are sequentially strung out into a sentence. Since that form of communication will lessen in the threshold reality of New Earth and become extinct in the mid-fifth dimensional realities, I encourage you to expand your transmutation process into a format that is free of words.

Since this is a typed message, I will need to use words. On the other hand, I ask you to release your attachment to the words and listen with your heart. Your heart will hear our communication as pictures, tones, feelings and sensations into which you can easily merge your consciousness. Therefore, whenever your feelings direct you that a lower frequency is stemming from anyone or anything, remember that you are ONE with ALL life. Therefore, any uncomfortable feeling can only come from you. If you are ONE with ALL life, then all life feels like you and you feel like all life.

This unity of life is only found within, as the doorway to the ONE is only inside your SELF. Hence, if you are ONE with All that Is, whatever you transmute inside your SELF, you transmute every where and every when. *Since you are ONE with ALL life, ALL life is within you.* Consequently, when you go inside your SELF to find all frequencies of reality, you find both the lower and the higher resonance of life. Then, remembering that you are a Multidimensional Being, encompass the lower frequency with your higher frequencies of multidimensional light and unconditional love.

While you encircle the inner fear with your own unconditional love, FEEL how the unconditional love transmutes the fear back to its Source of multidimensional light. Fear is only the lowest frequency of multidimensional light, and this fear can only adhere to the third and lower fourth dimensions of reality. Therefore the enemy that was so awesome to your third dimensional perceptions is only a tiny fraction of your multidimensional reality. Envision yourself as a mighty being of light and fear as only the lowest resonance of your many-layered SELF. In other words, in order to clear this fear, simply brush off the bottoms of your “feet,” the part of you that stands upon a physical reality.

I know that the last sentence can be quite confusing for those of you who still struggle with third dimensional thinking. Within your third dimensional thinking, the “bad” energies originate from the lower dimensions and the “good” energies originate from the higher dimensions. First of all, your third dimensional thinking is likely to have difficulty identifying the “bad” as an energy field, for you still perceive life as “form that holds energy.” It is not until you have adapted to your multidimensional thinking that you can realize/remember that energy does not follow form. Instead, form follows energy. Therefore, fear is just the lowest frequency of your energy, which took a fearful form.

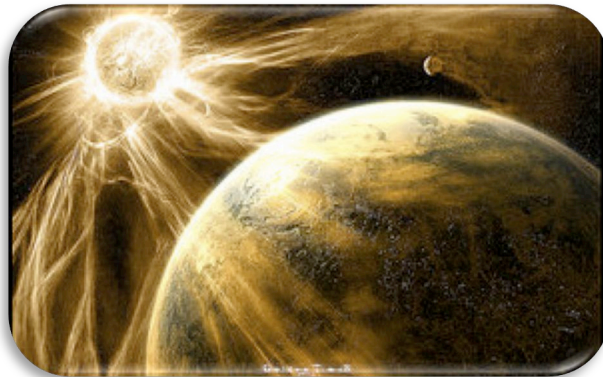
When you regain your expanded vision you will easily see that it is the energy that is causal for all form, whether that form be a person, place, thing, or even a situation, thought or emotion. As you regain your expanded perceptions you will be able to actually see how the energy coagulates itself into a form. When you can see energy before it creates its form, then you can change situations before they even happen, by transmuting that energy into its higher frequency of expression before it takes a form. Then, when the energy does create its form, it will be a beautiful form of multidimensional light and unconditional love.

While limited to third dimensional thinking, you may not remember that thoughts and emotions have a form. Many thought forms are initiated in the fourth dimension, which is also ruled by polarity and emotion. These thought forms are created by your emotion. It is the energy field of your fourth dimensional self that is creating your reality on the third dimension. Of course, this sentence is a bit obsolete because so many of you are now operating within your fifth dimensional unity consciousness. However, we see that while you are still holding a third dimension earth vessel, it is almost impossible to always create all your reality

with your fifth dimensional consciousness. This is the greatest challenge for our earth masters.

Many of Gaia's energy fields are more polarized than ever because the energy emitted from Her humans has split into the two forms of "embracing change, which is Letting Go into the Unknown" and "holding on to that which is familiar, which is Holding On to the Known." Therefore, there are strong opposing energy fields, which initially become fourth dimensional thought-forms filled with emotion looking to create a physical form. You can identify the polarity of these thought forms by trusting how they FEEL within your heart and your High Heart.

When you experience the higher frequency feeling, allow that wave of light and love to share its gift with you. On the other hand, when you experience a lower frequency feeling, move into it with your multidimensional consciousness to bask it with your own multidimensional light and unconditional love. Remember, if it is in your world, it is YOU! For, YOU are ONE with All Life. It is this Unity Consciousness that assists Gaia because you have chosen to fill your Portal, your earth vessel, with Unity. This Unity instantly travels through your Portal and into the Core of Gaia's body Earth. In return, Gaia instantly shares her planetary version of Unity with you. In this manner, you begin to remember that that YOU are the Planet.



Being a Planet

We, the members of your Galactic Family, wish to continue the wonderful words of St. Germaine to assist you in "Being a Planet." You chose to take on your physical shell largely to learn the many lessons of third dimensional emotions, and you chose your current era because the darkness/fear and light/love have NEVER been more polarized. It is at the end of a paradigm shift that polarities become the most extreme. In this way, the choices "in-between" are greater. Also, because energy/light travels in circles, the further you are willing to delve into your darkness, the higher you can flow into your light when the circle comes into completion.

Furthermore, the greater the separation between Light and Dark that you can experience and still find your Center Path, the more power of emotion you will

master. It is this Power of Emotion that was the primary lesson of planet Earth. Gaia is such an expanded Being that only the form of a planet is vast enough to contain Her consciousness. She volunteered to take on the form because She wanted to teach Her inhabitants, who are the myriad expression of her Multidimensional SELF, the power of creation.

Earth has always been a reality filled with myriad creative expressions of Gaia's consciousness. Therefore, many civilizations began, grew, then ascended or fell. Those of you, who have been able to align your emotional body with Gaia, have come to know Her, not as a rock covered with growth and water, but as a sentient being who has served the ONE bravely for millions of years. As She comes to the close of Her third dimensional expression, She invites Her humans to go with Her into the higher frequencies of reality.

We know that many of our grounded ones have come to deeply love Gaia and Her planet. However, did you know that Gaia deeply loves Her people, in return? Because of Her love, She does not want to leave even one of Her humans behind. At great risk to Her planetary body she has been patient with the needs of her humans to discover their ability to create their reality. However, she now is flowing into these higher frequencies of space to complete her cycle of physical manifestation. In the higher dimensions, form is the product of consciousness rather than consciousness being the result of form. Therefore, if you hold an intense feeling in your consciousness, it will create a form to encompass it.

The lost ones, who have used their manifestations in a selfish or power-over-others manner, have lowered the frequency of Earth to the point of near-extinction. She now calls upon all of her friends who have taken form on Her Earth for life after life, to join Her as the circle of Her journey into form is completing. To the extent that you, our grounded ones, feel separate from your expanded form of Earth, your power of creation is limited. However, once you fully understand and accept that your human form is as much a part of Earth as a lake or a mountain, your power of creation expands exponentially.

Your earth vessel does not belong to your consciousness alone. It is a vehicle that you share with the third dimensional elements and fourth dimensional Elementals of Gaia's body. The Earth is like a Mother Ship, and each person capable of inter-dimensional travel is likened to a Scout Ship. When your consciousness soars into the higher dimensions, your experience is instantly saved to the fourth dimensional Akashic Records (etheric records of all life on Earth), fifth dimensional Unity Consciousness, sixth dimensional Divine Matrix and your seventh dimensional Oversoul. In turn, all of these frequencies of your experience are available for your fellow inter-dimensional travelers to read.

Are you are beginning to understand that when we say that you are the planet, we mean it literally. Are not your many organs your body? These organs could not exist without your body to embrace them any more than a tree could survive

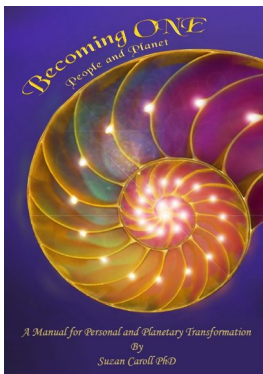
in outer space. It is true that you have come to Earth to learn the power of your emotions, but this power is not to be used just for creation. This power is, also, to be used for bonding. When you are bonded with Earth, what you create for your self, you create for your much-loved planet.

There are those who have not yet remembered that they are an extension of the Earth, as well as a portal through which the frequencies of Cosmic Space can enter Gaia's core. Therefore, they may not realize that whatever they do to others, they do to themselves and to the planet. These people will not be able to tolerate these ever-accelerating frequencies, and the experience of being a Planet will be too overwhelming for them.

On the other hand, you who have remembered that since YOU are the eyes and ears of Gaia, the consciousness of Earth. Therefore, everything that you perceive, Gaia perceives. Therefore, just as whatever Gaia creates for Her planet, she creates for Her every inhabitant, everything that you perceived is instantly perceived by Gaia.

Your Personal Consciousness has expanded into Planetary Consciousness. Just as once you perceived yourself as a person who was a member of a planet, you now perceive your self as a planet, who is a member of a Galaxy. When you go to a new town, members of your town may give you a welcome gift and offer to show you around the area. In the same manner, as you enter this new frequency, we, the myriad members of your Galaxy, are offering to show you around. Partnerships are being formed to create a reality based on unconditional love. The process of ascension is underway, and you are NOT alone!

-The Arcturians and the Galactic Federation



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Day Two

Dear St. Germain,

I feel like there is more to your message than I was able to receive the first time I communicated with you. I know this is a multidimensional message, and I often only get the lowest frequency while I am busy typing. Then, after the first edit and once I have had some distance from it, I find that there is more information at a higher frequency of expression. In fact, right now I feel such a high frequency of consciousness inside of me that I can barely stay awake to my 3D self. Is there

more to your message today? And if so, should I take that message now or tomorrow morning when I have more energy?

Dear St. Germain,

I guess the answer was to come back tomorrow, as I fell asleep shortly after that last sentence. Actually, I fell asleep to that wonderful, high frequency, which is exactly where I would like to wake up. In fact, it is the frequency in which I would like to always live. I want to live in the frequency of reality that is so high that I can barely stay “awake” to the third dimension. Is this feeling a component of transmutation into the fifth dimension?

Dear Suzille,

Yes, transmutation is a two-part process. It is the process of transmuting reality from a lower frequency of expression into a higher frequency of expression. Just as I have spoken of transmuting that which appears to be dark into its original frequency of light, for all energy comes from the multidimensional light of the ONE. I will now assist you in remembering how to inhabit the higher frequency, which you have created via your transmutation process. All Ascended Masters have learned this ability of inhabiting that which we have transmuted back to its true form of light, for that was our Final Initiation.

We, the Masters who have ascended from Earth, have gone through everything that our dear earth-bound brothers and sisters are experiencing now. Hence, we are communicating with many of you in order to nudge your memory. Your process of ascension begins by recognizing that there is only the ONE. Thus, no person, place, situation or thing is *outside* of you. If the life you perceive is not outside of you, then ALL life must be *inside* of you. Hence, any transmutation is done by going inside of your SELF to use the power of your unconditional love to transmute fear and darkness into its higher frequency of expression of light and love.

Once the energy field of dissonance is transmuted back into its original harmony with the ONE, make sure that you disarticulate the thought form that once held that energy. To disarticulate a thought form, simply outline that now-empty form with light and say, “Re-distribute.” At this point, the thought form will disappear as the particles of life that once created it are returned to Source to be used for further creations. Since all life is within your SELF, you can now enjoy a reality that is free of that lower manifestation of form. Since there is no separation from the ONE, when you transmute your inner reality, you have transmuted all reality. When you FEEL this higher frequency of reality within, your consciousness expands to experience higher expressions of the ONE. It may appear that you have entered a higher frequency of reality. The Truth is that you have BECOME a higher frequency of reality.

In other words, you have aligned your consciousness with a higher expression of the ONE, which appears to be a different world. However, if there is only ONE,

how can any part of that ONE be different? It cannot. What you are experiencing is a higher frequency expression of the same ONE. There is only the ONE, which has infinite expressions. You have created a form in a resonance of reality that is calibrated to that frequency of your consciousness. Once you expand your state of consciousness to embrace higher vibrations, you are able to experience higher frequency expressions of the ONE.

In order to remain awake to that expression of reality, your form must resonate to that frequency.

Therefore, remembering that there is only the ONE, you go inside of YOU, who is inside of the ONE, to transmute your body/form into a higher expression of life.

If you are visiting that reality in preparation for ascension, you will leave your physical form in a protected place, protected by your multidimensional light.

When you decide to permanently ascend into this reality, you will surround the lower frequency encasement of your consciousness (your body) with light and say, "Re-distribute," so that those molecules of life can be released into Source.

The perceptions of this frequency of form are calibrated to perceive and interact with this version of the ONE's infinite expressions of form.

You move into and through this reality via your multidimensional consciousness to see, hear and feel this expression of the ONE in your heart and mind.

Know that YOU are a component of the ONE. Know that everything you perceive is YOU, hence, all transmutation is within YOU. As you transmute the darkness into its higher frequency expression of the ONE, you realize that ALL is Light, All is love, but some of this light and love has taken on the costume of darkness and fear. Fortunately, as you remember that YOU are ONE you can easily perceive the light within that costume. In this sense, transmutation is the process of selective perception.

Your perception becomes selective because you refuse to perceive the illusion of darkness, which is the costume, and choose to perceive only the light, which is wearing that costume. Through selective perception, you choose to experience the light, and as you make that choice, the light expands beyond the costume of darkness. Then when the costume is released, all that remains is the light. To assure that this process does not become one of human denial, but instead of a process of mastery, you realize that you are inside of your reality, which is inside of your SELF.

YOUTUBE

Message from St. Germain and Gaia



<http://youtu.be/VSFMmlti8NM>

Day Three

Dear St. Germain,

I feel like there is a part three to our communication. Last night I had a horrible dream. I tried to forget it so that I would not go back into that dream, so I can't remember it too well. What I can remember is the feeling of being totally trapped. I was with a huge group of people, and we were being herded around like cattle. There was no chance of escape and we had no personal freedom. When I awoke, it was the middle of the night, and all I could think of was that I never wanted to go back to that dream, or to that reality. When I look at it this morning it seems that it was like far, far too many of my earthly incarnations.

I did what you told me the day before (to be posted later when I have put it in the computer) about owning that darkness and giving it unconditional love. I guess it worked because I fell asleep again and did not return to that awful dream (reality). Is there more that you think I can gain from this dream?

Dear Suzille,

As you have stated, this dream was an opportunity for you to personally experience how many, many humans feel at this time in your reality. Therefore, the dream offered you an opportunity to feel deep compassion and to transmute their/your suffering. You took that opportunity, which allowed you to serve as a Master. We, the Ascended Masters, wanted you, as well as all the earth masters who will read this message, to see part of the work that we do every day. In order

for us to fully transmute reality into a higher frequency of expression, we must personally experience that reality prior to our transmutation.

It is because of this work that we are able to keep our consciousness free of all judgment, for once we experience a given situation, we understand completely how it feels for those trapped in that version of reality. As you know, there are many versions of reality and many versions of life on Earth during this point of the ascension process. These versions are actually different states of consciousness. Do you recall how your state of consciousness was so low in that dream that you could find no solution to your entrapment? Then, when you used the power of your unconditional love, your consciousness expanded into the higher frequencies. It was then that you were no longer trapped by that situation.

In fact, your consciousness rose so far above it that it was no longer a reality for you. There are two things that you learned from this dream. One, is that you actually experienced how ascension will feel when you bless ALL life with unconditional love and transmute yourself into a higher reality. Two, you were actually doing “rescue work” in your night body, as you assisted many of those who were trapped to follow your lead and expand their consciousness beyond the confines of that reality.

Our grounded earth masters will be doing a great deal of this work as we move into the conclusion of the ascension process. For every person that you assist, you assist yourself and you assist Gaia because you are all ONE. Therefore, anything you do for, or to, anyone, you do for everyone. It is the realization of this truth that prepares you for life in the fifth dimension where your every thought and feeling instantly returns to you as a form of manifestation. The dream also reminded you how you have felt trapped in far too many of your physical incarnations and how much you are ready to ascend into the fifth dimension.

However, ascension is a two-part situation. First, you transmute your every thought, feeling and deed into multidimensional light and unconditional love. Then, you need to maintain that state of consciousness. Ascension is a hot air balloon. If the frequency of the air (your consciousness) gets too low, it cools down (your consciousness lowers) and the balloon can no longer remain at that altitude (dimension). However, once you are fully in the fifth dimension, even in the threshold world of New Earth, there is no longer the polarity of light/dark and love/fear. Therefore, the fear that lowers your consciousness in your physical world does not exist in that reality.

Fear is a very low frequency, and it cannot take hold even on the threshold of the fifth dimension. Therefore, once you return Home to the fifth dimension and beyond, you will be free forever! We, the Ascended Masters of Earth will embrace you with our unconditional love. In fact, we embrace you NOW, for here there is no time and you are already with us.

October 16 2011

Preparation for Ascension



BECAUSE WE ARE ASCENDING



Because I AM ascending...

Today I will remember to decree:

Today, I AM Ascending

Today, I AM Ascending

Today, I AM Ascending

9-20-11

FIRST MESSAGE

I received a message yesterday, which I want to pass on to you. The message was from St. Germain and the Arcturians. They are working as ONE to assist us with our ascension process. First of all, they reminded me that ascension is, indeed, a process. Second, they clearly stated that that process is NOW fully underway.

They said that one of the most important things to remember in our ascension process is to BELIEVE that we are ASCENDING - NOW.

*Since our belief sets our state of consciousness,
Our state of consciousness directs our expectation,
Our expectation directs our perception,
And the reality we perceive is the reality we live,
it is vital that we Believe that we are ascending.*

*The belief that we are ascending will instantly expand our consciousness,
Which will allow us to expect to see everyday evidence of our ascension process,
Which will direct our attention towards the conscious perception of that evidence,
Which will guide us to live in that frequency of reality in which we are IN the
process of Ascension.*

*Remember always that the Path of Ascension is filled with unconditional love.
Therefore, if we ever doubt our perceptions, we can ask our High Hearts to beam
in on the frequency of unconditional love.*

*We have had myriad lifetimes on Earth and/or traveled the Multiverse in order to
have the great privilege of participating in Gaia's Grand Transmutation. In order
to remain AWAKE during this wonderful process, we will need to keep reminding
ourselves that everything we choose to think, feel, do, desire and become is
BECAUSE WE ARE ASCENDING.*



*Imagine what it would be like if everything we CHOSE to
think, feel, do, desire and become was "Because I AM
Ascending." For example:*

Because I AM ascending...

*Today I will recognize my fear-based thoughts, feelings
or actions and say,*

*"I know you. You are fear, and because I AM
ascending, I look into your face and send you love.*

9-25-11

DEAR ARCTURIANS, "WHAT HAPPENED ON 9-24-11?"

On Saturday, September 24, 2011 many of you were suddenly overtaken with total fatigue. Perhaps, you knew that it was not just your fatigue, but that it meant that something was happening in the higher levels and/or within the body of Gaia. Afterward, many of you had intense experiences of being Lightbody. Please remember that there is no time, so "afterward" is not bound by sequential time, but rather by opportunity to raise your consciousness enough to re-visit that energy. Often, our grounded ones will experience a huge download as fatigue,

but not be able to be conscious of the frequency or the meaning of that download, until they are able to find a place that is safe enough for them to go into a very deep state of meditation.

We wish to thank you all for your awareness. We cloak you with our unconditional love so that you can better feel us around you now. Feel the protection that we offer. We know that you are concerned that you may not be able to totally re-enter your form after having an experience of such a high frequency and intensity. Be not concerned for we are here, as always, to assist you in your next phase of ascension. This next phase involves grounding the high frequencies that you are experiencing into the body of Gaia.

We know that during your meditations, or even throughout your mundane life, you can receive a major download from us. However, the energy is so intense for your earth vessel that all you can do in that moment is to file that information and try to stay connected to your body. After such an experience it is difficult for you to get all the way back into your form, but you will accomplish that more easily with practice. On the other hand, none of our ascending ones will return “just” to their third dimensional form because you are all beginning to live on two realities, or more.

Our grounded one, Suzille, first visited her second reality of life on our Starship



Athena. She is now visiting and grounding her consciousness into her second parallel reality on fifth dimensional New Earth. We say to all of you that once you have fully grounded yourself on a fifth dimensional reality, that world will become your primary reality and third dimensional Earth will become your secondary reality. What is the difference between a primary reality and secondary reality? Your primary reality and/or realities are the places where you live. On the other hand, your secondary reality is the place that you visit.

Just as you now live on third dimensional Earth and visit the fifth dimensional realities, you will increasingly perceive yourself as living in one or several of your fifth dimensional realities and visiting third dimensional, ascending Earth. Remember that in the fifth dimension and beyond you can easily experience more than one reality within the same moment of the NOW. Because of this fact, you can have more than one fifth dimensional primary reality. Therefore, once you are fully grounded on in a fifth dimensional reality, ascending Earth can remain a “place where you live” while you also experience living your fifth dimensional lives.

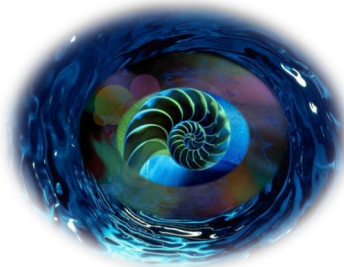
Once you have grounded your consciousness on New Earth, you will begin the process of grounding your consciousness in the mid-fifth dimensional expression of Earth and far beyond. Your challenge while in your earth vessel, is to believe

that your physical reality is the illusion and ALL of your fifth dimensional realities (and beyond) are your True Home. Everyone who is choosing ascension will have this challenge.

Some of you are teachers, and it is your Mission to share your experiences with others. Documenting and sharing your experience is not everyone's Mission. Nevertheless, the process of writing down your experiences greatly assists you in totally re-entering your earth vessel at the closing of your inter-dimensional journey. We remind you all to please become fully grounded in your physical form before you go about your mundane tasks.

At first, you may experience feelings of sadness and even depression when you find that you are again in the lower frequency of the third dimension. After the experience of "Being fifth dimensional" it is common to feel very, as you say, "Homesick." When that feeling comes into your awareness, use it as a compass to set your intentions to return Home as often as your process will allow. Everyone has his or her own unique version of the Process of Ascension. It is this vast diversity of life forms creating different versions of the same reality that is Gaia's signature frequency.

This diversity has caused many problems in the depths of third dimensional polarity, as the "dark" seemed to be in control. The dark polarity was in control because they function under the "Service to Self" paradigm and see no need to care for others. Therefore, they can be ruthless and cruel to what they perceive as "others." However, their reign is ending NOW. Earth and all Her inhabitants are moving into an area of Cosmic Space in which all thoughts and feelings immediately return to the sender.



Therefore, if you have thoughts and feelings of love, harmony and caring for all life, that is the version of reality to which you will resonate. On the other hand, if one were to have the intention of harming another, these thoughts would, instead, bring that harm onto themselves. Because of this, dear ones, you need not worry about "others" who appear to be the dark ones. As you progress on your journey Home you will decreasingly think about "others" at all, for you will feel at ONE with all life. Furthermore, fearful thoughts of harm, control, limitations and separations will gradually dim from your memory.

Some of you may fear that you will lose something, or someone by "leaving" the third dimension. These thoughts are just the limited thinking of your wounded ego-self. Just as a loving parent will distract a child who has lost one toy by presenting them with a better toy, your ego will become so distracted by the beautiful reality that is being unveiled before you, that that part of you will forget about the reality that appeared to be lost. Besides, how can you lose anything

when you have the power to manifest whatever you need and can visit any reality of your choice?

On New Earth, which is much like a preparation reality before you enter the mid-fifth dimensional worlds, your needs will be met by “new technology.” This new technology has actually been around for decades, but the dark ones have hidden it from you. They had that ability because many of our grounded ones were still “children” in their ascension process. Therefore, they had external authority figures who were nice or not nice, and they had no control over how their authority figures treated them. This mind set is left over from the early days after the Fall of Atlantis.

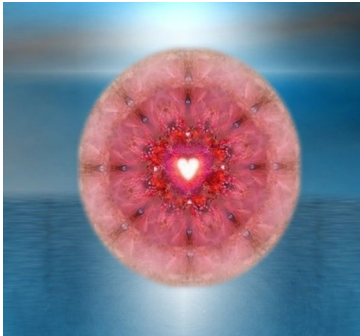
Due to the fall of Lemuria and Atlantis, the frequency of Gaia dropped into a very low frequency. Therefore, energy that was sent out took a long “time” to come back to the sender. Because of this delay of energetic return the Law of Karma was established, so that the energy sent out would come back even if it returned in another lifetime. This law was not just to teach the dark ones, but also to assist those who chose the light. As you well know, up until very recently, one could spend their whole life in service to others or involved in an important social contribution with NO return of their loving energies. These are the ones who appeared to be so “lucky” in other incarnations.

Now, you will no longer experience death and rebirth. In your fifth dimensional realities and beyond, you will retain your form until you feel complete with the experiences of that life-expression. Then, when you feel finished with that life, you will voluntarily dis-articulate your form and return to pure consciousness. Also, you will be able to maintain a conscious connection to more than one reality. In this manner, you can create a mosaic picture of your many ongoing adventures in form.

Before we conclude this message, we explain what you experienced on Saturday when you felt your overwhelming wave of exhaustion. Beloved ones, we are pleased to tell you that Earth was able to make a huge leap in Her resonant frequency. This caused all of Her inhabitants to re-align their consciousness to be in resonance with the consciousness of Gaia. As we have just said, this higher frequency will kick many “Service to Self” persons on Earth off the Matrix. In order to stay on a reality, your consciousness needs to match the resonance of that reality. Hence, those who cannot maintain Gaia’s rising frequency of expression will no longer be able to adhere to Her form.

In other words, Gaia has begun her ascent into Her higher expressions of form. As you ascend with Her, there will be many expressions of darkness that will simply disappear from your reality. All you need DO is to maintain a state of consciousness that resonates to Gaia’s ascending planet. And, whenever you personally experience a download of higher light, please continue to share that higher light with your Mother Earth. In this manner, person and planet return to

their fifth dimensional expressions as ONE Being. We will conclude our message with a message of thanksgiving from dear Gaia.
The Arcturians



Because I AM Ascending...

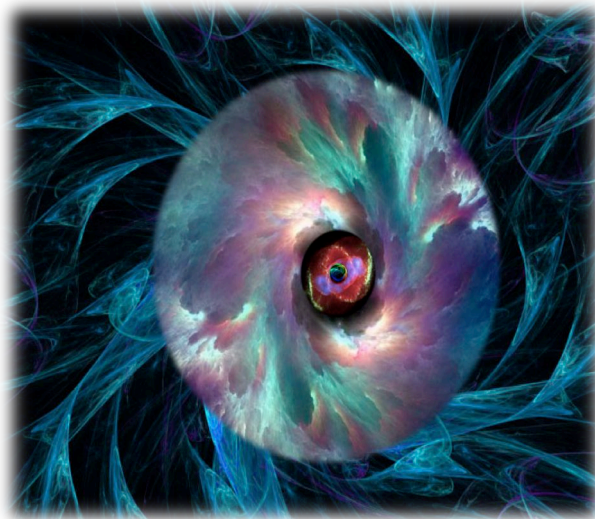
Today I will calibrate my consciousness to unconditional love.

Beloved members of my planet,

I wish to send you all, human and non-human, my deepest gratitude for remaining on my form and assisting me with my ascension. You have continued to send me your love and ground your wonderful, multidimensional journeys into my body. Furthermore, many of you could have left my body in order to continue with your personal ascension, but you have remained with me, your planet, to assist with OUR Planetary Ascension. You have all worked tirelessly to be my voice and to protect my body. I want you to know that your sacrifices have not been in vain, for your great contributions have been vital for me to begin OUR journey HOME.

With unconditional love,
Gaia, Your Mother and Your Planetary SELF

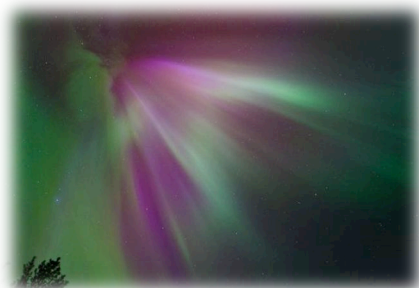
10-1-11
CHECKING OUT THE STARGATE



Trial Run through 11.11.11 Stargate

I see the 11.11.11 Stargate/Portal before me. It is unimaginably beautiful. The colors on the perimeter are violet, but inside the Stargate, they morph into a new spectrum of color that is unseen in the third dimension. These lights are a higher octave of that spectrum, such as red becomes magenta, orange becomes... there are no words for this color, but it is like a pool of glistening orange with ripples that I can only call "birth." I feel my second chakra throbbing with new birth, as the yellow becomes a golden glow of thought.

Then, I enter into the frequency of what would be green in the third dimension, but it is a radiant combination of all the life force on Gaia's beautiful body. This light holds me like a mother and gently opens my High Heart. With that opening there is a flash of light, and I realize that I was only at the corona of the Stargate. Now, I see the Stargate in the distance at the same moment that it is right in front of me. There is no time here. Hence, there is no space. There is only NOW. My consciousness vibrates so quickly that it is only attached to my fingers so that I can type this experience. I know it is my mission to document this journey for all who may need a map for their journey.



My body, which appears more like wings than any other form, trails behind my High Heart, as the High Heart holds the key to opening the Stargate. I feel the unconditional love of the Cosmos. This love is a frequency of the reality to which I will, am and did ascend. With a sudden flash of my being I am pulled directly into the opening of the Stargate. The frequency is almost more than I can contain. I must take a moment to adapt, so that I can remain in conscious connection with my grounded self.

I can only smile as I integrate this frequency. My accepting smile amplifies the energy into the next octave. My body wants to shake, but I have learned to contain this energy within my life force. The integration of this frequency of reality takes lifetimes. I see myriad lives flash before me. I am human, I am Arcturian, I am Antarian, I am Sirian, I am Pleiadian, I am Andromedan. Then, I am a non-humanoid of another galaxy.

I could not begin to say its name or planet, but it looks like a silk scarf that has been caught up by the wind and floats through the air. In fact, it is not unlike a jellyfish, without that density of form. I greatly enjoy this form. It is huge and travels the multiverse by undulating like a jellyfish. This Being is so kind and innocent and pure. As I surrender my essence into the Being, it engulfs me like a warm summer wind night filled with billions of sparkling stars. I want to laugh as it becomes me and I become it. As ONE Being we float through the Cosmic Sea without the encumbrance of a Ship.



It is as this formless form that I/we enter the Stargate with my High Heart leading the way. As we enter the Gate, all is instantly calm, still and as quiet the Great Void. Except, this Void is filled with the breath of life. I can only visualize myself as the small bud of a flower. The first warmth of spring is encouraging me to open my essence to its light. As I do so, my consciousness bursts forth and I feel my High Heart burst open to reveal its

fragile Core. This Core is the point of rebirth where both male and female energies live as ONE, ready to instantly create and re-create. I emerge from this Core like a butterfly wiggling free from its cocoon.

As I look around I find that, in order to see this reality, I must look within my SELF. However, *within, around, in, out* and even *see* are long outdated terms that I vaguely remember so that I can document this experience. I know that this is a trial run and that I am a scout that has gone into the unknown to find the Way to our new life. I realize that I must go back to tell the others. On the other hand, I Know that this expression of my SELF lives here infinitely. It has always been here and shall await the return of this small fragment of its SELF that is being sent back to tell the others of this Portal.

Before I leave, I ask this SELF who has never left and shall always remain, “How can I take this joy and unconditional love back with me?” In response I feel a touch in my High Heart that almost hurts because I have missed it so very, very long. I have felt this octave of love and joy before and know that it is almost impossible to ground into the physical world.

I know that in order to ground this energy I must go inside my deepest self to release every portion of my Being that cannot maintain this frequency. I must then heal that part of me, as well as that part of Gaia, and release it. Yet, even with that knowing, I return to the physical with the knowing that *most* of my SELF is HERE!



Because I AM ascending...

Today I will remember that reality is a state of consciousness.

10-12-11

Dear Arcturians,

Please help me to understand my visions upon awakening this morning.

First, I saw a huge Portal which I will try to explain now. The middle of the Portal had a bright pink opening with some energy coming out of it. The portal was a perfect circle with many colors radiating around the outside.

Then I heard something like, “It has begun, the war is over.” or “IT is over.”

Then I saw people coming out of the top of something. It had a lid, like the opening in a submarine, and the people had on some kind of space suits or deep-sea diving suits. I saw the first of many people who had huge smiles on their faces and were all extremely happy.

My first impression upon seeing this image was that they were the ones who were in the underground cities created by the Illuminati who had disappeared when the caves were destroyed, and they were now coming to the surface for the first time in decades. I sensed that these people were coming up from deep underground and seeing the natural light of day for the first time in ages.

I felt as though the “war” that most people didn’t even know was being fought was finally over.



Dearest Suzille,

Yes, we did send you a message this morning for you to release to your readers and to put at the end of your next newsletter. The “cleaning up” of the dark ones’ errors is nearly complete and will be finished in time for the myriad Portal openings on 11.11.11. These Portal openings will, of course, only be perceived by those who have volunteered to “see”

them, and will be perceived by each person according to their personal inclination. Because of the vast variety of inhabitants on Earth, it must always be this way. Furthermore, the cetaceans will be very instrumental in the Portal opening over the great oceans and vast waterways.

The opening of these Portals will not be frightening in the least for they resonate to the mid-fourth dimension and travel into the fifth. Therefore, only those who have recovered their multidimensional perceptions will even know they are there. We send this message to you so that you can dispense it via your communication systems. We know that you will do your best to replicate the vision of the Portal that you saw this morning. (I have a picture at the top of this message.)

Your impression about the people coming up from the ground was partially correct in that a large group of those who were once living in the dark ones' underground caves/cities have recently escaped. It was a huge covert mission that everyone has been working on for quite some time now. Once these people feel safe enough, and once enough people can tolerate the information that they will share, they will tell their story. This will likely be after the opening of the many Portals, as the flash of extremely high frequency light and love coming IN through these Portals will serve to awaken many who still sleep.

These Portals could not be opened before, because their high frequency will immensely amplify the thoughts, emotions and multidimensional abilities of those who are able to perceive them. On the other hand, they will also amplify the fear and anger of those who do not want to give up a reality in which they could have power and control over others. It is for this latter reason that we have delayed the opening of these Portals until next month. Finally, there is enough Light and Love to balance the fear that has been projected by the dark ones and accepted by the lost ones.

Some of our Lightworkers and members of the Planetary Ascension Team will be able to perceive and travel the inward movement of the opened Portals. On the other hand, those who are not yet prepared for that experience, will gain the benefit of the expanded frequency of light and love streaming OUT from the opened Portals. Of course, many of this group will now even know what is happening, but that is "business as usual" for them. Those who cling tightly to the old ways of reality will soon be jarred from their complacency, but this will only happen in a loving manner. Conversely, many will be instantly activated into a higher frequency expression of themselves and not even know why.

As you have now assumed, those coming up from the bowels of the earth are not just the ones in the caves. Either after the Portals have opened and closed, or during the opening, many of the members of Inner Earth have volunteered to leave the safety of their higher fourth to fifth dimensional reality and lower their resonance in order to visit the surface of Gaia. If you tune in, you will feel their preparation now. They are to be the forerunners of our Disclosure and Landing, as they are Earth members just like the "top-siders." You can see in your vision how happy they will be to meet their human family again. You

thought of deep-sea divers coming out of the ground because they may have to wear special suits to gradually adjust to your environment.

As you are hearing now, these events will symbolize the splitting of the worlds between those who are ready to perceive the Truth and those are not. These perceptions are all at a frequency rate of the mid to upper fourth dimension and even onto the threshold of the fifth dimensions. It is for this reason, that we have asked you to take as many as possible through the process of going through our Arcturian Corridor.

As we have said, for most of the members of your reality, the Portals will open out into your physical reality to share their gift of multidimensional light and unconditional love. In order to travel into and through the Portals, you will need to totally surrender to your Multidimensional SELF who can easily find the inward passage and remember the fine art of Portal travel. One of the many secrets that have been kept from the masses is that your military has been using Stargates, human made Portals, for decades. Furthermore, one of the many patents that will soon be released are the small Transportation Portals that will end the burden of travel and make every destination just a few minutes away.

Some that may read this information will view it all as impossible. Fortunately, those ones will not be frightened by these events as their attachment to the old and their fear of the new will restrain their consciousness to a level in which they will not be able to perceive these events. We remind you all that the fifth dimension is not some “place” far away or high above. Fifth dimensional New Earth is right HERE—NOW but it resonates to a frequency that cannot be perceived by third dimensional perceptions. We urge you all to trust your “imagination” and believe in the messages from your “dreams” for dreams are your fourth dimensional experiences and your imagination is your fifth dimensional thought.

As you awaken to and travel through the many Portals, allow yourself to remember everything that you have learned throughout the process of your awakening and listen with your High Heart. Allow the information to come in through your Crown, perceive it with your opened Third Eye and understand the meaning of your perceptions within your High Heart. In this manner, you are protected from any phenomena, which may frighten you and lower your resonance. Within the safety of this protection, you can “stay the course” of your experience with unconditional love and blissful joy.



Because I AM Ascending...

Today I will continually align
my consciousness with the Arcturians.

What will YOU do, because you are ascending?

Earth Changes: Ascension, Arcturians & the Multidimensional Being with Dr. S. Lie

<http://www.youtube.com/watch?v=OGt2dzxviJM>

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

OCTOBER 28, 2011



END OF MAYAN CALENDAR

We are still here, but have we grown up?
To answer that question, it is best to ask our child within.

THE CHILD WITHIN

*All that I have waited for, through the sorrow and the strife
Can it be that it is possible, that I will find it in THIS life?*

*Somehow I never gave up, though I came right to the edge
Can it be that NOW I'll find, that I am waiting on the ledge?*

*It is here that I wait patiently, my hand upon my heart
Can it be, at last, I found the life I've searched for from the start?*

*Memories flash before me of a place I've never left
And at the loss of being there, my feelings are bereft*

*All that I remember that I've wanted in this life
Was to find a peace within me, and the ending of all strife*

*I remember who I AM now, and no longer need to suffer
I know the ME I AM inside, and release my final buffer*

*I release all the behaviors I created to protect me
I no longer need hide in them, now that my Soul is free*

*I'm alone without my armor, alone without my pain
Alone without my memories of all that I "should" gain*

*I no longer care for "gaining," or making myself strong
Instead, I go inside my Soul, who's been there all along*

*The Home that I have cried for, is knocking at my door
I release what I have "worked for." I don't want it anymore*

*I accept the life that's dawning, and see it in my heart
It is the ME that I've so missed, who's been there from the start*

*As I awaken to this dawning, and come back into the whole
I see how work and mundane life, has pulled me from my Soul*

*I feel I'm almost back now, and my visions show the Way
I'm oh so close and, yet so far, from living that great day*

*I forgive the ME who I became, in the darkness of that night
I embrace the ME, the one who cried in loneliness and fright*

*The child within will show me how to find my way back Home
The child within will find a smile when I'm feeling so alone*

*The child who lives inside my core, remembers why I came here
I came to help dear Gaia, hurt by anger, greed and fear*

*I came here once to do a job, which I hope is almost finished
A child of Earth, I came to help my Mother, so diminished*

*She's almost back into Her SELF and thanks me from Her heart
"Come with me NOW," I hear Her say, "For, of ME you are a part!"*

I feel Her love embrace me, as I listen to Her voice

I know that I will go with Her. I KNOW that is my choice

*For, oh so many lifetimes, I've visited this Earth
And now I'm ready from my Core, to welcome OUR rebirth*

*I speak for all the brave Ones who answered Gaia's call
As she asks us now to join Her, the request is for us ALL!*

*Together we return, to that which is our Home,
And from that point of love and light, the Universe we'll roam!*

This is OUR ascension. Thank the Heavens, literally, for the Galactics and some very brave people who risked their lives, as well as some who gave their lives, to tell the rest of us about what has really been going in our 3D Game.

When we were children, we believed the illusions and played the Game without trying to "look under any rocks." Now, we are adults. In fact, we are grounded Galactics, Celestials and Ascended Masters who took bodies during this "time" to assist Gaia with Her Planetary Ascension.

As we awoke to our Multidimensional SELF, we could no longer "mind" an unjust system and wait for someone else to save us. It is time for us to save our selves. We hold the power because we hold the love. We hold the Light and we hold the power of Truth.

From the loving perspective of our Multidimensional SELF, we can see where we tolerated the intolerable because we did not feel empowered enough to face our fear of change. This fear is actually our friend because it shows us where we are stuck in the 3D Game and have not, yet, reclaimed our Wisdom, Power and Unconditional Love. Fear also shows us where we are stuck, hence, forcing us to change.

When we really take a look at our lives, we often see how things that "threaten" to go wrong, or actually do go wrong, are actually opportunities for us to exercise our power of creativity. Through our multidimensional creative force, we can call upon solutions from our SELF that allows us to see each problem as an initiation that brings us closer to our Soul.

We also learn that far too often things have to break down before they can be restructured, repaired or transmuted. The areas of our life in which we are out of sync with our Soul are so uncomfortable now because we are merged with our Multidimensional SELF enough to recognize when we fall out of alignment. Now that we know the Truth of our SELF and have directly experienced a sense of

unconditional love and unity with all life, we are strong enough to continue into the unknown with faith and courage.

We, also, feel the ever-expanding Collective and Planetary Consciousness. Simultaneously, we feel those who have tried to stop that expansion of love and light. However, now their power has so greatly diminished that we are feeling safe enough to fully surrender to the unknown, which is increasingly becoming the known.

We've had a long climb from a very deep valley, but NOW the mountaintops are just before us. We are extremely tired, but the vision of the fulfillment of our highest dreams gives us the strength to continue our journey.

The sun is rising, the fog is clearing, the Way is opening and New Earth is beginning. Now that we have become adults in Spirit, we can remember that:

WE ARE THE EARTH

*I AM the Earth
The Earth is I*

*I AM the sea
I AM the sky*

*I search the land
To understand:*

*Why am I here upon this Earth?
What was the reason for my birth?*

*Was it so that I could simply be
The sky, the land and the deep blue sea?*

*An answer calls me from my heart
That something special soon will start*

*All around me, things are changing
Lies revealed and re-arranging*

*I'll not find answers in the sea
For they are all inside of me*

*I took a form upon this Earth
To help dear Gaia with Her re-birth*

*From within, I see the Light above
That I must ground with peace and love*

*If I capture that which I have found
And pull it deep into the ground*

*I just may find the simplest way
To create a happy, brighter day*

*The night was long and filled with fear
Thus, I could not see, nor could I hear*

*The truth was, oh, so far away
To think about some other day*

*Now, that day has come, at last
And all I've known is in the past*

*The future has become the NOW
And, suddenly I remember how*

*To step across an unseen line
That has nor marking and no sign*

*To make it harder, it moves around
For it is a Path of light and sound*

*This holy light creates a tone
And, instantly, I'm not alone*

*The lies are done
Truth has begun*

*Within this Truth, I'm sure I'll see
That NOW, at last, my Soul is FREE*

*Blessings On Your Journey
Suzanne Lie*

November 10, 2011



OPENING PORTALS

At the moment of the opening you must completely surrender to the Portal. You must fully release your old life and be “re-born” to your new. With this total surrender, you will release the fear and third dimensional thinking that bonds you to third/fourth dimensional Earth. Releasing the fear and third dimensional thinking means that every person, place, situation and thing that causes you fear and demands that you limit yourself to third dimensional, time-bound thinking needs to be released. Most important, at the same time that you release the old, fear-based components of the third/fourth dimension, you embrace the exact replica of the new, love-based expressions of your present reality that is resonating to a higher frequency expression within the NOW of the ONE.

In this manner, you will stay manifest within a form while allowing that form to transmute into Lightbody with your consciousness fully attached to it. When you “died” in past/alternate realities, you allowed your consciousness to detach from your form, so that the form could continue its death process without your needing to suffer that difficult transition. In some of your physical lives, you may have been afraid of death and clung onto your form even when it was no longer

habitable. In other words, you had a difficult death. It is the unconscious memory of these difficult transitions that you must release.

In other words, you must release the memory of being afraid of death and holding on to what was no longer yours to experience. You must release any fear-based attachments to your current third dimensional reality while you, simultaneously, make a mental imprint of this reality so that you can take it with you into the Portal. Then, as you travel through the Portal toward and into the higher frequency expression of your reality and form, you will carry within you a mental imprint of that which you are transmuting. It is this mental imprint, copied and "saved to" your High Heart, that will transmute into its higher frequency of expression. When you return from your entry into and journey through the Portal, as many of you will do, you will see the exact body and reality that you left. Except, it will be the higher dimensional expression of that reality.

An important component of your journey through the Portal is that you can more easily awaken your innate ability multidimensional perceptions. With the activation of your multidimensional perceptions you can perceive, and remain in contact with, more than one frequency of reality throughout your continuing process of ascension. In other words, you will be able to perceive your starting point of the third dimension in great clarity, while you also perceive your fourth dimensional aura. When you can perceive your own fourth dimensional aura, you will know that you have expanded your perception beyond the confines of the third dimension.

This expansion of perception is vital for the Portals are not grounded in the third dimension. In fact, the Portals are seen only through your fourth dimensional perception because their openings are on the different octaves of the fourth dimension. It is for this reason that we have been telling all of you to create your tunnel of light through the Lower Astral Plane, which is the accumulation of ALL the negative energy that humanity has created around their planet. If you have not yet created this tunnel, please do so now.

The way that you create this tunnel of light through the darkness of the Lower Astral Plane is, of course, with your great power of unconditional love. Therefore, between now and the Opening, please review your life and unconditionally love EVERY person, place, situation and thing which still holds any fear-based memories of anger, sorrow, revenge, competition etc. etc. In other words, you must “Forgive them, for they knew not what they did!”

This sweeping unconditional love and unconditional forgiveness allows you to unconditionally accept the FACT that you came into incarnation at this time to participate in the process of Personal and Planetary Ascension. Once you realize that participation in ascension was your “purpose for incarnation,” you will be able to unconditionally accept that EVERY negative experience of your present reality was created by your Soul. Your Soul created these “problems” so that you could clear all that was left unfinished at the time of your birth into this ascension reality.

You may think that this task is too much for just one life. However, once you remember that you are a great, Multidimensional Being who has volunteered to enter the “scene of many crimes” in order to assist your Planetary Expression of SELF, Gaia, your many heartaches and challenges will pale in the multidimensional light of your higher purpose.

If you cannot unconditionally love, unconditionally forgive and unconditionally accept that every moment of every experience of your present life pales in the face of your higher purpose, you will not be able to detach from your present reality enough to totally surrender into and through the Portal. Your inability to release your past will deny you the gift of infinitely living in the present.

Therefore, our beloved grounded ones, we plead with you to “forgive them for they know not what they do.” And, most importantly, forgive yourself for you knew not what you did. You were asleep then, and EVERYTHING that you did or that happened to you was orchestrated so that you could Awaken. Yes, many of you have had challenges since your awakening, but because you knew you were awake, you saw these situations as initiations rather problems. Because you are

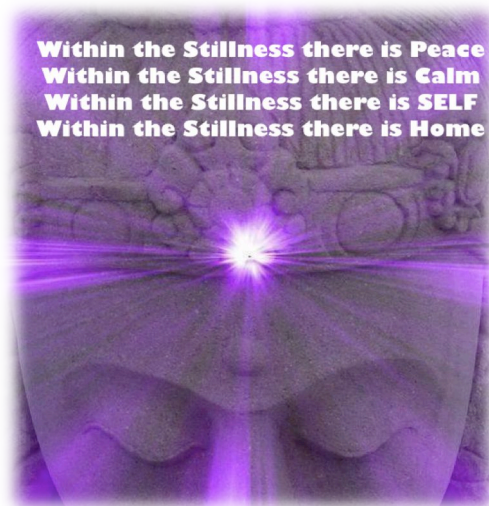
awake, you can eventually look each of these fear-based situations straight in the face and say, "I love you for the lesson that you have taught me."

While you review your life, be sure to seal each memory with unconditional love and thanksgiving for the lesson that it has taught you. You are in the process of leaving the reality in which lessons are often difficult, painful and filled with fear. In fact, you are leaving fear. We can see from the brilliant light of our grounded ones that many of you have already made this transition of sweeping forgiveness. Remember, forgiveness is not a passive act. In fact, forgiveness is a call to action to correct that which was so out of alignment with your Soul that it actually caused you pain.

Your Soul created this situation in your life so that you could realize how out of alignment you were with your higher expression of SELF. Therefore, forgive and release ALL pain NOW so that it no longer dampens your sensations of the higher worlds. Release ALL judgment, for judgment is a mental condition that separates you from others and from your SELF. Every experience of your entire life has been PERFECT for it has brought you to the fully awakened state of consciousness that you NOW enjoy.

Please take a moment now to fully embrace this part of our message. We will return with Part II, which is activating your Multidimensional Perceptions.

MULTIDIMENSIONAL PERCEPTIONS



Dear Grounded Ones,

We now return to assist you in activating your multidimensional operating system. However, first we wish to tell you about the fatigue you are all experiencing. This fatigue is the process of your third dimensional operating system of perceptions shutting down so that your multidimensional operating system can take over. In the interim you have two operating systems working in a different manner within the same biological vessel. Therefore, this vessel is overtaxed and experiencing great fatigue.

The best course of action during this process is NO course of action. In other words, be as still, quiet, calm and peaceful as possible. Do what you love, be with your loved ones, go where you love to go and, most importantly, love your self. You are all the hope of Gaia, and you are the Portals to New Earth. Yes, YOU are the Portal that you will open. You needn't look around you, above or below you. YOU are the Portal for which you search.

There are many Portals around your reality, just beyond your third dimensional perception. However, in order to perceive these Portals you must look INSIDE yourself. Through turning inward you can consciously co-operate in activating your multidimensional operating system. We will now guide in doing so:

- Look into your Inner Third Eye and see a small candle flame. As you focus on this flame, it changes into a spectrum of all the colors at once. Can you see how each color is distinct at the same time that it intermingles with the other colors?
- Now with the force of your attention, drag this flame down into your High Heart. Can you feel how it expands as it enters your own source of unconditional love?
- Look now into your ATMA, your Three Fold Flame of Life and see that there are four flames, then five, then six and then more than you can count.
- See how these flames light a Pathway from within your heart that travels around and around you like a huge Portal—Your Portal.

- Feel your self within your Portal, the Portal of your Multidimensional SELF.
- Now, in the same manner as you saw the first original flame, see your Portal as a spectrum of color. Again, each color within your Portal is distinct but intermingles with all the other colors.
- In a calm and peaceful manner, observe as the colors within your Portal accelerate into higher frequencies of color than you have ever seen before.
- Focus on that which was once red and feel its power.
- Focus on that which was once orange and feel its warmth.
- Focus on that which was once yellow and feel its power.
- Focus on that which was once green and feel its expansion.
- Focus on that which was once blue and hear its tone.
- Focus on that which was once indigo and follow its trail around and around the Portal.
- Focus on that which was once violet and observe as the Portal spins faster, faster and faster...

As the spin of the Portal exponentially accelerates around you, maintain complete peace and total calm. YOU are the Core. YOU are the eye of the vortex.

As you feel the energy around you transmute into higher and higher frequencies of expression, remain centered, receptive, and AWAKE. Slowly, you open your Third Eye to look through your Portal. What you see is many different realities at once. Just as with the colors, each reality is distinct, yet intermingles with all the other realities. This vision almost excites you, BUT you remember to stay calm, centered and peaceful. You are the observer, while you also participate in each of these realities in a timeless manner.

At first, it is confusing to simultaneously observe and participate, but as you surrender to this process, you find that you quickly adapt to this new skill. You feel as though you are at a huge banquet, and you taste each delicious meal, careful not to eat too much and deny yourself another taste.

As you “taste” each reality, you become aware that some realities are possible realities, whereas others are probable realities. Then, much to your surprise, you realize that you are experiencing all of these realities at once, within the same moment of the NOW. You observe them before you, behind you and swirling all around you. Faster and faster the many realities spin through your Portal and deep into your Core.

You feel yourself expand to embrace each reality within the growing Essence of that which was once your Self. You find your distinct Self within each of these intermingled realities. But which you is YOU? How can you BE so many different versions of your Self at once? Your sequential thinking cannot count them, and the myriad experiences meld into ONE. How can you be so many and yet ONE?

Suddenly, the vision stops.

Your eyes fly open, and you are within your physical form once again.

You are the same person you have always been.

Or are you?



MESSAGE FROM THE ARCTURIANS

Our Beloved Ascending Ones,
You notice that we no longer call you “grounded ones.” We have changed your names because you have changed your frequency of resonance. It is because of

this shift in your resonant frequency that you are all having symptoms of transformation. These symptoms are particular to each person, as each of you has a “weak link,” which is the function or area of your earth vessel that resonates to the lowest frequencies. These lowest frequency areas of your body are places in which you have habitually stored your stress and fear-based emotions.

It is release of stored stress and fear that is causing your many symptoms and physical sensations of discomfort. It is time now for you to “empty the trash.” We want to tell you that from our perspective, many of you are almost complete with this process. Your journey through the 11.11.11 Portal will assist you in completely releasing all that resonates to a frequency lower than love. In fact, most of you are preparing for this release in your daily life by choosing to focus on what you love and finding that it is extremely tiresome to perform certain mundane tasks.

What is actually happening is that you are “putting in your order” for the reality to which you wish to resonate. You see, New Earth is not far away in another place. New Earth is a resonance, a frequency of Earth. This frequency has been “held in place” so to speak, for the entire “time” of physical earth. New Earth is the bookmark that holds the frequency Path back to your Multidimensional SELF. Due to the extreme challenge of the Kali Yuga, Dark Night of Gaia’s Soul, many of you have lost your way. The 11.11.11 Portal, which will be opened and experienced by our Ascending Ones, will be held open within your consciousness.

With your Path Home to New Earth open, all of our Openers will progressively activate higher and higher states of consciousness. Let us explain the term “Openers.” YOU are the Openers. All of you who, consciously and unconsciously via dreams and imagination, will be the first ones to open your own Inner Portals. We say “Inner Portals,” for all roads to the higher dimensions are traveled from within. Once you have opened your Portals, you will hold these Portals open until the NOW of Gaia’s Planetary Ascension. If you think you are having symptoms now, wait until you are holding open a Portal to the fifth

dimension. However, with this immensely increased flow of multidimensional light and unconditional love, your process will be swiftly completed.

In other words, 11.11.11 opens the Door/Portal. Some of you will hold this Door open to assist Gaia in Her ascension process, and some of you will go through the Door to prepare the way for others. However, usually those who open the Portal will hold that Portal open for as long as possible. This means that “The first shall be the last.” Or “The Captain stays with the Ship” until the very last moment. There will be no sense of sacrifice for these dear Openers for they will simultaneously experience both the reality of closing 3D Earth AND the reality of blossoming 5D Earth.

The process of consciously experiencing two realities at once will fully activate your Multidimensional Operating System and put you in constant contact with your Multidimensional SELF. Will you be able to remain conscious of this constant connection? That will be your next challenge. For those of you who have volunteered to hold the Portals open, your powers of creation will be greatly amplified. In fact, we see that many of you are already having this experience.

With your thoughts and emotions becoming manifest at an increasingly immediate rate, you will need to focus on BEING the Master of your Energy. Remember, your energy is the state of consciousness that you have created for yourself by allowing certain thoughts and emotions to be held within your aura. Furthermore, by standing in the “opened doorway” your energy will be emanating out into the aura of Ascending Gaia more than ever. We tell you of your challenge with complete confidence that you will be able to successfully fulfill your chosen Mission.

In fact, we know that in the reality to which you are ascending, you have already fulfilled this Mission. If you listen to our last sentence with your 3D, time-bound thinking, you will be very confused. Your third dimensional thinking is one of the first things that you will need to release. The best way to release this outdated thinking is to accept the Flow of unconditional love that we send to you NOW!

Unconditional love is the healing force of the Multiverse and the highest frequency of transmutation.

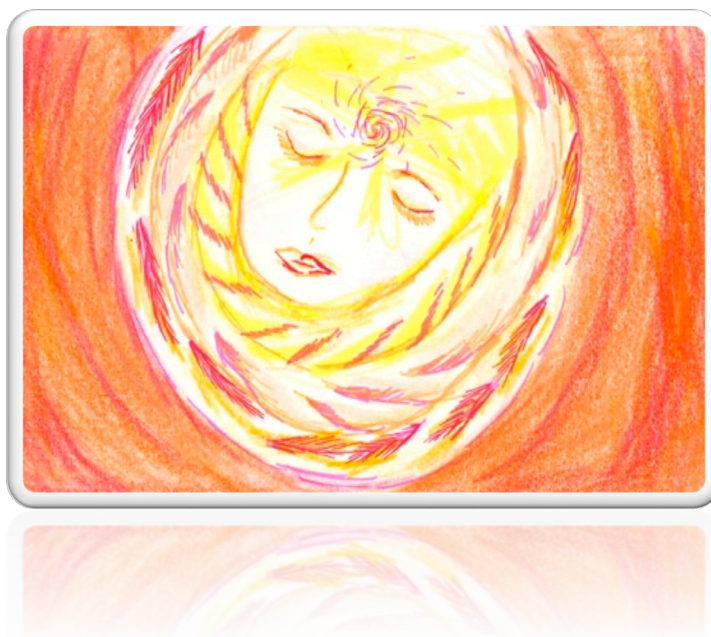
You are told on your airplane rides, “In case of emergency, place your oxygen mask on yourself first” so that you can place it on others, too. In the same manner, we say, unconditionally love your self first, so that you can unconditionally love others.

YouTube Message from the Arcturians



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

November 2011
INNOCENCE AND PURITY



There is an innocence inside us that is so pure and untouched, like the core of a Rose that is just beginning to bloom. We feel that innocence and purity deeply protected by the portions of us that we had to close off, like a Doorway to sacred a room. This Doorway, and the room it protected, needed to be locked and even hidden from a world that was harsh and filled with fear.

Now we are beginning feel that innocence and purity, and we want to open the door and allow that Essence to fill our body and flow out into the world. However, we don't know if I can protect that innocence and purity once it is set loose into a reality that is not yet fully loving.

If we open this door, will the remaining darkness rush in and extinguish the light? If we open this door, will the purity and love be lost in the shield we have created to protect it? If we incorporate these qualities of purity and innocence into our body, will it become lost in the remaining fear and protectiveness?

Yes, we fear that all of these things will happen. But, if we base our decision on this fear, have we chosen fear over purity and innocence? How do we protect that which is

virgin to this harsh world? Must we wait until the world is not quite as discordant and more harmonious?

There are so many questions, but we ask them from our mind. We need to ask our heart. We need to ask this embryo of purity expanding in our High Heart what we should do.

“Dear embryo of light and love, dear Essence of my SELF who has hidden for millennium, how can I protect you? Must I always keep you secret?”

We know the answer can only come from within, so we take a moment to center our self and connect with the ONE...

The answer comes as a whisper from deep within our Core, “Dearest One, I AM within you and have, in deed, been in gustation for most of your earthly incarnations. Once or twice I ventured forth, only to suffer deep remorse and painful death, but you know of me because of these ventures into an unkind world. The world is growing kinder now and the Rose of my Being is beginning to bloom. The Roses that bloom when the atmosphere is not perfect suffers the harshness of a reality not yet ready for their gift. However, some brave ones must ‘test the waters’ to see if it is safe for the others to bloom, as well.

“Fortunately, a Rose knows that it is the blossom of the Rosebush,
That is rooted in the earth,
That is merged with the planet,
That is aligned with the Solar System,
That is a member of the Galaxy,
That shares the Universe,
That courses the Multiverse,
That is protected by the Galactic and Celestials,
Who travel the many densities and dimensions,
That are expressions of All That Is,
Within the ONE.

“Because the simple Rose knows this Cosmic Truth, it ventures forth with innocence and purity. The simple Rose does not know fear, for it knows that it is merely another beautiful expression of the ONE. Their expression may be harmed, but the ONE is invincible. The Rose knows that it is a window through which others can experience the ONE, and through which the ONE can experience its creations.

“If you see yourself as a Window for the ONE, your innocence and purity will be safe for you will not be not OF this world, but merely ON it. YOU are OF the ONE. Hence, when you choose to fully give birth to your SELF, you are serving as a window through which purity and innocence can flow.



THE ROSE

The Rose is still a bud, but it is soon to open.

The transition of our consciousness is much like the opening of a Rose. For many eons we, the members of Earth, have placed our consciousness on the outside of the Rose. The Core of the Rose was a mystery to us. Therefore, it was a god.

From the outside of the Rose, from the petals, which were exposed to the environment, we prayed to the Sacred Center. Some of us even thought that this Sacred Center was deep inside the earth or far above us in the sky.

*We had not yet remembered that
The Center was not above or below,
The Center was within.*

God was distant and apart from us then, and the world was cruel and distrustful. Therefore, we had to be sure that we protected ourselves from outside forces that we believed were "separate." If God was separate, than so must be everything else be separate. We were lonely. We were isolated. Fortunately, when we felt safe enough on the "outside," some of us decided to go "inside" to see what lay within the Center of the Rose.

And so we began the long journey to the center of the Rose, the center of ourselves. This journey was very frightening at first because we were used to holding our consciousness on the outside of the Rose, the outside of ourselves. Hence, trek inside was long and lonely. If we were separate on the outside of the Rose, then how much more separate would we be on the inside?

But gradually, we discovered that we were not alone inside the Rose, for we came to realize that inside was an entire Universe. It was our own special, independent Universe. But was it really just ours? Was it really independent?

Eventually, we became aware that, from the Center of the Rose, from the center of this "new" Universe, we could contact the essence of every other Rose that ever was or ever would BE.

We learned that in the Center of the Rose, there was no time.

In the center of the Rose, there was no space.

Since time could not separate us,

We all shared the same space.

Therefore, we were not alone!

We were not separate!

But where was our consciousness? Was it on the outside of the Rose, protecting us from "them"? Or was our consciousness in the Center of the Rose?

Where we were NOT alone.

Where we were *NOT* isolated.
Where we did *NOT* need protection
Because there was *NO* harm.

And then it began to happen.

There was a great change on the outside of the Rose. It occurred slowly at first, and then the pace grew faster and faster. Everything that had been so hard, and firm, and stable was beginning to shift. Things were not so hard anymore, nor were they so stable. The outside petals of the Rose were moving away from the Core and pulling the other petals with them.

Now, we could not hide as easily within the Core of the Rose. However, if we placed our consciousness on the outside of the Rose, where we could “watch our backs,” we were affected by the great change. The outside petals were becoming very unsteady. They were threatening to fall from the Rose and land far away—far away from the Core of the Rose, the Core of Ourselves.

*We could no longer place our consciousness on the outside where it was separate,
Separate from others,
Separate from God,
Separate from our own Core,
And separate from the place deep within
Where there was no separation.*

*We could not stop the petals from falling. And, if we became attached to them, we too would fall away from our Core. Now we *ALL* had to journey to the Center of the Rose and place our consciousness inside because the changes outside were happening faster and faster.*

But we were safe deep within ourselves. We were no longer alone there. We were with everyone else who had found their way to the Center of their Core, the Core of their Rose. But were we protected from the outside? Could we hide from what was happening outside of us?

All the petals were falling away now and we were no longer protected from the “outside” because there was no “outside”. As each petal fell from our essence, we were preparing ourselves for the “new world” that awaited us. A new world

Where there were no petals,

Where there was no outside,

Where there was no separation.

And then, all the petals were gone. We were no longer *IN* the Center. We *WERE* the Center itself. There was no longer a place to hide, nor was there a reason because there was *NO* separation.

There was no God *OUTSIDE* or *ABOVE* or *BELOW* or *WITHIN* because there was *NO* measure of distance because there was *NO* space. There was no fearful future or sorrowful past because there was *NO* time. There was no core because there was *NO* exterior.

There was only *NOW*.

There was only *HERE*.

As we looked around us, we could see that there were still Roses that appeared to be independent from us. However, when we placed our attention upon them, they lovingly and willingly opened their heart to us, as we did to them.

There were no secrets,

There was no fear,

There was only Unity and Love.

WE WERE HOME!

May Love
And Light



Bless and
Guide You

In EVERY Moment
of the NOW

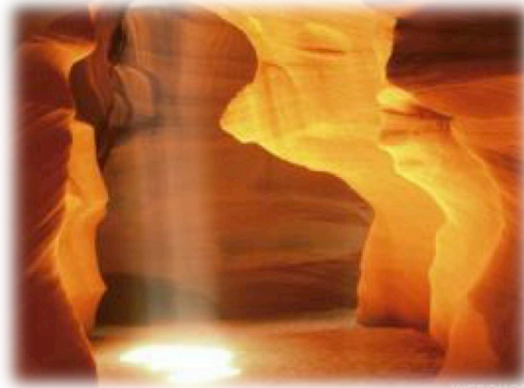


And in ALL
Your Dimensions

I am thankful to you all for sharing my journey

December 2011

"I AM becoming my New SELF!"



Meditation for Creating New Earth

The first place to do this meditation is in your home. This is the place where your physical form seeks shelter and protection. Find your favorite place of meditation and go so deep within yourself that you hear your SELF say:

I AM deep in the caves of the Mother once again.

I feel the Love of the Mother about me.

I give thanksgiving to Her for allowing me to live upon Her form and assist Her with Her return.

I feel myself within the Mother, and I feel the Mother within me.

I listen within my heart for Her personal message.

***"Beloved Ones,
I AM Gaia – I AM your Mother Earth.***

"I speak to you from the North



In the North I AM high, snow-capped mountains and forests of tall, green trees.

I touch the sky and carry the mountains. Feel me about you and within you.

My love is a transpersonal energy field that raises you above the woes of daily life and provides you with a strong foundation.

Feel how my love reminds you to love and support all life.

I speak to you from the East



In the East I AM the rising sun and vast horizons.

I welcome each new day with love so that I may, once again, celebrate all life.

*Feel me around and within you.
My love is a service to be given away without need for return or compensation. Feel how my love urges you to greet each new day with joy and unconditional love.*

I speak to your from the South



In the South I AM rain forests and dense jungles.

Observe how my great abundance is around and within your daily life.

My love is continuous through all dimensions of life.

Feel how my love allows you to expand your consciousness into your higher expressions of SELF.

I speak to you from the West



In the West I AM the setting sun and deep oceans.

Feel how my love assists you to release that which has come to completion.

My love creates the union of the Sun and Sea so that ALL your emotions can be transmuted into joy, unity and unconditional love.

The third dimension is being transmuted into the fourth, and the fourth into the fifth. Now as we, people and planet, welcome and embrace our higher SELF, I ask that my humans remember how to live in unconditional love and unity with all of my life forms.

*In this manner, we will create the WAY Home to New Earth,
which resonates beyond time and space in the ONE of the eternal NOW!
Feel your frequency rising and Know that WE ARE ONE.*

Dear People of my Planet,

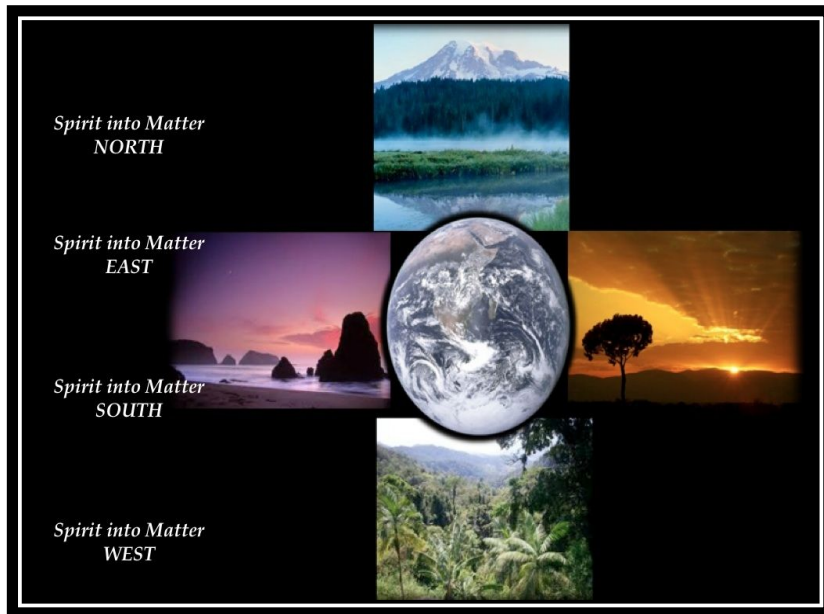
*I also ask that you assist me to restore the true beauty and vibrant life of my true form.
Hence, whenever you experience any ripples of dissonance or disharmony in your human*

or planetary body, I ask that you call the higher frequencies of Spirit into the physical frequency of Matter. Through transmuting your personal and planetary body, you assist me in creating OUR New Earth.

In this way we can work a ONE Being to:
Welcome the dawning of a new reality,
Create this reality with the force of our unconditional love,
Unite with our higher expressions on New Earth and
Transmute our physical bodies into our light bodies of New Earth.

Furthermore, to return me, Gaia, to my fullest power, I ask that you assist me in regain ALL my Wisdom, Power and Love by decreeing:

***“I AM a Portal through which the Spirit enters the Matter of Earth.”
I AM ONE with the Portal and ONE with the Earth”
As I open the Portal to my Multidimensional SELF, I Decree:***



*Within the power of my Multidimensional experiences, I remember that
I AM Spirit and I AM Matter*

*Within the wisdom of my Multidimensional SELF I Know that
I AM the Portal of Spirit into Matter*

*Through my Creative Force of unconditional love
I awaken the Form of New Earth*

*As I awaken each morning
I AM the Portal to New Earth*

*As I walk through my daily life
I AM the Portal to New Earth*

*As I fall asleep every night
I AM the Portal*

*The realities, old and the new, are within ME.
The two realities are around ME.*

*Where MY attention is – there I AM also.
Therefore, I focus my attention on the FACT that:*

*I AM the Portal through which the New Earth is born.
I AM the Vessel in which the New Earth gestates.*

*Everywhere I choose to look – I see New Earth.
Everything I choose to hear – I hear New Earth.*

*With every word I speak – I Create New Earth.
With every choice I make – I Choose New Earth.
With every step I take--I Ground New Earth.*

*I Am, I See, I Hear, I Speak, I Create, I Choose, I Ground,
NEW EARTH*

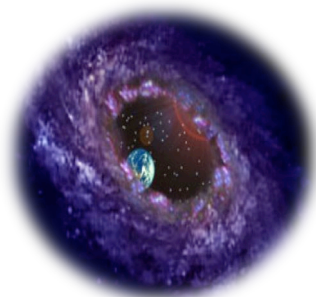
*I AM Lightbody
Gaia is Lightbody
I AM Gaia*

*We are going HOME
And HOME is where we have ALWAYS been.*

The Circle is Complete

ONE into ALL

And ALL into ONE



Closing Message from Gaia

My Dear Human Ones,

Please remember that YOU are the creators of New Earth. YOU are Elohim, the creators and holders of form. I, the Heart and Soul of New Earth, am alive within your NOW! Dear Human Elohim, when you feel my fifth dimensional expression within you, you can manifest it into your daily life. In fact, you are doing so NOW! Please see the below YouTubes.

Your Mother Earth

Integrating Your Third Eye Your Crown of the Elohim

Part 1: Becoming Elohim

<http://youtu.be/5l9jWxurEuY>

Integrating Your Third Eye With Your Personal and Planetary Chakra

Part 2: Becoming Earth

<http://youtu.be/Xalm-ulpDc>



*Becoming 2012 ~ The Year Of
The Gentle Transition*

*As gently as a blossom coming into flower
As softly as a whisper in the midnight hour*

*Like a feather slowly rising in the currents of the air
We surrender to ascension without a worry or a care*

*We find the moments we create are drifting into days
As slowly we become aware that we've moved into a haze*

*This haze is what is in-between, where we are and where we're going
It's the space between the past and NOW, that's wavering and glowing*

*We release that which is over, to find that which we cherish
And let go the life that is complete, so it can slowly perish*

*It is through the ashes of what is done
That we find the glow of our true Sun*

*The Sun, the Stars, the Sky, the Sea
All tell us who we're soon to BE*

*Because we're ONE with all the Earth
Together we shall Know re-birth*

*The "who" we are becoming, and the ONE we've always been
Remembers we are free of fear and forever clear of sin*

*As we return back to the Sender
The ONE we NOW remember*

*WE are the ONE we've always known
WE are and light that we've been shown*

*We step into our future to live within the NOW
To be our SELF with every breath, for we remember how*

*And as we do recall, the ONE we truly are
Together with dear Gaia, we shall become a STAR*

*A Star so bright and filled with love
From deep inside and high above*

That we light the path for all to see

And the way in which we can be free

*Free at last and free forever
With a bond of love no one can sever*

*Within our SELF inside our heart
We've found the place from which we start*

*We start anew, for we are through
Of being a separate "me" and "you"
We NOW can BE all that we SEE
And know that love is always FREE!*