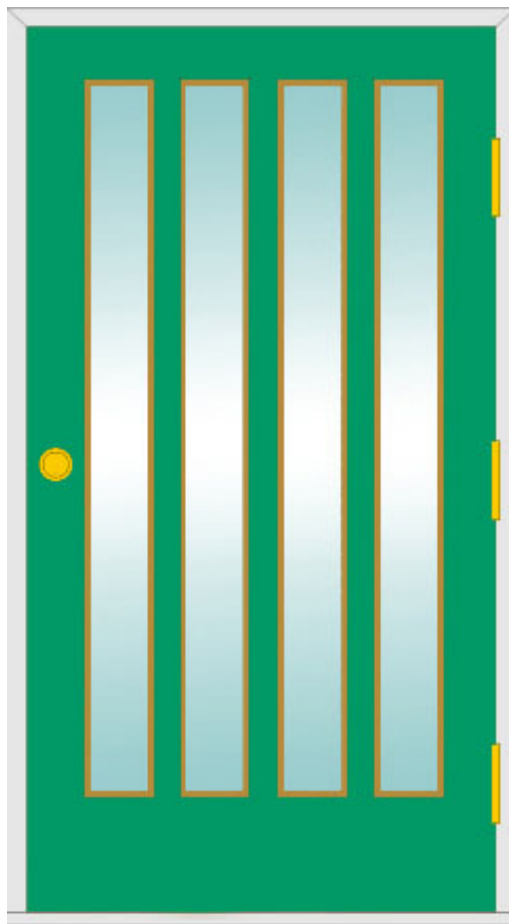


BEING CONSCIOUS PART VI

The Dreams and Aspirations Door



By
Suzan Carroll PhD

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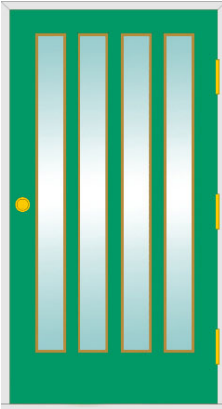
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THE FIFTH DOOR



The fifth door is marked:
DREAMS & ASPIRATIONS

We knock.
As the door opens, a message is displayed:

Our sleep is more regular now and our dreaming more conscious. We may even have experiences of lucid dreaming in which we are awake inside our sleep. Since we have faced much of our dark side, our dreams have largely shifted from uncovering negative feelings to rehearsing our next move in our everyday life.

If we can maintain a higher stage of consciousness, we can even think of our “nightmares” as an opportunity to further clear feelings that we have repressed in the past. Often our rehearsal dreams will make us aware of thoughts and emotions that we are too busy to notice when we are awake. And, best of all, we also experience dreams that are direct messages from the higher dimensions.

These “superconscious dreams” are often precognitive and will present a possible future that is directly in line with the Mission that our Soul’s volunteered for before we took our physical body.

As we keep our inner contract to complete our mundane tasks in a timely manner, we feel better about ourselves. Sometimes, our Mission is also revealed in our daily lives, as we are beginning to build a deeper trust in our inner directives. Our inner directives encourage us to manifest the “dreams” and aspirations that come to the surface of our consciousness via dreams, mental picture, and emotional yearnings.

We also learn to meditate so that we can consciously travel the inner realities. This meditation increases our focus and enlivens our creativity. We find that not only do we complete the aspirations we have had for many years, but we also have a vast, untapped reservoir of new ideas and creative projects.

We discover that, while we are engaged in a creative endeavor, our consciousness raises to Alpha or Theta Brainwaves. Our frequent meditations allows us to become accustomed to this wonderful feeling, which is, gradually, beginning to change our lives. We find that, somehow, we have more and more time to be our true creative selves.

Then, one day, our meditations change and we find we are at the beginning of an endless journey in search of **SELF**.



JOURNEY INTO THE VORTEX

Our Dearest One,

The time has come for you to learn to receive us via the computer. You will see now that you are quite able to do so. In this way you will not have to expend the extra energy transferring all our messages from written into typed form. You will first receive the material and then edit it later. Do not worry if at first there are many mistakes.

As you become able to surrender your hands, more and more to your Soul, you will learn not to be concerned about your ego's worries of syntax and spelling. We wish you to close your eyes, so that you will not be judging the manner in which you are typing our messages. The speed with which you receive us will increase as you become more comfortable with this process.

We are here to tell you about the next step in your Mission. It is important that you learn to receive clearly what we are sending to you. First, who are we? We are representatives of the Brotherhood and Sisterhood of Light. Actually, there is no true brotherhood and sisterhood as we are mostly androgynous. We choose to wear bodies of different sexuality primarily for the purpose of not shocking the ones to whom we speak.

However, you are able to embrace the fact that we are truly androgynous. Therefore, we will call ourselves the Light Network. That is only one of the many names by which we are known. You have studied with us for over twenty years. We also spoke to you often when you were a child, but you did not know who we were. You did, however, recognize and trust us as we struck a familiar cord in your Spirit's memory. You have known us by many different names throughout your life. We will respond to whatever name we are called. It is the intention of the call that we respond to and not the words.

Now that you have raised your vibration, we can work with you more directly. Remember, there are two ways in which to receive our messages. One is to travel to your fifth dimensional Soul body and then you are receptive to all the messages of the fourth and fifth dimension. Another method is to raise your consciousness to the vibration of whatever dimension that the message is being transmitted from.

The first method is far superior because the fourth dimension still holds polarization and there is still ego and darkness. However, if you can travel first into the fifth dimension of your Soul, you can wear that vibration as protection from the illusions of the lower dimensions. Also, if one is receiving from their Soul Body, they are more able to keep the message free of personality and ego.

Since your planet is now beginning to vibrate to the fourth dimension, even though you may not be aware of it, it is vital that you learn to be the Master of your thoughts and emotions. Even in the third dimension, reality is created around your thoughts and emotions. You have incarnated on the third dimension, where the process of creation is very slow, so that is easier for you to learn to be Creators.

In all dimensions, a thought is the “form” of the creation and the emotion is the “substance”. As you raise in vibration, the manifestation of your thoughts and feelings become quicker and quicker until you reach the fifth dimension in which manifestation is instant. For example, on Earth you may think “I love Hawaii and I want to go there!” That love allows you to desire going to Hawaii more than buying new clothes, or going out to eat. Then you can save money and eventually you will find that you are in Hawaii.

However, if you were to say, “I’m afraid I will never be able to see Hawaii.” You will not remember to put away your money and make the plans because of your fear. You see, love and fear are both powerful emotions in creating your world. Love unifies you with the desire because it offers hope and hope creates dedication to your possible goal. Fear separates you from your desire because it tells you that you do not deserve it. Therefore, if you allow yourselves to hope for it you will only get hurt. These thoughts of limitation create a resignation to your inability and a feeling of victimization.

Fear and love also guide you to the source of that emotion. For example, if you strongly love the ocean, you will find a way to get there. However, fear is a guiding force of almost equal power. For example, if you fear the ocean you may also find yourself there. But, whereas love creates an experience that is loving, such as a wonderful swim and a relaxing day, fear will create a negative experience such as a sunburn and almost drowning.

On the fifth dimension, your experience of Hawaii and a visit to the ocean are instant. If you think about the ocean in love, you are instantly there having a loving experience. However, if you think about the ocean with fear, you will find yourself at the ocean having a fearful experience. Manifestation in the fourth dimension still

takes “time” because there is still time and space, but it is much faster. However, in the fifth dimension everything exists in the eternal NOW. There is no time or space, as you know it on Earth.

Remember, you have chosen to take a physical life. Therefore, look at every event in your world as a lesson and a message. Earth is a schoolroom in which you are the student and the teacher. As you raise your consciousness, you can communicate consciously with the many higher dimensional beings who are dedicated to assisting you in your evolution. In your time/space reality the entire schoolroom of Earth is graduating. We of the Light Network are joyous to assist you in this magnificent hour of transformation.

My One, remember to begin each day by setting your attitude with Love. Once you have set your attitude, you can relax into the flow of the day and know that all of your manifestations will be loving. Even if life presents you with a disappointment or difficulty, Love will hold you in its comforting force and give you the wisdom and power to successfully face any situation.

Feel now the flow of Love as it enters into your crown chakra as you sit at the computer. Feel how easy it is to take our message while you are at the keyboard. At first, we are merely training you to be relaxed and comfortable so that we can use you as one of the receivers of the many messages that are currently being transmitted to your planet at this time. As you are ready, we will have more and more to say through you.



We close this transmission with a final lesson of Love. Remember your life in the fifth dimension of Venus. Remember the purple trees and the yellow skies. Remember how you loved to talk to the trees and the flowers. They communicated with you by the use of scent and telepathy. All the beings on the vibration of Venus are alive and able to communicate their love and essence to anyone who desires that experience. Nothing is solid there. Everything is translucent and flowing. The roots hang to caress the grounded energy and the blossoms reach towards the cosmic force that surrounds the outer area of the planet. Remember life on Venus, and you will remember all the rules of habitation on the higher dimensions. Release all fear into the love of your memories of Venus.

Now, my One, remember more.

REMEMBER THE TRUTH FOR WHICH YOU WERE GIVEN EMBODIMENT!

One week later
Dear One,

In remaining calm and persistent, one can learn to overcome insurmountable odds. Mother Earth and all of Her inhabitants will now enter into a phase of life that has been long awaited. However, you must learn to release old concepts of limitation. For example, you formerly believed that you could never receive messages while sitting at a computer. Now you are learning that that limitation is not real. Soon, when your confidence is built and you can completely release your ego, we can send you messages that you have formerly believed impossible.

When you are able to receive our messages while in a trance with your eyes closed, you can access portions of your communicative self that was formerly off limits to you. Remember not to worry about any of the technical processes of typing. It is easily repaired at a later date.

Now, close your eyes and see a river of light. See the current of that river and hear the sound that emanates from that current. Place yourself in this current while you completely surrender yourself to it. As you surrender, you can see a Vortex of swirling light and sound just ahead of you. See how it is moving closer and closer. Document the process while you enter the Vortex.

Forget about the keyboard, just as the musician forgets his instrument when he is in the reverie of the music that is being played through him. Feel the Vortex around you. Allow it to enter every cell and atom of your physical form. The Vortex is the doorway to a higher consciousness. The conscious connection to your Soul is what allows you a clear perception of this Vortex.

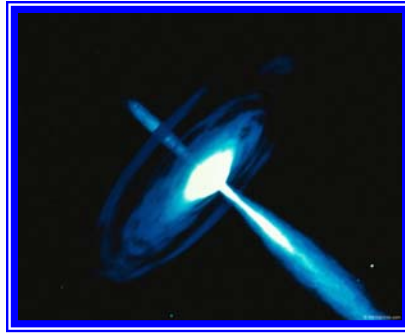
Trust all the experiences that you have had thus far. You are being trained to consciously enter into the next vibration. First, however, you must free yourself of all jealousy, competition, and comparison. These are all qualities of separation consciousness and bind you to the vibration of the third dimension. Your western world has been based on these qualities as a component of “achieving your goals” or “fulfilling your desires”.

As we have said before, the achievement of your desires is based on your thoughts and feelings rather than an interaction and competition with someone external to yourself. The “goal” of higher consciousness is not one that is achieved. It is a goal that is remembered and allowed. It is only your ego and personality that functions through “struggle” and “work”. Your Higher Self functions by allowing and surrendering to the Oneness.

Now document your experience as you allow yourself to surrender to the Vortex.

“The Vortex is embracing me like a loving mother embraces her infant. I am the infant and I totally identify with this mother. She is the Mother through which I have

received my body. As I bond with the Vortex, I am allowing myself to have life in a different form. I remember my beginnings of individuation from the Source. As I remember my beginnings, I can also experience the close of this cycle of my life. I am now releasing all attachment to my physical reality as I have known it, and I am bonding with the Vortex which is offering me a new form of identity.”



INTO THE VORTEX

Your body is changing now. It is purging and releasing. All the injured children, teens, and young adults within your conscious and unconscious psyche are lined up within you. See them now. They are ready to step into the vortex; they are ready to go Home.

See the vortex before you. At first, it is far away. Then, gradually, it moves closer and closer. Until, at last, the vortex is directly in front of you and directly in front of the line of your former selves who are ready to be released into its transmuting power.

The vortex is growing now. What once was a small swirling force the size of your hand is expanding. As it becomes larger, it also becomes stronger. The colors become brighter and change in hue. The deep red changes into a magenta that swirls into a silver tinged aquamarine that once had been a dark turquoise. This aquamarine then twists into a deep blue transforming it into a violet blue that shimmers as it moves faster and faster. Then the center expands in a burst of light and what had once been white and yellow becomes gold and silver.

Simultaneously, you hear the sounds of the vortex amplify and alter. What first sounds like the buzz of bees begins to take on an oscillating quality which is joined by a low hum. This hum purifies into a tone and the tone becomes a spectrum of harmonies. These harmonies raise octave by octave growing ever more complex and compelling until, just as the center of the vortex bursts into gold and silver, the sounds crescendo into the Music of the Spheres. This music alone is enough to beckon you into the swirl of light and sound.

They are ready to leave now, these portions of yourself, which you shall never again need to be, which you shall never again ALLOW yourself to be! Stand at the threshold of the vortex to hug and kiss them all good bye. The youngest ones are first and the rest follow by chronological age, except that those who are older carry the ones who are too young to walk.

You wish to hold each one and wish them farewell, but the force of the vortex pulls them through faster and faster until they become a blur. All you can do is watch as more and more of the person that you have known as “me” disappears into the vortex of transmutation. You watch your children, your teens, and your young adults whisk by so quickly that you can barely discriminate one from the other.

You feel like you are in a tornado. You look around for something to hold on to, but there is nothing—nothing except your desire to remain upon the earth to fulfill your destiny. Yes, the earth that you have so often wished to leave, to abandon your responsibilities and disappear into the wilderness of your own personal illusions. Only your desire to stay in the place that you have always wished to leave will protect you from the whirling pull of the vortex before you.

*“It is not time yet,”
says the voice of guidance within its familiar place
in the core of your mind.*

*“You are among those who have volunteered to stay until
it is time for the great journey.*

*Release now all portions of your past that are not able
to participate in that destiny.*

*Feel them as they loosen their stranglehold
on your consciousness.*

*Release them as they jar themselves from their long sentence
within the prisons of your fear and pain.*

Allow them to surface so that they can be free.

*Free of constriction and restriction,
free of darkness and fear and
free of time and the limitations it has brought.”*

There is a final force of suction, one so strong that it almost loosens your tenacious hold on your convictions. The vortex pulls you closer and closer. You see before you the eye of the hurricane, the center of complete stillness, complete peace. This stillness beckons you to enter. Oh, can you enter now?

Dare you let go and release your promise, release your destiny? The temptation threatens to uproot the dedication that has grounded you.

The core is a deep stillness, an ultimate peace. The whirl of colors and sounds emanating from it are surrounding you. Oh, can you go now? Can you just surrender to the infinite peace and love that you feel within the vortex and join the other portions of yourself, who could no longer stay, could no longer heal? After all, you are but one person. What possible difference would someone as insignificant as you make in the scheme of such a Divine Cosmic Plan?

Bit by bit, you feel yourself entering the vortex. What had once been powerful is now as gentle as an evening breeze. What had once been deafening is now as quiet as the first rays of dawn. On the other side, there will be peace. On the other side, there will be love, and justice, and freedom. You raise your foot to take that first step into the core of the vortex, but as you do so, you feel another pull. It is the pull of your promise, the pull of your destiny.

*“No!”
you cry to the awaiting calm.*

“I will not give up.

*I will not leave until I have accomplished
all that I have promised to do,
all that I have promised to BE.”*

Suddenly, a hurricane of noise and a torrent of force replaces the moment of stillness and calm. You must use all of your will to resist and to return—return to your desire to complete what you have vowed to do. To complete who you have vowed to be. You know that you must turn your back on the vortex or you shall never be able to resist its call.

In one monumental act of devotion, devotion to the Divine Plan, you turn around to face the challenge that you have threatened to leave. Behind you, you feel the instant release of the vortex.

In a flash of golden light—
It is gone!
You are alone.

But wait, before you a vision is forming. Gradually, you realize that the vision is one of a stairway, a stairway of light that is descending from the infinite unknown. Floating down the stairs you see wondrous Beings filled with light, love and, oh, filled with peace. Who are these beautiful beings, you wonder?

*“We are you,”
they reply in unison.*

*“Now that you have released the portions of yourself
that have suffered upon the third dimension,
we can fill you with the portions of yourself
that have loved upon the higher planes.*

We are you, you see.

*We are portions of your Soul who have awaited
for this moment when you could release your pain
and embrace your glory—our glory.”*

One by one, the beings of light are descending the golden stairway and entering your heart. Now you can feel within the peace, and the glory, the harmony, and, yes, the love. Now, you can feel within you, the confidence and faith to fulfill the purpose for which you have taken embodiment.

Now, you are truly FREE!



DEEPER INTO THE VORTEX

Three days later

Three days have passed and again I sit at my computer. Again I see the vortex. This time I enter it, but I know somehow that I shall return to my physical world. As I travel deeper and deeper into the Vortex, I find that the way back closes behind me. At first I am afraid and then, strangely, I am reassured. Now I cannot return to my old way of perceiving reality.

Can I ground this experience on the physical realm? I do not know. Maybe, I will not need to. Maybe the physical reality will rise to meet me. Or, perhaps a part of me will remain here, away from everything that I have known and felt secure in. Remarkably, I am not worried. I am able to continue my journey with my worries doing nothing more than crossing my mind.

Now that I am surrounded by the Vortex I begin to feel a deep change in my consciousness. I am not familiar with this experience. It is different from any of my meditations. What is happening to me? My form is changing. My hands are glowing; my color is becoming more vivid and my body more translucent. My feet are not so defined. I find that they are growing accustomed to this form of travel, which is more like swimming in water than walking on land. However, I am in an upright position, and my feet are moving as though I am treading water while my hands are moving out in front of me in wide circles.



As I move through space I find that the speed of my movement is not determined by my bodily movements, but by my thoughts. When I am afraid to move on, I don't, no matter how fast I move my limbs. But, when I am ready to have the next experience, I find I am there even if I do not move my body at all. "Am I ready?" I sincerely ask myself. "Yes. I want the next experience," I decree.

Suddenly a Being of beaming golden light comes to greet me. This Being is both male and female and emanates the

most unconditional love that I have ever felt.

"I am Arcturian," the being says. The being is very large and I find my size increasing to match its size.

"I don't wish to overtake you in size," it says. "I want you to realize that your current body is only one of your choices upon this dimension."

I nod in agreement and somehow understand.

"Am I to go to one of your spaceships?"

"There are no ships within the Vortex. They are not necessary here. All travel within the Vortex is done with Spirit/Mind."

"I am ready for the next experience," I say with some assurance.

"Then follow me."

As I begin to follow the Arcturian I question whether this is such a good idea.

"Do not be concerned. All will be fine. You can stop this experience any time you wish to."

"No, I do not wish to stop it. I am just not used to proceeding in any direction without first doubting myself. It is an old habit I learned in my physical embodiments."

I muster up all the courage and will power I can find within myself and decide to control my thinking to be only positive. As we travel into the Vortex I begin to see more changes within my form. I am becoming more and more transparent. My body no longer has the hard edges, angles, nails, or hair. I am becoming a body of light with light coming from my head instead of hair and from my hands and feet as well. I wonder if I will ever be able to go back to the physical world in this condition.

"If you wish to return to that dimension, your body will again adjust itself. However, if you are going to go back and forth very often, it is best that you leave your physical form in a safe location and travel here in your inner body only. This is what the Masters do to maintain a physical form for hundreds of years."

I am not sure if I want to maintain a physical form or not. This experience is what I have waited for all my life. If only I could help some of my loved ones to join me here it would be perfect. However, I knew that I may not be able to be with them when I made this transition. I do not want to change my mind now. I will continue until I am directed otherwise.

Three days later

"Follow me," I hear the Arcturian say.

As I follow it I find that I am feeling very happy. I am happy to know that I AM MOVING INTO THE NEXT PHASE OF MY LIFE FORCE. As I have this realization, I can feel myself detach from all of life as I have known it. Am I ready for this shift? I am not sure, but I am sure that I must move forward as it is my destiny in this life to cross over to the other dimensions in a conscious state. As this life and all the many lives that I have remembered move across my mind I have a feeling of completion that I have never felt in my physical reality. The Arcturian kindly reaches its hand toward me. As I reach for it, I take one last glance back to life, as I have known it.

"Good bye dear life and all whom I have loved. I know that love knows no separation. If you cannot experience me consciously, then please feel my deepest love, which I will constantly send to you. I go now to forge a road that others can travel. Allow my love for you to serve as a trail which you can follow."

Another three days

I turn to take my guide's hand and feel the familiarity in its touch. Look into my eyes," it says telepathically. "I have something to show you."



As I look into its eyes I see all that I have been in all my lives. I see the progression of lessons that took many, many lives to complete placed before me in a "no time situation". All the patterns and lessons of many lives on Earth are instantly in front of me in one picture. At first, I have a very difficult time focusing on the image, as it is multidimensional. I am still clinging to my Earth way of perceiving.

"Release all old methods of perception. Allow yourself to see with your Soul."

I call to the "feel" of Soul consciousness and perception. Gradually, the image before me begins to shape into an understandable form. I see a staircase with each step being a lesson of a different color and tone. Certain colors and tones are repeated with different degrees of variation. Sometimes the color and tone makes a step that is pure and sweet, and sometimes the step is muddied in color and flat or dissonant in pitch.

Instantly, I understand that each of the distorted steps must be repeated again and again until they have transcended into the state of their greatest purity. Much to my happiness, I find that most of these steps have risen to their ultimate vibration. However, there are still three steps that need to complete their healing and lessons. What are the lessons inherent in these three steps? Before I can determine that answer, the vision fades.

"You must find the answer to that question when you return to your physical form," instructs my guide.

I find myself again before the computer. The keys are hard beneath my fingers and the glare of the screen erases the vision of the Vortex. However, I do remember. I remember the stairway and I remember that three steps are tainted and dissonant. What are these steps? What do they represent?

This exercise is ridiculous, I say to myself as I realize that the clock beside my computers reminds me it is time to go to work. Who do I think I am talking to an Arcturian? I could never do that. I must be crazy. Suddenly, a great fear overtakes me. Maybe I am crazy and I am making this all up. Even if it were possible to talk to an extraterrestrial, why would it pick me? Who am I? I'm just a regular person sitting in front of my computer.

I close the file and turn off the computer. Just a moment ago I was "swimming" in space. I was completely at peace. I loved where I was and who I was. Now, I doubt my sanity. I am filled with thoughts of limitation. I am afraid.

One month later

From the time of my last entry, I have been miserable. My entire life has been filled with disappointments and frustrations. Each day, in despair and fatigue, I have fallen into my bed and had frustrating and frightening dreams. Finally, this morning I awoke with the knowledge of the three steps and came immediately to the computer.

"Thoughts of Limitation, Feelings of Fear, and Doubts of Self are the names of the three steps." I exclaim as I enter the vortex and stand before the Arcturian.

"Yes. Now that you know their names you can learn to walk upon those steps proudly and consciously. Now let us continue our journey."

As we continue into the heart of the void I feel more changes in my form. I use the term form because "body" now has a new meaning. Body means a group of molecules that congregates together into a collective reality that then becomes a cohesive, self-sufficient unit of consciousness.

The form that I travel in is no longer self-sufficient. It is a component of a larger collective reality that I now journey to commune with. The shape that I use for my journey will change with my awareness of myself as a portion of this greater whole. As we move deeper into the Vortex it becomes a universe of its own. It is no longer a physical phenomenon. It is a living entity that is a part of yet another entity that is part of yet another entity – like a house of mirrors.

The Arcturian pauses and turns to me, "We will now meet the Greeter." I am unaware of what it means by this term but I am willing to allow the experience.

"The Greeter is not a form but is instead a vibration," continues the Arcturian.

As I move towards the Greeter I feel an overwhelming sense of peace and love. I find my hands raising of their own accord and reaching out to touch this vibration. As I do so my consciousness expands beyond any limit I have previously known. I become the Greeter, I am the Greeter, and I am greeting myself as I am greeted. All sense of time and space are erased from my mind. I can no longer perceive the world in the linear fashion. All - is All - in All.

There is a birth of a vibration deep within the DNA structure of my every cell that is the beginning of a transformation which I cannot oversee and over which I have no control. This transformation is one that has lain latent within the very cellular structure of my form. Something is forever transformed within me. I look at my form. It is not that different from what it has been, but yet, it is becoming different from deep within its biopsychic reality.

Since there is no time or space here, I cannot predict how long this transformation will take nor how I will be when it is complete. There has been a birth deep within my self; yet there has been no death. I do not need to end or change anything. This new self is gradually overcoming the reality under which I had once functioned. I feel this new expression of myself coming forward into my conscious awareness, but I am not yet fully conscious of it.

"I wish to be conscious of this transformation and to consciously experience this activation of my latent DNA structure," I say to the Arcturian.



"In order to do so," he replies, "you must release all THOUGHTS OF LIMITATION, FEELINGS OF FEAR, AND DOUBTS OF SELF."

With that sentence, I am back in my mundane world. I scream deep within my core, "I want to continue this process. Why am I back in my everyday world?"

An inner voice speaks and my fingers respond upon the keyboard.

"That is the process, my One. The first ones through the vortex will lead the rest into the New World that will manifest gradually and slowly, under the most normal of circumstances. Now dear, you must remember who I am and that you are a part of me even when you are surrounded by your physical life. When you have had that experience, return to me. Then the voice fades from my mind and I am ALONE!!

But, am I really alone, what about my memory? I can remember my experience. I can remember the transformation. Isn't that what will make it conscious? I said that I wanted the process to be conscious, so therefore I must make it a part of my mundane reality. As I drive to work, I MUST REMEMBER. As I go to sleep, I MUST REMEMBER. As I wake up, I MUST REMEMBER. And most difficult of all, as I face the challenges and difficulties of everyday life, I MUST REMEMBER.

However, remembering is so difficult within the stress of everyday life. The effort of remembering seems sometimes to make life more difficult, because it makes me feel different and separate from those around me. I feel the need to return to myself, to return to my true reality inside the Vortex, to once and for all be free of the illusion of a world that seems so separate from Spirit. I must meditate again. I must return to the Arcturian.

I go deep inside myself, but the frustrations and disappointments of the mundane world impinge upon my consciousness. The feelings of discordance and fear are overwhelming. I call upon my Soul. I call its name again and again in my consciousness. Can I trust myself? Can I trust my experiences as being real? Can I allow myself this inner life that seems to separate me from those around me, but simultaneously, makes my life have purpose?

"Can you allow yourself Love?" the reply comes to my thoughts.

"I can give love much easier than I can receive it" I reply. "It is difficult to trust those who appear to love me."

"Can you trust me?" comes the voice of my Soul.



Before I can respond, the Vortex opens before me and I step into it. The Arcturian awaits me with its loving presence. I feel no need to share my experiences. I know that they are already known. The fear, self-doubt, and thoughts of limitation fade quickly as we move deeper into the Vortex together. When we come to the Greeter, I raise my hands and again experience LOVE—PURE, UNCONDITIONAL LOVE. Love without fear, sadness, or need. Love that is an essence felt within every cell and atom of my

body and is mine to give *and* to receive. This love flows through me to purify and heal me. It completes me and makes me remember.

I look to the Arcturian and realize that it is me from another time and vibration. I remember my life on Arcturus where I often returned after lives, in which I had been able to raise my vibration enough to remember—remember my Self. The Arcturian, my Higher Self, kindly reminds me that after I left Atlantis I lived in the fourth dimension just above Earth. Gradually, I became entangled in the physical plane and then regularly took embodiment on the physical plane.

“Time is not what it appears to be in your Earth memory,” the Arcturian says. “Time and space are really one as they wrap around each other on the ‘ladder’ of a time/space continuum. This ‘ladder’ looks much like a DNA molecule. ‘Time’ is one side of this of this ladder and ‘space’ is the other side.

“Time and space are in communication with each other via the rungs of this ladder. These time/space rungs carry your various third and fourth dimensional lives or realities. Reality is the chosen term rather than lives because ‘life’ is a continuous process that knows no interruption. However, when you change realities, or rungs, you often forget the experience of the other rungs.

“This time/space ladder is actually a huge circle and every reality is connected via the sides of the ladder. When there is an awareness of the other rungs within any given reality, you have the option to consciously move in your consciousness to any of the other rungs to make changes. These changes then travel along the time/space continuum and influence all the other third and fourth dimensional realities. Therefore, a transmutation on one reality can expand to all your Earth realities. The key is to become conscious of this tool and to use it. Your planet has been enshrouded in a Veil of Maya, which is now lifting because Earth and all of Her inhabitants are rising in vibration and moving into the fourth dimension.

“I am one of the many who has come to assist Earth in this process. To assist one of you helps all of you. When one raises their consciousness, they contribute to all by raising the resonate frequency of the planet. From the perspective of the fifth dimension, on which I vibrate, the ladder of the time/space continuum is clearly visible. From this dimension, one is able to realize, and to heal, the many realities that they have lived during many different times and in different cultures. The multinational recognition and healing clears ‘national pride’ and allows each of you to move into Planetary Consciousness. As you experience the unity of Planetary Consciousness, you can then expand to Galactic and then to Celestial Consciousness.”

Six weeks later

“Open your heart to unconditional love and open your mind to unlimited thinking.”

I hear the voice of the Arcturian as I feel these words within my essence. I see myself deep within the Vortex and I raise my hands to the Greeter and wait for the feeling of Unconditional Love. The feeling begins in my third eye and expands across my face and deep into my heart. My mind is now open, as is my heart. But wait; is that a drop of fear? I release it to the Greeter. Please take this fear from me. It is only lack of faith. For a moment the Greeter takes on a face just long enough to smile. Its eyes calm and absorb my fear within its love. I see the fear swirl away from me to be transmuted into the unknown which I enter.”

I now travel deeper into the Vortex than I have ever traveled before. I see many beautiful lights and hear many wonderful, harmonious tones. I understand how these lights and tones are working together in creation.

“They are creating a new body for you,” says the Arcturian in its usual loving tone. “As you begin to raise your vibration on a physical level there are certain sensations that will occur. The first sensation is one of recurring heat coursing through your body in a swirling fashion. Allow the heat to work at breaking loose old concepts that have become embedded in the tissues of the body. One may gain weight in this process as adipose tissue serves as an insulating mechanism and is often brought onto the body when one who is very sensitive to others is in a dangerous physic situation or barraged by the auras of many other people.



“You must take very good care of yourself as you will be more fragile and sensitive than before. This is why many people in this process will go into nature or on a retreat. When you are in your home you must learn to set down rules with those around you so that you will not allow negativity. Chant - MY HOME IS A PLACE OF PEACE.

“Communicate with others clearly so that they will have to cease any negative behavior if they wish access to your heart. Tell them that you are undergoing a transformation and that you can no longer tolerate any fear and negativity to live in your home. They must deal with their fear in another way than giving it to you. REFUSE to take their fear. Tell them that you will remove yourself from them if they fall into those old behaviors.”

I do not question these statements and wish only to accept them. I realize that I have volunteered to consciously experience my transmutation. I feel the lights and tones caressing my body. I know that this is a body of a finer vibration and that my

physical form awaits me. I am also confident that the metamorphosis that I am undergoing within myself will extend into the physical plane. I see the light and sound working within my form. They seem to be purging certain aspects of me that are of a lower vibration which I no longer need. I trust the process. I see other lives flash before me as well as long forgotten memories of my present reality. I am creating a new reality. Within this reality I am FREE. I am not free of something or someone but free of LIMITATION, FEAR, AND DOUBT. An infinite horizon opens before me with infinite potential.



TRANSFORMATION

Slowly the world around me
is beginning to change.
At first, I thought that my vision
had become blurred.

People and objects
seem to have lost their edges
and there seems to be a
wavering movement in the air
when there is no breeze.

Conversely, certain things
are becoming more dense and
difficult to be around, or even look at.

I am beginning to avoid these things, or people,
as they upset me in a strange way
because the overwhelming peace
of the rest of my environment
is so much more comfortable.

Time also seems to be changing.
It doesn't seem to fit what the clock says.
Some hours seem to last a very long time
whereas other hours seem
to last only a few moments.

These changes in time seem
to be related to what I am doing.
Any activity which engages
my creative force speeds by
while it also appears to last forever.

Mundane activities, however,
crawl by like a snail
across a damp sidewalk.
I know I still have to
care for certain necessities of life,
but they seem to be
less and less necessary.

There is a feeling arising
from deep within my heart
that is different from anything
I have ever felt.

This feeling reminds me of
some distant memory which is awakening
a deep longing in every cell of my body.

This feeling brings about
different desires than I have ever felt.
But actually, they were latent desires
which I have always had,
yet have never allowed myself to indulge.

Music, Art, Poetry, Nature,
Intimacy and Deep Communication
are becoming more important than
"making money", "being right"
or "getting ahead".

There is an inner compass
that seems to be leading me.
I do not know to where
and I don't care.

I am actually living in Trust.
This compass takes my mind into places
that it has never before explored.

The fear and worry that has
so plagued me before
is being replaced with
a peace and sense of active waiting.

I don't know exactly
what I am waiting for,
but I do know that I will
recognize it when it appears.

Meanwhile, the inner and outer worlds
are blurring into one.
The distinction between them
had once been very clear,
but now my imagination and activity
are becoming one.

I am living in a Globe of Light,
but I also sense a looming darkness.

Is this darkness growing
or is it merely becoming denser
and less diffuse so that it can
separate from the light?

But all light has darkness within it,
does it not?
However, this darkness is different.

This is a kind of darkness
that is afraid of the light.

In fact, maybe this darkness
is just FEAR.
Fear of change.

There is definitely
a change commencing.
I feel it from deep, deep within.
I don't understand it,
but I know that this darkness
does not want to change.

It wants things to stay the same.
It refuses to realize that
there is a parting of paths
and that each one has to accept
this new reality or gradually
spiral downwards into
that which is ending.

A new vibration is coming to the planet.
I can not alter that,
nor can I avoid it.
I can only accept it.

In accepting it,
I must also accept myself.

I must face that place of darkness
within me that is
afraid to change,
afraid to trust.

I must bring that darkness
to the surface where it can be
exposed to the ever growing Light
and allow it to show itself to my consciousness.

I must journey deep
into the furthest recesses
of my lost hopes and dreams --
into those secret places in my unconscious
where I have hidden the parts of myself
that are afraid...

afraid to face the light,
afraid to face the truth,
afraid to change...

Afraid to o the new world
that is softly glimmering
just before me.
Afraid to grasp the invisible hand
that is touching me
deep inside my heart.

Can I give my fear
to this Hand of Love?
Can I trust
my dreams and imagination?

What is there to lose
but fear and darkness?

I will journey now deep into the core
of all hidden places and release my fear
to the Hand of Light!

I will allow my escalating vibration
to move deep into all the dark hiding places
of fear, anger and negativity to
uproot all resistance to change
and plant the seeds of HOPE.

Hope and Light and Love!

The Phoenix bird is rising.
I will leave my darkness in its ashes
and join it in flight!





JOURNEY INTO THE VORTEX PART II

The Journey Continues

Two months later

Dear One,

I have just returned from my retreat into nature. It was a very deep and personal experience. I met my future self and found that it was you, dear Arcturian. Your name, or actually our name, is Kepier and we are fifth dimensional. Kepier has traveled through time and space to come through the vortex to meet my 1994 persona.

“I AM Kepier.



I have a message for you from your fifth dimensional reality. We use the term reality rather than life because “life” denotes an eventual death or discontinuation of consciousness. There is not a need for a “death” on the higher dimensions because Spirit is infinite, and we live in the continuous flow of Spirit. We may change forms, but we don’t die or even lose our conscious

awareness of our transitions in consciousness. It is difficult to explain this concept to your 1994 self, but as you learn to be conscious of your Soul in the fifth dimension it will be easier.

Your Soul resonates within your fifth dimensional Soul Home, which is a golden radiating dome on the edge of a cliff surrounded by redwoods and overlooking the ocean. You live there in your true androgynous state. You do not feel alone in any way because your Soul is the unification of your male and female energy. You and

your Divine Complement, which is the completion of your true androgynous self, live in unified consciousness with All That Is. In the fifth dimension there is no time or space as you know it on Earth and time travel is as natural as getting into your car in 1994. When you are communicating with or assisting others, you project a portion of your consciousness into whatever time zone that person resonates to.

Just as you can look into all the sub-personalities within your 1994 unconscious mind, from here in the fifth dimension, you can look into all of your lives or realities that you have had upon the third and fourth dimension. You can also have conscious access to other fifth dimensional realities and even realities of the vibrations higher than the fifth. Beings here are totally telepathic and live in the loose form of a light body. There is little need for documentation or written communication because all beings can tap into the universal consciousness for any communication or information.

On each dimension, beings have many realities. In one of your fifth dimensional realities you live on Earth in your Soul Home. In another, you have returned to Arcturus. On Arcturus we live in a relatively formless state and our home changes with our needs. We do a great deal of traveling to other planets and vibrations so we create a form and a home that is appropriate for each location.

When you asked to meet a future self while on your retreat I, Kepier, was the most likely candidate because I am an inter-dimensional and inter-galactic emissary. I will now refer to myself in plural pronouns, because in this reality we are all androgynous and are a portion of the Universal One. We do not conceive of ourselves as separate from others. Therefore, the third dimensional term of "I" actually means "we". The term "I AM" which was used in our greeting is a common salutation here. I AM means: "this point of consciousness which resonates in unity with the All That Is, is addressed as Kepier."

Feel your Soul about you as you see yourself in the golden dome of your Soul Home. When you go to "work", you go into a certain reality. For example, in your 1994 reality, one day you may go to Los Angeles, another day to Pasadena and a third day to Santa Monica. They all exist and function fully on the days that you are not there, but you choose not to be aware of that reality every day. If you become curious, you could always call or drop by. It is much the same when you go to different realities. They are still there even when you are not aware of them.

Your Soul Home is a point of focus. It was established in 2057, but then it became infinite. You may already have established it and you are now visiting 1994. We know that these concepts are difficult because in 1994 you are not accustomed to functioning in infinity or "no time" of the fifth dimension. When there is no time, there is also no space. This means that you can be conscious and operational in all the different zones at once. However, one can only be aware of this from the perception of a reality that has transcended the boundaries of time and space. That is what is meant as a "point of focus".

1994 is a pivotal time for us, you and I, because it is the time of your first release of the belief limitations of time and space. To assist you in this new way of thinking, we will communicate with you whenever you wish. You will not be an interruption to us as our consciousness is of the fifth dimension and above and is not limited to perceiving one thing at a time.

We are joyous that you recognized us.
Kepier

Four days later
8-24

Dear One,

I AM Kepier. We have come today to instruct you more about time.

There is no time except in the third and fourth dimensional worlds. Time exists in the fourth dimension but at a very different rate than the third. What is years on the third dimension passes in minutes upon the fourth dimension.

On the physical plane, low frequencies, such as a foghorn, are more stable and resonate longer as they travel through space. This is because the resonant frequency of the foghorn is similar to that of the third dimension. Does that give you an idea how low the vibration for the physical plane is? Also, low frequencies mask out, and are louder than, high frequencies within the third dimension. The sound of thunder is a low frequency and can be heard as very loud, but how often can one hear the lightning?



Within the third dimension there is much decay. The lower vibrations such as the mineral kingdom are more constant, “constant” being defined as subject to less decay and therefore lasting longer in time. Flowers are of a very high spiritual vibration as they are the regenerative force of the plant. Therefore, they do not last a long time in the low vibration of the third dimension.

On the physical plane, it is much easier to perceive the lower vibrations of the third dimension than it is to perceive the higher vibrations of the higher dimensions. For example, if one sees someone walking past them, they will see their third dimensional physical form. However, they probably will not see their fourth dimensional aura or their fifth dimensional Soul.

Although it is difficult to perceive the higher vibrations while in the physical plane, one can learn to raise their consciousness, or raise their resonant frequency, to have greater access to higher perceptions. We (Kepier) resonate at a higher

frequency, as we exist in the fifth dimension and above. Before you were able to perceive us, you had to learn to raise your consciousness enough to be able to perceive the fifth dimension. Prior to that, you perceived us in our vague forms. To assist those who are wearing a physical form, we of the fifth dimension extend our frequency into the lower vibrations of the fourth dimension so that we can more easily be perceived from Earth.

Most people lose their fourth dimensional perception as they “mature” in their physical forms. However, there are some who have maintained that ability. This often causes them to feel a sense of isolation and loneliness, because their perceptions are so different from the collective reality. But these feelings serve to urge them to look deep inside to find Home.

The indoctrination of the 1950's closed your generation's mind to us. You could not perceive us because we are citizens of another planet--Arcturus, and you had too much fear about that. Remember the horror movies of your childhood: The Blob, X the Unknown, and the Angry Red Planet? The culture of the 1950's taught everyone to be afraid of beings from other worlds.

Therefore, we have been waiting. Now that your consciousness is clear of these fears you will be able to perceive us more and more directly. Do not worry that you do not see us with your lower vision. It is not our destiny to lower our vibration, but your destiny to raise yours. Use us as a beacon to help keep you awake and aware in the higher planes. We are your teachers and guides.

Now that the resonate frequency of the third dimension is raising, many higher beings are taking on physical forms on Earth. These beings are born with a complete connection to their fifth dimensional worlds. Those who have remembered and regained their connection to the higher worlds will be of great assistance to these new teachers. Although, there is still much indoctrination leading to fear of other worlds, there are now many new educational sources to calm that fear with learning and understanding.

The physical plane is a schoolroom that one attends and graduates from. That graduation is a transformation into the fifth dimensional light body. A great graduation day is dawning and you are very lucky to be incarnated in your time frame. Many Souls wish to take bodies in your reality so that they can participate in this wonderful transformation. You have all taken many “lives” on the third dimension in preparation for this day. Some of those lives were short and only a few “classes”—experiences are taken, whereas other lives were long and many “classes”—experiences were taken.

In some lives we can raise our consciousness because we are able to raise above feeling like a victim and take responsibility for all the experience that that has been collected. However, in some lives one gets stuck in a difficult class and ceases to grow. And, unfortunately, in other lives one sees themselves as a victim. They

take no responsibility for their life, often blame their problems on others, and actually go backwards. One may even fall into a very low vibration, become selfish and try to take the life, love and power from others that they are unable to create for themselves. Although one can definitely take another's life on your Earth, they cannot steal their love or power. Therefore, these lost ones steal other's possessions, which are so important to the third dimension. On the higher planes, possessions have no importance at all.

On the higher planes, we can quickly manifest with our spiritual/creative force anything we need. Since we can always create it, we release it back into the One when we are done with it. There is no need to "possess" it as we can never lose it. Since we cannot lose it, we have no need to "want" it. It simply is! Explore this concept more deeply from your present physical perception. If you can feel the truth of it, than you can learn to clear your desires and live in trust.

The process of graduation (transcending) is one of learning to rise above the limitations of the third dimension and consciously reside within the higher dimensions. Your Soul Home is the base reality from which you travel to all other realities. It is your launching pad. That is what we meant by saying it was "constant".

Hold your Soul Home constantly in your heart and mind, and it will remind you to remain conscious in and to the fifth dimension's finer vibrations.

Remember us
Kepier

Two months later
Dear One,

Much time has elapsed since my last entry. I have been grounding my transformation in my personal life. I have been dedicating myself to a more creative and artistic life. I feel a need to return today to communicate with the One. I call again to the Arcturian and find that instead, Kepier, my future self, answers me.

Greetings, I Am Kepier,

To travel into different realities, one must know the dynamics of this process. As you have already discerned, one must first be able to travel deep within oneself. You must know how to deal with your own darkness, because once in the higher dimensions, manifestation is instant and is created from your thoughts and feelings. The old physical rule that one can think or feel anything they want as long as they don't act on it does not apply in the higher dimensions. In the



fourth and fifth dimension, all thoughts and feelings are a strong creative force and will instantly be made manifest in one's environment.

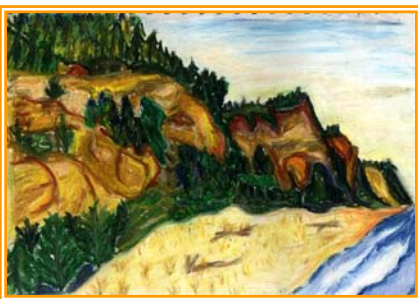
One can also become lost in the mundane responsibilities of their third dimensional world and not be able to leave the launching pad, so to speak. Soon, the collective consciousness of the Members of Light will be able to gather their forces into ONE and open a Gateway in consciousness. This is very similar to the process that took place at the close of the Atlantian civilization. An era was ending and those who had finished their lessons were able to move into the next dimension en masse. It is much easier to open this Gateway if there are many life forces working in unity.

This process of opening the Gateway also allowed the "graduates" from the Mayan civilization to leave before the arrival of the Spanish. On both Atlantis and Maya there were those who could move into the next vibration, but they chose to forgo that privilege in order to help others in need. Once the Gateway, or Bridge, is formed then the members of the group that have achieved this level of consciousness can travel through this porthole into another dimension.

The physical form is not harmed in any way in this process. In your time era, more and more of you are learning to travel the time/space continuum with your Spiritual imagination while keeping your physical form fully functional in the third dimension. In this way, you are all serving to open the gateway of consciousness into the higher dimensions so that the higher vibrations can return within the traveler's mind to blend into, and eventually raise, the vibration of the third dimension.

One can also travel on an individual basis, but only if one has been able to connect with their Soul vibration. The Soul Home is a point which they depart from and return to. This is very important because one could get lost in the unfamiliar territory of the other realities and not know how to return to their "host" reality. One can also have a guide lead them, but it is best if that guide connects them to their own inner Guide. One must own their own power in order to break through the third dimensional barriers of separation and limitation.

Are you ready now, Dear, for a journey with me to our home on Arcturus? First we must travel to our Soul Home. See yourself on the cliff overlooking the North Pacific. Feel the towering redwoods around you. Feel the primal grounding of this environment in order to keep your 1994 physical form safe and protected. Now, in your imagination, stand on the edge of the cliff, reach out to take my hand and JUMP! Document your experience in the first person to ground it in your physical world.



"I feel the solid ground beneath my feet. I smell the ocean and the trees and forest around me. I feel the ocean breeze and I hear it as it moves the trees around

me. From deep within the forest, I hear a creature moving through the woods. Dare I release myself from this world to the hands of a portion of myself that I have just met and who is not of my world? But, if I stay, then what has this life been about? I have always known that I was not Home here. I have always known that I was here on assignment. I have come here to learn and to call those who will guide me, join me, and follow me. As a group we will move into a world made of a higher vibration.

"I take Kepier's hand. I feel myself lift off into a higher vibration. I see below me the Soul Home and remember it as a point to which I will return. I am free of fear. This is most unusual as fear often threatens me and prevents me from going into the unknown. But now I am ready. This kind of traveling feels as though I am moving away or detaching from the known in order to embrace the unknown.



We are now on Arcturus. I see structures around me, but they are wavering in the light. In fact, they are actually made of light. My mind is flooded with so many unique and foreign sensations that I find it difficult to stay conscious. Kepier realizes this, and suddenly we are in a home of some sort. It is in the shape of a dome, much like my Soul Home, and it is made of light. The light can come in, but no one can see into the dome unless the occupant gives permission. The occupant can have any section of the dome be translucent or opaque depending on their needs at the time.

This dome is made of thought waves and is completely controlled by thought patterns. Kepier reminds me how vital it is to have mastered one's thoughts before one can inhabit the fourth and fifth dimension. A memory from Earth of a large, lumbering monster, like the one who often entered my childhood nightmares, suddenly floods my mind. It is an entity of a very low vibration. I instantly realize that I must erase this picture in my mind. It is becoming manifest as I allow it to take roots in my thought. Kepier looks at me calmly and allows me to struggle with my process.

"Why don't you help me?" I cry.

Kepier says nothing and remains very still. Finally, I am victorious. I call for divine assistance and wipe all old visions from my mind. The dome is then filled with a vibrant violet light laced with a beautiful golden glow. As the glow dims, I see the redwood forests and the Pacific Ocean through what appears to be a large window directly in front of me. The sight calms my mind and soothes my heart. I am able to become centered within myself. The violet light has manifested as a beautiful gown that covers my body from my neck to my toes. The sleeves are long, with the bottom of the sleeve hanging to the hem of the gown. A golden braid is wrapped around my waist.

I feel calm now. I relax. I allow my mind to rest and my emotions to embrace the Love that radiates from every corner of the dome. I am having a strong memory of the Temple of the Violet Fire on Atlantis. I also suddenly feel the Violet Temples on Venus and Arcturus around me. I feel the vibration raise within my form. My body is made of light and it radiates like the walls of the Dome. I feel myself as being androgynous, and I see the length and the sleeves of my gown change as I alter the external vision of my sexuality. I know that within me I am male and female at the same time and that I choose to display whichever sex I wish. I may even choose to appear androgynous.

"Very good," I hear Kepier's voice. " All within a moment of what you would call "time, you learned to control your mind, align it to your heart, and seek your Source of Universal Transmutation and Love. We did not help you because we knew that you would learn for yourself, especially when facing the consequences of allowing your", thoughts to drop to a low vibration. There was of course, no threat of such a monstrous being as you were imagining remaining here, on Arcturus. It could not survive this vibration any more than a leaf on Earth could survive a blazing fire. The only danger was to your sanity."

"I suppose that is reassuring," I joke.

"Now, my dear, it is 'time' for you to return to your physical home. We will return here soon."

With Kepier's instruction, I find myself first in my Soul Home and then in front of the computer.

I am back.

10-26

Dear Light Network

Do you have a message for me today?

Dear One,

Yes, we would like to explain further about how you can communicate with us. Actually, we are communicating with many people at this time, but a great number of you do not have the facilities to write a book or to disseminate our information in any kind of formal way. Therefore, you may not know of each other. However, we can act as a broadcasting station which each of you can use to communicate with the other members of the Light Network.

Take a moment now, and tune into the band of energy that we have established around your planet. This band can be tapped into by anyone who is inclined to communicate with all their like-minded brothers and sisters. The cetaceans, the

Spiritual Hierarchy, and the members of our Galactic and Inter-galactic Network, all have access to this band of energy as well as you humans.

Tuning into this band of energy is much like tuning your radio. However, you will feel a certain vibration rather than see a number. Now, while you are at the computer, shift your consciousness so that we can monitor your process and assist you in finding the correct "channel". Feel the energy rise up your spinal cord so that you can activate your chakras and raise your vibration. Be sure to ground this energy by visualizing it going deep into Mother Earth. Feel the Goddess energy, allow you to surround yourself with protection and complete the grounding.



In order to raise the vibration of your consciousness to the proper "channel", join your third eye and your crown chakra so that you can receive and view the messages. The crown is like your antenna and the third eye is like your view screen. Visualize a target in which different horizontal and vertical lines intersect in the exact center of your view screen. When you have achieved this image, "feel" when you have tuned into it. Then you will be ready to tap into this intra-stellar and inter-stellar communication network.

There are two horizontal and two vertical lines that intersect to form a small box. Center your concentration by aligning your third eye with the box until you feel an intense rush of "euphoric" energy. When this happens, you should be able to perceive a blue star. This star denotes that you are in direct contact with the fourth and fifth dimensional energies while being grounded by the third dimensional energy.

Now that you are aligned, receive your first brief message.

"Hello. We, the members of the Light Network, are here to greet you. We are always happy when someone new has discovered us. While humans work to ground our energy in the land, the cetaceans work to ground our energy in the water easing your emotional bodies so that you can receive our transmissions clearly. The Spiritual Hierarchy is like our communication satellite that allows our messages to span the entire planet. This communication system has been created to assist Earth in Her transition. We hope that our messages will assist humans to learn to live in harmony with all life—in all dimensions. Remember us as you journey through your day. Keep your "radio" set to the ON position so that you may take us into your everyday life."

Five days later
10-27

As I sit at my computer, I align the vertical and horizontal lines to find the small box. I concentrate the energy of my third eye into that box until I feel the euphoria and see the blue star. I am connected to the proper frequency.

“Hello. This is the Network of Light. Since you are a new member of this system, we will first share some history of this system and further instructions as to its use. As one taps into this network, they have access to any truth regarding the past and future evolution of the planet that they are ready to embrace. However, know that as you connect to this network, we are in total knowledge of your personal evolution. You have no secrets with us. Know that since we are above any level of judgment, that should be of no consequence to you. However, we feel that you should be aware of that fact. Do you have any objections to this complete transfer of information?”

“No. I do not feel that I have anything to hide from you. In fact, I welcome your input into my consciousness.”

“Thank you for that trust. We will be more than happy to guide you in any way that we feel you may need. First let me introduce us. I say **us** because we are not an individual consciousness. We are first, androgynous and second, we are banded together into such a tight group for the purpose of this mission that we are no longer functioning as individual units. At the conclusion of this process, we may disband and move into our individual androgynous selves; or we may decide to stay together and function as a group consciousness.

“We are from several planets. We are from Sirius, Pleiades, Lyra, and Arcturus. You came to us through the Sirius/Arcturus portal when you entered into the vortex. When you approached the portal, you identified with the Arcturian energy because it is your Source and because of your “future” embodiment as an Arcturian. As you reached the mouth of the vortex, you found Kepier, your “future self.”



Kepier is working in close association with us to assist the Earth in calming the vast emotional waves, flooding Lady Gaia's aura due to humanity's unconscious apprehension about the future changes of the planet. Many are aware in their finer bodies of the changes but are unable to accept this information in their mundane selves. This sets up a schism in their field and causes great anxiety, mania, or depression.

“This system was first put into operation in the 1970's when a new hologram was set around your Earth and solar system. This hologram is made of what you on your planet have identified as the

Christ Consciousness, and it is allowing subsequent changes to take in your civilization in a slower and more controlled fashion. The forces of change and stagnation are in battle in your time frame and are being perceived as the forces of light and darkness. There is truly no such thing as light and darkness. There are only different densities of light. At the low end of the spectrum, in which your Earth body vibrates, the photon density is very small. Therefore, the spaces between the light are wider and appear as darkness. Higher up the spectrum, there is a higher density of light and all bodies are composed of Light. In the higher planes, there is no time or space, separation or limitation. All is unity and there are no polarities of light or darkness.

“It is true that there has been much darkness on your planet both from Earthlings and other planetary beings who have tried to control the evolution of Earth for their selfish purposes. However, as Earth moves into higher vibrations, it will be beyond the vibratory rate of these beings and they will not be able to influence you. This is why they have sought to limit your development. They know that once humanity has awakened to its true potential, they will no longer be able to control or influence you. The new hologram program is allowing humanity more “time” to use their free will to choose change over stagnation. Once you are completely free of fear, you will be well beyond the reach of any of those who wish to control you.

“We would like to instruct you more in depth regarding the use of the network. Each of you has a personal energy band, which will activate your connection to this unit. You have discovered this "feeling" and labeled it as "euphoric". We will identify you as SK 7. As you join more and more with your future self, Kepier, we will change your identity to S Kepier. This system is meant to operate in both directions so that you can call us and we can call you. Therefore, when you experience this "euphoric" feeling, know that we are attempting to contact you. It is important that you keep your consciousness high enough so that you can consciously recognize our call. When one is a member of this Network, they can receive information regarding current and future intra- and intergalactic events.

OVER”

Three days later
10-30

Dear Light Network,

I have a question. Can communication with you assist in raising ones consciousness into the higher dimensions?

Dear SK7,

Yes. This band of energy, which surrounds your planet, is actually a time/space portal. As you align with this frequency, you not only associate yourself with our

Network, but you also align with this time/space portal. Synchronize yourself within the small box between the horizontal and vertical lines. Within the center of this box is the Atma, which is the Flame of Life. As you breathe into the Atma from your third eye, you will see it change in its shape and color. Feel the euphoric feeling that denotes that you are in calibration with the Atma.

Now, step into the center of the flame. See how it has grown in size and is now bigger than your entire form. Feel yourself completely embraced by the flame. Feel the flame about you in the third dimension, and then breathe into the flame again to raise the vibration level.

Call upon Kepier, the component of yourself who has accomplished this task many times. Step into the portal now and feel how it engulfs you. Document your experience in writing.”



“I step into the portal and I feel the flame of Atma about me. I feel it burning within the heart of my Soul. I am breathing into it now with my Love vibration. I feel it expanding around me. The colors are becoming brighter while they are also becoming more diffuse and etheric.

“As I reach the fourth dimension, I feel myself at a kind of resting place. The flame is no longer growing and is now stabilizing around me. I am the flame. I am within the flame and the flame is within me. The flame encompasses every cell and atom of my body. I realize that the flame is actually working on my physical form even though I realize that I am sitting in the chair and typing at the computer. I am completely aware of the third dimensional component of myself, while I am also fully aware of myself within the embrace of the Atma.

“In front of my perception, there is a portal that opens. As it opens I see the Land of Faerie in the fourth dimension. I allow the portal to close before me. I wish now to move to the fifth dimension. I breathe again into the flame of the Atma and feel Kepier about me. I know that that component of myself naturally vibrates to that frequency and can therefore assist me in remembering how it feels to be fifth dimensional.

“The flame expands again and changes around and inside of me. I am now fifth dimensional. The portal again opens before me. I see my Soul Home and I feel Arcturus. I realize how they are very much the same and they both have a golden dome in which I live. The dome is changed by my thoughts and it is a point of rest and rejuvenation. It is a "place" which I leave from and return to.

“I take a moment to rest within the golden dome. I feel a great heat overtaking the physical form that sits at the computer. The Portal is closing and I

must return to the third dimension. I must finish my service there. As the portal closes, I relax into the flame.”



JOURNEY INTO THE VORTEX PART III

The Journey Continues

One month later
Dear One,

We are thankful for the communication from those of you who are now taking a primary residence upon the physical plane of Earth in this time period. We realize that you are all undertaking a difficult, although exciting, assignment. All of you have suffered many years for your decision and dedication to keep alive your memory of the higher worlds. Many of you have felt isolated and depressed to be displaced from your true Home that you so loved and yearned for.



However, now is the time that all of your efforts can be repaid. Because you have kept your "memory", you have the conscious ability to choose to shift into the world that you wish to inhabit. Of course, all of you on your world are choosing, but many will be choosing from habit or from fear. To choose from habit will only be extending the world that has been the general consensus, and to choose from fear will only be creating the worst possible reality. However, if you can

choose from your highest state of consciousness, you will be able to join us all in the creation of a New World.

Of course, this creation is already complete, because creation extends from the higher dimensions down into the lower ones. There are many members of this network who have experienced what is known on your world as ascension. Ascension is actually a conscious transition from the third dimension into the higher dimensions. The process of ascension is personal for each person, but there are certain portions of the process that are common to everyone.

In order to ascend, one must first remember their Higher Selves so that they can gain their personal instructions. Then, with that knowledge, they can ground their Higher Selves in their physical life. With this grounding, one can then learn to unconditionally love, forgive and accept their third dimensional experiences. It is this act of unconditional love, forgiveness and acceptance that allows the attachments to the third dimension to be released, so that the ascending one can move into his or her new destiny.

It is important for each of you to make the decision to communicate with all like-minded persons, because the process of planetary ascension is much like putting together a very large puzzle. Each of you holds only your own puzzle piece, and different realities of your own life-stream will hold different components of your personal puzzle piece.

Therefore, you must first put together the important information from your alternate realities before you join your puzzle piece into the collective puzzle. Remembering all of your realities is a very tall task. If each of you can connect with your fifth dimensional self, then you can access any reality in the fourth and third dimensions that needs to be balanced and healed. Then you will be able to access the realities in which you were able to transcend third dimensional limitations and raise your consciousness into the higher worlds.

One week later
Dear Network

Please assist me in releasing all my fears into the Cosmic Light.

Dear One,

It is time now for each of you to own your destiny. We have all been training you since you first took embodiment. You have needed every experience that you have had as a means to gain greater awareness and expansion. Now, your human experiences are no longer necessary for your growth.



The great call for peace that you have been feeling is the marker that you are now ready to live the life for which you have taken embodiment. The old fears of your ego and personality are only whispers deep inside your essence. Each of you is the mother of your own destiny.

Remember to love and reassure each fear that reveals itself. If you do not judge yourself for having fear, you will release the hold that this negativity has upon your field. You do not have to release these fears to Spirit because you ARE Spirit. You no longer have to go to some source above or outside of yourself for a healing. All the tools of

healing are within your core essence. As you live more and more within that essence, old fears will be removed like the peel of an orange. The inner sweetness within will then be exposed for all to enjoy. When you connect with your Higher Self, no protection is necessary as you ARE protection itself.

Four days later
Dear One,

We speak to you from Arcturus. Many different sources are receiving many different messages. Most of these messages contain a portion of the Truth. It is the Truth of their puzzle piece. Each of your many earth realities holds a portion of the Truth that you need, personally, to complete your process upon the third and fourth dimension. There are also many different portions of your society, which hold a different piece of the Whole to assure the successful process of Earth's ascension. You do not need to hear every voice in all of your realities, and you also do not need to hear every message that every other member of your planet receives, to understand the wonderful moment that is now commencing.

One of the messages which you have read is about a photon belt which will quickly change the vibratory rate of the planet and in fact, your entire solar system. This photon belt is indeed true but it need not have the extreme effect that many fear. Remember that there are many options here for each of you to consider.



One is that you and yours may choose a reality filled with love and not fear. Another is that you can move through time and space to a period where the photon belt experience has been completed. Another is that each of you will take upon yourself your true fifth dimensional self. In this way you will rise above the actual experience of "death".

We, the Arcturians, are joining forces with the Sirians in an unprecedented group endeavor to assist the members of your planet as you enter your transformation. If each of you can concentrate on "feeling" our presence, you will assist us in creating and grounding a vortex of energy that can open a channel of communication and assistance from our dimension to yours. This communiqué is to be shared so that others who are so inclined may choose to join us all in this endeavor. The more open channels there are, the more assistance we can give. Yours is a planet of Choice and Free Will. We cannot be of assistance unless we are asked.

UNTIL our next communication--We are the Arcturians.

Two weeks later

We speak to today on the process of raising the vibration of the physical form, as well as the physical earth. For many eons your planet has vibrated at a very low frequency. With the first civilizations the vibration was much higher and it has slowly been decelerating until the early 1970s AD when it reached its lowest vibratory rate. The planet was in grave danger of being destroyed at that time, and a mass landing was planned to save it.

However, enough of your population began to awaken and acknowledge their connection to the higher dimensions. This recognition had the effect of raising their consciousness and hence the collective consciousness of the planet. As the collective consciousness of the planet rose to a higher vibration, the vibration of the planet rose enough to save it from destruction.



This higher vibration that descends from the higher dimensions is like the rays of the sun. It is available to any and all who choose to bask in it. Once one has made the choice to become aware of the higher dimensions, the process of transformation begins, with or without the person's conscious participation.

Many are, and will be, making the choice to join the transformation in a manner that they are not aware of in their everyday, mundane consciousness. Therefore, it is important that no one judge anyone else by the appearance of their everyday life as to whether or not they have made this evolutionary choice.

Once one has decided to allow this new vibration to enter their aura, their consciousness and their physical vibratory rate begins to rise. This process begins deep inside your psyche and is often not at all visible to the mundane reality until much later in "time". There are many more who have made this choice than you may suspect.

That is why we no longer need to intervene on your behalf. We do not wish to disturb the process of free will, which has been the basis of your planet. However, the hour is nigh for all to make the decision because the "space ship earth" will soon be lifting into the higher vibrations. All who have not been able to step into this higher vibration will be released, because the physical forms at the lower vibration will begin to deteriorate.

The physical bodies of the inhabitants of your Earth are in the process of a great change. Many doctors will become confused by the deterioration of old physical structures and organs that do not appear to affect the overall health of the patient. This is because there are new structures and organs that are overlaid on the old, denser ones. As the higher vibratory structure is ready, the old one will begin to

cease its functioning and the essence of the person will be lifted to the higher vibration.

This process will occur bit by bit. If it were to happen all at once, it would be too difficult for the human to keep his life force in the body and the body would, as it is called on your planet, "die". There are many people who are unable to detach from the life that they have known upon the dense physical structure of Earth. They have come to believe that sensate pleasure, and the material desire that accompanies that experience is more important than Love. These souls will become increasingly desperate as they find it more and more difficult to obtain that which is most dear to them.

It is important that you do not judge or fear these persons. They are making their choices just as you are making yours. If you give them too much of your attention, there is a danger that you can become caught in their web. Therefore, allow each one to seek their own destiny and align with those who are able to make the transition. It will be very difficult for those of you who love persons who are unable to embrace this process of transformation. Remember that setting an example is far more powerful than preaching. Each person has their own free will and will engage in the process of their choice.



As the old, denser physical structures and organs begin to deteriorate, it will be easy for the person to be fearful that they are ill or are actually dying. It is therefore important to be informed as to the true nature of the ongoing process. When any organ or structure of the body begins to deteriorate, it is important to stay out of fear and to instead Love the higher vibratory body.

The Love vibration will help one to align with new components of themselves. Remember to release old habits and activities that were aligned with the now outdated structures and organs. For example, the choice of one's diet will change. The higher vibratory form will need very little food. The old denser portion of the body will crave food that represents a sensate pleasure to them and may become frightened and angry if they do not receive their "fix" as it is called in your world.

An un-diagnosable illness may accompany this process of transformation as the body shuts down in order to make the transition from one vibration to another. Fear and attachment are the greatest enemies and they actually function as one. When the lower vibration does not receive the sensate pleasure that it is attached to, it will become afraid.

This fear can activate a withdrawal process that can become uncomfortable. Do not worry if this happens, as it most likely will. Just allow yourself to remember that fear is part of the transformation. In a firm and almost motherly fashion remind the

needy portion of yourself that you are changing now and the neediness is no longer appropriate. When you grew from an infant, you had to give up bottles and diapers. Now there will be certain activities and foods that will gradually be outgrown. This process will take self-control, but it will also proceed normally as one releases fear.

Do not allow your Earth doctors to scare you. Many healers are still unaware of the new medicine which they will be called upon to practice. Old behaviors, thoughts, and feelings will also need to be released, as they can detour the process of transformation. People may even appear to be what is known as schizophrenic, because they will seem to be living in two worlds rather than just one. The healers in this field must assist these people to realize that they actually do have two selves and they can choose to move into the finer vibration or to stay behind in their old one.

Each of you must take time to go deep within yourself to accept and embrace your own higher vibration. You may have a feeling of being tired while you are undergoing this deep change from the very core of your being. Be alone as much as possible and be very quiet about your process.

REMEMBER THAT WE ARE ALWAYS WITH YOU, JUST AS WE HAVE BEEN, THROUGHOUT YOUR ENTIRE INCARNATION!

Two weeks later
Dear One,



Once the seeker has achieved enough mastery over his or her emotional and mental bodies and has raised the Kundalini to awaken the crown chakra, they will be able to travel in conscious meditation to other dimensions. However, before you are able to ascend into the fourth and fifth dimension you must also attain mastery over your physical, animal body.

All remaining addictions must be faced, and worked through, so that the ego will not hold precedence over the Soul. Then the point of perception can be placed in your Soul rather than in your physical form. You can also maintain a physical body as long as you ground your fifth dimensional perception through the fourth dimension and into your third dimensional physical form.

It is your belief, expectation, and consequent perception of the separation and limitation of the third dimension that continues your attachments and addictions. Once you have totally placed your perception in your fifth dimensional Soul, you will no longer experience a sense of separation or of limitation. It is this constant sense of separation and limitation that causes the habitual physical, emotional and mental conflicts that end in attachments and addictions.

These addictions are not to be judged. They need love and thanksgiving. Attachments and addictions were initiated as a "survival mechanism" to assist you in confronting a life experience that you were unprepared to deal with. The attachments to things, conflicts, and even people brought safety and comfort as did the excesses of life that have grown into addictions.

Addictions do not conclude only to drugs or alcohol. An addiction is an excess of a substance or behavior that distracts you from the feelings that you are having but are not strong enough to face. Again, the sense of separation (from love) and limitation (of love) is what assures you that you are NOT strong enough to be fully conscious of yourself and the world around you.

In order to rewrite your lives-long program of belief in separation and limitation, you must go into the core of your brain where the third eye and the crown chakras meet in the third and fourth ventricles. It is in this location that the cerebral spinal fluid can be transmuted. Once this fluid is transmuted, it will activate a biochemical chain of events that will instruct your core program to erase all "thoughts of limitation, feelings of fear, and doubts of Self."

Now, see the seed of ascension that waits dormant in a small amniotic sac within this area of your brain. This sac is fourth dimensional so it has not been found in any scientific exploration, but you can see it with your astral vision. This amniotic sac is a portion of the etheric field that emanates within the electromagnetic field of your physical form. Allow the joining of the energies from the Crown and the Heart chakras to meet in this embryo in a tiny burst of light.



Feel the flame of the atma in your heart and the atma of the golden chakra above your crown to join in the core of this embryo. Do so very slowly and calmly. This portion of yourself has lain dormant for thousands of years and must be awakened slowly and gently.

Stroke it with your deepest love as you would a small newborn. See how it is beginning to recognize you. Yes, it reminds you of Kepier, your fifth dimensional self, and is indeed of the essence of that alternate reality. It is of the Arcturian vibration, as Arcturus is your home world. Others will experience the feel of their home world.

This fetus is actually formless. Once it is awakened, it will slowly infiltrate all of your cerebral spinal fluid and begin the process of transmutation. You need not engage your will in clearing your addictions and attachments. It is the vibration of Unconditional Love that will initiate this transformation.

Release the old core belief that "life is a struggle". The process that you have just initiated is like the opening of a rose. If you try to force it to open unnaturally, you will instead injure the rosebud and decrease its longevity. You have waited a very long time for this moment. Do not try to hurry or force this process. If you must

engage your will, then use it to remember to LOVE YOURSELF UNCONDITIONALLY.

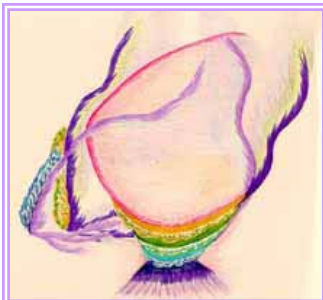
Twelve days later
Dear One,

We are saying the same thing to everyone, yet each one of you sees us through your own perceptual field. Your perceptual field is built of all the beliefs of limitation and separation that you have gathered through all of your third dimensional incarnations. Since you are all now preparing for the transmutation of your third dimensional form into a fourth and fifth dimensional form, all of your other realities are coming into your awareness.

When you perceive your other realities through your third dimensional self, it is usually as dreams, imagination, past lives or experience with a Spiritual Guide. However, once you have raised your primary resonant consciousness into the fourth dimension, you begin to perceive your alternate realities from a very different angle. In the fourth dimension, time and space are very dependent upon activity and desire. As soon as you wish to communicate with your alternate realities they are immediately drawn into your awareness.

One needs only to look at the media to see that communications with the unknown, whether it is another planet, species, or Angel is much more common than ever before in “modern times”. These communications are not new to your world. It is only that now it is allowable to talk about them. When you were growing up, it was not acceptable to talk about your inner experiences or you would have brought great judgment upon yourself.

Therefore, you did not discuss your feelings and communications, and you kept them as a secret. There are many others, like yourself, who have had communications with the higher dimensions in one form or another since they were children. However, they have forced themselves to forget because society told them that it was shameful to have those experiences. Besides, if they talked about their experiences, it made them too “different”.



Now it is safe to remember and express all of your individual and group memories. When you were a child, you knew that you were a portion of a Light. However, as you each of you grew up, it became necessary to either forget or to become very secretive about your experiences. Come out now and remember. No. You did not make that up. It was not “just your imagination”.

But in a way it was your imagination because imagination is the doorway to the higher dimensions.

We are broadcasting to each of you now more than ever before. Each of you, please tune into our message and tell your friends. Talk about your experiences, or draw them, dance them, or play them. Make your inner experiences a powerful way in which you bond with those around you.

What you have been experiencing your whole life has been a blessing. It never was shameful and none of you were in danger of “going crazy”. It was the world outside of you that was crazy. They were scared crazy because they forgot who they were. Now you, and others like you, can help the world to wake up and remember.

Please, all of you, release your impatience and fear. You are fulfilling the reason for your embodiment. Live in the joy of that fact. Your process will be shared with the world when the “time” is right. Allow your highest self to direct you and you shall release into the flow.



THE STRING OF DESTINY

You are about to begin a great adventure and you will need to release all thoughts of limitation, as your future actions will far surpass all of your past expectations.

There are those on Earth who will lead you, and there are those of Earth whom you will lead. This is how the transcendence will occur. Unconditional Love, Forgiveness and Acceptance will string humanity together into ONE cohesive unit.

Feel yourself NOW as a lovely pearl upon this string.

Feel the others above you and those below you.

Feel the terms “above” and “below” to be free of all judgment.

Realize that they are merely terms to label rates of vibration.

It will take as much courage to go last as it will take to go first.

Each of you upon the planet will awaken at your perfect moment.

See before you a lovely field of flowers.

See how each flower opens at the appropriate moment.

There are early bloomers and there are late bloomers.

At this moment - many are in bloom.

However, there is no fear or judgment toward the buds that do not choose to open. Their destiny is a secret for only them to know.

In order to live in love - you will need to release all judgment of others' process. Those who serve the Dark are as important at this moment as those who serve the Light.

The band of duality of the third dimension will NOW be stretched to its furthest limits to create a net to embrace all of life.

Feel the edges of the band expanding as far as possible.

Now find the middle of that band.

Place your consciousness upon the middle of that band and allow your perceptions to embrace both extremes.

Allow your consciousness to expand to the right to FEEL your Light.

Remember and embrace every memory of your physical incarnations -
every memory of your inner relationships -
every dream and every creation of the Light.

Feel it NOW and OWN it as your own.

Place your perception again upon the center of the band.

That center is just before your third eye.

NOW expand your awareness to the left side of the band into the edges of Darkness.

Remember and embrace every dark and painful memory of your physical incarnations -

embrace the fear, pain, sadness, anger and guilt.

Feel each NOW and OWN it as your own.

Move to the extreme end of this left-hand path while you also embrace the extreme end of the right-hand path.

Understand the necessity of your journeys into the Darkness and remember the lessons that have been revealed to you.

Forgive yourself and all those who are still in the process of exploring their Darkness.

NOW, placing yourself in the center of the spectrum again, extend your awareness and acceptance to each extreme -

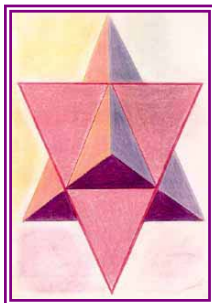
into the darkest dark -

and into the lightest light.

Feel NOW the acceptance and awareness of "All That Is".

Feel how this acceptance allows buoyancy in the center of the spectrum.

Allow that buoyancy to raise the center.



Slowly, you will feel that the line of duality has become a pyramid.

You are the capstone of that pyramid as well as the foundation.

NOW, from the foundation that rests upon the surface of the Mother Earth, find the center of that foundation which lies directly below the capstone.

From this point, extend the spectrum to create another up side down pyramid, which is embedded in the Heart of the Earth.

Feel this NOW like a mighty crossbow - YOU are the arrow.

The point of the arrow is your Essence at the capstone of the top pyramid.

The feathers are the planet Earth at the capstone of the up side down pyramid embedded in the planet.

Visualize NOW many crossbows aligned with the planetary grid and a mighty crossbow anchored upon each grid point.

See also that each and every ONE of you has your own private crossbow.
Each and every ONE of you has volunteered to connect with the Mother
and to make the long journey to the tip of the arrow.

Since the Earth is a globe, all of these spectrums put together into double pyramids, which have become mighty crossbows armed and ready for flight, connect into ONE huge star with many points.

This Star is waiting for the moment when all the arrows will fly.

Visualize now all the arrows within their double pyramids
anchored deep in the Earth.

Feel how they all meet in Unity in the Heart of the Mother's core.

Hear the song of the whales, as they lead the chant for Unity.

Hear the birds of the air, as they become the chorus.

Hear the animals of the Earth, as they lift their voices to be heard.

Hear the Celestial Choir, as it joins in with the Song of Spirit.

The Light and the Dark form the foundations of the pyramids.

These foundations rest gently upon the surface of the Mother.

Soon the moment of the NOW will signal for the arrows to be sprung.



The arrows have their feathers deeply embedded in the core of the Mother -
where all the crossbows meet as ONE.

The arrows are awaiting their flight.

As they are shot into the Unknown,

the known reality of planet Earth

and Her inhabitants will transmute

into the Star that She really is.

See now the great explosion of Light and Dark as they become ONE.

ONE in the NOWNESS, ISNESS AND BEINGNESS.

Allow yourself to hold the picture and the feel of the UNKNOWN.

AND NOW

BRACE YOURSELVES FOR YOUR JOURNEY INTO
THAT WHICH CAN ONLY BE REMEMBERED.

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