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JULY 2, 2012

WE HEAR YOU CALL



Our Dear Ascending Ones,

We have heard your call, but many of you were too tired to hear our response. When you become fatigued it is difficult to maintain a level of consciousness that is high enough to perceive and translate our Light Language into your Earth language. However, we want you to know that we respond to every call from our ascending ones, even if they cannot perceive our return communication. We will now tell you what we have been experiencing within your essence, as many of you have are having difficulty understanding how you have been feeling.

You, our third dimensional expressions, are feeling that something is changing on a very basic level. By "basic" we mean that life, as you know it is on the cusp of infinite change. This infinite change begins at a cellular level and expands to encompass all that you are and everything that makes up your reality. This basic change, that appears to arise from a cellular level, is actually arising from the very matrix of the your third dimensional reality.

The "time" is neigh; and those who are awakened can feel it. You are feeling a strange mix of sorrow and joy, love and of fear as well as excitement and foreboding. You see, our dear ones, you are ascending NOW. Hence, all polarities are blurring towards the "in-between." We have spoken much of the "in-between" in which the extremes of your polarized reality merge towards the center. This merging occurs within the center for this "Center" is the NOW.

CLOSING OF POLARITIES

As past and future merge into NOW, the sorrows, joy, loves and fears begin to demagnetize from the matrix of your third dimensional earth vessel. Hence, as each old memory rises to the surface of your consciousness to be released into the ONE, you are experiencing a sense of nostalgia and reminiscence. Everything that you have ever experienced will be shared with the ONE as you ascend.

Therefore, not one precious experience of life on 3D Earth will be lost. However, it will be removed from the matrix of your earth vessel, as these memories tie you to that which is ending and hinder your return to that whom you have always been. What has your life been if not a long sequence of memories? Since your physical life is often lived more in the past than in the present, these myriad memories must be released as you return to living in the NOW.

Therefore, the good and the bad, the pleasant and the unpleasant are gathering in the in-between to rise beyond your human brain to contribute their experience to the Cosmic Mind. You see, dear beloveds, your life have been shared by all of us who have over-looked your reality since the beginning of time. We know that far too often you have felt alone and abandoned on a hostile planet. We want you to know now that we have wept with you, laughed with you and shared your every victory and every defeat.

Your life on third dimensional Earth has been a great lesson, not just for you, but for all of us in the higher dimensions that have over-lit your long journey from darkness into light. The light is here now, and it has integrated deep into the body of Mother Earth and into the form of ALL of Her inhabitants. This multidimensional light has patiently been re-writing all the codes of your third/fourth dimensional personal and planetary body. All that is left to do is to re-boot the system. Yet, there is a bit more to do for our humans, as many have been lost in the darkness of fear and domination.

Gaia and the members of Her plant and animal kingdoms are ready to metamorphosis into the fifth dimension. These two kingdoms of life-on-Earth have never left the Oneness of "being a planet." Therefore, they could easily absorb the light and begin their transmutation. Humans, on the other hand, have lost control of their thoughts and emotions. Some have fallen into being the dominator and others have fallen into being the victim. It is the polarity of victim/victimizer that is the final polarity that must find its Center.

THE CENTER

Those who have been victimized must release the emotional polarity of fear, anger, grief and sorrow to find their Center of unconditional love, unconditional forgiveness and unconditional acceptance of a game well played. On the other hand, those who have been the victimizers must find their own wounding that pulled them from their core and into the depths of de-evolution of a being who needs power-over others in order to experience their power within.

These deeply wounded ones must go inside their core to find the original wounding in which their own inner power was stolen. They then must forgive themselves for being too afraid to steal their power back from that thief, and instead turning their attention towards those whom they could dominate. The light has made them realize that none of their ill-gotten gains have given them any joy, love, or even power-within, as they are still under the domination of those who stole their inner self and programed them into the dark being they have become.

We remind all of you, our ascending ones, to KNOW that these broken ones have no power-over you, for they are leaving the system. As information is released as to just how much power-over others these lost ones have taken, and just how much suffering of others they caused, it will be a great temptation for the ascending ones to want revenge or punishment. However, these desires will only serve to lower the ascending ones consciousness. Furthermore, punishment does not alter behavior. It only makes the behavior go underground where it can actually cause damage.

Behaviors can only be altered by detached compassion and unconditional love. Punishment of another is a third dimensional concept. Hence, it lowers the consciousness of those who seek it and activates emotions of anger, sorrow and fear. The containment of these lost ones is currently being untaken. Therefore, they will be unable to have power-over any of you again. Consequently, we ask that you do NOT become distracted from your true Mission of being Openers of the Portals and the Trailblazers of the Light.

THE LAW OF RETURN

The reality is that, as your reality ascends into the higher frequencies of expression, those who cannot heal will not be able to join you. Do you wish to stay behind so that you can punish, or do you wish to allow the Law of Return to bring to them what they have given to others? Can you trust the Cosmic Laws or do you need to remain within your physical laws. The choice is yours. However, as with every choice, your consciousness will rise or fall.

Do you so need to punish another that you punish yourself? The Law of Return, also, binds you. If you fall into physical law of crime and punishment, you will bind your essence to the frequency of that law. Ascension means releasing that

which is complete so that you may rise above the frequency of reality in which that experience occurred. Just as the Ascended Master Sananda's, then known as Jesus, final words were, "Forgive them, for they knew not what they do," you, too, will release your consciousness from its constrictive 3D form by sending unconditional love and forgiveness to those you did you harm.

Some of you will not like this message because you will think that it is unfair that "they" get away with what they have done. Many of you will want to see them punished for their misdeeds. However, the dark ones will not be rising into the higher dimensions. Therefore, are you willing to stay behind in the reality that caused you suffering just so you can see that others suffer their consequences?

That answer is that some will make that choice. They will not trust the Cosmic Laws enough to know that ALL energy out is energy back. Hence, ALL the energy patterns that are put out into your reality will adhere you to frequency of that reality. If you use your energy field, which is comprised of the sum/total of your thoughts and emotions, to punish another you will adhere to the energy frequency of the one whom you believe you are punishing.

THE SILENT WORK

On the other hand, if you allow the Cosmic Law of Return to silently work, you will be able to release all fear, sorrow, suffering and anger to fall away as your expand your consciousness beyond those third dimensional limitations. Then, as you release that which has tied you to a reality that is closing, you will easily fall into the Flow of the ONE as it basks you in its unconditional love, peace and joy.

Feel now that unconditional love that is entering your High Heart and caressing your expanding mind...

Allow this unconditional love to course through-out your consciousness to release it from the bonds of your small clay shell and into your body of light...

From your higher, multidimensional perspective observe how, that it is NOT your physical form that is holding your consciousness. It is your consciousness that holds your physical form...

Allow third/fourth dimensional essence to flow into and intermingle with your multidimensional beingness...

Freed from the illusions of the physical world, observe how your Ascending SELF perceives and reacts to the information being dispersed...

Beloved Returning ONES, we welcome you back into your true frequency of expression. You do not need to wait for the right "time" to ascend, for time is only a third-dimensional illusion. You can always come Home within the NOW of the ONE. Furthermore, you can "visit" Home, and then return to experience the Great Adventure of Creating New Earth.



Creating New Earth 4

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

ARCTURIAN MEDITATION



A VISIT TO NEW EARTH PART I

Our dearest Ascending Ones,
We are over-lighting you now. In fact, we are just above and in front of you sending three beams of Light into your form.

The first beam enters into your Crown is the Beam of Wisdom.
The second beam enters into your Third Eye is the Beam of Power.
The third beam enters into your High Heart is the Beam of Love.
Feel how your body is merging with these Beams of light.

We are here today to take you on a journey to New Earth. Yes, New Earth is already formed for it is beyond time. However, to you who are still bound by time, it is in the process of being formed. It is important that you remain in the NOW, as that state of mind calibrates your consciousness to the log in frequency for New Earth.

You, our Ascending Ones who came to assist Gaia during the fall of Atlantis, have had many incarnations on Her form and wish to experience the crowning competition of Planetary Ascension. However, the transition of your body of third dimensional resonance can be quite uncomfortable. Therefore, we take you beyond time and into the NOW of your visit to New Earth. With your three beams of Wisdom, Power and Love, you can calibrate your consciousness to the frequency of that reality.

Allow your sensation of form to melt away from you, as you also maintain connection with your eyes to read this document. It is only the escalation of your consciousness that takes "time," as your journey will be outside of time. Focus on the three Light Portals for your Crown, Third Eye and your High Heart.

Instantly, you appear at an invisible threshold. This threshold is invisible because it is not on New Earth, but in your mind. Your mind must totally relax to embrace the impossible. Of course, what was impossible on third dimensional Earth is normal on fifth dimensional Earth. Calibrate your thinking to receive novel experiences, and open your consciousness to multidimensional thinking. Remember that you have done this type of travel many times in your higher expressions of SELF.

Do you feel how you are allowing us to fill your mind? Now, with your Third Eye calibrated to perceive the fifth dimension, observe how this reality has a higher resonance of color. Likewise, all edges are blurred by their expanding

and contracting aura. It is via these fluctuations of your aura that you choose your reality. When you expand your aura you say, "Yes, I want to experience this." On the other hand, when you contract your aura you say, "No think you. I do not desire this experience."

Now, please focus on the Violet Temple that appears to be floating just above a nearby hill. This Temple welcomes all new visitors because inside is the Rejuvenation Room. In the Rejuvenation Room you will receive assistance in fine-tuning your resonance to these higher frequencies of reality. This room is similar to our Rejuvenation room on our Starship.

Both of these rooms are filled with Violet Light, which transmutes your energies back to that of your formless, Multidimensional SELF. Just as the caterpillar enters the cocoon to transmute the molecules of its being into a butterfly, you will transmute your molecules back into that of your innate Lightbody.

On the fifth dimension there is no need to perceive every step of your journey, as there is no space to travel. Instead, you merely will yourself to be in the Rejuvenation Room, lying on the violet couch and feeling the energies move over, under around and through you. Feel those energies now...

As these energies move through you, you feel yourself easily releasing all that has restricted your consciousness to a clay form. As you do so, you feel your form of light begin to grow from within and expand to encompass the entire room. You then take the matrix for your 3D form and place it in your High Heart for safekeeping. You are ready now to experience New Earth. Again, there is no need for movement from one place to another. All you need do is to think yourself to any given location.

We see that you are thinking that you wish an over-view of this world. Therefore, your light form is instantly flying above the Temple and over the surrounding areas. It is important to note, that areas are not static as they are on the physical plane. Members of this reality have the power of manifestation with their thoughts and emotions. Hence, when you have a thought, your resulting manifestation interfaces with the collective matrix.

This matrix is much like a house with many doors, and each door leads to another version of reality. The thoughts are similar to "files" in your computer. Once you chose to attend to a thought, a portal of manifestation opens into that experience. Therefore, think of your journey as choosing the file to open in your mind. Which experience do you choose to preview?

We hear that you wish to preview the ascending ones who are first crossing into this world? Instantly, you are experiencing that reality.

Many of you have wondered how you could actually make the transition into the fifth dimension. Thus, you are interested in observing those just arriving on New Earth. They too are crossing an invisible threshold. However, your threshold was in your mind, whereas they created a threshold that they believed they had to cross.

They believe they were physical. Therefore, their bodies first appear to be third dimensional. Crossing that threshold creates a transition point in which the Elementals can assist each ascending one to release their belief in physicality. The Air Elementals are transmuting their breathing mechanisms so that they can release the habit of breathing through their lungs and nose. Instead, they will "breathe" via a minimal expansion and contraction of their entire form.

At first, many of the New Ones do not realize that their form is no longer solid. Nonetheless, the Earth Elementals are busily transmuting that which was carbon into its crystalline form. The Water Elementals are transforming the new ones' bodily fluids into a higher frequency molecules, which resemble stream, Finally, the Fire Elementals are assisting each One to accept, integrate and express the higher frequencies of multidimensional light.

All of these transitions happen beyond time. It is only the observation of this experience being translated into third dimensional language that creates the illusion of time. Once across the threshold, some choose to go directly to the Violet Temple, as you did, to calibrate their consciousness and to escalate their light quotient. Others are going to one of the Greeters who embrace them with unconditional love. They then take the New One aside to explain to them where they were and how they got there.

Some of the new ones are here to stay, but others are "rehearsing" their ascension in their night bodies. The Greeters can easily discern between these two groups and, eventually, lead them back to their sleeping bodies or off to the Violet Temple. From your position of observation, you can perceive not perceive what event sent them here, but they all seem to be calm and peaceful.

We observe that you desire to know how many of my friends and loved ones are already here, and which ones are on their way to this "side" of reality. Which means that you are returning to your third dimensional thinking. Therefore, relax into your Lightbody so that you can understand this experience without falling into time-based 3D habits.

We suggest that you choose to wander through the vast areas of this reality, which are Gaia's higher expression of Nature. As you float through this pristine beauty, you can easily surrender to the NOW. While you were experiencing the transitional energy area, your aura fell slightly out of its fifth dimensional calibration. Hence, questions came into your mind and doubts began to leak into your consciousness. Fortunately, floating through Gaia's fifth dimensional Nature instantly recalibrates your consciousness.



A VISIT TO NEW EARTH PART II

Dear Ascending Ones,

We, the Arcturians, are so joyous to see that you have returned for another visit to New Earth, the Earth that YOU are creating. Before we begin our journey, we wish to remind you that long before there was time, there was life. Sentient life has many forms. It is also formless. You are about to make the shift from "having a form that contains your consciousness" to "being an consciousness that wears a form."

The body that you create and wear in any given reality is calibrated to filter in the signature frequency of that reality. This filter assists you to perceive the frequency patterns of that reality in forms of images and beings instead of pure energy. We will now assist you to perceive the YOU within, as well as beyond, your body.

BEING YOU

We have talked about wearing a form many times, but we now ask you to:

- Take all your attention away from your form and place it on the Essence of the YOU that lives inside your form...
- While remaining grounded in your body, release the awareness of your form and focus on the Essence of the YOU within it...
- Breathe from your Essence, not from your form...
- Release the sensations of your form, and focus on the sensations of the YOU that wears the forms...
- FEEL how YOU are attached-to, but not limited-by, your form...
- Leave a portion of YOU in that form in order to protect it...
- FEEL the YOU that can experience all life, free of form...

Free of form, you are pure potential. This potential is directed by your thoughts, and your thoughts are directed by

your emotions. In fact, your love-based emotions expand your aura and tell your mind, "Yes, give me more of this experience." Conversely, your fear-based emotions constrict your aura and tell your mind, "No, I do NOT want this."

There are also unconscious emotions, which confuse your mind because their message is not clearly connected to your conscious thinking. These unconscious emotions create indecision and anxiety. To be the Master of your Energy, you must bring these hidden emotions into your conscious mind and/or heal and release them on an energetic level. Energetic Healing at: http://www.multidimensions.com/TheVision/newsletter_061912.pdf

THE POWER OF EMOTION AND THE STRUCTURE OF THOUGHT

Before we begin our journey, we wish to give you a quick message about the power of emotion and the structure of thought. It is fitting that you can respond to our words from the YOU that is free of the third dimensional programming of your physical brain.

The matrix of any reality is created with the thoughts of your fifth/sixth dimensional consciousness, which resonates beyond the restrictions of time. Hence, a reality once created and/or visited will continue exactly where you logged out. Thus, you can return to that exact NOW when you decide to log back into that reality.

This fifth dimensional matrix lowers in frequency to become a fourth dimensional thought form. You will likely begin to visit this reality in your night body as a means of rehearsing your inter-dimensional travel. Then, once you have gained/remembered to be the Master of your Energy, you can focus your thoughts and emotions to connect you to the matrix of any reality that you wish to experience.

Since your third dimensional thinking is tainted with fear and old, 3D programming, your inter-dimensional navigation is more effective when you think multidimensionally. Using your multidimensional thinking frees you from your physical fears and indoctrinations, especially those of "You are not good-enough," "This is too frightening," and "I don't know how to do this."

When you think multidimensionally, you can feel the unconditional love Flowing from the Galactic Center. Hence, you can surrender into this unconditional love and allow it to direct your multidimensional light-waves of thoughts towards the highest frequency of and given reality.

Furthermore, your unconditional love will bond the particles of your life force into that reality's multidimensional light matrix. In this manner, you will become ONE with that reality of your choice. Also, your unconditional love will protect you from entering any reality that resonates below the fifth dimension.

When you want a certain thing within that reality, such as clothes or a vehicle, you simply create it with your thoughts. Then, when you feel complete with that object or holographic experience, you outline that matrix with your thoughts and say, "DISARTICULATE!"

You may also say, "Thank you for joining me," as you allow the particles of that creation to be freed from the matrix and returned to the ONE for redistribution. You may also invite any consciousness to join you by calling them with your thoughts. Then, when your visit is complete, you say good by and "hang up the phone" with your mind.

At first, this process of creation will feel like you are a toddler taking your first steps. However, with practice, your power of manifestation will become so natural that you will not need to put any attention towards it. In fact, manifestation will be as natural as breathing.

OUR JOURNEY BEGINS

With the appropriate tools to interact with New Earth, we begin our journey. We will begin where we left off in the vast natural wilderness of fifth dimensional Earth. We speak to you all as ONE being, but we realize that each of you may make different choices of creation during this journey.

See the vast beauty of Gaia's pristine Nature. Some of you may wish to visit the mountains, others the desert, others the oceans, others the forests and others the vast meadows filled with fifth dimensional flowers. Feel the area that you would LOVE to visit... Now, allow that force of unconditional love to direct the light of your thoughts to intermingle with the light matrix of that area...

So that you may fully relax, you can create a comfortable chair. Or, if you want to travel around, you can create a vehicle or invite the life force of a magnificent horse to join you on your journey, or your dog to walk with you. If there is a certain person with whom you would like to share this experience, simply focus your unconditional love on the "feel" of that person and call him or her with your thoughts. Try this now...

With the creation of a vehicle and/or the entry of the being that you have invited to join you, we will begin our journey. We will take a moment to add here that you can travel in your consciousness or by floating through the reality with your Lightbody if you wish. We just asked you to manifest and/or invite another so that you could practice your power of manifestation.

We will now direct you towards the experience of meeting another being whom you have never known in your current reality. However, you were very intimate with this being in another of your myriad realities. As you embrace this being in your Oneness, you clearly remember that reality and how the two of you shared it in an intimate manner. Remember that now...

As you return from your multidimensional memory, you say a temporary goodbye to your friend beyond time. We will not return to the Threshold area, as there is something important that we want to show you. Simply think of that area, and you are instantly there. However, now the visit is different.

When you were here before, you were a visitor. You did not know this world and were more concerned about your former life than with the life that was yours for the choosing. NOW, you feel more comfortable with the Threshold, and it no longer threatens to lower your consciousness with concerns for your "real" life on third dimensional Earth.

In fact, you feel more like a host on New Earth than a visitor. A bit to your surprise, you find yourself walking right up right up to a new visitor to welcome them. It makes no difference whether or not you have met him or her before, as there is no before. There is only NOW. Within this NOW, you embrace your new friend with unconditional love and unconditional acceptance.

In fact, do that right now...

Feel how the two of you merge into the NOW of the ONE...

Imagine your hearts becoming ONE heart...

And your minds intermingling to create New Earth...

With the feeling of being ONE with each other and with New Earth, you slowly return to third dimensional Earth and to your physical body. But now you know that you can go HOME whenever you wish.



We will keep the lights on and our door infinitely open.
We await your return and are preparing a great celebration in your honor.
With our heartfelt embrace -- we welcome you Home!

How can you help Gaia?:
<http://creatingnewearth.com/ascension-articles/4-for-gaia/>



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