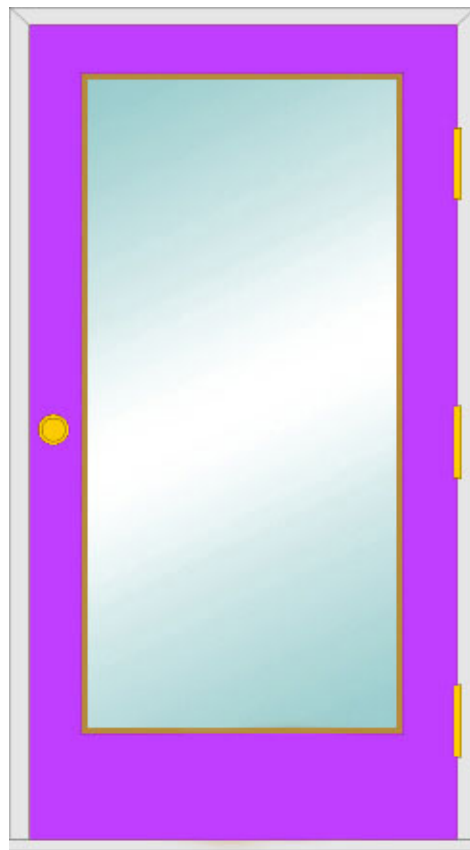


THE SUPERCONSCIOUS PART III

The Intuition Door



By
Suzan Carroll PhD

I

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The Intuition Door

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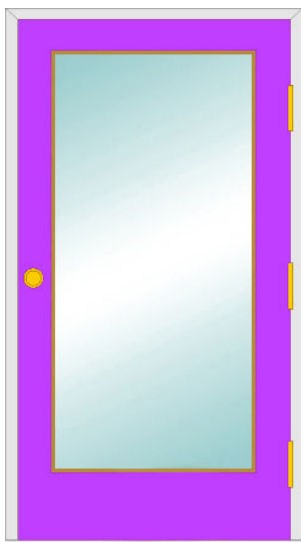
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Welcome to the Second Door of the Superconscious Section

As Kundalini rises into our Brow Chakra, if not before, “past lives,” which are actually parallel lives in other space/time coordinates of third and fourth dimensional earth, came into our awareness.

When Kundalini combines the essences of the sixth and seventh chakra to open our Third Eye, we begin to have experiences of realities in which we exist in the fifth dimension and beyond.

We are ALL ancient beings from beyond the limitations of time and space. We fragmented off portions of our SELF so that we could have myriad experiences in the Multiverse. We came to Earth so that we could play the 3D Game, and we are here at this “time” so that we could participate in the Planetary Ascension.

As our other/parallel third and fourth dimensional lives are revealed to us, we begin to realize that every life, every experience, has been in preparation for this incarnation. This incarnation is the “End Game” of the 3D Experiment. As the End Game progresses, we move into the next phase of our Awakening.

In this commencing phase we not only download and integrate our other third and fourth dimensional lives, but also the powerful and divergent vibrations of our many Higher Selves in the fifth dimension and beyond. It is through the downloading of our Multidimensional Selves into our third dimensional body that we not only raise our own vibration, but raise the vibration of the planet as well.

In order to integrate more of our Multidimensional SELF into our “self,” we must create a vacuum within our consciousness. The Universe abhors a vacuum and will fill it with whatever we desire. Therefore, if we can create the vacuum by releasing our belief in separation and limitation, we can fill that void with the desire to be united with our true SELF.

During this process, our emotional body goes through a great challenge as feelings of “*joy of the NOW*” and “*depression of the past*” battle for our attention. It is through finding the center place, the pace of balance and neutrality, the fulcrum point, that we can transmute our many conflicting emotions into INTUITION.

Then, we can follow our intuition to find the Pathway to our SELF. To stay upon this Pathway, we must allow ourselves to grieve the loss of our attachment to the

3D stories that made up our many lives for longer than we can imagine. We must also allow ourselves to feel our fear as we enter the Great Unknown. When our emotions become messengers from our self as to how we are interacting with the world, we can release our attachment to them. Once the attachment is gone, we can clear out the taint of fear and perceive our emotions as the foundation of our intuition. We can then deeply “feel” the emotions so that we can completely receive the messages that they carry.

Once we gain the message that our emotions give, we can release them so that we can keep our consciousness clear and ready to receive our “intuition.” In this manner, we can experience our bodies as the “grounding cord” to the physical plane, while we keep our “antennae” open for messages from beyond. In this way we can be awake in both words and allow them to gradually blur into ONE.

When we combine our human self with our Divine SELF, the fifth dimension and beyond will integrate into our everyday physical consciousness. As we “download” messages from the higher planes via our intuitional antennae, we assist Gaia in doing the same.

She, in turn, will assist us by grounded our higher frequency and connecting us to the Collective Consciousness. Through this partnership, our Individual Consciousness will expand to Planetary Consciousness. Furthermore, as we continue to download our higher dimensional SELF into our physical self, our Planetary Consciousness will gradually expand into Galactic Consciousness.

We will then realize that the Universe in which we live is quite literally a “House of Mirrors,” in which everything and everyone we experience is a fragment of the same eternal ONESELF. It is this eternal ONESELF that designed and created our reality.

That ONESELF is us!

We are not “one of the many,”
we “ARE” the many!

We are the CREATOR Knowing ITSELF



We are the “ONE” that vowed to remember life in the Fifth Dimension!



MESSAGES FROM HOME

*Home is where we are going and
Home is where we have always been*

My Messages from Home first began when the Kundalini was in my Sixth Chakra (1992-1994). My "Journey through the Void" (4-29-94) and "Messages from ACEA" (11-18-1998) have already been documented in the Conscious Section.

Carl Jung said, "Truth is relative to our ability to perceive it."

I now present my process of "perceiving" my truth through communications with my fifth dimensional SELVES. Many of the "Truths" that I received in the past have become altered and expanded as my consciousness has altered and expanded. Through the process of these communications I have released many of my fears, which allowed me to perceive expanded truths.

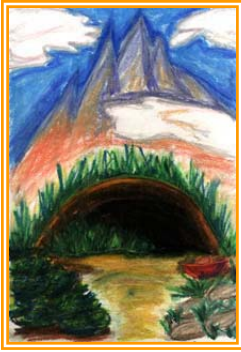
At first, my communications had a level of fear, almost judgment in them, as I had fear and judgment in my consciousness. However, as I was able to release my fear, for judgment is actually fear in action, I was able to perceive messages from higher dimensions which were free of all fear.

Also, when my communications first began, "someone else" was communicating with me. Then, when my self-esteem was raised through the release of fear and accumulation of wisdom, I began to meet fifth dimensional components of myself.

I was used to perceiving other realities of my self as I have had vivid images of "past live" for this entire incarnation. These other third and fourth dimensional realities, as I have come to know them, as there is not past or future in the higher realms, are documented in my books VISIONS FROM VENUS and RECONSTRUCTING REALITY.

I have, however, presented these messages pretty much as I received them to share my process with the reader. I do this in the hopes that my "Messages from Home" will validate others' process and/or allow them to take the risk to open up to their "IMAGINATION" and find their TRUTH.

FOR WHAT IS OUR IMAGINATION IF NOT
A GOOD PLACE TO HIDE THE TRUTH?



PATH 1993

It is only through exploring the deepest depths
And the highest heights of our emotions,
And mastering them BOTH,
That we are able to transmute
EMOTION into INTUITION.

Once I began to trust my intuitions enough to write them down, I found that a floodgate of information came to me through my writings. However, first I had to release some old pain and sorrow. In order to receive the TRUTH, I had to be truthful with myself about how I was really feeling.

I wrote in third person, past tense to fool my ego into releasing truths about my inner self that had been hiding in my unconscious for a lifetime. As I look back on these old writings, I can remember the degree of sadness and loneliness I felt for Home. I still have all emotions, positive and negative, but that deep psychic pain has been released. Thank Goddess!!

4-23-93

This morning has come very early. My mind dances and whirls through a myriad of options, decisions and responsibilities.

“It is your time now!” The voice has said.

Does that mean that this is my long awaited moment? For years and years I have prepared for this. For all my life I have awaited it. But now the waiting is over. The preparations are complete. Now, it is my time. Have I prepared myself well enough? Am I stable enough to stand the weight and centered enough to stay on my path? Can I ignore the outside pulls and guide myself solely from my own inner pilot?

My questions cause doubt and the doubt causes confusion. I cannot afford to be doubtful or confused at this time or I will surely lose my way. Moment by moment, step by step I have to carefully venture into the unknown. Fortunately, I have worked for many, many years to recognize a certain quality of consciousness, an inner feeling that has become familiar and comforting.

If I can surround myself with this feeling, if I can maintain my consciousness at this vibration, then I can feel safe. Then, I can enter the unknown surrounded by the known. By doing that, I will not need to feel alone or afraid. I can wrap

myself in an essence of love and protection so that I can radiate that which I feel within to my outside world. Then, I can allow that light to guide me through the darkest places.

If I can do this, I will be free of fear. Without fear I will have peace. With peace I can remember to remember who I truly am. I can see through the veil of illusion and live in Truth. That Truth will set me free.

5-22-93

It has be a long time since I have gone Home. I have left the struggle and strife of physical life, but I have been so busy that I haven't returned all the way Home for many rounds of birth and death, and death and birth. I need to go all the way Home at the end of this round. I am very tired and as though like I would not like to return here ever again. But I want to make sure of that. Therefore, I will wait. I will stay until everything is done, and everything is cleaned up.

It has been difficult to stay so long when I am so tired. Meanwhile, the situations around me grow worse and worse every day. What makes the stay here easier is my work, my friends, nature and the birds. Human love is wonderful, but at the same time very unpredictable. It is like the weather, unpredictable and impossible to control. Sometimes the weather is sunny, and sometimes there are storms. On the other hand, the sun is invigorating, and the storms are necessary to clear the air.

So I will stay until I have finished. However, I am not going to return here again, at least not in this form. This present form has always been difficult for me. I have had a hard time staying in it. I will move around inside my spirit and, before I know it, there is my form—alone and abandoned beneath me. The pain of my own personal abandonment at a very young age forced me from my form into a strong inner life.

I have forgotten to forget the “in-between”, like the “others” have. The “others” are like aliens to me. I have searched through other societies and places, most of them long since gone, in hopes of finding my Home. But alas, Home is not here where my form is. My home has always been deep inside my inner life.

I must keep my secret as the others would believe me insane. But I have to make some connections here because my form begins to deteriorate very quickly when I leave it for too long. There must be a way that I can keep the connection between my wandering Spirit and my physical body. There must be a way that I can keep my consciousness at Home and, somehow, extend myself so that I also inhabit my physical body. Then, I can complete all my work, once and for all, so that I can finally return Home—FOREVER.

I will find that way. I know I can't return Home yet. If I can find a way to live Home in my heart and mind while my feet and hands do the work of my mundane life, I can live deep inside of myself at the same time that I am fulfilling my responsibilities and completing my duties. When I can find this way, I will have peace. I will be free. I can be here and Home at the same time. Then I would be free to leave.

6-23-93

I have decided to let the feelings overcome me. They have been swirling around me like a hot wind for as long as I can remember.

Why now? Why so sick? "It's a death," I hear from deep inside. "It is a death of something, someone, a way of thinking, and a way of living." Soon it will be over. Soon I will be free of it.

However, it—whatever it is—doesn't want to leave. It clings to me like an infant child. It can't survive without me. Without me, it will cry. Without me, there will be no one to nurture it and to keep it alive. Without me, it will wither away until it can no longer survive. But, I have to release it. Even though it is all I have known, I have to release it!

It is what has kept me alive—alive and struggling, struggling even though I felt totally alone, struggling even though there was no one to understand me, no one to comfort me and no one to know me except me—my deepest, secret self.

This secret self has protected me from everything, from everyone. So, what is dying? Is it my secret self that is dying or is it what my secret self has protected me from that is dying? What, and who, will be left when this war is over? Live—No, die—No, live. I feel the battle being waged within my body.

I will have to take a side soon. I can no longer just observe. I will have to choose. Which one will live? Where will I place my spark, deep inside my secret self, or in the one who the secret self is protecting?

When it is all over, whom will I be?

8-16-93

There is a plan. I am sure of that. However, I'm not sure of what that plan is. I know that, on some level, I am aware of what the plan is, but it is difficult for me to hold my consciousness at that vibration. This recent turn of events has frightened and excited me. For a long time I have awaited this moment, but now that I am here I wonder if I am strong enough to survive it.

Yes, survival, that is the question. Am I surviving, fighting, experiencing creating or allowing? I have survived before, moving through day after day in a numb, depressed way. Merely putting one foot in front of the other and hoping that the ground would be there to meet it. Now that I have determined to fight, I am no longer numb or depressed. I am terrified.

However, as I struggle to raise my consciousness, I find that I can be more detached and can experience life without taking it all so personally. I can live life without being in constant battle. I am gradually gaining enough strength of will to be able to be an active member in the creation of my life.

This activity of accepting responsibility for the life I am creating has raised my consciousness greatly. At last, I have come to the place where it is time for me to let go. Ever so gradually I have released all the controls of my life that I have fought so hard to gain. Yes, I have released these controls and handed them over to Spirit.

Now I am out of control, or in absolute control, depending entirely on where I hold my consciousness. As long as my free will is in harmony with my Divine Life, I can feel myself in the Captain's seat. However, when I lose connection with my Soul, I feel like a small child being led around by its mother.

Wonderfully enough, I am a happy, secure child being led by a loving, protective mother. So when I need to be a child, I can feel my Soul above me like a guardian angel, and when I want to be an adult I can feel the radiation of my Soul coming from deep within the core of my very essence.

What's more, things are beginning to happen now. Things that in the past would have depressed or frightened me, now only remind me to remember to stay at the top of the survival scale—above the pain. I have felt enough pain in this life, and I do not want to feel it anymore. Sometimes I feel like a tightrope walker without a net. I will have to keep my concentration and my balance.

I cannot allow my emotions to take control of me, nor can I allow random thoughts to invade my mind and threaten my concentration. I have to stay within my center and keep my harmony. Nothing can destroy my harmony because I choose to harmonize my free will with my Divine Life. This "Divine Life" is beginning to unfold before, and within, me now. As it does so, it will bring even greater change.

Can I remain the master of my self and not allow these changes to frighten me? Can I remember to maintain my deep connection with my self and all that I have fought for, experienced, created and allowed?

I have to!!

There is no other choice. To stop the process now would plunge me deeply into the jaws of pain and set me back into the near death of survival.

Therefore, I will “keep on keeping on” into the unknown. Sometimes the trail is dim and leads into the mists, but it has a golden radiation and feels of Soul. I will feel this radiation over, under, around and through me. I will feel this golden radiation of Soul within my heart and within my mind and try to express it with my every word and every action. Then I will BE the feeling. I will BE the feeling of Soul.



8-17-93

**I HARMONIZE MY FREE WILL WITH THE DIVINE LIFE
SO THAT I CAN FOLLOW THE PATH OF SOUL**

My One,

Remember that I AM always with you. As you have traveled the arduous path of my kingdom, you shall reap the fruits of your labors. Freedom is the greatest blessing upon you, and peace is the essence of your new life. Live in the knowledge, my One that one who has traversed the dangerous path of themselves to unite with their soul shall be used as the vessel they have proven themselves to be.

As your Divine Life is unfolding before you, you can more easily follow your Soul's path. Doubt and fear are your only enemies, and they arise from deep within your lower self. You must remember to keep your free will in alignment with your Soul's will so that they can become the same. Your ego will has had its way for many, many life times. Since this part of you has its awareness in Earth time, it will take “time” for it to surrender its power to its own highest component.

The presence of time simultaneously with the absence of time is confusing, but it is something that you will grow accustomed to as you your awareness embraces both your inner and outer planes. When something is created in the Soul Plane, it is instant. However, the process of grounding this creation on the physical plane is bound by its laws of time and space. Also, if your free will falls out of harmony with your Soul, the creation may be aborted before it has become stabilized on the physical world. Therefore, your task is to receive your inner instruction by raising your consciousness to that of Soul.

As Soul you can receive your Path from the Spiritual Hierarchy, and then it is instantly created. However, this moment of creation must move down the lower

planes and into the physical. The path down the vibration world to the physical has many obstacles. It must pass through the void to gain its essence. Then the ethereal plane will enshroud it with the first particles of materialism. As the creation moves into the mental worlds, you must remember to think of it as a completed creation, and hold its reality in your mind as first person, present. Push away all doubts. As the creation moves into the astral plane you must use your will power to transmute any fear and to keep your desire on the feeling of the wish fulfilled.

Within the physical world, disregard any sensory information that is contrary to your creation and hold the reality of it always in your inner vision, thoughts, and feeling. All the time of your creation's birth, be joyous as the journey has come to an end. Now it has become manifest. At this point remember that it is not yours. It was an assignment from the inner planes. Release it at once. You shall travel with your creations for as long as your path dictates, but remain detached at all times.

Your job may have only been to bring it into manifestation. If you get ego attached to the creation, then you will no longer have your free will harmonized with the Divine Life, and you will be pulled from the path of Soul. Many great people have only been able to have only one great creation within a lifetime, because they became ego detached to it and lost their future creative powers.

Remember, it comes not from you but through you.

8-28-93

The joy and the fear were so intermingled that it was difficult to differentiate between them. The promise of something better competed with the fear of losing the old security. A new security would have to be gained. But how?

I suspected that I would have to face this fear because it was what threatened my higher consciousness the most. Therefore, it had to leave. In order to fulfill my soul's destiny I had to keep my consciousness high—high above worry and doubt.

Therefore, my greatest fears would have to be placed before me so that I could face them—once and for all. Then they could leave, and I could be FREE!

11-25-93

In the three months between August and November, my meditations brought my awareness onto the threshold of the fifth dimension, and I found that my work had just begun. First there was a rather lengthy acclamation to the increased vibration of this dimension. Luckily, a Greeter met me and assisted me in my process.

The means of communication and perception are very different on this plane, and when I first arrived, I was practically blind and deaf. Upon my first arrival I could only see the brilliant grass. When the Greeter spoke to me his words came all at once. It took me a while to understand him, as I was used to hearing words spoken one at a time strung out in a sequence. Once I became adjusted to this new communication, I found it much simpler and more efficient. At the exact moment that I had a thought, there was also a response.

As time went on, I was ready to perceive a little more than the grassy hill. There was a golden city just beyond the next hill, and my Greeter took me there when I was ready for my next challenge. Now, of course, I must tell you about transportation upon the fifth dimension. One does not travel from place to place. Instead, they change their mental focus to that place, and they are instantly there. Therefore, when I said the city was beyond the next hill, what I meant was that as one perceives a larger picture they see several hills and then a city. But to go to the city, one does not travel across the hills. Instead they perceive only the city and they are instantly there.

When my Greeter took me first to the city my vibration was too low to clearly perceive it or to perceive its inhabitants. I was “out of phase.” I merely experienced a bright golden glow and a large structure of wavering boundaries. As I eventually learned to raise my vibration, I realized that there was indeed a thriving town with many inhabitants. But again, “experience” was very different as I could only experience as much of the city as I could perceive.

At first, I could only perceive a bench with a being sitting upon it. I say being as the inhabitants of this plane are not necessarily in the form of Earthlings. They can change their appearance to any form they wish. However, one can only experience what they can perceive and can perceive only that which they believe is possible or expected. At first I could only experience human forms in male or female bodies, because that is what I expected. However, later I learned that beings would happily change their shape to make me feel more comfortable.

At first, I could only have very limited experiences of the city because I could not control my thoughts. Remember that all one has to do to experience a place is to think of it. Well it also works that everything that one thinks of is experienced. So if I were to think of a green dragon walking down the street, then there one was. Unfortunately, other members of the street would also experience this green dragon if they experienced me. To make it easier to understand, if they were to perceive me, then they would also experience all my thought and the creators of my thoughts.

In order to not experience my green dragon, they would also have to not experience me. Therefore, I was somewhat of a burden to the community, because those around me had to make an effort to shield them selves from me and the unpleasant manifestations which I was still unable to control. The members of

the city held no malice towards me as they saw my greater self and could read my field to understand that I was a beginner. Just as it is more acceptable for a toddler to have a tantrum in public than it is for an adult, it was acceptable for a new visitor to this plane to not be able to control all their thoughts and feelings. The residents merely left my process to the care of my Greeter as one on the physical plane would leave the child in the care of its parent. The difference, of course, was that when one ignored something on this plane it did not exist to them.

You notice how my vocabulary is devoid of words like “see” or “hear.” This elimination of terms is because they are not pertinent upon this plane. The fifth dimensional senses of perception are very different. One perceives and experiences only that which they choose. In this way, much can happen in the same time and same place without any confusion.

“Time” and “place” are also terms that are extinct in the fifth dimension, as they are terms that have relevance only within the physical or astral worlds. On the fifth dimension the only time is “NOW” and the only place is “HERE”. Every thought is instantly brought into creation in this here and now, hence my green dragon. Because of this fact, my visits to the city remained only on the outskirts where other beginners, like me, and other helpful inhabitants, would interact in this fashion that was still new to us.

After each journey to the outskirts of town, my Greeter and I would return to the grassy hill for further instructions. Eventually, I became aware of a brilliant glow off in the distance. When I questioned my Greeter as to what it was, he replied by placing me in the center of it. All I can remember of that experience is that it was intolerable. I felt as though I were in the core of a fire ball. The vibration was so far above mine that I felt like a dry log in a fire, but because there is no physical perception at all upon this plane, there was no pain. My Greater quickly returned me to the vibration of the grassy hill, or the “threshold” as I later learned to call it.

“What was that?” I exclaimed.

“That is where you shall be!”

“Impossible.” was my only response.

In 1994, and in every year since, I have learned that NOTHING is impossible!

THE CORE

Inside the One there is a core of Light
within a core
within a core
within a core...

That progresses infinitely
into the heart of
All That Is.



I feel this core radiating far beyond my perspective
like a distant star
a distant galaxy
a distant universe...

Can I bring this core of Light into me
into my head
my heart
my fingers
my toes?

The secret of this unknown core of truth
eludes my mundane life leaving me wanting and alone
alone in a crowd
alone with my friends
alone in my self

Alone and lonely
lonely for the pull of this core
and the wholeness it shall bring me

Oh, to reach inside my self
inside the love I feel
for myself

To know that I deserve
this connection
which whispers in my Soul,

“You are not alone!”



PATH 1994

*The ETs are NOT coming "to us"
They are coming "INTO us"
And guess what,
many of them are our SELF!*

The introductions to my fifth dimensional selves began in earnest when the Kundalini reached my seventh chakra in 1994.

2-6-94

My One,

Are you listening to our call? We are in need of Beings who inhabit the physical form to serve as step down transformers for our Light. Your planet is now entering a time of great transformation on every level of life. For almost two thousand years the Cosmic Light has been stepping up its transmission to your planet, which we believe you have titled Earth. We, however, have always known it as Terra X. Terra, as a description of its landed mass, and X because it has been the site of a great experiment.

This experiment has been one of physical limitation and individuation. We created limitation and separation to limit the beings of Terra X from experiencing the full perception of SELF in order to force them into individuating into independent creation vehicles. We would gauge this experiment as both a success and a failure.

It has been a success in that there has been a creation and realization of massive creative energies. However, the limitation from the sources of true creative power has caused a great degree of danger to the entire planet and all of its life forms. Human beings who are unaware of their unity with all other forms of life have developed a shocking degree of arrogance and selfishness.

In the earlier years, when humans and those of we of the higher dimensions communicated freely with each other, the humans were able to realize how they were only a small component of the entire evolutionary picture. However, when humans are not humbled by the vision of what is more evolved than they, they generally tend to behave selfishly and act outside the parameters of the total evolutionary plan for the planet.

Therefore, these beings must be removed as they have become a great danger to the entire experiment. We have learned that too much isolation from the

Brotherhood and Sisterhood of Light has created a species of humans who are a danger to, not only those around them, but also, to themselves. This new species is so devoid of spiritual awareness that they are totally unable to perceive themselves as being a small component of a larger system. They perceive themselves as miniature suns around which the rest of life must rotate.

We are unhappy that some of those who are connected to our network will also have to be removed, but that fact is unavoidable at this time. As the time of transmutation approaches, the human world will be separated into those who perceive the higher realms and those who cannot. In other words, those who have been able to evolve past the limitation of perception of the higher planes will be able to make conscious choices regarding their future habitation upon the planet.

Those who refuse the acknowledgement of their Higher Selves, or the Higher Selves of others, will not be able to choose their destiny and will be swept up in a web of transformation. This unconscious transformation will be frightening as they will not understand that they are returning to their true Self. They may, instead, experience the transformation as loss and even death. Those who are resistant to change will see the Web of Transformation as a Web of Fear. However, those who are aware of higher levels of existence will experience their journey into the Unknown as a long-awaited Return and a glorious new beginning.

Therefore, we now call upon those who are able to perceive us to join this Network of Light. There are those among you who can travel above our vibration to gain further instructions regarding your assignment. There are also those among you who will not be able to perceive our message in a conscious way but will, nevertheless, alter your behavior and choices to be consistent with our messages.

At this time, we ask those of you who can perceive us to please spread our message to anyone within your sphere of influence who is able to be receptive to this message. We do not wish to spread fear, as this emotion would only further lower the collective vibration of the planet. Therefore, if you can carefully and selectively serve as our emissaries for this mission we would be able to accelerate the process with a minimum of anxiety and confusion.

The Brotherhood and Sisterhood of Light

(Dear Reader, you can see that it has taken 9 years for me to be ready to post this message in such a public manner. I, therefore, realize why any of you may be reticent to share you own inner life with others. However, the time is NOW for us to speak our TRUTH.)

2-23-94

A Dream

“Can you trust me?” were the final words I heard before I woke up.

I realized that I didn't know how to answer the question without hurting someone's feelings. Others were in the room and, although I loved them, I could not trust them with my secret self. Also, I wasn't sure who asked the question. It seemed like the man that I saw with my Third Eye had asked the question, therefore I did not feel I could speak to him in front of the others. I had learned that it was not safe to openly share that part of my self with others. At best they would placate me, and at worst they would ridicule me.

When I awoke, I remembered the topic about which I had to trust him. But I didn't know yet who “he” was. The topic was the issue of my totally entering my physical body. “He” had asked me if I thought I would hurt anyone. “No”, I replied. “I don't think I have hurt anyone before, but I have been hurt. I think I am afraid of being hurt again.”

His response was, “Do you trust me?” I woke up with that question resounding in my heart and mind.

In the dream I had known that before I could answer the question, I would have to be away from the others, and I had to determine who ‘he’ was. He instructed me to look at him through my heart. As I did so he said,

“Don't you recognize me?”

I did then. He was me. He was my Divine Complement wanting to join with me in my physical form.

“Can we fit together in the physical form?” I asked hopefully and yet afraid. If he joined me, would that mean that I no longer had my anchor in the higher planes?

“Of course not, love,” he answered telepathically. “There is no time and space in reality. I can be in both places at once, just as you can. You simply have difficulty remembering that fact in your third dimensional consciousness. I can join you in your NOW, and then we shall travel together beyond the boundaries of time. “

“Is my physical body ready yet for both of us?”

“Are you afraid that it is?”

“Yes, I am!” I returned. “I am afraid of the darkness about me, and I am especially afraid of the darkness still within me. I know that fear empowers this darkness. Was that why you asked me to trust you? Can I give my fear to you?”

“If you do so,” he answered, “You will no longer have a reason to keep such distance from your physical form and your physical life. But remember, your main fear is that you shall become trapped within that form as you did in Atlantis. You also know that you volunteered for the Grand Cycle, the end of the era which completes itself after the turn of the millennium, when a wave of higher vibration will become available to the Earth inhabitants. This higher vibration will allow humanity to extend their consciousness into the fifth dimension with an ease than has not been available since the peak of Atlantis.

“Of course, the coming of the fifth vibration, and higher, is causing a polarization upon the planet which forces humanity to choose between spirituality and materialism. These choices will determine their destiny, as well as the destiny of those who have remained unconscious and have, therefore, refused to choose. Those who have chosen spirituality will expand their consciousness into the higher dimensions. Those who are awake will experience this movement as transformation, while those who are still asleep may experience it as fear. Their individual and collective belief system will have much bearing upon how they experience this transformation.

“Now, my one, in response to your question about your body, the answer is ALMOST. Continue with your communication with me, and I shall assist you.”

8-24-94

Dearest,

I am Kepier, your future self. There is no time except in the physical third dimensional world. Let us (I speak to you in the unity of my/our fifth dimensional consciousness) explain to you how this is so. The third dimension is a tightly constrained frequency. Its frequency envelope is very small. The fourth dimension has a wider frequency envelope, and the fifth dimension is wider yet.

As the frequencies increase in amplitude they also increase their range. This is opposite on the physical plane because of the harmonic resonance. On the physical plane, low frequency, such as a foghorn, is more stable. Therefore, it resonates longer and carries farther through space. This is because the resonant frequency of the fog horn is similar to that of the third dimension. Does that give you an idea of how low the vibration of the physical plane is? The foghorn can be heard from far away because it activates a resonant vibration in the perceiver.

In your physical world, low frequencies mask out, are louder than, high frequencies. Low frequencies fit easily within the envelope of the third dimension, whereas high

frequencies do not. The constant buffeting of the high frequencies against the tight boundaries of the third dimension causes the high frequencies to decay and dampen quickly once they travel away from their source. For these reasons, lower frequencies are more easily accessible to your third dimensional perceptions.

Humanity can learn to raise its consciousness, and raise its resonant frequency brain waves to have greater access to higher perceptions. We, that is me, Kepier, resonate at a higher frequency because we exist in the fifth dimension and above. Before, you were able to perceive us directly you had to remember to raise your consciousness to encompass the fifth dimension. Before, you could do that, you perceived us only in our archetypal form of Ascended Masters. Ascended Masters are beings who have sacrificed living the fifth dimension to give service in the fourth dimension. Members of the Angelic Kingdom have also made this sacrifice. What your third dimensional reality is on the cusp of realizing is that YOU are in fact those Ascended Masters and Angels.

When some humans, yourself included, were born, you did not sacrifice your fourth dimensional perception. This caused most of you a sense of isolation and loneliness, but you had all had promised to remember Home. You all did well. You could, personally, not perceive us in your youth because we/I are citizens of another planet—Arcturus, and you had too much fear of that. Remember the horror movies of your childhood: The Blob, X the Unknown, and the Angry Red Planet? The indoctrination of the 1950's closed your mind to us, but 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 perception. It is not our destiny to lower our vibration, but rather your destiny to raise yours. Use us as a beacon to help keep you anchored in the higher planes. Within the smaller envelope of the third dimension there is much decay. The lower vibration, such as the mineral kingdom, does not buffet against the walls of the envelope and is therefore more constant (constant being defined as subject to less decay) and therefore lasts longer in time. Flowers are of a very high spiritual vibration, as they are the regenerative force. Hence, they do not last a long “time” in the physical world, as they are quickly buffeted against the walls of the frequency envelope of the third dimension.

This decay of the original vibration is actually the source of time and space, as well as the source of aging. Aging is the decay of the resonant frequency of the physical body as it buffets against the limits of the third dimensional frequency, while progressing through time and space away from one's true frequency, which is present at birth. This is as it should be, because the physical plane is a schoolroom which we attend and from which we graduate. That graduation is death. Some take only a few classes and die young, while others take many classes and live to be old.

Some expand their consciousness to a higher vibration as a process of taking responsibility for their experiences and integrating them into their consciousness as “lessons.” And, unfortunately, others see themselves as victims. They take no responsibility for their life, often blame it on others, and actually go backwards. Some even fall into a very low vibration and become selfish and try to take from others what they are unable to create for themselves. They try to take life, love or power, but these things are difficult, if not impossible, to steal. Therefore, they take other's possessions, which are so important on the third dimension.

On the higher planes, possessions have no importance at all. On the higher planes, we can all quickly manifest anything we need with our spiritual\creative force. Since we can always create it, we can release it back to first cause 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 do not need to “want” it. It simply is!

The process of graduation—returning to SELF—is one of learning to rise above the envelope of the third dimension vibration while at all times being consciously connected to the higher dimensions. Your Soul Home is the base reality from which you can travel to all other realities. It is your “launching pad.” Therefore, perceive your Soul Home constantly in your heart and mind, and it will remind you to remain conscious of the fifth dimension's finer vibrations.

Remember us/me
I AM/we are Kepier

11-6-94

Dear Light Network,

I would like to tune into your network to ask about the vision of the Blue Star I saw upon awakening.

Dear S 7,

As you have already received in your meditation, the Blue Star is Arcturus. You visited Arcturus in your night body last night. Now remember first hand your experience of last evening.

As I look down at my physical sleeping form, I realize that I have moved my consciousness into my higher body. I feel myself lifting above the physical plane and floating into the Soul Plane. The Path to Soul is now becoming broader as I travel it more often in a state of conscious awareness. I go to my Soul Home and sit within the center of the Golden Dome. I close my eyes to better concentrate upon the inner view screen and calibrate myself to the Time/Space portal. (See Through the Vortex) From this dimension I

can travel much easier than on the fourth dimension. I see the flash of the Blue Star before my mind screen and am transported to Arcturus...

I see my pod members about me. I am of the pod of the Spiritual Warrior. My pod's colors are of gold and purple and white, and they shimmer unlike any earth colors. It is as if I am returning Home. Many old friends surround me and wonder how my adventure on Earth is progressing. How do they know me? Why can't I recognize them? Lamire (how do I know his name?) embraces me.

I realize that I am on the cusp of the fourth and fifth dimension. Some have bodies of gender, and some are androgynous. I am female. Lamire and I have a special connection. He welcomes me home. I realize that many years on Earth is actually a short time on Arcturus. Lamire is saying that he is so very glad that I am waking up. He has been calling me for a very long time. It has been his assignment to call me, as we are mates in this life on Arcturus. Therefore, he would have the greatest chance of getting through to me.

We embrace as the lovers that we truly are. When I complete this mission I can return to him. But now, I have to awake to my true potential so that I can visit him and the other members of my clan on a regular basis. I can stay here no longer. The intense emotions that I am feeling are dropping my vibration, and I am forced to return to the third dimension and the sleeping physical body.

Within a flash, I am awake. It is just about dawn.
I remember only the Blue Star.

11-7-94

Dear Network,

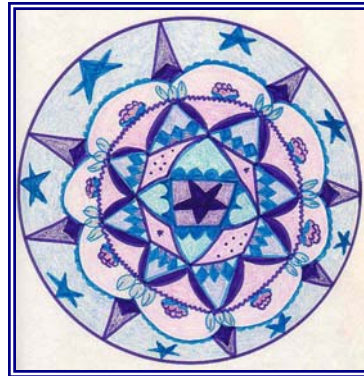
Last evening I dreamed of being on a different planet. I have not been able to translate the entire experience to my conscious self. Can you help me to remember?

Dear SK 7,

Last evening, you returned again to Arcturus in your night body. You chose to do so then, as you knew that you would be able to communicate with us the next day for help in remembering your experience.

We will assist you in doing so now.....

This time I do not remember how I came to Arcturus, it is as if I just "woke up" here. I am working to help others load a space ship. The space ship is



for the "First Contact" spoken of in the many books that I have been reading on Earth. (First contact is the term used for the first conscious contact between different planetary beings.) I wonder for a moment if I will be going with them. Have I returned from my Earth mission, or have I just visited Arcturus for this loading?

I feel Lamire gently touch my hand. Touch is much different upon this plane. It seems to go inside of me. Our bodies are less dense on this dimension, and we are not surrounded by the layers of fear that surround the physical plane. As Lamire looks into my eyes, all of my questions are answered telepathically. His words all come to me in the same moment as I receive them, in one instant flash of light. Somehow, I still understand him

I must slow down this process in order to enter it into my computer and to translate the message to the linear sequence of the Earth English. He tells me that now that I have remembered who I am, and what my mission is, I can consciously live both lives. On Earth, I am human and when I meditate or "sleep" I can return here. The "time frames" are roughly the same. What is meant by that statement is that, this life on Arcturus is not a future or past reality as measured on Earth, but actually an alternate present reality.

For the purposes of translating this information to my 1994 earth self, Lamire takes me aside to explain the nature of time regarding this experience.

"My dear, do you remember when you kissed me goodbye before you left to take on an alternate body upon the Earth plane? Do you remember when I could not join you in your physical form on Atlantis?"

It is him, or rather it is me. It is my Divine Complement. I look into his eyes and my heart fills with joy as I recognize him.

"My dear one," he says. "You have heard my call your entire reality upon Earth. You would, of course, be the part of us to take on the Earth component of this assignment as you became tied to Earth's evolution during your life on Atlantis. I have been assisting you in writing your 'book'; which is actually your extended autobiography."

I tell him of Kepier and ask him if he is familiar with our joining within that future reality.

"Yes, my love, I have had the advantage of having more incarnations on planets of higher dimensions than Earth. Therefore, I have already had access to the information which you are just now receiving. You, however, have kept the polarity alive upon the Earth plane. We are part of the landing team for the first contact, my Dear.

“There are actually many others like us who have kept one part of their Divine Complement on Arcturus while the other part has chosen to take on a life upon the Earth of your time period. To be awakened by your twin flame, Divine Complement is much easier than to be awakened by one who does not share your exact vibration. As more and more members of planet Earth gain access to their light bodies, they will be able to ascertain whether their Divine Complement is the other member of a First Contact Team.

“My dear, the vibration of Earth is changing so rapidly that we do not know as yet if we will land onto the planet or if we will “land into” the consciousness of the grounded components of our SELF. Either way, our impact shall be felt within your reality.

“We are functioning much like DNA molecules in that we are allowing half of ourselves to break away and travel from the nucleus to gain new life, and then to return to the nucleus with this gift. By this process, we can always have a beacon to assist the Earthlings in finding their way Home. Just as I was a beacon for you when you were on Atlantis, I have again served as a beacon for you in your 1994 reality.”

"Dear Lamire," I ask. "Did I return to you in between all of my lives, even between the Paris life and this one in which there was very little time between death and birth? I died around 1944 Earth time and was born again in 1946, Earth time."

"My Dear, time is very different from how you have experienced it on third dimensional Earth. Time is not linear, as it is experienced on Earth and on the third dimension, but rather radial. What this means is that time is like a wheel and you are the hub. However, this wheel has an infinite number of spokes which fan out in every conceivable direction from the hub. Any two lives may seem very different and far apart from the rim of the wheel, but they are indeed very "close" from the hub of the wheel. In fact, the hub is actually a hologram and therefore carries no "space" as space is conceived of upon the third dimension.

“My one, I must assist in loading the ship for the landing now. You will awake in your Earth life while I continue here on Arcturus to assist with the mission. Your primary essence will be on earth and mine will be here on Arcturus. However, we can be together here whenever you join me by the use of the time/space portal.”

"Will you join me on Earth by that same mechanism?" I ask.

"No, my love, I must stay at this vibration and upon this planet to act as your beacon. I will join you in your world when we land. Again, we may land on your planet or IN your consciousness. Either way, you and I shall be as ONE."

With this final message from Lamire, I awake.

As I sit at the computer, I feel another message coming from the Network. I open myself again to the frequency by aligning the vertical and horizontal lines and focusing my awareness upon the center box. I do not enter the box as I will stay within this time and space period.

SK 7

You are correct; we do have another message for you. The First Contact meeting spoken of will indeed happen very soon. Because you have now aligned yourself with our energies, it is time that you to take the risk of being more open with the information that you are receiving from us. There is still a fear of judgment which has been put upon you by your many Earth lives. Therefore, you must finish the examination of the important incarnations upon the third dimensional Earth. Do so now.

(This was 1994. It has taken me 9 years to share this information—and more processing than I could ever have known about then.)

11-11-94

I sit at the computer and I align my chakras. I am sure to ground myself from my base chakra. I open my heart to the inflow of the grounded energies and I open my crown to the inflow of the Light. The Light goes into my heart chakra and then, in a flash, it bursts into the Blue Star. The Blue Star rises to my mind screen and I see it within the center of the Portal. The Blue Star beckons and encompasses me. I fall into it, as it surrounds me.

I am again on Arcturus. Lamire embraces me with his incredible love. Remember Atlantis, My Love. I realize that it is also happening NOW. The resonance of Atlantis and California are harmonic. The time of transition is upon us. The Network of Light which saved the planet from destruction then has been reactivated and, indeed, is the channel which allows me to make these journeys Home.

Suddenly, I am again on Faerie just after the fall of Atlantis. I am leaving the main Council Chambers and am being led to my new home in Faerie. I feel Lamire again, only not in Arcturus, but instead in the ethers above the fourth dimension of Faerie. I feel him and wish to communicate with him. To my surprise, I find that as I call upon my completeness, it responds to me. "We

are whole, my One.” I hear his voice speak to me inside my being. “We are complete. You are at the hand of the long arm of God and I live within its heart. Just as I can look down (in vibration) on you, you can look down upon the third dimensional world below you.

I am now being shown my place of residence and must focus my attention on the business at hand. Lamire’s voice is gone, but I feel his presence. The huts are made of what appears to be large leaves and are in the shape of a dome. Upon entering the dome I find that, much like my Soul Home, it is transparent from the inside and opaque from the outside. I am instantly at peace in my new place. I think that I would like a vase of flowers and instantly, at my request, a lovely vase of my favorite flowers from Home sit upon a lovely crystal table. As I think of candles, there is a violet one next to the flowers. My alter is complete. I think of a low, soft chair and I find one behind me. As soon as I fill my thought with desire, the thought becomes manifest. Yes, I will like it here. If there are Dark Forces, then I am in a protected place. I can contact my Divine Complement at ease and await my next adventure. I am happy.

I look at my form and see that it is much like it was in my Earth life excepting that I do not appear to have feet. They are not necessary here as we float rather than walk. My hands are, however, intricately formed. I can see small chakras on each of my finger tips and a large chakra in the palms of each hand. The chakra on the right hand spins clockwise, and the chakra on my left hand spins counter-clockwise. I move my hands in front of me and I see that they leave a trail of fine glistening dust. As I move my hands back and forth, I find my body rising above the ground. I have discovered how to fly! I fly out of the doorway and soar up to the tops of the trees. I remember that when I first came here I was actually flying. But, I was so intent on my mission to find a home that I didn't realize what I was doing. Also, when I first came here, I felt as though I were without a body, whereas now I feel as though I have claimed this form as my temporary body.

It is so wonderful to fly. I find all of the creatures of earth here, and many more. There are animals on the ground, in the trees, and in the air. The birds fly beside me and welcome me as their companion. I wonder how I am doing this and begin to worry. Instantly, I find myself falling. I become afraid and fall even faster. I see the ground rising up to meet me. As fear catches my throat, I begin to scream. Then suddenly, I hear deep within my heart: "Remember Love.... Remember Love."

Just before I crash to the floor of the forest, I remember LOVE. The feeling of Love catches me like a net and sets me gently onto the cool earth. The birds and other creatures run to me to reassure me that I am fine.

Yes, I must remember LOVE!

11-24-94

Dear Network of Light,

Today is Thanksgiving Day. I realize that this holiday is not important in the entire scheme of reality, but I like the concept of this holiday more than most of the others. Therefore, I wish to start the day in thanksgiving for this Network.

Dear SK 7,

We are also thankful for the communication of those of you who have taken a primary residence upon the physical plane of Earth in the 1994 time period. We realize that you are undertaking a very difficult, yet exciting, assignment. You have suffered many years for your decision to retain your memory your life in-between your physical incarnations. You felt isolated and were often depressed about being apart from what you so loved and yearned for. However, now is the time that all your efforts can be repaid.

Because you have kept your "memory," you can go into the shift with the conscious ability to choose the world that you 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 reality. Unfortunately, that world is becoming extinct. Those who choose from fear will only be creating their worst possible realities. However, if you can choose from your highest state of consciousness, then you will be able to join us all in the creation of a new world.

Of course, this creation is already complete, as there is no time. However, the conscious extension of linear time into the timeless fifth dimension is an experiment that is unique to your planet. 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 worlds. How is this process achieved? Each one must ascend via their own personal path, but there are certain archetypal components of SELF Realization. One is that all attachments to the third dimension must be released in love and acceptance.

However, as stated before, you and others like you are now engaging in a group ascension the likes of which has not been experienced on your planet. The planet Earth has been an experiment in Free Will and, therefore, at the time of inter-dimensional travel, those of you who choose to remain in the third dimension may do so. For those who choose to participate in the planetary ascension, it is important to communicate with like minded persons on both sides of your time/space frame so that you will not feel so isolated and alone. The process of planetary ascension is much like putting together a large puzzle and each person holds only their own puzzle piece. Each participant must first understand his or her

own puzzle piece, and when they have done so, they can connect to the group puzzle.

Different realities of your own life stream will hold different components of your puzzle piece. Therefore, one must first put together all the information from all of one's alternate realities before presenting their puzzle piece to be joined with those pieces held by the other members of the ascension network. In this manner, each member will be able to integrate all their "past lives," "future lives," and "parallel lives" into the consciousness of the one who is participating in the ascension. It is impossible to "learn" enough in one lifetime to consciously participate in this experiment. Therefore, each participant can "learn to remember" all that they have learned in all their other realities. Remember, you do not need to view every life and every experience. If you can "download" and integrate your primary lives, you will gain the essence of ALL that you have experienced.

12-6-94

Dear Network,

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

Dear SK7,

We give this message to many—through you. There is much for you to communicate to those who will listen. We have been training you, and many others, since you all first took embodiment. You have needed every experience that you took on as a means to greater 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. Since you are the creator of your destiny, love and accept these fears. If you do not judge yourself about these issues, then you will release the hold that these negativity's have upon your aura. 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. All the tools of spiritual healing are within your core essence. As you live more and more within that essence, the fears will be removed like the peel of an orange. The inner sweetness will then be exposed for all to enjoy. No protection is necessary as you ARE protection itself.

12-10-94

Beloved One,

We speak to you from Arcturus. We wish to speak with you this day. Dear one, there are many of our grounded ones who receive information from the higher planes. Although many of these messages may seem different, they all contain a portion of the Truth. Just as each of your earthly alternate realities remembers a portion of the Truth, there are many other grounded ones who remember other portions of the Truth. This is part of the plan to assure the successful process of Earth's evolution. You do not need to hear every voice of all your realities, and you also do not need to hear every message which every other member of your planet has received to fully understand the moment that is now commencing.

One of the messages 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. The existence of this photon belt is indeed a truth, but it need not have the extreme effect upon your planet that that channel believed. Remember, there are many options here to be considered. One is that you, and others, may not choose the experience of extreme danger and stress for your reality. Another is that you can move through time and space to a period where that experience has been completed. Another is that you will take upon yourself OUR vibration - your true vibration - the vibration of Arcturus. In this way you will rise above the actual experience of "death" much as you did at the end of Atlantis. Do you remember when we came to you then?

Do you remember how you channeled our name even though you had not heard of us in your 1994 intellect? We are here again, dear one. You are awakened enough so that you can work with us more deeply. The planet Earth is indeed a place where pain and emotion can vibrate at a much stronger rate than at any other location in the Universe. It is not that way on Arcturus. On Arcturus, reality is exactly what our thoughts and feelings create. Arcturus is a wonderful place indeed. It resonates in the fifth and higher dimensions. However, there is no hierarchical system as on Earth where one dimension is "better" than the other. The lower dimensions have more form, and the higher dimensions become more and more formless. The Arcturians are able to shift their frequency rate to have whichever experience is desired. The Arcturians serve largely as inter-planetary and inter-dimensional counselors. Since Earth is undergoing a great transformation in your time frame, we are very involved with Her inhabitants.

It is almost impossible to describe to you the sensory experience of Arcturus because it is totally dependent upon the frequency rate and expectation of the inhabitants. It is definitely a community where many beings choose to create the same reality so that they may have shared experiences. However, at any moment in which they wish to have privacy, or to have another experience, they simply shift their expectation. Upon Earth one would say to focus their thoughts and emotions. However, on Arcturus there are no emotions as you would understand them from an Earthly perspective, and thoughts are communal rather than individual.

Therefore, we would set to focus our expectations, rather than to focus our thoughts and feelings.

Please do not doubt that your experience via the computer is false in any way. Making a hard copy of your experiences allows you to trap them in time and space so that your conscious, 1994 reality can remember what is transpiring within your inner self. We are an androgynous, group consciousness. We can lower our vibration to the upper reaches of the fourth dimension because we are a group consciousness. When you raise your vibration to that rate, you can receive our messages.

We desire to contact you by that name as it activates a certain vibrational reaction within you which makes it easier for us to communicate with you. We are joining forces with the Sirians, Plaeidians, and Antareans in an unprecedented group endeavor to assist the members of your planet as you enter your transformation. If 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 added to your writings, so that others who are inclined may choose to join us all in this endeavor. The more open to us each person is, the more assistance we can give. Yours is a planet of Choice and Free will. We can not be of assistance unless we are asked.

When you hear your Spirit name with your inner senses, know that we are communicating with you. Open your heart to us so that you can experience us in your 3rd /4th form. We say 3rd /4th form because your physical form is no longer strictly third dimensional.

UNTIL our next communication,

The Arcturians.

12-15-94

Dear Light Network

I heard your call in my meditation. What is it that you have to say to me?

Dear One,

We wish to introduce you to Arcturus, the Elohim of the Seventh Ray (see Thoughts Door, Conscious Section for information about Elohim).

I AM ARCTURUS, the ELOHIM of the Seventh Ray, The Violet Ray of Transmutation. I AM Soul. I have never had a physical form. You have worked in my Violet Temples for many, many realities. I have come to tell you to fill your waking hours with activities which are appropriate for the Great Change which is

occurring upon your planet. I, Arcturus, am especially active in this process as I Am of the Violet Fire. Therefore, transformation has always been my service. It is important that you realize that I am NOT an individual as you experience individuality upon the physical plane. Upon my dimension, there is no separation and, therefore, no individuality which involves separation from others. We each have a sense of personalization but are united in the Oness. We are as a conscious drop of water in an ocean of consciousness. We are aware of our individuality, but we are not separate in any manner.

I AM the vortex of a specific purpose and all who share that purpose become a portion of my/our vortex. I have come to you today to inform you that you are being called upon to share in this process. You have summoned the Violet Fire many, many times and have consequently aligned yourself to my energies. In order to be of purest assistance to our cause of transformation, you must first complete your personal transformation - at least to the next level. The process of is of course infinite, but there are levels of evolution. Yourself, and the entire third dimension, are moving into a new evolutionary level.

For today remember - I AM THE VIOLET FIRE

12-20-94

Dearest One,

We speak to today on the process of transmuting the density of your physical form. For many eons your planet has vibrated at a very low frequency. With the first civilizations the vibration was much higher, but it slowly be decelerated 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 acknowledge and accept the higher vibration available to them, commonly known on your world as the "Christ Consciousness."

Be aware that this vibration, although spoken of, and achieved by, the Master of Nazareth, is not associated with what is now known as the Christian Church. This church is a separatist entity which believes itself to be above other entities. The vibration of which we speak is non-denominational; it is available to anyone who seeks it without the need to denounce one's personal beliefs or cultural background.

We believe that our lengthy explanation is necessary so that it is clear that no one will be excluded from this process of transformation. One does not have to ask forgiveness, give penance, or become a member of any organization. Christ is a title, not a name. Christ, or Christed Consciousness, is as the rays of the sun: it is available to any and all who choose to bask in its splendor. Once the choice to enter into this energy field is made, 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 in which they are not aware of in their everyday, mundane consciousness. Therefore, it is important that no one judge another by the appearance of the other's life as to whether or not the person has made this choice. Spiritual growth is like microwave cooking. The center changes transformed, but the outside may look the same.

Once one has decided to allow this new vibration to enter their etheric field, the process of transformation begins. This process begins deep inside one's 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 one 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 neigh for all to make the decision, because the "space ship earth" will soon be lifting into the higher vibrations.

The physical bodies of the inhabitants of your Earth will be, and already are, in the process of a great change. Many doctors of your vibration 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 a totally 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 be done bit-by-bit, for if it were to be done all at once, it would be too difficult for humans to keep their life force in their physical body. They would then do what is known on your planet as "die." There are many souls who are unable to detach from the life that they have known upon this dense physical structure. They have come to believe that sensate pleasure and the 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 this transition. It will be very difficult for those who love persons who are unable to embrace this process of transformation. Remember that living by 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 a person to be fearful that they are ill or actually dying. It is therefore important to be informed as to the true nature of the ongoing process. When the structures of your physical life begin to deteriorate, it is important to stay out of fear

and to, instead, Love your higher vibratory reality. The Love vibration will help one to align with these new frequencies. Remember to release old habits and activities that were aligned with the now outdated structures. 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, which represents a sensate pleasure to it and may become frightened and angry if it does not receive its "fix," as it is called on your world.

An illness that cannot be diagnosed 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 which can become uncomfortable. However, your earth doctors and healers are progressing as well, and they should be sought out to assist you in your process and diminish your fear.

Do not worry if you become afraid, as you most likely will. Just allow yourself to remember that this fear is part of the transformation. In a firm, yet nurturing fashion, remind the needy portion of yourself that you are changing now and the need that your body is having is no longer necessary. When one was an infant, one had to give up sucking on a breast and defecating in one's diapers as a process of growing up. Now, there will be certain activities and foods which will gradually be outgrown. This process will take self control, but it will also proceed normally as one releases all fear.

Psychologically, old behaviors, thoughts and feelings will also be released as they can deter the process of transformation. People may even appear to be what is known as schizophrenic, as there will appear to be two of them rather than just one. Healers can assist these people to realize that they actually do have two selves, and they can choose to move into the finer vibration, or choose to stay behind in their deteriorating ego.

All of you will need to take time deep within yourselves to accept and embrace your own higher vibrations. If you are feeling very tired, it is likely because you are undergoing a deep change from the very core of your being. Be very quiet about this process and be alone as much as you need. If you write, draw, sing, or dance, your experiences, your creative force will allow you to more effectively ground your process and release you from all fear and attachment to the past.

WE ARE ALWAYS WITH YOU NOW AS WE HAVE BEEN WITH YOU THROUGHOUT YOUR ENTIRE INCARNATION!

The Arcturians

12-24-94

Dear Light Network

I come to you today with impatience and doubt about myself. I have worked so hard to rise above the small ego of myself and return to whom I really am, but the battle seems so difficult. I desperately need your assistance at this time in a stronger way than I have ever experienced. Please assist me.

Our Dear SK 7,

YES, the small self is resistant to change, but do not be too hard on yourself. We have told you that the last steps of the journey are the hardest; as each one will hold on to their most difficult tests the longest. Sensate pleasure is always a most difficult thing to release. This is why the yogis and wise men have put aside all worldly goods and gone into the world naked. In some ways, that Path is actually easier than the Path of the Western seeker, because the yogis are away from temptation.

Be comforted, my One, all is proceeding according to the wishes of his Soul. It is good to have some intensive time alone at this point in your personal process of transformation. Remember most of all that we are with you. We are training you for a special mission. More and more there are ones like you that can receive our messages. You have now come to the level in your life where you do no longer need us solely to make it through the snarls of existence on your dimension. Now you can accelerate your purification process. Re-assign your ego another task so that your Soul may pilot your earth vessel; in that way, your ego will not be so frightened about its demise. Allow your Soul to be your Captain and your ego the First Mate.

Surrender all control to your Soul now.
I NOW SURRENDER ALL CONTROL
OF MY PHYSICAL BODY
TO MY SOUL!

There is no need for struggle or effort, just LET GO! Allow your Soul to enter into every structure and organ, every particle and atom, of your physical body. Release everything that your ego has wanted in your entire life and in all of your lives upon this planet, and surrender that desire to your Soul. You will then receive more than your ego could even conceive.

We are with you in every one of your Earth moments. Call upon us with every breath. You do not need to "atone for your sins" or "finish your karma." Karma and sins are only functional from a third dimensional consciousness. Once you are detached from the drama of the physical plane, you will no longer become victim to the traps of "sin and karma."

It is true that one who chooses to move into the next vibration by releasing all attachment and free will to their Soul will often view their significant past incarnations. This is not as much to release karma or fix past errors, but instead, in the process of detachment you begin to transcend the illusion of time and space. As you move more and more into the next vibratory rate, time and space, as you have known it on the physical plane, will cease to exist. Then other realities, in other time frames and other dimensions, can bleed into your conscious perception.

Sit back, relax, and enjoy the ride. Feel the Joy of being your SELF.



JOY

Can I find joy in daily life,
release the struggle and the strife?

Can I escape the lifelong fight
to find pure peace, and live in light?

Then hope could grow to hold my dreams
and sew them up in Spirit's seams.

Could it be it is that easy?
Then life would be all bright and breezy!

NO! Fear would return to block the way
and stop me from that brighter day.

So, I must release the past.
Take fear from first, and make it last.

For what begins, does end some day
to make room for another way.

Since this fear had a beginning
was there a time when love was winning?

For fear too long has been the one
who's won the battle - when all is done.

So I must search both, day and night
to place ALL fear into the light.

I'll find it while it's just a worry,
before it makes my reason blurry.

Then, surround that fear with Spirit's light
until it's lost its awesome might.

And when that fear's become too small
to bring more struggle, or cause my fall

I'll forgive it for the strife it's brought
till it becomes the joy I've sought.

I'll continue with this transformation
till I've found my new foundation.

For all my fear once had a reason,
that must be cleared in each new season.

Then the struggle and the strife
shall find no hold within my life.

And all the dreams my hope's held tight,
shall blossom in expanding light.

When I go, to what is waiting
there'll be no fear and no debating.

The day this path comes to an end
there is a message I will send:

"I will continue, as must you.
When the door Home opens
we must walk through."

PATH 1995



In 1995, I established contact with more of my SELVES who reside in the fifth dimension and beyond. For me, the ETs landed WITHIN.

My first contact in 1995 came from Antares. Antares is in the constellation of Scorpius. The Antareans were the first line of defense in the Great Orion War against the Dracs.

Antares

May 20, 1995

We are from Antares.

We have come to communicate with you because you have formed an ancient alliance with us. You did not remember this alliance until the Orion implant was removed. This implant was placed in your etheric field when you were taken prisoner by them. You have served in our legions during many incarnations. You have not been able to recognize this portion of yourself, as you have placed it in the darkness and judged it as “wrong.” Before you can move through the gateway of Arcturus, you must make peace with your inner warrior.

We have asked you if you would be willing to channel information for us. We have messages which we would like to relay to the people of Earth who are willing to hear. We feel your doubt and fear to put your self in a vulnerable position. This fear is ungrounded. You are a great warrior. In your language, the word warrior means, “one who is at battle.” On Antares the word “warrior” means, one who is brave and unafraid of battle. Battle is not the first choice, but it will be taken if necessary. However, we on Antares have resolved the term battle into evolutionary terms instead of devolutionary terms.

You are very connected to us because we were the Norsemen and the Celts. Do you now remember our bravery? You are now listening to the music of our homeland. Your higher connection called you to buy the Celtic book. We are coming to assist your planet in resolving the Orion conflict in your world, as we have long since resolved our conflicts with Orion in our world and can now assist you.

We have instructed you today in activating your immune system. This immune system is very taxed by the pollutants within your biosphere. Some of the pollutants were released from Earth and others are part of a chemical warfare that is occurring in the sky above your planet. The apex of this battle at the present time, 1995, is above your city of Los Angeles. This is why we have come to communicate with you. It is time now for you to open up your memory to us. To assist this process, we will recount your “dream” of last evening.

You are in your Light Body flying above your city. The vibration of your city, L.A., is much like the vibration of Atlantis in its fall, which was your first life on this planet. Our commander, Radulan, a name with which you are familiar, came to greet you. There was a facsimile of a space ship created for you so that you could feel more comfortable. When you entered the ship you met with many old friends from past, future, and parallel realities. We are a very dynamic people. Our energies are very different from the Arcturians with whom you have formerly communicated. We are very tall by your earth standards, about ten to twelve feet tall. Our skin appears copper in color to you and we enjoy long hair, much like the Celtic pictures which you have collected.

You have taken on a body this life which carries much of the genetic codings of our people. Your line of heritage is Northern Europe. You felt our energy strongly when you were in Norway and Ireland. You have also taken a Norwegian husband. None of these incidents are accidental. You have been preparing for many lives for this task. Yes, we feel your heart’s pull to Arcturus. It is indeed the planet of your ascension. However, now is the time that you must align your energies with our race as it necessary for the tasks that you will soon confront. First you will come to peace with the Warrior within you. It is the final step necessary for the opening of your heart.

6-2-95

Dear Antareans

You come into my meditations and I feel that there is something that I must hear from you.

Commander Maltese speaking,

Yes, we have assignments for which you volunteered very, very long ago by your measurement of time. Of course, time is not as you would measure from your third dimensional world. When you have made the transition from duality to unity, you will be living in the NOW. We speak to you from the omnipresent NOW. It is important that you begin to understand the functioning of the NOW so that you do not become confused by the many changes that are happening. For example, you are becoming someone new at the same time that you are becoming the person that you have always been. You are moving into the future at the same time that

you are moving into the past. In no-time and no-space there is no separation between future—past, new—old. All simply IS. As you learned before, you are moving into the ISNESS, NOWNESS AND BEINGNESS.

Feel the ISNESS, NOWNESS AND BEINGNESS about you as you communicate with us. I use the word US because we are no longer in duality and no longer perceive ourselves as beings separate from each other. Again, when we say “no longer” there is an inference of time. It is difficult to communicate in your language without the inference of time or space. One the techniques that will allow you to better understand your communications with us would be to think without references to time or space. Within the NOW, language is not laid out in strings of letters or sounds, such as we must do to communicate with your third dimensional consciousness.

Feel that we are with you. See my form. Yes, I seem very tall to you. To facilitate your vision of me, I have taken on a denser form than I usually wear. The two beings that you see standing behind me to my right and my left are emanations of my greater SELF. All is a spectrum. I am a band of energy. In order to communicate with you, I place my consciousness at a particular vibration upon that spectrum. The “wings” that you see, which appears to be two other people standing behind me to my right and left, are actually bands in this spectrum.

Imagine a long ribbon which is elastic. It is anchored at two distinct points. The points of anchoring are the edges of the spectrum. Now these “edges” are actually an illusion. However, we choose envelopes of operation such as your envelopes of sound (which is also an envelope of light). At the point within this band, or envelope, where I place my consciousness, there is a peak of activity which fans out in both directions from that point of consciousness.

Experience yourself now as a point on your spectrum. Put the past at one end and the future at the other end. Now move your consciousness towards the “past” portion of the spectrum and experience Atlantis. Feel your consciousness moving along the band of the spectrum and view some of the other lives that you have remembered. Your Atlantis life has a “niche” on the spectrum, as it was your point of entry into duality.

Now realize that this spectrum is actually a circle, as is all life. As you see the band as a circle, you can match up the resonant point of your entry into duality with the point of your exit from duality. Also, as you see this as circle, you can realize that there is no beginning and no end, no now and no later, because you can travel around the circle many times. Also, you can go in either direction on the circle. Therefore, you can begin again and again.

You, however, are not the point; you are spectrum. The point of your consciousness is just a tool that you can use for your remembering until you can embrace more of your emanations. In actuality, you are the entire circle and can be

totally in all “spaces” on the spectrum at the same “time.” You do not have to learn this process; you need only to remember it.

I see in your mind the graph of the light spectrum and the points of it that are visual to a third dimensional human. That is a good example of what I am saying. Now place that spectrum into a circle by connecting the “ends” of the spectrum. Practice expanding that spectrum of visibility until you can see all of it at once. How do you do this. Of course, you are correct, you move to a point of perception above the circle of Light. After you have achieved the ability to see the entire circle, practice becoming the circle and moving your point of awareness around it.

Practice this meditation. We will return with further communications.
CM

6-3-95

CM here

We see that you struggle with the wounds of your long battle on Earth. Release that struggle now and allow those wounds to heal. Your life shall be calm and simple for a portion of your time so that you can come into a complete healing. Your body is undergoing a great transformation, your emotions are being healed in a deeper level than you could ever imagine possible, and your mind is being expanded beyond any limits of all your lives on Earth. Allow yourself now to enjoy this process. The Light will care for your needs. Release that old belief that you have to struggle in order to survive. You will always survive because you are Spirit. Spirit is infinite.

You are very blessed to be able to have this experience of transformation first hand. For many lives you have been prepared for this life. The integration of your fifth dimensional SELVES into your current reality will greatly assist you.

Finish all that you have begun. Complete the presentation of the poems—pain and all. Pain has been a part of your experience and the experience of many others. Be patient. All is proceeding as it should. Remember, there truly is no time as you know it. Therefore, there is no impatience.

CM out

6-7-95

Dear Commander Malteese,
I am now open to communicate with you.

CM Here

We are glad that you are able to communicate with us. There is much we can do for each other. Yes, you can be of service to us as well. You are currently wearing a third dimensional form, which allows you to interact with vibrations that we can only observe. This interaction is quite necessary if the change into Unity is to progress in a harmonious fashion. There are many ways in which this unity can come about, and it will occur no matter what anyone does or thinks.

However, the process of change can be either difficult or flowing. Of course, there are those who have great resistance to change. They will, therefore, experience resistance in their everyday lives upon your planet. Some of these people can be assisted by other Earth beings, such as you. If their fear can be allied and brought into harmony with the Divine Purpose, then the process will be greatly facilitated.

From your research, you are aware that there are a great many people who are consciously aware of the process in which we are now engaged. However, there are still far too many who are not aware and who become very frightened by the many changes in their lives and in their society. You, and others like you, are being called upon to educate these people.

Continue NOW. All is as it should be.
CM

7-17-95

Dear Commander Malteese,
I have heard your call. Is there a message for me?

SK7

Yes, you have received the first portion of my communiqué. I wish today to tell you about the atmosphere of Los Angeles. We have been working very hard to clear the effluvia of all the darkness that has surrounded your city and to correct certain balances that were set askew. There is, as you know, a possible reality in which there is great destruction in your city. We have been working with Light workers, such as you, to divert this possible reality and create a reality in which the necessary transmutations can be made in such a manner that destruction is unnecessary. Those who will listen will not experience the destruction. The “ones who can hear” are attuned to the cosmic moment and will know where to locate themselves for the moment of translation into the fifth dimension.

However, volunteering to be a light worker in your city can take a toll upon your third dimensional form. Today, we wish to instruct you in ways you can protect yourself from the fear and negativity which can otherwise impinge upon your physical body. You have been experiencing difficulty with your fourth, fifth and sixth chakras. This is because you have opened them greatly due to your work but you have not grounded these opened chakras deeply enough into your physical body.

Whenever there is increased Light, there is increased Darkness. You have been experiencing this, have you not?

Allow me now to explain why it is that you have been having difficulty with your body. Through your inner work and conscious communications with the higher dimensions, you have greatly expanded the range of reception of your third eye. The third eye is like your telegraph station, or your phone booth, in which you can “phone home.” When a range of frequency reception is expanded, it does so like the beam from a flashlight. The range expands into the higher dimensions as well as into the lower dimensions. It is very important that you recognize the dark places within yourself, as others who may not have the best intentions will assuredly notice them.

If you are aware of your own darkness you can consciously connect it to the spectrum of your attention that includes your greatest light. In this way, you will live in unity and will not be at all vulnerable to any entity that lives in separation. On the other hand, if you separate yourself from your darkness in order to experience your light, you are still experiencing separation, as you have allowed one portion of yourself to become “unconscious” to another portion of yourself. If you are vibrating to separation, then you are susceptible to others who vibrate to separation. Then, their focus on the darkness can expand the darkness within you. However, if you have unified your own darkness with your own light, then you are protected by your own circle of awareness.

If a portion of your SELF is beyond your awareness, then you create an unconscious fear that that portion is Dark, as well as an unconscious hope if that portion is Light. Although hope is a much higher vibration than fear, it is still an experience that is not usable, as it is not linked to your awareness. The portion of your Light that is beyond your awareness will associate with beings of its own vibration, and the portion of your Darkness that is beyond your awareness will also associate with beings of that vibration.

In inner levels, these beings of Light do battle with the darkness trying to attack you and align with the beings of Light trying to defend you. It is beneficial that you have protection from the portions of yourself that you are not yet aware of, but the unknown battle takes a toll upon your physical form. Your unconscious mind communicates to you through your endocrine system, which communicate this “battle” to you body through physical symptoms of stress or even illness. However, your fourth dimensional consciousness can actively participate in the process of your own self protection through your dreams and meditation.

Attending to your dreams and regular meditations can create an awareness of this inner process. Then you can give your physical body what it needs so that you will not become ill. You will soon have conscious connection with portions of your SELF who vibrates at a very high frequency. In order to incorporate these communications into your circle of awareness, you must also make a

consciousness connection with the demons that exist upon the opposite extreme of this band of energy. Before we take this journey into your darkness, let me explain a bit more about the “spectrum of awareness and unity” verses the “spectrum of denial and separation.”

Do you remember in our first communication how I instructed you regarding the spectrum of time and space? This analogy also applies to the bandwidth of your consciousness. The Ascended Masters and citizens of the other worlds, such as we, all have a dark component to ourselves. Darkness is not “bad” as it has often been judged; it is merely the anchor point of the light. Also, Darkness is relative. To a Being whose resonant vibration, or center of conscious functioning, is in the sixth dimension, the eighth dimension may be considered its Light and the fourth dimension may be considered its Dark. To one whose primary vibration is the third, their light will be the fourth dimension and their darkness the second dimension. What is second dimensional consciousness like?

Awareness of the external world is very limited in the second dimension. Therefore, consciousness on that dimension is very self-centered as there is little knowledge of impact on the external world. This behavior could be considered selfish, but how can one be selfish if they are not conscious that there are others “outside” of them. Humans whose primary focus is upon the third dimension, which is a great many of you, hold their Darkness, or anchoring point, in the second dimension. The selfishness and self-centeredness which is the “Darkside” of a third dimensional being, is the core of all that is considered “bad” or “evil” in your society. Such extreme selfishness allows you to take from, or do to, any other person, whatever they may wish. All is yours to do with as you may, as only you exist.

If the being is a worm, a plant, an insect, fish, reptile, or lower form of mammal, that behavior is acceptable. It is “survival of the fittest”. Conversely, human society is expected to have evolved beyond that level of awareness, and to gain some control over their Darkside urges. Unfortunately, there are many humans have not. On the other hand, it is their role in your 3D game to manifest “evil” so that other may grow from the challenge of conflict.

When your resonate vibration, or center of conscious functioning in the fourth dimension and beyond, you are aware that there is life other than your own. However, you are connected to that life and that anything that is taken from, or done to any one else, is also done to yourself. Each dimension holds its own lesson. None are “better” or “worse.” Yours is the planet of free will, and all that you experience has been chosen by some portion of your total SELF.



7-1-95

IlliaEm

IlliaEm communicated from the
highest dimension that
I had been able to perceive.

Beloved One,

I am Illuminata Emaculatas, The Immaculate Illumination. I have also been known as IlliaEm--The Elohim of Arcturus. My true name cannot be spoken or written in your language, but close your eyes and ears now as you feel my signature.

I am a Solar Angel or Elohim of the Star System of Arcturus. You have felt my signature of pure, Divine and Unconditional Love. Earth is not the only planet that experiences love. Love is the vibration of Creation. However, Earth has been one of the few planets which have dared to extend the love vibration into the third dimension. Since the third dimension is one where the polarization of spirit and matter creates a separation of light and dark, Love can become polarized to the end of the spectrum which represents Light. Fear, on the other hand becomes polarized to the end of the spectrum which represents Darkness.

This polarization of love/light and fear/dark creates the feeling of separation that is characteristic of the third dimension. However, that separation is actually an illusion for these polarities are as intermingled as the blood in your third dimensional bodies. The darkness is like plasma, in that it offers a carrier for the light, and the light is like the blood cells, in that it is the building block and the continuation of life. So you can see that the darkness is as necessary as the light for one to experience the third dimension.

I am vibrating at a dimension where there is no separation.

Spirit and matter

light and dark

unity and separation

all are ONE!

We on Arcturus await your full reunion with our presence. We are so proud that you have remembered us.

Now, allow all that is of the old way to rise to the surface of your consciousness and to the surface of your physical form.

Allow all that is of the old to be released from the deepest and darkest portions of your third and fourth dimensional self like the blood from an old wound.

As it comes to the surface, it forms a shell.

At first, this shell will be hard and fast.

At first, all you may seem injured and feel the limitations and resentments of many, many lives.

These experiences are a part of your Earth experiences, and they need to be brought up from the darkness before they can be healed and released—once and for all.

Feel now in your form how each tear of sadness,
each scream of sorrow,
and each shudder of loneliness is released into
the light of your consciousness to be healed.

Feel now in your form how each yell of anger,
each wince of frustration
and each outburst of rage is released into
the light of your consciousness to be healed.

Feel now in your form how each gasp of horror,
each cringe of fear
and each cloud of depression is released into the
light of your consciousness to be healed.

The process of releasing is like a small bubble rising from the bottom of the stream.
Follow this bubble up from the core of your self.

Love it to the surface.

Allow it to join all that patiently awaits the moment of freedom from
the shadows of your memory.

Not just the memories of this life,
but the memories of all the lives that you have taken upon the third and
fourth dimensional worlds.

These memories are of the past now, Beloved.

They are yesterday.

Today you are free.

Today you are victorious.

Today you are the sum total of all that you have ever been
since you first left the Godhead.

Feel the shell of yesterday about you.

Soon it will be released from your form.
Soon the clay "body" that has felt like a prison
will crack open to reveal your true body of LIGHT.

Await patiently now, my one.

Feel yourself as a seed beneath the earth awaiting the moment
when it breaks the surface to feel the Sun.

Feel yourself as the Sun enshrouded by the clouds waiting the moment
when your light can be revealed to all who will see.

Feel now your unity with ALL THAT IS.
Feel your wings, my dear.
You are like a butterfly struggling to be free of its cocoon.

Feel me, I am IlliaEm.
I am the Angel that radiates to the essence of your core.
It is time to be Home now!
It is time to remember and release.

Be courageous. All is as it must be.
And now, my Beloved, you must wait.
The process of healing is one of patience and faith.

Say with me now, Beloved:
I AM COMPLETE.
I AM THE RADIANCE OF ALL THAT I HAVE EVER EXPERIENCED.
I NOW WELCOME ALL MEMORIES
TO THE SURFACE OF MY CONSCIOUSNESS.
I AM READY TO BECOME MY TRUE, MULTIDIMENSIONAL SELF.

8-30-95

Dear IlliaEm

Please help me to understand what is happening inside of me these last few days. I know that the fear of survival is rising from the animal within me. However, there is another feeling that is so primal that I cannot put a word to it. It feels as if a long-lost part of my Soul, forgotten since I first took on a physical form, is beginning to awake after a long, long sleep.

I know that the other dimensions of my SELF have always been alive and active, but I (the part of "I" that is known as me) have not been aware of them. Perhaps my animal nature is afraid that I will abandon it if I become aware of those portions of my SELF. Perhaps I will. I do not know what is in store for us all as we move into

the higher dimensions. Please enlighten me regarding the old feeling that I am having and regarding how our bodies will transmute as the vibration of the planet rises.

Beloved One,

The part of you that is afraid of death is your body deva. It is afraid that when there is no longer a third dimension it will become extinct. What it needs to know is that it will be raised in vibration just like the rest of you. No portion of your third dimensional self will become extinct. There is no death and there is no extinction. There is only transformation and metamorphosis. As your physical form begins to rise in vibration, the particles will slowly move farther and farther apart.

See yourself now traveling into the heart of an atom. First, see this atom as a small speck in front of you and slowly begin to zoom in on it with your mind-screen. See how this atom is getting larger and larger. See it as a small galaxy with the nucleus being the Central Sun and protons and electrons being the Solar Systems that are orbiting around it. Go next into a place in your body that is a correlate to this atom.

Find the small place in your heart that is opening as you are learning unconditional love. Yes, there it is, right in the very center of your heart. If you cannot enter that small opening in your heart yourself, how can you allow others to enter? First you must open your heart to yourself unconditionally before you can learn to love others in the same way.

"Yes IlliaEm, I am opening my heart to my self. I see the small galaxy that is an atom in the core of my heart. I see the nucleus radiating like a glowing Central Sun. It is inviting me to enter. Will I be extinguished by its Light if I fall into it?"

My dear, you will be extinguished if you do not. Now, see the nucleus grow larger and larger until it is expanded beyond the edges of your inner vision-screen. Do not forget that this is the nucleus of the atom in the core of your heart. This is the core of your Unconditional Love. Deep within the blazing nucleus, you will see a small doorway. It is entirely surrounded by bright light. You will have to feel it more than see it.

"Yes, I see/feel it now. The doorway is opening. It is the darkest dark that I could ever imagine. But wait; in the very center of the void of darkness I see a small light. I move through the doorway into the complete darkness. The darkness is like a black hole. It seems to absorb all of my essence and all of my light. However, there is no sense of good or bad. It is simply a sense of obliteration of all that has ever been.

As I pass through the doorway, it seals shut behind me. I suppose that I should be afraid, but I am not. I feel content, as if I am finally performing the

mission for which I first took embodiment. I am also aware of the portion of my self that is third dimensional and sitting at the computer. How will I return to that reality or rather, how can I believe that this reality is as real as that one when I have returned to it? I must believe that this reality is not an illusion. It is the core of my Self, the core of my unconditional love.

"Yes, I am beginning to understand the feeling I have been having, the sadness and the primal fear of extinction. I know now that it is the fear that I have been wrong, that what I have always sought, this doorway into the unknown, is not real, that the outside world of the third dimension is the only reality. Yes, the feeling that has been plaguing me with doubt, self doubt, doubt in my own sanity, doubt that I can be so dedicated to my convictions that I will be able to release the third dimension."

My Beloved, you do not need to release the physical world. It is a part of your total SELF. It will not be released, but will instead be integrated into the other portions of you. No part of you will become extinct. Just as you are a small portion of me, your Oversoul, your physical self is a small portion of you. Do not abandon it or judge it. It is serving the function for which it has been created. You have given yourself over to be one of the prototypes for the transformation of the physical body.

You have had sensations of loneliness from the third dimension because you have been unable to share your experience with many on that plane. Therefore, it is vital that you build deep and lasting relationships with the other portions of yourself and the world that can only be entered through the doorway to your SELF. Doubt, my dear, is your only enemy.

"I am feeling very different as you speak to me IlliaEm. My body is becoming less and less dense. It feels as though it is expanding to fill the entire room. I feel how it is touching the walls around me and how it is a part of the computer in front of me. I feel my mind like the computer and I have less and less awareness of how my fingers are typing on the keyboard or how it may look upon the screen.

"I am becoming the experience of expansion. As I travel deeper and deeper into the nothingness of this darkness, I see before me a nebula that is of glorious colors of red and violet and pink. I now travel into the core of it and see glimpses of blue and an unusual shade of green that is not possible upon earth.

"As I move through the nebula I see again the distant star. The star is coming towards me very quickly, and it bursts upon me as I burst upon it. I am the star. I am the space around it and I am the nebula. And now IlliaEm, I see you. Your giant wings fill my vision and your heart is fully open. The sun within your heart is rising over the mountains and the stream of life is flowing into me.

"I feel a tingle through my entire self as the "flow" of your essence enters me. The me that sit at the computer is ONE with the me that embraces you. I move into your heart. I follow the life current like a salmon finding its origin. I travel up the stream of life current high into the mountains and into the setting sun as it makes its descent. With the setting sun, I travel beyond what is known, beyond what is perceivable.

"And beyond my perception is Arcturus. I am instantly on Arcturus. I see Lamire, my Divine Complement, preparing his ship for its journey to Earth. He turns, sees me and runs to greet me. We embrace and are instantly ONE. It feels wonderful to be complete again. Can I take this feeling back to my third dimensional self? How long will I have to return to that land of limitation? But as I think that thought, I remember my loved ones and the Nature there. I remember IlliaEm's words,

'You do not have to lose any of you. It will all become a portion of your self just, as you are a portion of me.'

Lamire is smiling as I see him before me and within me. The third dimensional portion of me is battling within itself, trying to embrace the foreign concept of multidimensionality. I turn to it and it sees me. I am the eye looking into the heart. We are ONE and ONE and ONE. I am seeing the many aspects of myself as in a house of mirrors. There is NO limitation to the echoes of myself. There is NO boundary to experience.

"Kepier, my alternate reality who lives on Arcturus in the time frame correlate to the 21st century Earth, comes to greet me. Kepier is androgynous. We merge into one in greeting and feel IlliaEm join in the merging. I then place Kepier before me in order to communicate with her. She has a special message for me:

'My dear, I am indeed glad that you have been able to expand your sense of self to encompass this reality. Do you remember when you first left Arcturus to go to Venus in preparation for your journey to Earth? Yes dear, I can see that you do not. I will tell you that story now.

'It was early dawn upon the planet of Zantrill and the sun was just rising above the horizon. At sunset, you had said good-bye to your comrades who would stay on Arcturus and afterwards spent the hours of darkness in deep meditation. Of course, the time span of light and dark were at your choice because your resonant vibration was the seventh density.

'However, the rhythm of inflow and outflow was a routine established in your pod and you had all decided to collectively create a sunrise and sunset in order to create a group experience of inflow-darkness and outflow-light. IlliaEm oversaw your pod from dimensions just above your own. All of the members of your pod had volunteered to make the journey to Venus. Some would then move on to Earth when they had learned to survive in a lower density and some would stay in Venus to act as guides for those who went to Earth.

'There were 40 in your pod and all of you were like the fingers of a hand. You were individual in your consciousness but unified in your awareness and purpose. All of you were androgens. Your pod had chosen to answer the call of Earth and to enter into the great experiment of separation of third dimensional experience. Because all in your pod were one, all would have the experience of third dimensionality even if they remained on Venus. The adventure was beginning. There was no fear or sadness, as you had never experienced those emotions. These emotions would not be a part of your awareness until you joined the evolution of Earth.'"

10-21-95

Feel now the experience of your Arcturian self.

I feel myself as a star. My body is made of light and I look like a star that a child would draw. I have two legs that come down from my middle and two arms that go out from the middle and a head that comes up from the middle. However, there is not the definition of form that I have in my third dimensional self. I am more than androgynous; I am beyond the definition of gender as it is known on Earth.

When I meet other members of the pod, we merge into one person for a greeting and then we regain our individual vessels. These vessels are only individual if I look at the brightest portion of our emanations. If I look more closely, I find that I am connected to all the other members of my pod by a dimmer emanation, like a gossamer wing. This wing, or web, is a network that connects all of us and gives us a group consciousness beyond what my Earth consciousness can even imagine. I only know that I am totally connected to the other members of my pod, the other members of my Self. Through this network, we are in instant and constant communication with each other. We can communicate with all thirty-two portions of ourselves at the same time or with any one of us individually.

We are in preparation for our departure, but I am now realizing that just as we are departing, we are also staying. We are bi-locating. The core of thirty-two will infinitely remain constant as grounding for our universal travels. Since we are beyond the limits of time and space, this is not impossible. We can easily be at two, or in fact many, locations at once. We also can travel away for a very long

"time" and when we return, it will be as if we never left. The difference is that we have a new experience within our "beingness."

I am now experiencing our preparations for our journey to Venus. The final good bye is to the portion of us that is staying. We go into a group stasis, somewhat like Earth sleep, joined together as one unit. Since we have decided to create cycles of what on Earth is know as day and night, we can use the "night," or inflow cycle, to join into one consciousness and journey to the higher dimensions of ourselves. In the "day," or outflow cycle, we separate into the thirty-two different portions of ourselves to ground our higher experiences in the seventh dimension of Arcturus. In this way we learn to be of service to others on our plane as well as to others on the lower dimensions.

I now feel us going into our inflow cycle to gather all instructions from our higher selves and to gain our final briefing before our adventure. I am unable to remain conscious during this briefing.

I can only retain a feeling of the messages.

Arcturian Group Mind



Beloved Arcturians I have created a file now for you. You have been speaking to me for some "time" now. I hear your call strongly and wish to communicate consciously. My heart is beginning to remember. Speak - I vow to listen.

9-8-95

Dear One,

First, we remind you of your initial departure from us, which IlliaEm has been sharing with you. Feel the energy of it now. See Lamire, your Divine Complement, awaiting you at the same instant that he is within your heart and mind. Allow his presence into every molecule of your lungs and every blood vessel of your heart. Open your love-force and breathe that force into your every cell and atom of your Complement. As you walk along the beach today, welcome your Complement into your Self. Feel how your vibration rise as you breathe in this manner of welcoming. The serpent of the Kundalini energy rises to the Crown Chakra of Enfoldment.

Into the Pyramid of Maya:

You are now taking a new step upon the great pyramid of the Maya with every breath that you take. Slowly you ascend the pyramid. With each new step you raise your breath from the core of yourself up to the temple of your initiation.

Yes, you are now at the small House of the Gods at the apex of the pyramid. Before you enter, make sure that you are complete. Do you feel Lamire within your every cell and atom? Are you at One? Yes, breathe again and feel your vibration rise with every breath. You are ready now!

Slowly and reverently walk into the House of the Gods. See the Central Flame of Light. It is the Flame of Truth and Life, for life is truth and truth is life. To enter this Flame, you must surrender all truth and all life to the ONE. The One truth and the One life. Are you prepared?

Good. Now, feel how your darkness gathers about you to push and pull you from the flame. Anchor your Light upon the Northern Pole of the House of Gods and anchor your Darkness upon the Southern pole. Then Lamire will anchor his Light upon the Western pole and his Darkness upon the Eastern pole. In the center of your Light and Dark is the Flame. In the center of Lamire's Light and Dark is the Flame.

Lamire will now manifest his own fourth dimensional form as you have manifested yours. His is to stand between the North and East pole and you are to stand the South and West pole. Slowly you will walk towards each other to meet in the center of the Flame, which is the "Point Between", and also encompassing, light and dark. This Point Between is both masculine and feminine. It is the Point Between life and death, between truths and lies. This Point Between is the core of unity, the point that is before and after separation, the point of beginning and the point of completion.

Five steps now to the edge of the Flame -- and two more into it's core. Count these steps.

one...

two...

three...

four...

five...

pause now.

With these next two steps all will be transmuted. Can you release? Can you believe? Can you release your limitations and believe that what is REAL inside of your Core is real with every breath, with every heartbeat and every footfall? Can you believe that this experience is real and that you are really having it? Feel our love now dear.

Allow our love to enter into the core of our words so that ALL who read them, ALL who see them, will also FEEL the Love.

You are ready now to take the final two steps.
The final two steps that are your first two steps HOME, Home into the heart of our bosom, Home to your true awareness of self and awareness of life.

You have accepted your defeats; can you accept your glory?
These two small steps will transform you beyond time and space, beyond all thoughts of limitation, feelings of fear, and doubts of self.

Can you take these steps - you and the "you" that you are joining?

Feel your Divine Complement now calling to you with his heart.

"I will meet you beloved. I will join with you for all of life and all of truth. I reach my hand into the Flame in hopes that you also will reach into it and join your hand with mine—join your heart with mine and join your mind with mine—for all of life and all of truth. Yes beloved, I feel your warm hand in mine. As I reach in my other hand, I find that yours awaits it."

six...

seven....

I AM ONE.

I AM COMPLETE.

I AM BEYOND TIME AND BEYOND SPACE.

I AM THAT I AM.



Mytria

Dear Mytria,

I have asked to speak with a Pleiadian and I received your name. I am opening myself to my multidimensional self, and I wish to speak with you. I hope that I have been able to clear myself enough so that I can have a clear reception of your message.

11-20-95

Dear One,

You have indeed been opening yourself to your multidimensionality and, in doing so, you have allowed yourself to receive messages from higher dimensional beings such as ME. I am from Alcoyne and I am one of the Guardians of The Sacred Fire. I speak to you now from the fifth dimension, although I could also communicate with you from higher dimensions. Since this is our first contact, I will take on my lowest vibration to make it easier for you to understand me.

Even though I am a guardian of the Sacred Flame, there is no need to guard The Flame from danger in our world as no one here would damage anything. Beings on the fifth dimension know that any action affects them as much as those around them. Therefore, I do not exactly guard the Fire. It would be more correct to say that I assist those who wish to enter it.

The Sacred Fire is a porthole through which anyone in fifth dimensional form, or consciousness, can pass so that they can travel to anywhere in the Multiverse. When fifth dimensional beings feel that they have completed the reality that they are experiencing, they transmute that body back into its higher dimensional form, and they are returned to pure Spirit in order to learn their "in-between" lessons.

On the other hand, if they wishes to travel to another dimension or location, but they wish to return to their present reality at the end of their journey, they project their essence into The Sacred Fire. They can then travel in their consciousness to anywhere they wish. Their fifth dimensional body will be cared for here while their consciousness is traveling. I am one of those who oversee that process. Therefore, I guess it would be better to say that I guard the body of the traveler rather than The Flame. However, our title is Keeper of the Flame.

You, my dear, have contacted me because I am open to communications with those from other dimensions, and because I know you. Actually, I know Kepier, your Arcturian/human future self. Kepier and I are actually related. Arcturus is a

great mystical center, and many who wish to be seers and healers will travel there to study and grow. Kepier is an intergalactic communicator. This is why you have always had such a strong urge to reach beyond your mundane world. Indeed, when you merge with that portion of yourself, you will be able to communicate with any species that you wish. You do see how your entire life has been in preparation for that, do you not? The merging of your alternate, higher dimensional selves begin with your communication with them, one at a time.

Yes, you see Kepier with me now, do you not? We are sisters in the Light. I have studied on Arcturus and she has studied on Alycone. My dear, take a moment of your "time" now to realize how it feels to be able to move from galaxy to galaxy with less effort that it takes you to drive to the grocery store on your three dimensional world. Kepier is appearing very female here even though she is androgynous because the vibration of our planet is so feminine. When she is on Arcturus, she appears very different. She looks like the "star people" that you have seen when you communicate with IlliaEm.

I will now tell you some things about our life here and about the photon belt, as I can see that those questions in your mind. Our life here is as you have read. We live very simply in large, open, central homes and smaller sleeping/meditation quarters. The time for sleeping is not as in it is on Earth. Here we remain totally consciousness, but it is better if we are alone, as we go deeply into our consciousness to integrate what we have learned and to expand our awareness. We also use these quarters for merging with our mates, if we have chosen to take on a gender. Some here wish to live with their Divine Complements as man and woman, and others wish to integrate their two components and live as one androgynous being. It is purely a matter of choice on this dimension. On higher dimensions, the division of genders is unknown.

We receive our young from The Flame as is done on fifth dimensional Venus, but some still wish to have the experience of pregnancy and child birth. When I say we receive our young from the Flame, I mean that we—a male and female Divine Compliment couple, or we—one androgynous being—meditate and train for what would be years of your time to prepare for the great honor of being a parent. Only couples that are Divine Compliments parent together. When our teachers have told us that our vibration has reached a beautiful silver-violet shade, we go into The Flame with our Divine Complement (or as a unified androgynous being) and call into the higher dimensions to see if a Spirit wishes to take a life in our world.

Once a Spirit has decided to choose the experience of incarnation into the fifth dimension of Pleiades, the parents and Spirit together determine if it is best to remain in the Flame until the Spirit is ready to take a life here, or for the Spirit will enter into the female and go through a pregnancy, much like on your Earth. Here, however, the male and female are equally involved in the pregnancy.

If there is a male/female couple, the male must move in and out of the Flame regularly so that the Spirit can pull down enough of its essence to create a fifth dimensional life. On the other hand, the female must stay away from the Flame as she is the grounding force for the new life. When the male returns from the Flame, he places his hands on the woman's womb to give the fetus a rejuvenation of its true essence. In this manner, the Spirit can slowly and gradually lower its vibration to our dimension.

If a "pregnancy" is not chosen, the couple, or the androgynous being must live near, and move in and out of, the Flame until the Spirit is ready to create itself a fifth dimensional form. Once the Spirit is a "child" he, she, or an androgynous self (children can be born androgynous here), will move with the parent, or parents, to the Central Living Room.

The Central Living Room is the living area where our "greater family" lives. The word we use for this room is difficult to hear in English. It sounds like scrdala. The scrdala is comprised of members of the same Oversoul. On the seventh dimension, the Oversoul is one being. It then fragments itself into other beings in the sixth dimension. Each of these fragments then fragment again into other beings in the fifth dimension. The members of the "great family" are then actually more than family. They are One Being represented by different expressions of its self.

Many of the choices of a living situation differ with the frequency to which one vibrates. A being that is able to be awake on many different vibrations at once, such as me, will have very different situations on each plane. This is much like your situation. On the third dimension, you live a quiet, private life in California, USA. On the fourth dimension, you live in Faerie with your beloved fairies and Nature creatures.

On the fifth dimension you are me! Yes, dear, you and I are ONE. We are different expressions of the same Oversoul, the same Being. Kepier is another expression of our being. IlliaEm is the higher dimensional expression of our Oversoul, as is the Arcturian Group Mind. There are also many other expressions of our Oversoul that you have not yet met, however, you soon will. It is this way for ALL the grounded ones on Earth. ALL of you have octaves and octaves of your SELF that is expressed in myriad times, worlds, and dimensions. All of your consciousnesses have split off into many dimensional realities in preparation for the grounding of the fifth dimension upon your planet.

I can see the question in your mind: Do these different portions of my SELF meet? The answer is of course! Are we not doing that now? However, each "Self" is also a different reality, much like the different realities you have experienced and remembered in your third dimensional incarnations. These portions of your total SELF are separated by time and space. On the other dimensions, the different Selves, or realities, are separated by vibration/dimension.

You see how Kepier and I are standing side by side, do you not? And, you have met Kepier and me individually. You have also met the different portions of your third dimensional self, known on your world as “past lives” or “parallel lives.” Each reality, or life, is separate until you are able to become conscious of it, than it is a portion of the whole. Your perception of the “whole” increases as your consciousness expands. Furthermore, each component of your SELF “feels” individual within the unity of your multidimensional SELF. We often wish to keep our “fragments” individuated so that we can explore each reality with more depth and intimacy. I, Mytria, am able to raise my vibration to the seventh dimension where I can communicate with all the other aspects of our SELF.

From the seventh dimensional Oversoul, we can perceive all of our lower dimensional selves within the ONE moment while maintaining the essence of the “individual” essence of each reality. I know that this sounds impossible to your third dimensional mind, but it is indeed quite natural for your Oversoul. Each of us is individual and each of us is the “One SELF.” When you are beyond time and space, this is possible.

I wish now to answer your thought about why you could not communicate with me before now. Your connection to me was difficult to feel because it came from the fifth dimension and you are in the process of raising your resonant vibration to be receptive to my resonance. If you were to communicate with me before this time, it would have been too confusing to you. Do you see how much difficulty you had with some of the concepts that I have presented to you today?

It is good that you are stretching your imagination and consciousness to embrace what will soon come about in your world. Most of all, the Goddess, Mother Earth, Gaia is awakening. She will soon hear the mating call of Her Divine Complement and will no longer tolerate any injustice to Her being. She will be like a bride preparing for her wedding. She will be making herself beautiful, and anyone who tries to stop Her will not enjoy the consequences. (This was received in 1995. That “time” that Mytria speaks of is NOW)

It will be a wonderful time. You, and others like you, will at last be happy to be born on Earth of a third dimensional form, as you will feel the higher vibrations of the fourth and fifth dimension in your atmosphere. It will then be your task to learn to totally Love life on the third dimension so that you will be able to release it.

You will not need to release your physical form, of course, but you will release all of its limitations and separations. Your physical body will be like the car you drive on Earth, it will hold your consciousness. When you wish a new, improved “vehicle” for your consciousness, you will easily replace the old one. Only, you will NOT have to take out a loan. You will create, free and clear, the vehicle of your choice.

Please join me in my Violet Temple so that you may begin your process allowing your fifth dimensional Soul to be the Captain of your earth vessel. By “downloading” and integrating your fifth dimensional SELVES into your third and fourth dimensional vehicles, you will slowly transmute your physical, carbon based body into a body of light. Your Lightbody is already within you. You do not need to earn it; you only need to awaken to it.

From the Pleiades,

I AM Mytria



SURRENDER

To come alive to peace and calm
and open up my heart.
To look into another
and know them from the start.

For all of time within the Now,
the world a speck of light.
The journey is returning,
my wings have taken flight.

To know the door and have the key
to set my spirit free.
I lay my hand upon the Earth,
the Mother speaks to me,

“My lover now is coming.
We’re joining into One.
You shall become a planet.
I shall become a Sun.”

For as we all surrender
to something yet unknown,
the questions will be answered
the pathways will be shown.

I surrender to the moment.
I surrender to the day.
I surrender to the reason
and surrender to the way.

For living in surrender
I have no need to hide,
no ego to get wounded,
no damage to my pride.

Completion is a promise,
understanding builds a trust,
to live within my Soul's desire
and see the world as just.

The dark, the light, the love, the hate
are joined into the One.
In love and sweet forgiveness,
the experiment is done.

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