How to ASCENSION Preparation for YOUR SELF and LOVED ONES on Dec. 21, 2012

As told by Ascended Hosts

Archangel Michael, Jesus, Matthew Galactic Federation, Saint Germain, Saul and others…
ASCENSION "PREPARATION" For Your Self and Loved Ones on Dec. 2012 as told by ASCENDED HOSTS

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--- Edited by Pamela Leach ---

--- Book Cover by Meesha ---

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Preface by Author, Russ Michael

WHAT AND WHO ARE "ASCENDED HOSTS"

Jesus, Buddha, Mohammad, Krishna, and the Ram, who founded the HINDU religion, were not the only ASCENDED Sacred Divine Beings on our beautiful Garden of Eden planet Earth.

The number humanly-embodied Ascended Hosts on our tiny lovely planet of Earth (find posted in the Appendix) is astounding. There are many thousands in Christian and Buddhist archives alone, as researched and published in The Source Field Investigations by David Wilcock (known as the reincarnation of Edgar Cayce, famously known as “The Sleeping Prophet” in the early 20th Century).

I highly recommend you obtain, read through and ponder the amazing breakthrough information David Wilcock presents. It will expand your field of knowledge in so many spiritual avenues of exploration. He explains 3-D quantum energy science in a simple and easily understood way. David also reports miraculous new healing discoveries of body and mind by brilliant Russian scientists who are testing huge multi-million dollar "Pyramid Power" structures, as revealed in Prof. Dr. Patrick Flanagan's bestseller book of that title published in the mid-1970s by DeVorss & Company, USA.

You may also wish to note that Patrick Flanagan is the known reincarnation of the famed Nicolas Tesla. Tesla, known as the "Father of Electricity" in the early
1900s and gave us electric power and light in our homes worldwide, testified he received a great deal of his information on free energy devices telepathically from the Ascended Hosts we know today as members of the Galactic Federation of Light.

You would be wise to listen to the hour-long video interview of Patrick's former life as Tesla at the website link posted in the Appendix.

While revealing the many Earthly Ascended Hosts, we can of course include our the modern 20th Century Annalee Skarin and Christine Mercie in our list, as revealed in my book written more than a decade ago about Annalee Skarin, also posted in the Appendix of this book.

In addition, we of course have the mighty and greatly well known Archangels like Archangel Michael, Archangel Gabriel, Archangel Melchezidek, and many other less publicly known Archangels and Ascended Masters such as St. Germain, whose astounding life stream timeline bio you can also read about in the Appendix of this book.

We include all of the members of the Galactic Federation of Light such as SaLuSa, the spokesperson and members of the Ashtar Command, and all of our 5th-dimensional status sisters and brothers from the countless humanly peopled planets.

I ask you to share this greatly needed, easily understood "how to" ASCENSION information freely with your dear family, your loved ones and friends in all walks of life.
And please post what you wish on the worldwide Internet social networks like Facebook, Twitter, Linked In, My Space, etc., and of course at your own website and email lists.

"To err is human," so if one trusted TELEPATH states a seeming contradictions between what another Ascended Host says just know that all of these Higher Sources of divine insight are essentially on the same page as to what our Golden Age future in these end times holds for each and all of us on Earth.

A reminder also, I now happily share all 36 of my published Russ Michael books freely, so that anyone worldwide can download any one of them FREE at our Golden Key Library, http://GoldenKeyLibrary.info Please feel free to share them freely with anyone, as well.

I know WE are ONE. You also know this consciously now, or are awakening to the truth of the ONENESS of "All That Is."

WE are all living, eternal, infinite extensions and expansion of the mighty ONE PRIME CREATOR of All That Is.

Rejoice and be FREE! There is no TWO, there is only ONE. Bless us all. Be healthy, centered, whole and in daily JOY!

I do what I love and I love what I do! I respect you. I honor you. I love you.
Always remember, as you look toward me, or at a perceived "seeming" another anywhere, anytime, WE are ONE.

Until, we meet, face to face and joyous heart to heart in 5-D.

I AM, in ever-loving brotherhood, Russ Michael
Preface by Editor

Russ Michael is my Master Mentor, so I asked to write this preface to attest to the knowledge imparted in all of his books. (This is my claim to him, not his to me [GRIN].)

To edit means I must truly understand the author's message. In the case of Russ Michael, this has meant many occasions of major shifts in my own vibration. I had to shift to open more channels to Spirit to gain a clear understanding of the deeper meanings of his words. Like all profound truths, the concept is simple, the application of the concept is easy, yet the results of the concept are profound.

His vast knowledge and deep understanding of the metaphysical is married to his equally deep urge to share his knowledge, to help awaken all of humanity. His path is clear. If you let him, he will show you how to find your own path.

Do you want to know how to apply the Universal Laws? Read There Is NOTHING You Cannot BE, DO or HAVE.

Are you up for a great action-adventure story? Read his Autobiography of an Initiate.

Russ Michael's vibrant health is an inspiration as well. He readily shares how to meditate (his first published book), how to maintain an alkaline body and has also written two books (GOD and Miracle Health,
Parts 1 and 2) to share with us all excellent health products, as well as how to use them and how to obtain them.

Here, Russ Michael has compiled an incredible number of channelings and other information from the incredible light workers he has shared through the years in his daily emailed newsletter.

This book will inspire, uplift and show you how to ready yourself for the Ascension, and to help your loved ones ascend with you.

Thank you, Russ Michael. It is my privilege and honor to be your chief editor.

Pamela Leach
ASCENSION PATHWAY

"Love is the frequency that will set you free, that will take you to new places and elevate you to new heights within this universe. It is love that is the secret passageway, the hidden door that has concealed everything you have ever wanted, longed for and dreamed about."

--- The Galactic Federation of Light ---
Aug. 19, 2012
Telepath, Greg Giles
Chapter 1

Ascension: The PROCESS of ASCENSION as Explained by Archangel Michael

A Highly Informative Hour With Archangel Michael

Steve Beckow writes:

“This is one of the most informative interviews that I’ve heard from Archangel Michael. He answers questions like will the Earth disappear from Third Dimensionality when we ascend?

“Will children and pets need preparation to ascend? Will our houses and apartments be the same?

“Will we arrive with all our powers instantly available to us?

“He tells us that the passport to Ascension is love. In another place, he gives the example of an African woman who knows nothing about Ascension or ascended masters, etc., but who is pure and assures us that she will ascend.

“He says that Ascension is available to everyone. There is no exclusivity about Ascension. Very reassuring.

“Next week we’ll have Commander Ashtar, who we had earlier planned to have on today along with AAM.”
Hello, and welcome to An Hour with an Angel, with Linda Dillon, the channel for the Council of Love and author of The Great Awakening, and Steve Beckow, of the 2012 Scenario. I'm Graham Dewyea. Our guest today is Archangel Michael.

So, with that, I'll pass it on to you, Steve.

Steve Beckow: Thank you, Graham. And welcome, Lord.

Archangel Michael: Greetings, I am Michael, warrior of peace, gentle archangel of love. Welcome. Welcome all. Welcome to this time of conversation, of reunion, of transition, of upgrades, of becoming. Welcome to this time that we have to share together.

Let us begin by reigniting yet again my bright flame of truth, the bright flame of blue, within each of your hearts, your throats, your crown, your mind and your being.

Yes, we know that you are learning patience, and this is one of the more difficult virtues and qualities for human beings because it is not in your nature, particularly at this time of transition, to be standing still. For there is not a single one of you who is listening to this tonight who wishes to be reminded to stand still and be the observer. So let us get to this and talk about it.

My beloved friend, where do you wish to start?
SB: Well, Lord, I thought what would be good today to look at, many people would like to know what's going to be happening between now and Ascension on December 21st, or whenever it's to be. What can we expect to be occurring in our bodies, in our emotions, in our experience of life?

AAM: A great deal is already underway. And that is particularly true for those who are listening to (***or reading) this program who have decided, on a soul level, long before they even incarnated, that they would undergo Ascension with and by Gaia, the galactics and inter-galactics, and the human collective, the kingdoms.

So do not, first of all, dismiss what has already taken place. Yes, there are many - we would say, in fact, probably what you would view as the majority - who are not consciously aware of many of the shifts that are taking places within their bodies, within their minds, within their beingness. But nevertheless, that does not mean that the shift is not already well underway.

You know that this is not a short process, and that it has begun. We have often referred to the process of 25 years that the human collective has been involved in this undertaking, but let's be very clear: for each of you who have decided, consciously and within your very core of your being, that you are undergoing Ascension, and that you are welcoming it eagerly and profoundly into your life, into your consciousness, into your being, this process began even before you chose it in reincarnation.

So it has been going on and building your entire life.
Now, have you been positioned? Because I will not use the word 'stuck'. In fact, I will not use that word in reference to this process any longer. And I invite all of you to throw away this word and to correct me if I use it again!

But you ask, what changes can we expect? And I ask each of you to look at your hearts and your bodies, your environments and your situations.

Your clearest indicator of what is taking place within this Ascension process is your heart. It is the core of your being, knowing and deciding that you are choosing love, that you are more joyful, less restless, less impatient, and yet at the same time more eager to embrace the new adventure and to let go of the old third reality of duality, of polarity, of all the false paradigms that have been created by the third.

In your physical form, begin to feel yourself be reconstructed, and we would suggest not only in the external but from the inside out, because much of this is occurring with the activation of parts of your brain, of your glands, of your organs, of your bone marrow, of your subatomic fibers, of your DNA, of the shift from carbon to crystalline-based. So also pay attention to your physical form.

Now, there has been a lot said and a great deal of discussion about Ascension symptoms - cosmic flu, dizziness, depression troughs, crests of the wave - but it is also your body that is transforming, not only so that you can hold the higher frequencies, maintain the higher frequencies, but because you already are holding more
energy, higher frequency, more love, more light than you ever have before.

Now, what does this mean in a physical way? First of all what it means is that if there are situations - mental, emotional, causal - on any level that are within your physical form - and they are - these will come to the surface for love, for release, for elimination. So do not be surprised if you think, "Well, I am doing my work, and I am being very diligent in my work, but this situation of asthma, of diabetes, seems to be in a flare-up phase, worse than ever."

Or if you have an emotional difficulty or imbalance of depression or anxiety, that all of a sudden you are feeling more anxious than you have felt in years, this is because the situation, the imprint or the actual anchoring within your physicality, is coming to the surface.

Now, how is it coming to the surface, and how does this relate to Ascension?

Well, I tell you, first of all the penetration of each of you during this time of transition by the Mother/Father/One, by your own guides, by your brothers and sisters of the stars, is not lessening, it is increasing, and it is increasing rapidly. So you are holding more energy. And as that is coming in, it is also acting as a cleanser, as a vacuum cleaner, as a slush for these things to come up and out.

But as this also occurs, as the healing takes place, what you are going to find is that you are going to feel more vibrant, younger - younger in the human sense of
the word, for our sense of young and your sense is very different! But soon you will remember all of that.

You will look more vibrant, and therefore more youthful, can we say. You will feel that your body, your tissue, your skin, your bones, your flexibility, your organs, that all of you seems to be functioning more harmoniously, more effectively, more like who you really are.

And so, pay attention to that. Pay attention to issues or qualities that you have been wanting to bring forth over a long period of time suddenly feeling like you are having a breakthrough.

I give you an example of weight. Many of you talk to me every day - you talk to all of us! - about losing a few pounds, or about gaining a few pounds. And what you will notice is the ease at which your body begins to adjust to what is the perfect construction for you, dear heart. So that is a physical situation that you can anticipate.

Now, the Ascension process is collective, and it is inclusive, and all are equally welcome. But because of where you are in the time-frame, some of you have jump-started; others of you are still in the resistant factor behind the fence, let alone not on the fence. So, of course, each of these processes - the mental, the physical, the emotional - is going to be progressing at the same time.

Now, let us talk about the mental. Another thing that you will notice, and that you can measure in yourself - because that is what you are really asking - each of your hearts, those of you who are listening, your hearts have
been crying out and saying to me, "Lord, how do I know? How can I be sure?"

Another measure, my beloved ones, is to do with your mental acuity, including interest in things of the mental body (and, dear Steve, you have been experiencing this of late) memory, interest in mental maneuvers, and a dramatic jump - this is one of the quantum leaps that each of you will be taking - a quantum leap in what you would call mental acuity or sharpness.

So, let us talk first about the waning of interest. Now, you and the channel and your circle of my beloved In-Light Radio have had some conversations that I share tonight with the listeners about not feeling as if you are being sent enough information, and then at other times feeling that you have no interest in consuming the volumes and volumes and volumes of information that is being fed to you.

You, collectively, are in a place, and have been all of this year and a good part of last year as well, and for some of you many years, where you are shifting from the electronic information age to the creator age.

Now, this is not just a term for intellectual explanation, it is a term to identify the collective, and that includes each of you, sweet angels, of who you are.

So, what you are noticing in yourself, and how you can track your progress, is that your interest in information consumption is shifting. Now, that does not mean that you are not interested, curious and driven, to hear, to learn and to know the truth. In fact, this is becoming a burning passion.
And that is why we begin each of our sessions together by igniting that flame and helping it burn more brightly until it truly is all consuming.

So you are becoming more discerning also in what you are wanting to consume as information, but your mental body also is rebalancing itself.

Most of the human collective have lived, and do live, primarily in their mental quadrant, and they have done that for thousands of years. In your cultures - and it does not matter, east or west, north or south, unfortunately - the mind and the ego, the personality, have become paramount, king.

So, one of the things that is occurring is that your mental body is becoming more in harmony with who you really are. So, for those of you who have perhaps over-excited your mental body, you are finding that it is retreating somewhat and that your interest in things that your mental body was engaging in is taking not a full retirement, because that is not the purpose of this, but it is certainly taking a sabbatical.

And that will ebb and flow. It will ebb and flow like the tides, like the crests, like the troughs. And what is replacing that is that the rebalancing is taking place as you are tending to go not more into your emotional body - although some of you have need to rebalance that as well - but you are going more into your spiritual self, your beingness. And we ask you to allow that.

Now, part of that retreat sabbatical for your mental body is also what we would, in human language, call a
dimming of some memories, or a dimming of your acuity.

Some of you are feeling that you cannot retrieve information or memories - and they are related - as rapidly or as fluidly as you know you are capable of.

And for some of you, dear hearts, it is causing a little bit of trepidation.

So, I am here this night to tell you, whatever you do, beloved ones, stop worrying. Give your fear to me, give it to your guides, give it to the universal Mother, but do not hang on to it. Some of your memories are being, can we say, dimmed, because they are of an emotional nature that no longer serves you.

They don't contribute to your wholeness, to the love, to your expansion; they are situations that you had obsessed about and picked at, like a scab on your skin, for years, and it is time to simply let go of.

But it is also to help you in this looking-forward and welcoming the new adventure. Now, after this little shift has taken place - and for some of you it is days, for some of you it is weeks, for some of you it is months - then what you are going to find is that you awaken one morning and you feel that bright mental clarity, brighter than you have ever felt before.

As we say, the plan, the universal plan, the Mother's plan, is not to eradicate the mental capacity. Quite the contrary, it is for you to be in complete harmony and balance with your spheres.
And so this will happen rather rapidly. You will feel like someone turned the light switch back on. But because you have gone through this period of reharmonization what you will find is that it is in balance, so you are not spending all your time in the mental body or in mental pursuits.

What you are doing is then using it in harmony with your emotional sphere, your physical reality, not simply your body, but the reality of Gaia, to then begin to enter fully into your co-creative partnership with yourself, humanity, your star brothers and sisters, the kingdoms, and us.

So, it is emotional rebalancing, it is mental, it is physical. These are not happening independently, they are happening consecutively, but sometimes at the same time, simultaneously, as well. So it is not that you can say, "Now I am in the mental healing; now I am in the emotional; now I am physically regenerating."

So these are all interwoven, braided, and you will be experiencing this type even more than the Ascension symptoms, as you have been calling them. It is not that the Ascension symptoms are going away, it is simply that they are being overlaid by this larger process.

Now, you were asking me in terms of timeframes. When you know that that mental acuity has sharpened and your emotions feel more clear, more balanced, and your body is feeling vibrant and youthful, then you will also know you are at your point of full Ascension.

Now, we have said, some are going to come through that portal at the last minute, kicking and screaming. All
are welcome. But there is a group of you who are already well underway, who have already been experiencing the very thing that I have been speaking of.

Now, before I open it to another question, I also want to say, you are still, some of you, experiencing the integration, and the intensity of that integration, of the love of the Mother/Father/One with the crests of great energy and clarity and the troughs. Now, go to the heart of One and that will help you even it out.

But do not think that that process is completed simply because we spoke about it earlier. This is a human misconception, and it is a misconception of your society. Because there is a belief system you are fed so quickly, and so much of the information, that you think, "Oh, I read that. Therefore it's done." That is not so. It is still underway. It is progressive. It is a process. It is not simply for you, who I am speaking to, just a moment in time.

Some of you have said to me, "Well, then, I am upset. Why have I decided that I have to go through this elongated process and experience when others will have the moment of simply turning the switch? I wish I had just chosen the moment of awakening."

Dear hearts, this is your service. This is what you have said to the Mother/Father/One and to all - to the Council, to the Company of Heaven, to your star brothers and sisters: "I will go and I will prepare the way."

It is like planting the seed in the fields so that when springtime comes there is literally something to grow and thus to be harvested. It is what you do. And yes, it is
because you are strong, you are leaders, you are showers of the way. But this has been your choice, not ours.

Does this answer your question, or even begin to answer your question, Steve?

SB: Oh, yes, it does, Lord. But I know that some people are wrestling with how to think about the whole question of Ascension, and I don't just mean their own personal Ascension, but also the Ascension of Gaia.

Some people think, I believe, that they'll ascend, but they won't move from this third-dimensional place. Some people think that they'll - excuse me, I have to clear - that they'll ascend and leave the third dimension altogether, just disappear from it, show up in the fifth.

Some, of course you've said that some people will be coming back.

So, from the point of view of the observer, from the point of view of the people remaining in the third dimension, do the people who ascend early - presuming they don't come back for a sec., just to talk about this, if we could - do they disappear from view in the third? And when Gaia herself ascends, does it disappear from view from the third? And if so, what happens to the people who were on the third and don't go to the fifth?

Can you help us understand what would be seen in the process of Ascension, please?

AAM: The unusual and unique and beautiful qualities of this Ascension, of this wonderful unfoldment of the Ascension of Gaia and all upon her, is that you are maintaining a physical form.
Now, that is why your physical bodies are changing, being adjusted - dare I say upgraded, or reclaimed? Because it is to have. Gaia intends to still have a form of physicality.

So it is not that physicality is being abandoned. It is not. So, that is being maintained. It is not about one minute you are in your body and the next you have no body, that you are simply in a spiritual form. That is not it. Are you in a lighter form? Yes. But it is still a form of physicality.

SB: But it's not on the third dimension, Lord, correct?

AAM: That is correct. You may think of Gaia as a very large body, as she is, but like you, she is also expanding and growing. And so for a brief period, the very edge of Gaia will brush the top of the third, which is an experience of physicality. Will it be anchored in the third realm, the third dimension? No.

But what you are doing - and I want to take time to explain this - is you are going to the higher realms, dimensions, but you are still remaining in the realm of the 12 dimensions and 12 planes within each of those dimensions.

Now, by anchoring in the fifth through the seventh, what you have is the capacity to choose physicality, albeit it is not as dense as the old third reality, but it is not that the realm of what you think of as the physical simply disappears.

Now, does it alter? Yes, it does. Because in the fifth dimension there is no room for the qualities that the humans have developed and clung to. They simply don't
exist. So, what you are asking - and feel free to interrupt, dear heart, I will not take offense.

SB: Thank you.

AAM: Those who are in the third dimension right now can see you. It is almost like a mirroring effect: in the fifth dimension, you are able to reach down.

Think of it as if I operated right now in front of you. They see you, they experience you, but they are still having a third dimensional experience. But they will not be able to have that experience for much longer simply because Gaia is moving completely out of it.

Therefore, to remain on Gaia, you are ascending, and you are ascending to a higher vibration.

Yes, we know we often say different, but it is really a higher frequency, where you can access from that point the 12 realities.

Now, those who choose not to ascend, but they have made up a heart, mind, soul decision that they simply not even at the very last moment, that they do not choose to shift, then they will be in a different. they will be in a relocation package, let us put it that way, where they will continue to have a third dimensional experience, and to them it will feel as if nothing really changed.

Now, they will not be on Gaia, because Gaia is elsewhere, but they will be in a situation where they believe that they are on Gaia and that what they observe is still the same - until they work out what their choices are, or die.
At which point they will return home. And in their review they will understand what happened, because there is no judgment of this. There is just the ardent offer and belief, because there is not a human being, or any creature, for that matter, who has incarnated at this time who did not do so with a conscious knowing of what was transpiring.

Now, have many forgotten? Yes. But they are being given - consciously, subconsciously, consciously, unconsciously - they are being given ample opportunity to remember, and if not remember, to simply say, "Well, this makes sense. I think I will do this. My heart, it calls to me."

Now, the other piece of that, and this is where you who have done so much diligent and beautiful, beautiful preparation, you say, "Well, if they have not done any preparation and they are not conscious of what is taking place, then how are they prepared?" These changes are still happening, subtly, in the entire populace.

The Mother and Father did not say, "We will simply beam to this sector of believers or conscious beings." No, every being on the planet is being touched. The passport, the ticket, the entry point for Ascension is love. It always has been. That is what it is about. It is a return to love.

So, if a being, if a woman in the plains of Africa, who has never seen a TV or visited the 2012 Scenario, who has never heard of the Council of Love, who does not know the archangels but who carries love inside her core, who loves Gaia and her family, who treasures the sunset and who speaks to the ancient ones, who is the
embodiment of love, of course she will ascend. Because the purity is there.

So, that is the true tipping point, not only collectively, but individually. It is the feeling and the embodiment, not just the words, the empty words that we hear so often, the empty promises.

So many human beings have forgotten the deep, true meaning of promise or oath or commitment. But if you embody love, then you are ready to go.

Can I make it more simple than that?

SB: No, I don't think you could. People are continuing to try to visualize what will happen with Ascension. And so one other area of discussion is, well, will I wake up on - so to speak - on December 22nd and find myself in my same apartment?

And I can say for myself [laugh], I hope I get new digs! But will I wake up in the same apartment, in the same house? What will it look like?

What will have changed? What will remain the same?

AAM: You will have changed. Your perception will have changed. Your heart and your ability to see and perceive will have changed.

Your ability to finally accept yourself as full co-creator and creator will have changed.

So it is not that the Earth as you know it, be it your apartment or your home, has shifted, but your perception of it immediately has shifted.
And as soon as you wake up, walk outside! Because you will have a perception of Gaia that is bright and clear and shiny and expansive beyond anything you can conceive of now.

Now, what will happen? Yes, you will get new digs, dear heart. And the reason being that you will look around and say, "This is not what I choose. This is not how I wish to live." And so will, using the playfulness of the creation codes, you will immediately begin to align subatomic energy, molecular codes into something that is completely fitting.

The fifth reality is far more flexible. You think of the third dimension as very fixed, and it has been, because it became solidified because of the false beliefs. But it is not so elsewhere.

And so you may create yourself a Taj Mahal on the 23rd of December, and January 1st you may say, "This is far too much. I'm lonely," and rearrange the molecules to a house in the Cotswolds. But it will be in physicality.

And it will be in the unity with your brethren, with your brothers and sisters of the stars, humanity, to bring forward and create communities, not just structures, for that is almost secondary. But let us suggest, the structures that are going to be created are incredibly more beautiful than the mundane structures you have at the moment.

Yes, there are some beautiful examples of fifth dimensional architecture already, cities of light already on your planet. But by and large it is very pedestrian.

So, we are not trying to create a situation where we are saying you will wake up and you will think that you
are either psychotic, hallucinating or that you have lost everything you ever cared about. No, that is not the case. But you will wake up with a full awareness that it is a new day.

And it is blissful. It is joyful. For you who are the wayshowers, there is a feeling, and it is a feeling, a mental tug of war sometimes, that you are caught betwixt and between. This is not your imagination! You are.

You are leading the way. Because you are setting the matrix. You have yourself literally in various dimensions. And being born in a third dimensional reality, you are not used to it.

But I must say, by and large, you are doing spectacularly in adjusting. And your co-creation - and yes, let us also speak to that for one moment.

Right now, dear wayshowers, your co-creations and your creations have been focused primarily on preparing the human collective for what lies ahead, for the shift, for Ascension, for the return of the Mother’s plan.

So your creations have been in writing, in blogging, in music, in building community, in healing, in teaching, in getting rid of the old ways of human behavior, in entering into new paradigms of communication and understanding, extending your heart, your physical self, your mental and emotional selves to each other in the sharing of information.

Because I do not wish to say that information is not important. Truth is incredibly important. So your creations have been focused mostly on this band of
helping adjust the vibrations, of helping the collective deal with this new frequency.

So when you turn to me and you say, "Michael, you say that I am in the fifth and I am anchoring in the new, but I am still having trouble with my health, with paying my bills, with my apartment,"

I say to you, dear heart, yes. Because of the core of generosity in your hearts, that rather than tending to the physical needs, your creation is in tending to the collective, in breaking and releasing and eliminating with us - but in physical reality - the old paradigms.

And for this, our gratitude is enormous. And we want you to know of our deep appreciation and of our commitment to this partnership, because this is genuine. This is true partnership.

You do not worry about hanging new drapes when your son is having a nervous breakdown, when your wife is having a heart attack. You attend to what is necessary and what is of greatest importance. And that, as way-showers, is exactly what you are doing.

We know as human beings who have inhabited this plane of the third dimension that you cannot help but think in physical terms. And no matter how many times we say, "It will be all right, and release it," we also know that those are your reference points. We understand that.

And that is why in the mental phase of the clearing and harmonization is that some of those attachments are being dimmed, not eradicated, dimmed, rebalanced.
When you step outside and the trees start singing to you, you will understand.

**SB:** And the grass, and the water?

**AAM:** Yes! And when the water invites you to come, not just to have a swim or a dip, but to join with it in relationship, that you are adding your energy field to theirs, it is a completely different experience, not only of physicality, but of emotion, of connection, of being in community. That is the shift.

And to do, to have that experience, it is unbridled joy. That is why we keep harping on joy.

**SB:** I think people are not aware of that, Lord. I think what they miss in thinking about the fifth dimension is just the extent of the bliss and the way that that bliss makes everything better. It improves everything.

**AAM:** It is true, it does improve everything. But one of the key components of the improvement is the awakened awareness of the humans. Now, Gaia has moved substantially, and even before that movement the water talked to the trees and the sand. The flowers talked to the plants and the frogs.

There has been far more harmony in nature, in the kingdoms and Gaia, than the humans have been fully aware of.

So, yes. Will it be easier? Yes. For example, you talk a great deal about financial stresses. When you are in your co-creation, when you can bring forth and remember how to weave molecules and codes, then the sense that became so dominant in your third dimensional
reality of need, of course which related to greed and control and lack, that is gone.

Now it is hard for you to even conceive of need being gone, to simply eat because you feel like it, because you want to have the experience, because you are joined in nature so that there is an exchange, and so you are also more conscious about what you would eat, about what you would share and what you would take.

So, we understand that you all tend to think in terms of solid physicality, but dear hearts you have a saying, and it is of truth, the best is yet to come!

SB: All right, Lord. Perhaps let me intervene there. First of all I need to say, apologies to Ashtar, we'll definitely have him on next week. And then let me list the questions I have left, Lord, and you can choose to answer them as you wish in the, I think, about four minutes that remain to us.

One is, I think people would like to be reassured about what will be seen to happen, and what will happen to their children and pets.

Will they just automatically go with them? That's the first question.

The second question is I think they want to know what an observer looking at Earth on December 21st would see. Would they see the Earth just disappear? Or will it explode into a million pieces? What will an observer see?

And the third question is, will our arrival in the fifth mean that we have all our powers instantaneously, or will
there be a learning, a growing process that will take place?

And the last question is, will we arrive on the - and of course I guess it will differ for various people, but - will the mass of the population arrive on the lower fifth dimension, the first plane or sub-plane of the fifth dimension? And will their experience on that lower fifth dimensional plane be different from the experience of somebody on the higher fifth dimension?

And those are my questions, Lord.

**AAM:** I will answer your last question first, and the answer is yes. Of course there is an expansion process, and that will be an opening.

But it - let me be clear: It is an opening, it is not a struggle. It is a flowering, and it is a joyous flowering.

Children and pets: Unless you have a pet that is absolutely determined to go with its owner and remain in the third, which is highly unlikely, all the animal kingdom is going.

Children are innocent and pure, even those who have been abused and hurt. There is a sweetness and a love. Children are going. So don't worry about them.

**SB:** And with their parents, at the same time?

**AAM:** Yes, that is correct. This is an exercise of love. And you could not separate families, because it would be heart-breaking!

**SB:** So it's .

**AAM:** So, yes.
SB: It's not necessary for the mother to tuck her child into bed, or they'll just go when we all go, and there's nothing that needs to be done. Is that correct?

AAM: That is correct.

SB: All right. Okay. What will we see - well, first of all, when we arrive on the lower fifth dimension, will we have all the powers that we need instantaneously, or will there be a learning process? And what would we see .

AAM: There will be a bit of a learning process, because you can think of it as an adjustment process. But it is not lengthy, it is not arduous, it is not hard. And the level of expansion that you will immediately experience is so tremendous that you won't be saying, "Give me more, give me more!"

You will after a day or so. Well,, a day of what you think of now as your time or your days. But, so, do not worry about it. Yes, you will have an expansion of abilities.

Because - do not forget what we tell you! - each of you, beloved listeners, brought all your abilities into this life. You didn't leave anything at home. So those will all be activated.

For some of you, all of a sudden you will be so creative in music and in arts. For others, finally, you will be explaining quantum physics of the stars. So it will be an opening. But is there room for growth? Dear heart, the universe is infinite, and so are you.

[music up]
And Stephen Cook's explanation of the light penetrating Gaia, the expansion of light, is a very good image to hold.

Go in love and go in peace. Farewell.

SB: Thank you very much, Lord.

[end]


Chapter 2

Ascension: The Universal Law – We Reap What We Sow

Prof. Dr. Patrick Flanagan wrote "this takes my breath away." sacredmath@me.com

HOW DO WE GET FROM WHERE WE ARE TODAY TO WHERE WE WANT TO BE TOMORROW?
By Nancy B. Detweiler - July 7, 2012

On this 7th day of July 2012, our planet hangs suspended between two worlds.

On one hand, we continue our 3rd dimensional way of life in which most must work to survive and take care
of their families. For many, life is filled with a variety of stress factors. We yearn for more peaceful, carefree lives.

On the other hand, we are increasingly catching glimpses into the 5th dimensional world. This plane knows only unconditional love and peace. Those residing on the 5th dimension experience abundance and the freedom to develop their unique talents and skills in accordance with the Divine Plan for their lives. No negativity can exist on this plane.

We experience moments in this glorious 5th dimensional world through our dreams, prayer, meditations, paintings, music, inspirational writings, and videos that reveal sublime beauty.

Now, the inhabitants of Earth have the opportunity to ascend to this 5th dimension. Gaia, the great being whose physical body we call Earth, has called out to Father/Mother God, the Energetic Source of all creation, to allow her to cease being a prison planet, quarantined from the rest of our galactic family.

Gaia’s prayer was heard and she will ascend to the 5th dimension. The Divine Plan also allows for all of Gaia’s inhabitants who desire to ascend do so with her. The unprecedented part of this Plan is that many Earth humans will ascend while still incarnated in physical bodies.

Because so much information has been withheld from humanity, the above paragraph may sound to many as if I have lost my mind. Up until this point in time, that is the exact impression those who control our world would have you think. Now, July 2012, it is time for all to
become aware of coming events and the importance they hold for each one of us.

What happens within the next six months and how each of us responds to those actions will determine whether or not we can ascend with Gaia. If given the choice today to select between peace/love/abundance – and – to continue with the war/anger/deprivation that presently characterizes our world, the majority of Earth humans would gladly commit to the former.

Who among us dreams of continuing life as we presently know it? We stand at this crossroads today. For the remainder of 2012, Earth humans will be assisting in transforming our world. Those who choose to continue their negative behavior will be allowed to do so, but not on Gaia.

As Gaia moves forward in our Milky Way Galaxy, negativity cannot move with her. There are 3rd dimensional planets in the cosmos to which those who cling to their negative behavior will be attracted in accordance with another Universal Law Like Attracts Like. Movement to these 3rd dimensional planets will be a freewill choice and is not to be considered punishment.

A Father/Mother God of Unconditional Love does not punish anyone. Universal Laws are not applied to some and ignored or overridden with others.

The Cosmos is very orderly—every sowing action results in a reaping action.[i] (See Endnote) This is where the Universal Law We Reap What We Sow becomes extremely important. When we plant a tomato seed, we
harvest a tomato—we reap what we sow. Reaping a tomato is what we expect.

We do not question the law in relationship to planting our garden. We simply anticipate a harvest of tomatoes.

It is the same in our lives. If we choose to react to life’s circumstances with anger, the desire for revenge, discrimination, and/or hatred, then those are the seeds we have planted. Our life’s garden of negative seeds will reap a matching harvest.

At some point, we must choose to get off the merry-go-round and commit to planting seeds that yield a positive harvest—one that will allow us to ascend to the 5th dimension where suffering will no longer be a part of our lives. In early childhood, we don’t give a second thought to the child’s need to learn to walk by falling down … getting up … trying again and again until she/he is successful.

No one can learn to walk for us. It is the same with ascension. No one can do it for us, including the Great Teachers, even though religion may teach otherwise. Humanity will soon be given a major opportunity to determine how well we have learned to forgive rather than wanting to see those who have caused tremendous pain suffer likewise.

This opportunity will come through learning about the dark cabal families who have controlled our world for eons. In order to maintain control, countless heinous crimes have been perpetrated on humanity. These crimes against humanity are about to be revealed.
The dark cabal members have been given numerous chances to surrender … to voluntarily step down from their positions of control. Most have refused to do so.

This means that they must be removed in order to pave the way for humanity to prepare for ascension. A part of their removal will be to disclose to the people all the crimes committed against us. In most cultures, the 3rd dimensional manner of response has traditionally been to demand retribution and punishment.

To see the criminal punished has been considered a means of closure and healing for the victims.

We are in the midst of a planetary historical event—that of removing the dark cabal and their sinister plans for a New World Order. This removal will take a variety of forms.

Some will likely be arrested in the 3rd dimensional manner. Others may be contained—a rare technique not used since the Galactic Wars that is in accordance with the 5th dimensional concept of unconditional love.[ii]

Those whose crimes have been most atrocious may be taken off-planet and placed before a Galactic High Court.

At the appropriate time in the very near future, humanity will be informed about the actions now taking place in secret. The Akashic Records will be consulted as proof of the crimes committed—proof that is irrefutable and can actually be viewed as the behavior initially took place.[iii]
This process of learning all the ways by which humanity has been controlled and made to suffer will present humanity’s greatest challenges—to listen and to forgive.

Just as a life review follows each soul’s every incarnation, so—at this momentous point in time—must a life review of the 3rd dimensional plane of duality be made because Earth will shed her 3rd dimension and ascend into the 5th.

This life review—the story of humanity’s manipulation and enslavement—will be planetary. All of Earth’s inhabitants will be given what could be termed a final exam on living in the 3rd dimension.

In order to successfully pass this final exam, we must show evidence that we have learned the lessons of forgiveness and now possess the capacity to hold all of humanity within the energy of Unconditional Love.

This, in no way, means that we approve of egregious behavior. It does mean that we intend to cleanse our energy field of all negativity in order to ascend to the 5th dimension. The Universal Law we reap what we sow reminds us that every individual reaps whatever he/she has sown.

You and I are not responsible for ensuring that the dark cabal reaps what they have sown. Universal Law automatically unfolds within each human life. God does not punish and humanity need not attempt to punish.

Every soul lives in the garden they have sown in accordance with Universal Law. By the same token, each of us live in the garden we have sown. Ours is the
freewill choice to plant the seeds of forgiveness and reap life on the 5th dimension – OR – to sow seeds of revenge and hatred, thereby reaping more time living elsewhere in the cosmos on the 3rd dimensional plane of duality.

How do we get from where we are today to where we want to be tomorrow? Via successfully passing our final exam—extending forgiveness and unconditional love to our brothers and sisters in the dark cabal—regardless of their deplorable behavior. By remembering that at some point in our history of numerous lives on the plane of duality, we, too, have committed acts that caused others to suffer.

For in order for humanity to evolve through attending Earth’s Plane of Duality Schoolhouse, we all have agreed in one incarnation or another to play the role of the bad gal or guy.

Initially, agreeing to play the role of bad gal or guy was done in love. We loved humanity, or a portion of humanity, enough to play a dark role that would assist our brothers and sisters in passing through the lessons of Earth’s Schoolhouse.

The problem occurred when some got stuck in the negativity and came to prefer their positions of power and control—when they lost their way.

NOW, it is up to us to respond to the news of our enslavement in ways that will allow the perpetrators to gradually be restored to their former status as our beloved sisters and brothers within the ONE FAMILY OF GOD.

http://pathwaytoascension.wordpress.com
Janis Gilbreath writes:

Sending this as I truly want each and every one of you to join me in the Ascension process. To do so, all you have to do is voice your intent to ascend and your Guardian Angels and the Spiritual Hierarchy will be available to assist you. You will be included in the large group who plan on ascending.

Intent is the key; Dec 21, 2012 is the date. "Possessions" will be left behind, but all will be provided. It will be a glorious experience. It will basically be another 26,000 years before another chance such as this will be available.

So share this message with everyone you know. We can all be in that wonderful group. Please read today’s message that follows and I will send the following messages as they are given to me.

Love and Blessings,

Janis
ONLY LOVE PREVAILS

Relatively few people in society know about Ascension, the event that lies at the center of the changes occurring this year, SaLuSa tells us.

“Ascension … is only known to a relatively small percentage of Humankind. Many more have heard about it but it has no real meaning for them. In fact it is often denied as the fanciful notions of dreamers.

It is most important that every soul understands what Ascension stands for [so] that each one is able to make an inspired choice.” (1)

Matthew Ward gives us a compact a description of what will happen.

“Most succinctly stated, personal ascension is the merging of your consciousness with your soul.

Recognizable aspects are the raising of consciousness; strengthening discernment and trusting intuition; ever-increasing awareness of the higher self, the god/goddess self, and true spirituality; the sensation of peacefulness that comes with living in alignment with your soul contract—you feel this as if you are ‘going with the flow’ instead of ‘bucking the current.’” (2)

Ker-on of Venus describes it as “the opening of a new pathway that is glowing with a Golden Light that is going to become more intense.” (3)

St. Germain calls it “a quantum leap of consciousness that will be all encompassing, and your previous lives will fade away as if a dream.” (4)
As a process, SaLuSa says, it “lift[s] you up to levels that are more in line with your true selves.” (5)

Nothing about us will remain untouched, SaLuSa tells us.

“Ascension is simply upliftment into the higher vibrations of the Universe, and it means that you will be part of it unless through choice you decide not to participate.

However, as simple as it sounds it has far reaching effects, and nothing will be quite the same again. It is a wonderful event that allows you to move into the beauty and peace of the higher dimensions. It comes as your right, and is an opportunity that will not come around again for thousands of years.” (6)

This Ascension is not an isolated event, SaLuSa tells us; it’s a “mass Ascension, … a very special occasion that only comes up once in every solar cycle.” (7) To prepare ourselves for it, our consciousness will expand in an accelerated manner.

“After thousands of years in this cycle you approach the end times, and yet in the little time left will accomplish more in that period than any other one before. The growth of your consciousness is accelerating all of the time, and we see an overall surge in the numbers of you awakening.

“That is bringing about profound changes for the good, as the Light is becoming stronger, and stronger.” (8)
However, though the process accelerates, we need not worry, he reassures us; “most of you will ease yourselves into the New Age.” (9)

Ascension is not the mounting of a ladder or mountain, Matthew tells us.

“Although this movement is into planes of successively lighter energy, not into progressively higher elevations such as climbing a stepladder or a mountain, souls’ growth in conscious awareness and spiritual clarity can be thought of as upward.

Thus ascension is the most descriptive term for this advancement.” (10)

Our bodies won’t be lifted up off the planet, per se. We’ll transfer our consciousness to a higher or more refined energetic level, he says.

“In the context of your planet, ‘Ascension’ is actual movement from one energy placement into a ‘higher,’ or lighter, placement, but the term has been incorrectly used to denote bodies physically lifted off the planet and rising into the ethers.

In the eternal life of the soul, Ascension is spiritual growth, soul evolvement, and each soul experiences this in many places in the universe while ‘Ascending’ into the Oneness of All—a return to our Beginning.” (11)

We’ll ascend in our physical bodies, healed of disease and disability, he reveals.

“Ascension is possible for all who have absorbed the light, and the souls who accompany Earth will do so in their physical bodies. If bodies lack organs or limbs or
have physical, emotional or mental disorders, farther along the ascension pathway there will be healing of all disease and replacement of missing parts until the bodies are perfected and mental and emotional health is sound.

“In fourth density the bodies of aged persons will become youthful and live healthfully much longer than your current life expectancy, and life spans in fifth density can be tenfold or more than yours are now.” (12)

What determines whether we ascend or not is not the result of a judgment but solely the result of our choice and assimilation of light, Matthew informs us.

“There is no seat of judgment or arbitrary selection of which humans can ascend and which cannot — it is strictly a matter of science and souls’ own choices.

Light changes third density’s carbon-based cellular structure to the crystalline form that lets bodies survive in the higher frequencies, or vibrations, of fourth density and beyond.

“That is why persons who choose to live in the light can ascend with Earth and those who choose to cling to their dark ways cannot. After a time in spirit, souls in the latter group will incarnate in a world that corresponds to their Earth lifetime energy registration and have more opportunities to ‘see the light.’” (13)

The increasing light is causing “a refining of your energies,” SaLuSa says, “and you are finally ready to leave vibrational levels that no longer fulful your needs.” (14)"
The most important thing is to put your efforts into raising your consciousness, so that you can be sure of being ready to ascend. Unless you reach a certain level of vibration, you will be unable to proceed when the opportunity arises.” (15)

**Footnotes**

(1) SaLuSa, March 3, 2010, at [http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)


(3) Ker-On of Venus, 21 January 2009, at [http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)


(9) SaLuSa, April 4, 2011.


(13) Loc. cit.
Chapter 4

On Ascension – Part 2/6

What is Ascension?

Steve Beckow writes (July 22, 2012):

On the Divine Plan before looking at what Ascension is, I’d like to look at its derivation in the Divine plan for life.

SaLuSa tells us that “spiritual matters are highly organised.”

While “you are all acting out your roles for the benefit of the whole, and a game it may be,” it is “one that is deadly serious.” The object of the game is “that as many souls as possible move into the Light.”

The efforts of our galactic and spirit teachers are aimed at “getting you to awaken to your true selves.” (1)

SaLuSa tells us there is a “grand plan for Man.” It is “perfect in its concept and whatever path you take, it will always lead to your goal.” (2)

This grand plan is “being worked out, supported by great Beings of Light.” (3)
What is its goal? He tells us that “the Divine Plan [has been devised] to release you from the lower vibrations and end the cycle whilst giving every soul the opportunity to rise up.” (4)

“Because it was agreed beforehand,” SaLuSa reveals, “immense help is being given to lift you up again.” (5)

“Gradually” he confirms, “the awakening process has started to yield results.” (6)

Although it is possible for an individual soul to ascend at any given time, SaluSa tells us, “the difference now is that you are benefiting because of the Divine decree that this Universe shall lift up and enter a new area in the Cosmos.” (7)

“Release your fears,” he advises us, “and trust in the Almighty Creator and the divine decree that offers you the opportunity to permanently leave duality.” (8)

Not only do we hear this from galactic sources, but from spiritual sources as well, such as the spirit teacher Saul, who says: “It is your Father’s Will and yours that you make this move back into His glorious Presence where you belong and where everlasting bliss awaits you.” (9)

Or planetary logos, Sanat Kumara, who explains:

“The intention of the Plan has always been for you to return to Source. The Plan was never for you to fall away from the light into utter darkness.

The reversal of the downfall has been created and now blessed ones, you are returning to your place in the light of your eternal God Selves.” (10)
Once the divine decree is given, according to Matthew Ward, it is passed on to “the highest universal council members,” who then take the next step. They “long ago conceived and crafted the Golden Age’s master plan.” (11)

“The plan included millions and millions of souls from advanced civilizations whose essential assistance on, within and above Earth assured that she not only would survive death throes, but would be restored to her original paradise self, where all her people live in harmony with each other and all of Nature.” (12)

I don’t plan to extensively cover here who has come to assist us with Ascension. That is a large enough topic that I intend to leave it for a separate series.

At present, I simply want to identify that other developed beings are here for us. At great personal cost, evolved “souls of Light have joined [us] on Earth” with the result that “the vibrations have slowly been lifted,”

SaLuSa tells us. They come as a result of the operation of the natural laws, he says.

“The Creator has made the Universal Laws and they allow for help to come to you from all over the Universe. Your success in grounding the Light upon Earth has led to higher vibrations attracting the attention of other Beings of Light.” (13)

Where do they come from? He reveals:

“They have come from various civilisations that have long moved in to the Light, and prepared to experience
the darkness that you have dropped into. It has been what you call "a rude awakening" to leave the uplifting energies and harmony that exists on their home planets.

That is in service to you as fellow travellers seeking your evolutionary path.” (14)

On Ascension Itself SaLuSa tells us that “Ascension is quite a natural occurrence covered by the Laws of the Universe.” (15) The succession of cycles culminating in Ascension is a normal part of life.

“What is more natural than one cycle ending and a new one beginning, as it is in the nature of all changes that are planned for the evolution of your Universe. They are not chance happenings but part of your inevitable journey back to the Source.” (16)

SaLuSa explains that the process of Ascension out of a lower cycle into a higher has been long known and predicted.

“It was known that those who had become of the Light would rise up from the Earth [at this time]. Such events have occurred on a regular basis and sometimes even during a cycle, such as the disappearance of the Mayan people. (17)

“The coming Ascension has been the subject of many teachings and messages for a very long time, as the end times have been clearly defined since this cycle began so long ago.

It is the whole purpose of everything that has been taking place, and the plan has been played out so that you have gained the maximum benefit from it.” (18)
However, that having been said, Ascension “only comes up once in every solar cycle,” he tells us. (19) a cycle consisting of 26,000 years. (20)

An angelic group called “the Nine” describe what Ascension consists of.

“The Ascension of the Earth is the raising of the electro-magnetic frequencies that surround her and that she exists within. It is a freeing from a static place into a place of Growth. It is natural evolution that eventually occurs within all consciousness structures be they Planetary, Humanoid or Otherwise.” (21)

Ascension, in the words of the ascended master, St. Germain, will result in “a quantum leap of consciousness that will be all encompassing.” (22)

According to the Group, speaking through Steve Rother, everything on the planet is adjusting to a higher vibration: “The Earth is changing to house a higher vibration not only of herself, but of humans, animals and every other part of it.

The entire game is changing to begin a new game at a higher vibration.” (23)

In the next part of this series, we’ll look at the Golden Age that will open up after Ascension.
Footnotes


(2) SaLuSa, Oct. 21, 2009.

(3) SaLuSa, April 1, 2009.


(5) SaLuSa, Jan. 24, 2011.


(8) SaLuSa, March 11, 2009.


(12) Loc. cit.


(15) SaLuSa, Jan. 10, 2011.


(17) SaLuSa, Jan. 10, 2011.

(18) SaLuSa, April 9, 2010.


(22) St. Germain, Aug. 15, 2008, through Mike Quinsey, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm

Chapter 5

On Ascension – Part 3/6

What is the Golden Age?

Steve Beckow writes:

We stand on the threshold of a Golden Age. “You stand poised at the threshold of the new Golden Age for mankind,” says spirit teacher Saul. (1)

In that era, humanity will “move into full consciousness.” “It is the state toward which you have been working for a very long period of Earth time, and through many Earth lifetimes.”

He describes what we’ll experience then.

“The moment of fulfillment of God’s promise to humanity of a new Golden Age is shortly to dawn. When it does your joy will be stunning for you, as understanding of its meaning floods into your awareness — like the depths of winter changing instantly into the lushness of full summer.

“Your thoughts, your imaginings, even your dreams have given you not the smallest inkling of what is about to occur. Rest assured that the wonder of this approaching event leaves absolutely no room for even the slightest sense of doubt or disenchantment.” (2)
It is “the end of the illusion, and the suffering it engenders,” Saul tells us. “Your happiness and exhilaration in the joy of being alive when you finally awaken from this deranged and stifling nightmare will overwhelm you.” (3)

Saul is not alone in making this prediction. Here is Matthew Ward also on the same subject.

“It is the collective light on the planet that is ushering your world into the Golden Age!” (4)

“The unstoppable intensity of the light is propelling Earth ever closer to the Golden Age, where no darkness of any kind can exist.” (5)

Those people who can tap into the collective consciousness, Matthew says, “are accurately seeing what we have described in Earth’s Golden Age — the loving, peaceful life of all peoples, the restoration of your planet’s health and beauty, the harmonious co-existence of humankind with all of Nature.”

“In this wondrous Earth that is on the near horizon and already created in the continuum, there is no fear, no violence or greed or bigotry or any other divisiveness that thrives in a third density world.” (6)

SaLuSa holds the same vision.

“See the rainbow and the pot of gold, because you are truly entering a Golden Age that will be so beautiful and uplifting we can hardly put it into words.

Even in your wildest dreams you have not touched upon the feeling of the wonderful energies that you will experience. They absolutely ensoul you with a great Love
and Light, and that is where you once came from eons of time ago.” (6)

It is part of “an ongoing process,” according to SaLuSa. (8)

We may ascend on this occasion, but we will ascend to higher and higher levels of existence on other occasions, until at last we reach a point where we have ceased to exist as an entity separate in some respects from God and have merged with God in all respects again.

What Ascension is Not Ascension is not an upward movement, Matthew reminds us. To use the word “Ascension” is to use a metaphor.

“Although this movement is into planes of successively lighter energy, not into progressively higher elevations such as climbing a stepladder or a mountain, souls’ growth in conscious awareness and spiritual clarity can be thought of as upward.

Thus ascension is the most descriptive term for this advancement.” (9)

Thus it has, Matthew Ward says, nothing whatsoever to do with a physical rising into the sky, “nothing … to do with the ‘raptures’ of religion, so please do not try to fit that concept into the universal truth.

Ascension is the process of Earth leaving third density and traveling through fourth on to fifth.” (10)

It is not a spiritual judgment process, as Matthew informs us.
“There is no seat of judgment or arbitrary selection of which humans can ascend and which cannot — it is strictly a matter of science and souls’ own choices.

Light changes third density’s carbon-based cellular structure to the crystalline form that lets bodies survive in the higher frequencies, or vibrations, of fourth density and beyond.

“That is why persons who choose to live in the light can ascend with Earth and those who choose to cling to their dark ways cannot. After a time in spirit, souls in the latter group will incarnate in a world that corresponds to their Earth lifetime energy registration and have more opportunities to ‘see the light.’” (11)

It will be, SaLuSa says, “the most important step you have taken since the last cycle began, and it is why so many Beings accompany you in the last stages of your preparations.” (12)

When we finally do ascend,” he says, “you may be absolutely certain that you have succeeded in overcoming duality, and you will truly be looked upon as a Master.” (13)

The fact of ascension, he adds, “is only known to a relatively small percentage of Humankind. Many more have heard about it but it has no real meaning for them. In fact it is often denied as the fanciful notions of dreamers.”

“It is most important that every soul understands what Ascension stands for, and that each one is able to make an inspired choice.
“You who are already aware can help them understand what a wonderful process it is, one that is intended to lift you up to levels that are more in line with your true selves.” (14)

The next part in this series examines what makes this Ascension a unique event.

Footnotes
(1) Saul, July 5, 2009, at http://johnsmallman.wordpress.com
(2) Saul, May 12, 2010.
(3) Saul, Nov. 6, 2010.
(8) SaLuSa, Aug. 27, 2010.
(10) Loc. cit. Archangel Michael has actually said that Ascension is what is being pointed at by the use of the word “rapture,” but the word is not used because it has become politicized.

Archangel Michael: Now when the word … and this is a word that is highly charged, that people talk about …the
“rapture.” Well I assure you, dear friend, that when you ascend, you will feel a sense of rapture!

Now, because that is a highly charged word, I would say, “you will feel the bliss.” So we will not call it the “rapture.” But that is what it is.

**Steve Beckow:** I thought that might be the case, that it is a rapture.


The personal reading was held Sept. 13, 2011.


(12) SaLuSa, June 11, 2010.


Chapter 6

On Ascension – Part 4/6

What Makes This Ascension Unique?

Let’s look at three things that make this Ascension unique. One is that it’s a mass Ascension in which everyone on Earth has the potential to participate.

The second is that it will be happening everywhere in the universe. And the third is that it will see us ascend, not after death, but before, in our physical bodies.

This will be a Mass Ascension SaLuSa tells us that, unlike other Ascensions which were made by qualified individuals after many lives of arduous spiritual practice, this time everyone who wishes can choose to ascend. Mere choice alone is a necessary but not a sufficient condition for Ascension.

To ascend, a person must also have assimilated enough light, as we shall see later.

“What is special about this time is that the whole of Humanity has been given that choice. … By the end of the cycle it will be possible to say, that everyone had at some time been given the opportunity to take a new path out of duality.” (1)

He reveals that this feature of this Ascension is the result of a special dispensation.

“Any individual soul that is ready can ascend. As we have explained before, this time every soul is being
offered the chance to ascend, because it is a special dispensation to allow for a mass Ascension.” (2)

It is up to us whether we exercise our choice, he says: “The beauty of the Light is available to everyone and as always it remains your choice whether to accept it or not.” (3)

Diane of Sirius reveals that the masterful souls who have gathered to assist us cheer when each soul chooses it.

“Everyone rejoices when a single soul reaches up and achieves an evolutionary goal that takes one out of duality. As you know by now it does not come easily which is why the coming unique opportunity … is one that must be made known to all before the end of this cycle.

“Those of you who have been seeking have been directed and guided towards it, and it becomes your absolute choice as to whether you seize the opportunity.” (4)

The Entire Universe will Ascend The second feature of this Ascension is that, not only is it occurring for the whole of Earth, but also everywhere in our universe. Atmos reminds us that the plan is not affecting Earth alone.

“The plan for your Ascension is contained within the many cycles that are part of the orderly function of the Universe. It is not a process confined to Earth or just your Solar System and is happening by divine decree.” (5)
SaLuSa tells us that “the Divine decree [is] that this Universe shall lift up, and enter a new area in the Cosmos.” (6)

On another occasion, SaLuSa refers to “the total upliftment of the Universe” and tells us that we “are as important as any other part of the plan.” (7)

The plan covers “millions of other souls” besides terrestrials. (8)

Again, we hear this message also from spirit sources as well as galactic. Here is Archangel Michael: “It is a time of mass ascension, for all the planets, solar systems and galaxies within this universe are actively involved in an ascension process.” (9)

And here is spirit teacher Matthew Ward, who reveals more of God’s desire in formulating the plan:

“The changes taking place on Earth—overcoming the dark control and opting to live in the light—are not exclusive to your world or your solar system. Perhaps not even to this universe, but we don’t know that.

What we do know is that these changes are universal in scope.

There are places of such love and glory that you cannot imagine them, and likewise places of intense darkness where the masculine warrior and ruthless natures are dominant.

“God’s desire is to bring this universe completely within the light so the opposites are reconciled. But as you well know, free will reigns, and those who cling to dark ways may do so until the brilliance of light, the
radiance of love, is so powerful that they desire to live within that.” (10)

We Will Ascend in Our Physical Bodies A third factor that makes this Ascension unique is that we will ascend with our physical bodies, whereas in the past, to ascend, one has had to leave the physical body behind, as SaLuSa tells us. “This time [i.e., this Ascension] you ascend with your physical body. It is not therefore death of your old one, but simply a change that enables you to use it in a higher vibration.” (11)

To allow the physical body to survive in the higher vibrations, its structure is being changed by the incoming light from a carbon base to a crystalline base.

“As many of you are now aware this [Ascension] is unique, as you take your physical body with you. Not as your existing carbon based body, but one that has become crystalline and can function in the 5th dimension. One that has become lighter, and has moved into a near perfect expression of itself.” (12)

“Also it is unique because you will ascend in a physical body, that has changed its body cells to make it suitable for life in the higher dimensions.” (13)

“The key factor where your Ascension is concerned [is that] you cannot reach it other than being of a similar vibration of Light.” (14)

Like SaLuSa, Matthew Ward also tells us that our absorption of light changes our bodies from a carbon base to a crystalline base, which allows us to survive in the higher dimensions.
“Ascension is possible for all who have absorbed the light, and the souls who accompany Earth will do so in their physical bodies.” (15)

“It would be good to also mention again that the light that is absorbed by receptive souls is changing their cells into a crystalline structure for physical survival in the higher vibrational levels as well as increasing spiritual clarity and thus soul evolution.” (16)

In the course of Ascension, we can expect our bodies to return to a state of perfect health, Matthew says.

“If bodies lack organs or limbs or have physical, emotional or mental disorders, farther along the ascension pathway there will be healing of all disease and replacement of missing parts until the bodies are perfected and mental and emotional health is sound.

“In fourth density the bodies of aged persons will become youthful and live healthfully much longer than your current life expectancy, and life spans in fifth density can be tenfold or more than yours are now.” (17)

Another way to speak about this Ascension is to say that it involves transforming our physical bodies into light, as Archangel Michael explains:

“Ascension is when the soul transforms its physical body into light and steps into the next level of consciousness; it is the aim of every soul on the earth.” (18)

In the next part of this series, we’ll consider where the light is coming from that is causing Ascension.

Footnotes
(1) SaLuSa, Dec. 16, 2009, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm
(2) SaLuSa, Jan. 10, 2011.
(5) Atmos, Jan. 28, 2009, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm
(8) SaLuSa, Feb. 8, 2010.
(14) SaLuSa, March 8, 2010.
Chapter 7

On Ascension – Part 5/6

What Causes Ascension?

Increasing Light Causes Ascension

SaLuSa made a number of interesting comments recently that demonstrate that the Light forces who are working to bring Ascension to this planet are doing so by increasing the light quotients hitting the planet.

He made his comments specifically in light of the popular revolt that has hit North Africa at this time (Feb. 10, 2011) and explains that increasing light is behind the dissent. He said:

“With our presence even if you are not fully aware of what we are doing, the energies around Earth are playing upon the consciousness of many who see it is their duty to take action.” (1)
“The awakening has reached people who have no direct interest or knowledge of Ascension, yet their senses tell them what has been wrong for a long time, and if Man is to go forward changes must take place. Suddenly the group consciousness is expanding and moving into the Light, which is inspiring people to achieve greater things for the good of all.” (2)

The Arcturian Group warned us on Jan. 9, 2011 that increasing light was causing things to look as if they were getting worse.

“It is a time for rejoicing because in spite of what you are hearing and seeing, the light is getting brighter. This then in turn, exposes those corners that heretofore have been dark and unseen.

This is important to understand because although it seems as if things are getting worse they are not, dear ones; not worse, just exposed.” (3)

In physical terms SaLuSa explained:

“Each day you get nearer to the end of this cycle the energies are rapidly lifting you up. A whole series of inputs that are carefully planned to do it, are changing the structure of your body cells as they become crystalline. It will have been completed by the time you ascend.

You will then have become a Being of a higher consciousness, ready to move into the 5th. Dimension of beauty and harmony unlike anything you have experienced upon Earth.” (4)

The week prior to this message, SaLuSa told us: “In a short time your consciousness is going to grow quite
rapidly, and it will be due to the uplifting energies reaching your Planet.” (5)

What are these “uplifting energies reaching your Planet” that SaLuSa refers to?

The sources I examine here say that we are being sent a great deal of energy in the form of love and light to accomplish a planetary transformation and migration on or before Dec. 21, 2012, which they generally refer to as “Ascension.”

To understand the importance of the light returning to Earth we need to understand, as SaLuSa tells us, that “all is energy in its various light forms, and that everything has levels of consciousness. That knowledge is perhaps what has been lacking on Earth.” (6)

As the Arcturian Group reminds us: “You are beings of light in your true essence.” (7)

I’ve said in many articles already located to this site that enlightenment is the purpose of life. Enlightenment is the realization of our true identity as God (or I could have said as Light) which comes about as the result of our being given and assimilating light in the experience generally called “enlightenment.”

In the following passages, SaLuSa refers to that experience:

“You are in strange times to what you normally experience, but as the veil is lifted the Light will illuminate your mind with the truth of who you really are. In reality you are great Beings of Light, who stepped down into the
lower realms for no other reason than that you wanted to expand your evolutionary experiences.” (8)

“One day you will suddenly realise that life has to give you more than it does, and once you see the Light your consciousness opens up. For seekers of the truth there has never been a better time, as so many channels have been opened up to cater for everyone.” (9)

“The great awakening continues to take place, and many souls are opening themselves to enlightenment and becoming one with those who have found the Light.” (10)

On another occasion, he says that “now the Light shines out and every heart can draw it in, and open their souls to the reality of who you are and your purpose in life.” (11)

Ascension is not the end of enlightenment nor are the ascended beings who are helping us lift up at the end of their journey, as the Arcturian Group makes clear: “You are not expected to suddenly become fully illumined, for that is the journey of enlightenment.

We too are making this same journey and are simply a little further ahead. This is evolution and this is what being is all about.“ (12)

As I’ve discussed before, spiritual evolution goes on and on, in a virtually endless journey from God back to God again.

**What is the Nature of This Light?**

What is the nature of this light? Ela of Arcturus tells us that its nature is love.
“What is this energy that is bringing about the changes; it is what has been referred to as the glue of the Universe and it is the higher vibration that you call Love. It permeates All That Is, and that which you call evil or negative is due to the lack of that energy.” (13)

It may be hard for us to imagine how something like light can also be called love, but if we think in terms of other things we can see that a phenomenon can be known in terms of more than one quality. For instance, honey is sweet and liquid. Marble is hard and white. Light shines and is experienced as love.

The sages who have experienced the inner Light tell us this is so or demonstrate it.

Here for instance is J. Krishnamurti bearing witness to the love that comes with light:

“I have seen the Light. I have touched compassion which heals all sorrow and suffering…. Love in all its glory has intoxicated my heart; my heart can never be closed. I have drunk at the fountain of Joy and eternal Beauty. I am God-intoxicated.” (14)

This description of Sri Ramakrishna in samadhi implies it:

“Spellbound, they looked on a great yogi, his face lighted with a divine smile, his countenance radiating love, his eyes sparkling with joy — a man who had renounced all for God and who knew nothing but God. Unceasing words of wisdom flowed from his lips.” (15)
This light of love, SaLuSa says, “is ever increasing upon Earth.” (16) “The Light has truly broken through and will continue to grow more powerful.” (17)

This increase “is a very good sign of the progress [towards Ascension] being made. Out of the darkness a grand Light beams out and reaches all around the Earth.” (18)

Our sources tell us what awaits us as a result of the increasing light. St. Germain says: “The lower vibrations are heavy and have kept you in a state of unknowing of your true reality, but now that is rapidly changing.

The glory of being in the Light and realising your true potential far exceeds any dreams you have had of raising your selves up.” (19)

And Saul tells us that “your times of sorrow, pain, and confrontational disharmony are almost at an end, as God’s divine light and grace washes over the planet, healing, repairing, and renewing, so that the pristine beauty in which all was created may be gloriously re-established.” (20)

In our next article in this series, we’ll consider where this light is being beamed from.

Footnotes
(1) SaLuSa, Feb. 9, 2011, at http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm
(2) Loc. cit.
(4) SaLuSa, Feb. 9, 2011.
(5) SaLuSa, Feb. 4, 2011.
(6) SaLuSa, Jan. 19, 2011.
(10) SaLuSa, Nov. 5, 2008.
(11) SaLuSa, April 1, 2009.
(16) SaLuSa, Feb 2, 2011.
(18) SaLuSa, Feb 2, 2011.
(20) Saul, June 19, 2009, at http://johnsmallman.wordpress.com
Chapter 8

On Ascension – Part 6/6

Where is This Light Coming From?

Where is This Light Coming From? Where is this Ascension light coming from and how long has it been coming to Earth?

Spirit teacher Matthew Ward tells us that it is coming from many extraterrestrial sources. “If only you could realize the vastness of the light coming from countless sources in the universe, your hearts would be uplifted immeasurably to hasten the moment when darkness succumbs to the brilliance, and love permeates Earth.” (1)

On another occasion, he describes its origin as “myriad extraterrestrial sources.” (2)

In a third message, he refers to it as “the ever-increasing light beaming from afar,” which is “adding to that which you are generating on the planet.” (3)

SaLuSa agrees with Matthew and says: “New energies permeate the Earth, that come from outside your solar system.

These are behind the personal changes you are experiencing, and are becoming more powerful each day.” (4)
Elsewhere, SaLuSa tells us that the light originates with great beings. He reveals that “many higher Beings are … focusing their Light upon Earth.” (5)

He explains that: “There is so much help coming to you from many quarters, as the Universe follows the events upon Earth very closely. Your evolution is viewed as being most important, and a successful outcome is essential to the future of Mankind.” (6)

SaLuSa’s colleague, Ker-On of Venus, agrees that light “is beamed to Earth from many different sources. The Universe is playing its part in ensuring your successful completion of this cycle, and continues to send ever-increasingly powerful rays of Light.” (7)

Some sources identify a Sun at the center of the galaxy, others a black hole, which the Mayans referred to as Hunab Ku, as a major of these uplifting vibrations of light and love.

For instance the ascended master St. Germain says:

“Behind everything that occurs is the motivating force of Light that comes from your Central Sun.

The God Force is being given to you at such levels as you can accommodate, and your power is increasing tenfold. I see the wonderful Light that encircles the Earth, and it grows faster than ever as more souls respond to its call.” (8)

Intuitive David Wilcock refers to this energy source as a “galactic wave”: “The galactic wave specifically seems to be part of an intelligent design that energetically pushes us to the next level.” (9)
The spirit teacher called Saul describes this light energy in the following manner.

“Planet Earth is enveloped and wrapped in the most glorious cloud of divine Energy, which is revitalizing and invigorating her and all the life forms she supports. It is most beautiful and awe-inspiring to behold.

It shimmers and shines with a brilliant intensity of constantly shifting colors.” (10)

All of us are bathed in it, say the light beings speaking through Phoebe Lauren.

“This new energy that is coming to earth now is stronger and purer than any which has come before. … This is an energy of pure light and pure love. (11)

SaLuSa tells us that the light has been increasing for many decades now.

“For over a century the amount of Light being brought to bear on you has increased tenfold, and has been instrumental in lifting many of you up.

This is in accordance with the Divine Plan to release you from the lower vibrations, and end the cycle whilst giving every soul the opportunity to rise up. (12)

The Group, speaking through Steve Rother, explains that the space nations that gave birth to the human race have returned to Earth to assist us through this period: “All eyes in the universe are upon planet Earth right now.

The six parental races that helped you form these physical bodies that you hold right now are back again to help. The interesting part is that they are fighting over who can help the most.” (13)
For us this is a great opportunity, Diane of Sirius says.

“Now is your opportunity to awaken to your true potential, as the Light is being beamed to Earth.” (14)

“The energies you are now bringing into focus are the means of your upliftment and they will continue for quite some time.” (15)

SaLuSa also attempts to make us aware of the opportunity before us: “The Earth [is] becoming a Planet of Light. The dazzling points of Light coalesce. …

So it shall continue until the lower vibrations hardly exist, and then you will be near to the end time and Ascension.” (16)

Ker-On of Venus describes its significance and tells us how to take advantage of it.

“What many thought would never come in their lifetime has suddenly arrived: The opening of a new pathway that is glowing with a Golden Light that is going to become more intense, one that beckons all who have desired the opportunity to ascend and requires only your intent to live the remainder of your life to your very highest understanding of what it means.” (17)

In our next article in this series, we’ll look at what life may be like in the higher dimensions towards which we’re headed. (I can’t guarantee I’ll be able to post the next part soon.

The worldwide protests have intervened and take precedence.)
Footnotes


(9) David Wilcock, interview with George Noory, Oct. 6, 2009, Coast to Coast AM, at http://www.youtube.com/watch?v=d5JTtnXy2Q4&feature=player_embedded


(11) Message from Light Beings [or Angels] through Phoebe Lauren, email from Mark Huber, Machube@comcast.net, Oct. 5, 2008.


Chapter 9

Ascension: Message from Jesus

SOMETHING OF ENORMOUS SIGNIFICANCE IS SHORTLY TO COME INTO VIEW

Aug. 1, 2012
Telepath, John Smallman

*Jesus speaks:*

Excitement mounts as the most pivotal moment in all of human history draws ever closer.

Examples of previous pivotal moments in your more recent history have been: the telephone; the establishment of an electricity grid; the assassination of Archduke Franz Ferdinand of Austria leading to the first world war; radio broadcasting; the nuclear bomb; worldwide travel for all; computers; the Internet.

And all of these are as nothing compared to what is about to occur.

Many of you are spending a lot of time attempting to imagine what will happen to humanity and the planet as you all awaken from the illusion.

If it excites and encourages your optimism about your future, then that is very appropriate because optimism is an essential frame of mind with which to embrace and move forwards towards awakening.
Your most creative imaginings of what is about to come into being are but the palest shadows of what is actually to occur.

Optimism is a very powerful energy that includes enthusiasm, cooperation, and harmony, and which brings with it happiness as an added benefit. You all have every reason to be extremely optimistic as the changes and developments leading to awakening unfold all across the planet.

Make a point of focusing on the marvelous events that are bringing people together in friendship and love on a scale never before been seen on Earth.

It is most definitely going to be a defining moment in humanity’s ongoing evolution as you awaken into the boundless Reality that is your eternal Home.

As you get ever closer to this exhilarating event, your momentum is increasing.

No longer is there the least chance of you arresting your progress, let alone of turning back. Your arrival is inevitable, as divinely promised ever since the separation from God apparently occurred.

Your intent to awaken continues to intensify as more and more of the human inhabitants of Planet Earth start getting intuitive feelings, telling them that something of enormous importance and significance is shortly to come into view, beyond the horizon that presently encloses the world that you see and in which all your activities currently take place.
Many are feeling on edge, unsettled, unsure, as the energies that are carrying you forwards strengthen and intensify even further in order to whisk you firmly and directly on your way.

There will be no more deviations or detours as you follow the divine super-highway to your heavenly destination – your tanks are full and will remain so – and there is no need to stop en route for provisions of any kind.

It is as though you had been catapulted into space with your ship fully victualed for the journey, and your course precisely calculated to ensure that you capture the added impetus to your trajectory that is available as you pass through the orbits of various other planets to speed you securely on your way.

You have been doing extremely well in your efforts to let go of attitudes and behaviors that restrain or restrict you from being open and honest in your dealings and communications with others.

Now is the time for you to engage fully with the divine energies that are enveloping the planet, and to release whatever else is holding you back from doing so – any beliefs that are in any way unloving, and the grievances, resentments, lack of ability to forgive, or judgments that are entangled with them.

You are being offered limitless assistance with your closing tasks so that your Light may burn ever more brightly, demonstrating to all that Love is the answer to every issue, problem, disagreement, or conflict that is engaging the minds and hearts of humanity.
The upswell in Love enveloping the planet is quite astounding as the meditative intents of enormous numbers of you combine together to further assist you all in releasing the remaining chains of chaos and confusion that are still binding you to the illusion.

You are most definitely firmly established on your way, and nothing can prevent your arrival at your heavenly destination.

Your loving brother,
Jesus.

http://JOHNSMALLMAN.wordpress.com

Chapter 10

Ascension: Matthew Message

August 2, 2012
Telepath, Suzanne Ward (***Mother of Matthew)

Matthew speaks:

With loving greetings from all souls at this station, this is Matthew. The combination of vibratory emissions from Earth and the energy planes through which the planet is ascending are producing a variety of strong effects.

We shall speak about those, and first we mention the most splendid effect—myriad sparkles are shooting
upward from Earth, and each signifies that a soul is awakening, searching for an understanding of what is transpiring in your world.

Although the populace doesn’t know that weapons of war are failing to function and many thousands of our assisting family members are circling in your skies, for instance, there is a strong feeling that something significant is afoot, and some feel that it bodes well for the world.

Indeed it does, and we wish everyone could know this! Although a few supporting facts are coming out, they are buried in belabored coverage of sensational events and currently the Olympics.

In the weeks prior to the opening ceremony, reports of planned terrorism in London were disseminated on the Internet and mainstream media also reported that possibility—the Illuminati still are circulating fear-filled information.

That does not mean that they had no intention of carrying out any sinister acts, only that they wanted to get a head start on creating fear by telling you what they have up their sleeves.

Even knowing that light beings from advanced civilizations above and on the planet have been foiling "black ops” plots, the dark ones are keeping at it. They will be no more successful during the Olympics than heretofore, but their persistence is understandable.

They feed on the energy of fear, and their only means of keeping alive the tattered remnants of their former
domination is by creating the widespread fear that keeps them going.

In honoring Earth’s free will that no more large scale terrorist acts will befall you, your space family is authorized to prevent all such attempts, and they keep abreast of everything the Illuminati and other nefarious individuals are doing.

For many years the crews in crafts have been in continuous communication with their ground intelligence troops and the high universal council, thus everyone involved is apprised of what is going on regarding the Olympics and all other world affairs.

In a recent message we stated that the council deemed it advisable to wait until near the end of the year for crews to land in large numbers and members of our universal family living among you to identify themselves.

We also said that nothing was set in stone, so that meeting-up could occur sooner, and the potential is growing that it will.

But not on August 4\textsuperscript{th} during the games—that would cause panic! If the council concludes that all conditions are ideal for a stunning appearance that day, very likely it will in the nature of an unmistakable extraterrestrial “fly-over,” not an Illuminati concoction designed to look like an invasion from space. However, please do not be disappointed if that date passes without a world-startling event.
You may think that specifying a date and location is foolhardy because it lets the Illuminati know when and where to create a frightening illusion or dangerous conditions, thus postponing whatever the light forces have planned. Since the telepathic “antennas” of the dark ones’ always are operating, just as the light forces’ are, they would know about a plan even if it were not made public.

The appropriate timing for irrefutable evidence of extraterrestrial presence on the planet goes back to the fear issue.

The ultimate aim of the darkness is to capture souls, and fear is their most effective tool because fear energy forms a barrier between the soul and the consciousness, thus literally keeping a fearful person “in the dark.”

That is why time and again we have urged you not to fall prey to grave predictions or claims, and you have seen that the timing ascribed to those kinds of events has come and gone without any of the catastrophes coming to fruition.

But the majority of the population doesn’t know how fearful feelings affect them personally or that the collective feelings create world conditions or that the dark ones need fear energy so they can continue fomenting devastation and death.

The power of fear and the massive amount of negativity it produces always has been the council’s primary consideration as to the timing of their appearance on the planet.

Developments—and lack of developments—due to the other effects of the mixed vibrations on the planet and
the energy plane it is traveling in are prompting serious reconsideration of waiting until year’s end.

Greater numbers of people, including the most steadfast lightworkers, are experiencing a variety of distressing physical, emotional and mental conditions—all of that energy has negative charges. The vibrations of the energy plane alone can cause anomalies as the bodies of light receptive persons are adjusting to the change from carbon cells to crystalline.

It is important to drink more water and eat more lightly than usual, get enough rest and sound sleep, and have as much peaceful solitude or time in natural settings as possible.

Furthermore, because everything is energy fluctuating at one frequency or another, mechanical, electrical and electronic devices and systems also are being affected—a very recent example is the widespread power outage in India. Even if that may have been an Illuminati-aided occurrence, a power failure is not an unexpected result of negativity meeting the planetary alignment this close to fourth density.

The combination of those effects is creating widespread fright, inconvenience, anger and financial hardships, and the negative vibrations emitted by those collective reactions are clashing with the frequencies of the energy plane the planet is transiting. As Earth continues on her course, the clashing will intensify and so will its effects.

The tenacity of the dark hearts and minds is causing this situation. If they had adhered to their agreement to
join the light forces at the specified time, about ten years ago, the planet would not have been in such lower frequencies and what is happening now would have been avoided. And that brings us to the lack of developments.

You need no reminder that since at year’s end all darkness on the planet will be gone, only five months remain in which a great deal must be accomplished. While encouraging progress has been made in the negotiations between some of your leaders and ETs, the peak members of the Illuminati are as recalcitrant as ever.

Civil wars still are raging and tyrants still are reigning in several countries. Stubborn divisiveness in seemingly countless issues continues, new governments are in disarray and old governments are filled with squabblers. Impoverishment is causing great suffering and death, there appears to be no end of corruption, and many national economies are in dire straits. In short, on the surface, it appears as if it’s business as usual, and that common perception is resulting in unenlightened people fearing what the future holds.

So fear and duality still are alive and kicking, and they’re deterring the initiation of major reforms. It is your world and you are responsible for taking the helm to achieve what you want, but so much is required in such a short time that something shocking is needed to get the world’s attention.

The arrival of other civilizations will do that. We can’t tell you when because it hasn’t been concluded, but
we can assure you that it will happen in the most prudent timing and the safest, most sensible ways.

There is more to the inexplicable shooting in Colorado, in the United States, than meets the eye. Everyone involved—the shooter, the persons who were killed or injured and all the families—was experiencing what was chosen in soul contracts or rapidly amended contracts in a collective agreement to be participants, and eventually the facts will link that incident to the Illuminati.

Our hearts go out to the persons who were injured and their families, and the families and friends of those who died. How we wish they could know that their loved ones are joyfully living in Nirvana, and that all who agreed at soul level to endure this traumatic burden took leaps in evolvement.

We wish every person who is grieving the loss of beloved family and friends knew about those persons’ active, diverse, exciting life in Nirvana. They don’t, and instead of feeling heartened about their dear ones, they are heartbroken.

Again we mention that even though Earth has been receiving massive ascension assistance from extraterrestrials and they are preventing grand scale terrorism, you are in charge of everything except the time of their arrival. If there is to be a change in the bitter controversy about the easy availability of guns and your society’s war mentality, it must come from lightworkers.

It is not a coincidence—there are no coincidences!—that the recent tragedy was in the same small city where a similar incident occurred a few years ago. It is an unmis-
takable sign that action must be taken if you want violence to end.

In no way are we saying that you are being negligent—far from it! We hold you in utmost honor and respect. Underlying this issue of guns and all other killing instruments, and like everything that engenders hatred, contempt, violence, injustices and death are the formidable tentacles of darkness.

The light is far more powerful and actions that serve the light are correspondingly stronger—that is why you have gained the higher ground in this light vs dark battle.

Think of all the corruption and deception you have exposed to the world and the progress you have made in a remarkable array of humane and environmental issues—keep up the good work!

We shall rejoice with you when all truths are revealed along with evidence of the progress that has been made in innumerable areas out of public view.

Just as all who are involved in those activities must be patient until the right moment is at hand, so must we and you. And we all can be, knowing that with time dwindling by the day, revelations and beneficial changes have to be coming forth soon.

Now then, please do not interpret our explanation as a setback for Earth—most decidedly, it is not! The foot dragging is on the part of the dark ones, and they will be leaving incrementally. It is extremely important that you do not dwell on them, especially not punishment for what they have done, or on the delay in getting this momentous show on the road at high speed.
Instead, prepare for life in Earth’s Golden Age. We suggest that you not get bogged down in wondering which politicians are honest or which advice to follow about investing your money—soon enough you shall have those answers. Divest yourself of trivial interests and society’s superficial standards.

Whenever possible, avoid encounters with confrontational folks, but if that isn’t possible, don’t be drawn into arguments—the expenditure of energy in such matters often results only in the negativity of frustration or futility. Trust your intuition and honor your soul-self.

Live from your heart—as God said, “The heart is the seat of the soul.” Imagine yourself in a world where peace, mutual respect, cooperation, honesty, abundance for all and life in harmony with Nature reign.

In the continuum, this wondrous world that you have been co-creating already exists, and in linear time, you are almost there!

For several years we have offered spiritual enlightenment, guidance and encouragement, and it has been our privilege and joy to do so. Our sharing service won’t be necessary very much longer—your soul’s communication with your consciousness will provide all the information you need.

Perhaps you will smile when you realize that everything we have told you has been your own knowledge all along—all we did was gently nudge it into your remembrance.

The purpose of every lifetime is self-discovery—letting this fulfilling adventure unfold in its season is the
way to your infinite capacity for love. The power of unconditional love, that ultimate force in the cosmos, is the key to all the sublime glories of the Golden Age and beyond.

Now we enfold you in unconditional love as we, and myriad other light beings, accompany you to the threshold of fourth density.

LOVE and PEACE

Suzanne Ward

www.matthewbooks.com

Chapter 11

Ascension: Wake up Call: Hatonn #1

August 01, 2012
Telepath, Nancy Tate

Hatonn speaks:

I am here today to tell you of a coming event. It is one that will ring through the world as a wake up call that will send a message through so many people that the world will be changed forever.

It will be the first time that this planet has experienced this kind of energy. It will represent the total and complete collapse of the present day society on earth.
It will not be an instant changeover into the coming way of life on earth, but it will create such a sudden change in mind and heart that there will be an unmistakable change in the way that the people look at their world and what they will begin to do about the realization that they have been lied to at least on one level.

It is time for this grand awakening to begin. There are so many people on this planet who are on the verge of realizing who they are and what they are capable of doing. As this event wallows through the societal images of what is and what is not, the people will see the truth in stages of the reality of what has been hidden for so long.

It will take many people longer than a minute; most people will take a while to be able to comprehend how their idea of life here is not in keeping with what is actual fact.

Once the people begin to awaken to the truth of what they see in this event, then they will have no choice but to take down the veils that have been influencing their lives for so long.

They will know that as soon as the others in this world go on from what has been shown to them, they will respond in a way that will not only be life-changing, but it will also be a huge change for the world they live in.

It will be a gradual change but it will be in such a way that represents what they can comprehend at this time.

For those of you who know what is to come and have seen in your own hearts and lives what it can mean to you, we will continue to give you the support that you
desire for your steadfastness in bringing the truth to the world. For those who listen to, and recognize the truths of action in the ones who are tuned in now, it will be a grand opening to their new way of being. It will fill their lives with such joy and peace that they will know that their lives will never be the same again.

They will rejoice from that point onward that they are being gifted with such a beautiful inner vision of what is in store for all of mankind, and all life on this great planet.

This one who receives my information, Nancy, received some from her inner self the other day about her lifetimes in the area where she now resides. She realized that she was a native of the land and that she addressed whom we call Gaia, as Mamousa. That was the known name of this feminine energy of the planet by her tribe.

That was a name given to her tribe by the Lord of Names at the original time of her ancestors on earth. It stands for originality and harmony. That is what this earth is all about.

The reason for the evolution of this earth is to bring about original creation and harmony in doing so. That is what is to come in the next evolutionary process that will embrace this land.

Know that you are all part of this process and that as this comes into being across the planet, it will be a grand and glorious journey that will lead to more and more, unending experiences of the love, peace, joy and harmony in the originality that comes from the freedom of expression, from the self-empowerment that is within.
I leave this message now with the peace joy and love that is expressed in every moment of the present and coming times.

Be prepared for lots of change and a glorious new awakening of those who reside on earth. It has been quite a trip, and now it is in its final steps of the journey to get you to the place of the freedom to express in your own ways.

Take it to the limits and beyond, and you will be in eternal bliss.

Thank you dear Hatonn, Love, Nancy Tate

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To change your email address for the Wake up Calls unsubscribe the old address and then subscribe the new one.
Beloved Ones,

There have been and will continue to be many, many downloads of energy, information and activations as is resonant with each person’s ability to safely integrate.

You will find that each day the changes within you are taking place in a rapid manner and will find yourselves feeling more vitality, clarity and empowerment as the weeks and months continue.

Whatever is still left within you that must be released will come up for review, understanding and transmutation into Light. All that was of lower density must be eliminated from every cell of your Being and there is no escape except through this purification process.

Those who have been doing the work will find themselves feeling greater lightness and joy for greater periods of time.

This is a sign that you have been on the right path and that all is well.

Throughout the ages, there have been systems of knowledge that were given to those who sought the truth of who they were and their purpose for being upon the
Earth. This knowledge is now being given freely to all who are ready to receive it and great strides in the

Awakening of Humanity are being made.

Every moment of every day, the changes that are occurring upon and around your Planet take place and they are now so numerous that the mind boggles trying to fathom the mystery and wonder of it all. Humanity is not lost; it is in the process of finding out more about the reason for its existence and as each puzzle piece fits into place, more questions are being answered and truths given.

Stand tall as these changes take place for you have earned the right to be in this vanguard of the new Golden Age on Earth. Go deep within yourselves to connect with the Divine and follow the promptings of your heart.

Spend more time outdoors in nature and just let yourselves BE. Keep your highest visions for the new world that is dawning uppermost in your mind.

Laugh often, seek out the beauty that is abundant in your World and revel in the exquisite perfection of each minute detail. Everything is wondrously made and designed by the Creator and requires only your attention to it.

Cultivate thoughts of gratitude and turn each lower thought that still comes to the surface into one of beauty and empowerment.

Nurture yourselves more, love yourselves more, for without this, one cannot love others. You have been on the Path for many, many lifetimes and it is now, in these
times that you are discovering how truly and magnificently you are made and how you may use your power to create the greatest good for all.

Align daily, even hourly, with intent, to your Great I AM Presence, your Christed Being of Light. You are alchemists, recreating yourselves to your original Divine blueprint of perfection, honing your purity and brilliance to diamond impeccability.

Feel love for your creation each day, for it is good.

You are on the road to freedom from the world of illusion, distortion and dysfunction and each day brings you closer to remembrance of your true magnificence and the stars from which you came.

As each strand of your DNA, RNA and LNA lights up and ignites, more knowing will occur. You need only follow the truth within your hearts and all will continue to be well.

Remember that through this entire process, you never walk alone. Gather together in great numbers to work on the highest vision of a

World of Peace, harmony and balance in all things.

_I AM Hilarion_

©2012 Marlene Swetlishoff/Tsu-tana (Soo-tam-ah)
Keeper of the Symphonies of Grace

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Chapter 13

Ascension: SaLuSa Galactic Federation Message #1

June, 29, 2012
Telepath, Michael Quinsey

Before Ascension we will have fully entered your lives through disclosure, and the truth will be set before you. It will be up to you how much you accept as there will be no pressure placed upon you to do so.

You take whatever fits in with your personal understanding, and that way you will grow at your own speed.

We believe there are better ways to evolve than religious constructs, and do not come to place another one upon you. Simply stated the Truth Is All That Is, and whatever path you travel it will eventually lead to it.

You have the ability you need to evolve, and as your levels of consciousness expand which they will, it will become much easier to identify beliefs that support the truth.
We notice that many people become so involved with what is planned for the future years, that they overlook the fact that this cycle has little time left.

*SaLuSa speaks:*

Look around you and keep your eyes and ears open, as you will see evidence of the arrests that are beginning to spread around the world.

We have often urged our allies to speed up their actions, but at the same time we have allowed for the need to make sure everything proceeds as is necessary.

The weight of evidence against those who have corrupted the banking system is overwhelming, and it is therefore the right time to strike. These are some of the most important issues to be dealt with, and our next moves hinge upon the outcome.

It is clear that the old system must be totally changed, and currently the banks are far too big and powerful. Ultimately they must be reduced in size and made more accountable to the people they serve.

By far the biggest problem is debt, and the giving of more bail outs only compounds the situation that now exists and threatens total collapse. That however is a blessing in disguise, inasmuch that the position is irretrievable and we have the solution which they will be forced to accept.

There is no other way than debt forgiveness for all of those countries that have had to take crippling loans. It can then be extended to many personal situations, but not where money is owed for services rendered.
You cannot expect to move on and take in the changes that are going to lift you up, unless the rubbish has first been swept away. So Dear Ones if you find it possible to enjoy the demise of the cabal, do so knowing that they will soon be unable to dictate your life style to you any more.

The misery, poverty and lack will be changed by the coming of abundance, along with the restoration of your freedom. It is what you have been waiting for and will go ahead once governmental changes have taken place.

Just bide your time and let the predictions of catastrophic events pass you by, as you have far more to look forward to that is positive and for your benefit.

Have we not told you many times that all is well, and you are already on the path to Ascension which will see the final end of duality.

You should know by now that if you are ready to ascend you will be successfully living your truth, and act from a position of understanding of the Oneness of all souls and treat them accordingly. Perfection is not expected whilst you are still learning to raise your vibrations, therefore intent is a very necessary requirement.

Souls that have never gone through an earthly incarnation have not experienced what you have, but nevertheless have their own plans for evolving. However, their progress is much slower than yours and that is their choice.

Time does not come into it and all souls are free to take a path that suits them as individuals.
Your experiences like all others goes into the pool of knowledge for others to use, as there is no need to experience everything personally.

It is why we commend you for having taken on such a difficult choice, as duality is a most testing dimension that is hard to rise above. Clearly as you amass experience you are evolving, and even if it seems slow progress you will eventually lift yourself up.

Of course there is always help available to you, and all you have to do is put out the thought and you will get a response.

Even as we of the Galactic Federation of Light are with you now, so are many other Beings that take on such responsibilities as service to others.

Those in the higher levels are always available to help others and that is quite normal. After many lives in the lower vibrations you are at last realizing that you have never been alone, although it seemed that way.

The fight between the dark and Light for your soul is all but over, but do not move your sight from your goal and do not give way to the fearmongers that act out of ignorance.

They have been brainwashed into believing that the Earth is all there is to life, and see no further than the drudgery and serfdom. For those of you who have broken out from it you can now bask in the Light of Truth. You are sufficiently understanding to not just hold onto it, but forge ahead towards the New Age.
Before Ascension we will have fully entered your lives through disclosure, and the truth will be set before you. It will be up to you how much you accept as there will be no pressure placed upon you to do so. You take whatever fits in with your personal understanding, and that way you will grow at your own speed.

We believe there are better ways to evolve than religious constructs, and do not come to place another one upon you. Simply stated the Truth Is All That Is, and whatever path you travel it will eventually lead to it.

You have the ability you need to evolve, and as your levels of consciousness expand which they will, it will become much easier to identify beliefs that support the truth.

We notice that many people become so involved with what is planned for the future years, that they overlook the fact that this cycle has little time left. So much of that which worries you now will never materialize, so do not put your energy into it as it is of no consequence.

Keep your sights on the immediate happenings, and as the dark Ones are revealed for what they are have sufficient compassion to forgive and send them Light.

Remember that you have all experienced the highs and lows of duality, and until you have full remembrance of past lives you just do not know how low you might have fallen.

Yet here you are today standing in the Light and able to help others who have not reached that stage.
Dear Ones, it is never too late to change your ways or views of life. However, once you begin to understand, lift yourself up and live as you believe a soul of the Light is intended to be. You will find that the higher you can reach the more peace and calmness enters your life.

You become in control of it and serving others is as simple as shining out your Light. You do not need to do more unless you feel called to do so. If you have a special role to play in these end times, be assured that the opportunity will present itself to you.

I am SaLuSa from Sirius, and as we have the technology and more than ample personnel to deal with your needs, we have no desire to place too much responsibility upon you.

At the same time you have requested opportunities to assist and we are pleased to accept, and after all you have karma that links you with the changes required that need to be played out.

We thank you for awakening to your challenges, and send our love to help you all.

Thank you SaLuSa.

Mike Quinsey.

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Chapter 14

Ascension: SaLuSa Galactic Federation Message #2

Aug. 10. 2012
Telepath, Michael Quinsey

SaLuSa speaks;

The legacy that the dark Ones left in place still creates trouble for you. Actions they set in motion a long time ago still make progress, but no longer have the power or impetus to carry them through.

Their greatest drawback has been where their military ambitions were concerned, and we have permanently disabled nuclear weapons which they will be prevented from using. The financial wing of the cabal has also fallen apart, and it will not be allowed to be resurrected in its old format. In fact as fast as they plug one hole another appears elsewhere, and in the end a new system will be the only answer.

As the old one falls apart so it is revealing the extent of malpractice and corruption that has taken place for a very long time. So do not worry about the continuing problems, because at a future date not so very far away it will change for the better.

Also in the future money will not have as much importance as it has done in the past. It will be fairly distributed, and the system of heavy taxes will be vastly altered so that what you earn is only taxed once.
Furthermore with free energy that is to be used in many ways to provide your needs, your outgoings will be much less than they are now. The ultimate situation will ensure that all of the energy needed for your heating, lighting, water and cooking will be free, as will a form of public transport.

Eventually petroleum based products will no longer be used or required. Clean and economical energy will be available to everyone, thus removing the source of much pollution upon your planet.

You are getting used to the idea of major changes in your society, and these will not cause the disruption you might imagine. The plans have been very carefully laid out and speed is the essence of everything we are about to do.

We know some of you are concerned that we do not have sufficient time to carry out our work, but be assured we are well prepared for any type of situation. The groundwork has already been done, and obstacles such as planning permission or other forms of delay you normally experience, will not interfere with our intentions.

As time goes by more of you have become open to the idea of working with us, and we welcome such enthusiasm. It has always been our intention that you should for example, be involved in the cleansing of your Earth. There are many areas that are seriously damaged and polluted, and denuded by deforestation. Have no fear about how long it will take, we can help restore them very quickly.
In fact we will improve areas beyond that which they were previously, and we know exactly what is required to keep in balance with nature.

Bear in mind that our Motherships are in some instances many, many miles long and far larger than some of your cities. We carry with us all that we are likely to need, including large fleets of smaller craft for duties within your Earth's atmosphere.

The Motherships that you have often seen are mostly cigar shaped, but there are also ones that are circular. We do not normally come too near to your Earth with our largest craft, as they would cause malfunctions with your own energy systems.

However, you will see them way above the atmospheric limits, and certainly an increase in our presence as we will come much closer to you.

You are getting used to the idea of a great leap forward, which makes it easier to introduce you to new technologies. In most ways they are labor saving, non-polluting and economical to use, and naturally automation will require less input from you.

That will leave you with far more time to spend on yourself or pursuing other interests. In other words you will have plenty of leisure time to follow your hobbies, or whatever may continue to expand your knowledge. Since you will be able to travel into the past, present or future, your knowledge will grow very quickly.

If you have a sufficiently expanded level of consciousness, you may want to join one of the Federations such as the Galactic Federation of Light.
Since you are so near to the major changes that you have been advised about, in the meantime there is nothing to worry about. Your future has already been determined and one thing is certain, and it is that the end times are divinely decreed and they will pass accordingly.

Nothing is going to alter the end result and it does not matter what occurs in between. As you are beginning to understand, there is no longer the necessity for a catastrophic ending to the cycle.

That was only applicable when it seemed evident that Man was trapped in the lower vibrations, and it looked as though there was no way out.

To your credit you have responded well to attempts to lift you up. Although the dark Ones were increasingly extending their control over you, you took in the Light and awakened to what was happening.

Your growth in consciousness attracted even more Light to Earth, and the grid lines around it became renewed and extremely active.

Like attracts like and you have become so powerful that you have not just stopped the dark Ones in their tracks, you have achieved victory over them. Soon you shall see them removed and prevented from expanding their web of darkness.

There is a lot to do, and we are ready to get the vital cleansing underway. We have kept the damage down, but it is time to complete the work that has already started.
The dark Ones have been allowed to enact their game plan, but the Light was always going to win. It was just a matter of how well the Lightworkers would respond, as you would often incarnate and be pulled down by the negative energies and forget your life plan.

Assistance is always at hand to help you out, but sometimes it is difficult to get through to you.

The temptations of the physical levels are inviting and hard to resist, but with experience you can rise above them. In reality no one fails, as you will continue to face the challenges of the lower dimensions until you conquer them.

I am SaLuSa from Sirius, and ask you to still keep your focus on Ascension, as it is what everything is about, and you have spent many, many lives to reach this point.

Well done, and well deserved.
Thank you SaLuSa.
Mike Quinsey.

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Chapter 15

Ascension: St. Germain Message

ST. GERMAIN EXPLAINS HOW TO PREPARE FOR ASCENSION

NOTE: See St. Germain's dazzling "life story" in Appendix of this volume

July 25, 2012
Telepath, Aruna

St. Germain speaks:

When you are fully prepared for ascension the kind of love that changes the world radiates from the body. There is no mental creation needed, as whatever shows up is considered perfect.

Clear, mental contentment is the only mandate happening. When this beautiful way of life is constant, the number of days left in a life no longer matter. Ascension happens naturally to those living like this.

Others need more clarity about the way they will be called. It will be an inner and outer call, one you cannot ignore, whether you are asleep or awake.

It will tell you to go outside so you are out of the house containing your old life. New conditions are about to begin.

No closure with loved ones will be needed. Eternal oneness means there is no distance in your connection with the angels and there will likewise be no distance in
these connections, only a mental image that disappears in their mind's view.

There will be a moment of facing God and agreeing to go forward. No two ascensions will be exactly the same. Some of you will go missing before others notice. Some will disappear while their family is in the next room, and others will ascend in an area miles away from close family members.

Those who have said yes to this opportunity will be called as Masters who are able to leave this world without any attachments.

Are you able to leave without any goodbyes? If not, get them out of the way. Please do any and all of the closure actions that can become an attachment that holds you back.

Children can ascend only when the parent--that they have the most contact with--is ascending. In cases of men leaving their families to ascend, they will be considered the parent of most contact when most of their child's needs are being met by them.

Pets that are able can also ascend. Pets will be considered like children, ascending with the caregiver that does the most to lead the animal and who is most always with it.

Kind and gentle beasts will also ascend, like whales, dolphins, horses, dogs, cats and even mice and gerbils. All who are able will accompany their ascending caregivers.
Will whales go with humans? No, as with dolphins, they will go with their mates and offspring. No dolphins will be on the planet after this ascension.

Many have already ascended. In the news you have seen groups of bodies washing up on to the beach. These are what has remained to tell the tale. Most whales are also ascending.

Not all varieties, but most. Killer whales are not ascending due to their ability to cause awakenings in ordinary daily circumstances.

Humans who go into their auras can get charged with chi to help them with awakening. Campaigns to free the whales have been the cause of their awakening ability.

Those who could identify with the loss of marine life being important were all included in a delivery of more alignment to their auras and consciousness.

Altering the human level of mastery has been done with numerous animals, including dogs and cats who appeared to be aware when they were cared for by aware owners. Conscious animals are all able to ascend. Are you as free as they are?

When we call you, nothing need be done to gather the children or pets to you. They are to be helped by their own guides. Making the leap to another level of consciousness will be the easiest thing you have ever done, and you will be showering the entire planet with a good dose of enlightenment for all who are not ascending.
Fasting will not be needed. Neither will the diet I gave you, as the lesson was to be able to adapt to any circumstance, and dieting to act as one with divine energy was good for all who decided to do it.

Making wills will be useless due to the lack of a dead body in most cases. Instead, add a list of requests in letters to those who are definitely not ascension candidates. Heal their hearts with some acknowledgement of what happened to you.

Place yourself in God’s hands and have no regrets. In the big picture, nothing could have been done more accurately.

Bring the light into your heart by having no dross in your mind. Get out of your head and into your heart as much as you can. Slow down your activities when you can and only do things that can be enjoyed.

Give away things you no longer want and give love in abundance. Ascension comes when it comes, but being able to go at any moment can give you the happiness no man has unless he is Awake.

I AM THAT I AM Ascended Master Saint Germain Telepath, Aruna

http://comptedesaintgermainesblog.blogspot.com
Chapter 16

Ascension: Blossom Goodchild

Galactic Federation Message #1

July 29, 2012
Telepath, Blossom Goodchild

**Blossom:** Good morning. Well, here I am, all set up on my NEW computer having been unable to communicate with you due to all the tech issues I have been having. However … as far as I am aware … I am ready to go. Are you with me?

**Galactic Federation:** We are continually with you and all those who invite us into their space. We have been following accounts of your days and noticed troubles that have occurred within your energy due to the falling down of your means of communication with us … and we are happy to ‘see’ that we are once again able to resume.

**B:** I simply have to ask … I can’t let it go … The last time I had to buy a new computer was just before Oct 14th 2008 … this time it got very sick whilst trying to send out the visualisation for the Olympic games … Surely I am just small fry … was it just coincidence?

**GF:** We would suggest that you leave such matters in the hands of those who persist in technological transitions of destruction and simply continue on … moving through that which you can do nothing about.

You are determined to see your pathway forward and for this we congratulate you and those who continue to
do the same. Life in times such as this that you live in ... will certainly proceed in a manner that will heighten and yet also disillusion ... due to the efforts of those who FEEL that their accomplishments are about to be thwarted and their power shall no longer thrive.

This is part of the reason that we ask you to remain in your Light AT ALL TIMES.

**B:** I notice you say AT ALL TIMES. I FEEL you are referring to the morning when I completely lost it with frustration of my situation. I have to say … it's about ten years since I have behaved so badly!!

**GF:** And would you say that such behaviour released that which was pent up inside?

**B:** It had to come out somewhere! Yet I wasn’t proud of myself.

**GF:** Let us reiterate then … in the coming times when so very much change shall be upon you at a very fast and meaningful rate … it will require all of your wits to be about you.

There shall be much confusion and contrast and one shall at times FEEL they do not know if they are coming or going. It shall be a time when no matter how strongly resolute you may think you are to your TRUTH … that you shall still be questioning many many things.

**KNOW …** we are not here to make your concern a factor … Yet we could not accept it as correct if we were not at least to prepare you of such things.
This is why we continue to impart the knowledge that the benefit of meditation is of the utmost importance and we would say … urgency.

By connecting with your Higher strength and LOVE you are able to prepare the aspect of you that is upon the Earth plane in readiness for the LIGHT that MUST shine from you.

Today … many thousands of you focused your LIGHT AS ONE on the arena of the Olympic ceremony. What a delight shone forth out into the ethers.

If you knew of the value that this united front added to the up and coming events … and the difference that this alone HAS made to the ease of certain occurrences … you would each award yourselves medals.

**B:** For me personally … every time I imagined all of us together sending Light etc … I was overwhelmed with emotion . I felt it was very powerful.

**GF:** There was joy within millions … utter joy. We would compare it with your planet taking flight!

We would suggest that you ‘return’ to that moment over and over. Recap on the FEELINGS and the visual atmospherics of the piece.

So many are/were unaware of the LIGHT vibrational pattern on a ‘spiritual’ level … yet this is of no consequence. For as we continue to speak of …

**THE VERY ACT OF BEING HAPPY** is all one needs to concentrate upon.

**THAT IN ITSELF IS THE ANSWER.**
THAT IN ITSELF IS THE KEY.

One does not necessarily need to be informed of astrological pathways or historic events or indeed anything other than concentrating on being happy in each moment. This is how you shine your Light. You KNOW of all of this …

Yet we FEEL the need to prompt you now and then.

**B:** Yes … we do know this. It’s not really a matter of prompting for many … it’s a matter of overcoming challenges with a new enlightened attitude that we struggle in dealing with sometimes.

Part of being human at this time … yet hopefully not in new times. Sometimes … even though we know we should … it is not so easy to remain in that happy space.

Sometimes it feels like an outside influence is overpowering ‘my influence’. Although I should know how to overcome that by now.

**GF:** There is nothing further to say other than we shall discontinue at this time.

**B:** Oh … ok! (The link was gone). I’ll try later.

**Later:**

**B:** Well that was totally out of nowhere! I didn’t see that coming … or should I say ‘going’! Are you there to resume and may I inquire as to your speedy goodbye earlier?

**GF:** It was simply a matter of ending something there and then that was necessary. You must be aware of vibrations at this time that are assuming a role of
decadence and yet underneath there is a rather more sinister situation going on.

**B:** Are you talking about with me … or are you talking about The Games?

**GF:** We are indeed talking of The Games and it is wise for one and all to remain in the Light of themselves and continue to allow that Light to shine brightly at full strength during these days of these sporting events.

Let it be known to you … that what may appear as things to be running smoothly behind the scenes is far from the TRUTH. There has been a quiet mayhem taking place in respect of matters that were underlying and it has been nothing short of miraculous that events took place as they did without a hiccup ‘in sight’.

**B:** Could you explain a little more?

We wish only for you to understand that by sending ones Light as so many of you did … you changed the course of history.

**B:** S’truth … That’s a bit of a full on statement. I wasn’t expecting you to say that. I mean really … was it that serious?

It was indeed of a sinister nature of intent to bring about a display that would not have appeared to be on ‘the winning side’. We are aware of your inquisitive thoughts and yet we choose … for safety reasoning to say no more than this at this time. You forget who you are speaking to Blossom.

**B:** Well, not really, but I am picking up the FEELING that it is for MY safety that you say nothing more.
**GF:** This is correct and we ask you to consider also the fact that although many of you represent the Light and do all in ones power to allow it to manifest in the way it should … that there is also the other side of the coin … and although not to be focused on … it is undeniable that it exists.

Yet again … we reiterate … BE IN /OF YOUR HIGHEST FORM.

Offer Love to ALL. From the deepest place ... with your heart. Offer Love to those whose intent is to destroy. This and only this is your pathway to your New World.

**B:** I have to say … I have been feeling such angst today … and unable to shake it off. Am I alone in this? Is it my personal circumstance with computer troubles that has really got to me … or is it on a more global scale?

**GF:** Without doubt we would say it is on a grander scale. We would say that the joy of the unsuspecting … greatly counteracted the effects of what could have been. So therefore ... we would say that which many of you are experiencing … even after sending your Light en masse as you did … is the aftermath of a prevention of something that could have /would have been catastrophic.

**B:** Probably treading on stony ground here … but is this why ‘Her Majesty’ looked so … so … uninterested? Miserable? Pondering on getting her nails done?

**GF:** We consider it best again to leave this area alone. Let us move on to more cheerful scenarios and rejoice in the fact that all is indeed well and shall continue to be so.
with the assistance and TRUST and faith of so many of the ground crew who are ‘playing their role’s' so admirably.

May we make a suggestion?

**B:** Please do.

**GF:** In order for the cells of the body to resonate with the uplifting consciousness … might we add that during ones daily meditation one considers the possibility of all that resides within the human physicality to become golden?

**GF:** To feel the lasting effect of Light liquid …for want of a more describing factor of putting this … absorbing into your core Being. Whenever a moment occurs to you to do so … visualise your inner self … in all aspects … BEING OF GOLD.

This will assist you greatly with symptoms that one comes across regarding the changeover from one physicality to another.

**B:** Again … another ‘full on’ statement. That’s strong! Oh, if only one could remember why we came!! Actually I’ll rephrase that …

We KNOW why we came … to bring about this changeover onto the New World … so rather …

**B:** If only one could remember what we decided was the best way to make that happen when the time comes.

**GF:** Yet all you need remember is that the time is here … and you are doing exactly what you came to do. You do not seem to recognise this. So many of you seem to be waiting for it all to happen.
IT IS ALL HAPPENING … NOW.
IT IS TAKING PLACE NOW.
IT HAS BEGUN.
YOU ARE IN IT!

All you need do is your very best to remain in your Light and Love. You KNOW that is what you came to do. You knew it would not be easy when the time came. Yet you knew too that you were strong enough to see it through.

THIS YOU SHALL OF COURSE DO.

**B:** So really … are you saying that this is it … this is ‘lift off’ so to speak?

**GF:** We are saying that you are accomplishing bit by bit that which you came to do. You simply do not choose to recognise it in the way that would serve you. If you did … if you should choose to … Your strength would magnify a thousand fold.

It is likened to re-reading a book … and as you got to a certain chapter you became excited thinking to yourself … ‘oh yes I remember this bit’. And your senses heighten in anticipation of the following chapters to come … for it is all … once again … falling into place.

**B:** The thing is … when I am speaking with you … when I am tuned in to you … I can FEEL such excitement and ‘reality’ of who you are … because of the FEELING you transmit to me.

I don’t know how else to say it. Yet … when one is carrying on in their normal day … sometimes it seems as
if indeed it is a fairy-tale that we are once again reading … and that it is all just make believe.

**B:** My heart knows it’s not … my mind often fights with my heart.

**GF:** And here we congratulate you on bringing forth such a statement. For is this not of great importance?

‘Your mind fights with your heart!’ Do we not continually dearest friends … ask you to listen to your heart? Your mind can decide to change … your heart does not.

**B:** I don’t know about that. For instance … one can FEEL a certain way about someone in their heart space and then circumstances change and the heart does also.

**GF:** We would stick by our statement and reiterate that the heart does not change. Circumstances may make you ‘think’ that your heart has changed, yet in its TRUTH it cannot … for it is only Love … and this cannot change.

**B:** Sorry ... I need to take you up on that one. Say for instance one falls deeply in Love with someone … over time that Love fades until a point where they FEEL there is no longer Love there. Surely you would say the heart had changed its FEELINGS?

**GF:** We would say again ... It cannot. For your ‘gut’ emotions/feelings are always correct and will always guide you. One may feel they have fallen out of Love with that person … on a ‘down to Earth level’.

Yet we say to you … when reuniting in another ‘experience’ one would recognise in fullness the LOVE...
that they initially recognised on their part of the plan in that life time.

They would give thanks to each other for seeing through their part of the bargain and give thanks for the lessons learnt. Mission accomplished so to speak.

**B:** Mmm, I am sure I could come up with more concrete evidence to the contrary if I gave it some thought, but I reckon your answer would apply to all circumstances.

**GF:** We are only trying to assist. We are not trying to ‘know better’.

**B:** Oh … but I have the FEELLING that you do! In knowledge that we Earthlings too know better when not playing the role of Earthlings. It’s odd really … so many of us … awake and aware of you and matters to do with you … and keeping up with ‘our world’ in the way we FEEL appropriate. Yet so many of us … completely oblivious to the entire affair.

A bit like two worlds in the one.

**GF:** More so … many many worlds in the One … yet simply resonating on a different frequency. This shall not change. It cannot be otherwise.

**B:** True. Actually … It’s my turn now to bid you cheerio. It’s been a long day … and I can feel my energy waning and that will never do whilst chatting with you. So … nice to be in touch again … Can’t help but FEEL ‘something’s afoot’.

And after all … it is your FEELINGS that count!

We thank you… each and every one for your friendship and your steadfastness.
**GF:** WE ARE ONE IN/AS/THROUGH LOVE.

**B:** In thanks and Love to you too.


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**Chapter 17**

*Ascension: Blossom Goodchild*

*Galactic Federation Message #2*

Aug. 5, 2012
Telepath, Blossom Goodchild

**Blossom:** Hello Hello Hello from me myself and I …

Whatever you think is appropriate to speak of in these times … I honour that … and hereby give you the floor!

**Galactic Federation:** How gracious and how willing to allow events to unfold in a Divine manner. In order to respect the desires of many... we choose to advocate the need to follow that which the heart Is speaking to you of. We have oft times spoken of ‘listening’ to the heart and you have spoken in reply of ‘not being able to hear’.

One of the most blessed attributes to that of a human Being is the absolute ‘sense’ of FEELING. There is not one soul upon the planet who is blocked off from this. Even when one speaks of being void or numb of all
feeling … they are kidding themselves … for they cannot not FEEL.

So therefore, we choose the wording differently to say ... FEEL with your heart. Your FEELINGS are your guide. This you know. The chit chat in your head does not always correspond with that which you FEEL and this is where the confusion bursts forth and one does not know if they are hearing/reading/ absorbing TRUTH or not.

Consider in your kitchen you have a sieve to sift flour. The packet of flour MAY SAY ‘refined flour’ … yet when pouring it through the sieve you come across many lumps and bumps that managed to ‘make it through’.

When you shake the sieve up a little … it is easy to see that which is Truth for it slips through the net with ease.

If there are lumps that one needs to squash down and TRY to push through … because one wants to TRY AND MAKE IT FIT … then we say to you … this is NOT TRUTH.

So here we are dearest friends…closer than ever before to the NEW TIMES. You have spent lifetimes searching for the TRUTH that is so very soon to be revealed.

**B:** Yes … I heard you … very ‘SOON’ … and yet really, at the end of the day … you HAVE to be talking about VERY SOON … even in our terms … as we are drawing so close to the end of the year.
**GF:** Indeed. We ask of you a question. What appears to be *TRUTH* to you … is it?

**B:** Hey pal … you’re asking the wrong bird! What?

**GF:** Read the question again and think about the answer you *FEEL*.

**B:** That is such a loaded question … The answer I *FEEL* is … why did you have to go and ask me such a difficult question?

**GF:** Because we know you are capable of answering it.

**B:** Ok … Well, I would say it would depend on how I *FELT* about what was appearing to me.

**GF:** Correct answer. Over and over we speak to you of *FEELING*. This we continue to reiterate … because it is of great importance.

**LISTEN TO HOW YOU FEEL.**

**FEEL** what you *FEEL*.

This is your *TRUTH*. We speak of this in a determined fashion this day because we KNOW that there shall be things coming up that shall ‘appear’ to be of Truth to many and the scale on which that ‘appearance’ is able to convince is of a high degree.

Therefore we ask one to be very scathing (?) regarding such matters.

**B:** So … I have to ask here … in what terms of ‘appearance’ are you talking? People speak of false flags etc. … is this what you mean?
**GF:** This we cannot say because it is not appropriate to do so.

**B:** Then with all respect ... why mention it in the first place?

**GF:** Because we are able to speak thus far. Yet to speak further would interfere with certain issues (NOTE: ***Wisconsin "false flag" shooting, I believe - end of note) ) and this is not for us to embark upon .

This is not our way.

Please keep in the forefront of your mind that we are not dealing with ‘toys’ and children. Our utmost concern is for your safety and we shall adhere to security protocol of that which we FEEL it safe to speak of and that which we do not.

**B:** OK. Thanks for that. I respect and accept. Mmm , (whistle, whistle ) so how’s the weather then ?

**GF:** Dearest Blossom and all who read these words …

RESUME YOUR FULL STATUS.

In the TRUE KNOWING of who you are … there is and never shall be anything that can lead you into that which is not of your Highest good.

Here you are NOW in the most relevant … most crucial of times . You have gathered strength and momentum. Many of you FEEL you have lost hope. Yet you have not. Far from it.

Think when you can … to often take in deep breaths of LIFE ITSELF … for this shall assist you in that KNOWING. For in this way you are connecting with the
breath of ONE and in that connection there is NOTHING that can come between you. NOTHING.

YOU ARE WARRIORS OF LIGHT. FEEL THOSE WORDS RESONATE WITHIN YOU.

KNOW THOSE WORDS AS TRUTH AND NOTICE THE INTAKE OF BREATH THAT OCCURS IN THAT TRUTH.

THERE IS NOTHING TO FEAR.

If you could see your Light and your strength as we do, you would find it so easy to do as we are asking of you.

LAY BACK AND ENJOY THE RIDE.

BE IN JOY.

BE IN HAPPINESS.

BE IN LOVE.

Imagine being able to look upon your planet from another position and scan across it. Each soul of Light is as of A TORCH OF RAINBOW COLOURS BURNING BRIGHTLY. Imagine this.

What an array of beauty is offered and would you therefore not be thrilled and at Peace in the KNOWING that the darkness is barely seen for there are NOW TORCHES OF RAINBOW LIGHT ABOUNDING EVERYWHERE. The darkness is almost gone. This we say in TRUTH.

We can FEEL something nagging at you.
**B:** Mmm … Good FEELING! I guess that by you saying earlier about ‘appearances’ and not being deceived … many may, whether you say we should or not … become a little, just a teeny weeny bit fearful about what this may mean and will they be able to TRUST their feelings enough to know that whatever it is you are talking about is TRUTH or not.

**GF:** Therefore we would say with respect … FEEL WHAT YOU FEEL about EVERYTHING.

Your minds and thoughts may run amok … one may tend to get carried away. Be of the mind set that should an UNTRUTH be presented, be they of words or otherwise … it shall be as plain to you as the nose on your face as to that which is coming from LOVE and that which is not

This is also why we ask you to be mindful of your FEELINGS. For it is KNOWN and is becoming far to commonplace that ‘teachings’ are littered with Truth and untruths to ‘lure’ one in. There are desperate attempts being made to create havoc within the minions (?) and it is of great urgency that those who KNOW better remain steadfast in that KNOWING.

Let us put it another way. When you allow yourself to be ONLY IN LOVE AND JOY … on a continual basis … then anything that does not vibrate on that same frequency shall be more than obvious to you when it comes your way.

Not only to remain in Love and joy being the fulfillment and unique satisfaction to one’s pleasure and
accordance with the soul … yet it is your ‘TRUTH DETECTOR’.

When one is in doubt and fear … they are unable to decipher clearly that which the detector is telling them … because it is operating on low level batteries and is unable to do what it is designed to do … detect.

Yet the minute that a lower frequency trickles anywhere close to a HIGH frequency vibration … it sticks out like a sore thumb! 'Ah ha!' you can say … For it is so easy to FEEL the difference in vibration when constantly in tune with LOVE.

Very much like listening to a joyful piece of music that one is able to revel in. If one were to play a wrong note it is very obvious to the ear.

Sometimes it is not so much a wrong note yet more so … the pitch is a little off and one begins to question whether or not it is just the self ’FEELING’ that ... or whether or not that ‘not so perfect pitch’ has crept into the piece.

TRUST YOURSELVES FULLY.

**B:** I understand what you are saying … and at risk of repeating myself from another time … TRUSTING ones intuition is not always that easy to do,

**GF:** Yes it is.

**B:** Maybe when you resonate on YOUR LEVEL OF BEING it is … yet I find … that often my instinct can be wrong and I totally misjudged a person or a situation.

**GF:** Are you sure about that?
B: Yep. Often I have come from Love with said person or situation and it turned out that I was misguided and had weighed it up all wrong.

GF: Yet we would say you had not misjudged for you were coming from Love first and foremost. The absolute Truth of anyone. Yet they may choose to disguise it and present themselves quite differently depending on what it is they need to discover for themselves by behaving in the way they did/do.

B: Yes I can get that. Dear dear! It can all get a bit complicated. Perhaps I should have reincarnated as an ant.

GF: Ants too have their ups and downs!

What we wish to impart deep into the core of your BEING … is that when YOU remain in YOUR TRUTH … anything that is otherwise will be giving out warning signals in one form or another.

When all of you have moved on from this density and abide in a place that has been released from all that deters you from BEING

WHO YOU ARE IN FULLNESS, LIGHT AND TRUTH … you will recall the struggles you endured and you will smile at your NOT KNOWING and the confusion it brought upon/into you … and you will too understand to our utmost delight … why … we were not able to speak to you in any other way … other than the way we are doing now.

It is necessary for us to withhold information. If we were to break that pact it would be detrimental to ALL
that is to take place. So we remain in OUR TRUTH and
desire only to serve in a way that is of the Highest benefit
for all concerned. And … we mean … ALL.

**B:** Yep .. I can FEEL it … Here endeth today’s sermon.
It is Sunday after all!

**GF:** With so much Love we give thanks that we are able
to offer our assistance in this way.

Our Soul Lights draw ever closer to yours as we
become once again the ONE LIGHT.

**B:** Many thanks to you also my friends. From us all.

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Chapter 18

Ascension: HEAVENLETTER #1

-- # 2849 -

You Will Blossom

Telepath, Gloria Wendroff

Heavenletters™, bringing earth closer to Heaven.

God is always bringing us closer to Him

HEAVENLETTER #2849, Sept. 12, 2008

YOU WILL BLOSSOM

God said:

As a child, you learned to talk. You learned to walk. These were quite natural. No one had to teach you. There was no formal study. You wanted to talk. You wanted to walk. No one had to tell you to move your lips and tongue in a certain way to form sounds.

You did not have to consult a dictionary. No one had to tell you that when you walk, you have to want to and then you have to move one leg from the hip and then the other.

You didn't need such instruction. Instruction might well have hampered you. Later you were taught the alphabet and the multiplication tables. They were a different type of learning, though, with desire, you could have taught these to yourself as well. Ultimately, you are the one who learns in any case.
No matter what teacher taught you to read, it was you yourself who made the decision to read and discovered how to read. It was you who caught on.

Now, before you walked, you crawled. No one thought that was outlandish. No one thought you had to skip crawling. No one said that crawling was immature, and that you must just stand up and walk.

Furthermore, it has been discovered in the world that the act of crawling creates connections in the brain that make learning to read easy. If you were not allowed to follow your natural inclination to read, learning to read might have been harder for you.

You are your own best teacher, and you are your own best learner.

No one has to teach you how to be creative. It is helpful when creativity is encouraged and when you are allowed the freedom to blossom creatively, even if it is playing in mud.

There are different kinds of blossoming. There is the intellectual, the emotional, the physical and many combinations thereof. There is also the spiritual. It is learning. It is growing and developing. It is finding out.

The discovery of spirituality and your own spirituality -- this is awareness that you come to yourself. You can listen and observe. You can read books. You can go to classes. You can follow the leader. Yet you are the precursor of your own spirituality.

You are the teacher and the learner of it. You are the one who rushes to it or dawdles along.
It is natural to come to the realization of your own spirituality. It is a natural progression, and it is inevitable. The ability to talk was always there, and yet you picked up speech. It is inevitable that you will pick up spirituality.

You will come to notice its development within you.

You are born spiritual, beloveds. Loving God and your own unboundedness is natural to every Human Being, just as speech is.

Somehow the world made spiritual growth a separate subject, and you were taught to study the spiritual or you were taught to avoid it.

Spiritual growth was often made into some kind of objective learning assignment. You know, in a sense, spiritual growth was made into a school curriculum.

Beloveds, there is no school that teaches a child how to grow physically. There is no school that teaches a child when to have his first or second teeth to appear.

There is no school that tells you how to desire to eat and then how to do it. Of course, you can study these matters and analyze them and call them digestion and assimilation, and yet digestion and assimilation take care of themselves.

At this very moment, you are growing spiritually at your own pace. It is inevitable that you will blossom into full enlightenment. You don't have to work hard at it. It is natural. Beloveds, you won't be able to stop it.

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Gloria writes: What Heavenletter comes up for you today? It's kind of like I Ching! If you haven't tried this yet, click at my website. What message was yours today? www.heavenletters.org and www.godwriting.org

Chapter 19

Ascension: HEAVENLETTER #2
- #4276 - Consciousness Wakens to Itself

NOTE from author Russ Michael: Talk about spiritual dedication. Gloria Wendroff has, without missing a single day, received her daily telepathic message from God. This HEAVENLETTER represent 4,276 consecutive days. How many years is that?

Telepath, Gloria Wendroff

Heavenletters™, bringing earth closer to Heaven. God is always bringing us closer to Him

HEAVENLETTER #4276, Aug. 9, 2012

CONSCIOUSNESS WAKENS TO ITSELF

God said:

Now I will tell you that generosity comes about, not from selflessness, but from natural awareness, from consciousness that awakens to itself. For many in the land of Earth, there is a line between you and another. It may be a fine line, but a line.

You wouldn't be the first person who has thought: "I really want this for myself."

What it is, you may give it, perhaps the last piece of cake, perhaps, yet it was a decision you made based on your perception.
You wanted to be generous. You likely saw very well that the one you gave to is apart from you rather than a part of you. And yet you gave a generous gift with the awareness that that was what you were doing.

The person who is at the consciousness I am trying to describe -- this consciousness does exist - the person who is in this consciousness does not have that fine line between himself and another.

If he thinks at all, he is probably thinking: "What gives me the most joy here?" And so he bends over backwards for himself who appears to be in the form of another, yet this consciousness knows without thought that there is One.

He knows the One is I, and he knows that he is I, and so he gives to his own Self who happens to be in the shape of another.

This consciousness sits on a high mountain. Or stands on a high mountain or swims at the depth of the Ocean.

At the top of the mountain, there is no taking. There is only giving. This consciousness gives always to himself. He is always thinking of himself. He sees the other as himself. He does not erase himself.

He lives on Earth yet not quite the same Earth that many still live on. The top of a mountain does not concern himself with erosion and so forth. He gives his snow, the streams of water. They roll off his back. He would not withhold, for he would not withhold from himself. The top of the mountain knows that the foot of the mountain is also part of himself.
He also knows that which extends to the furthermost hills is also himself. There is nothing that is not himself, so what is there not to give? He has everything.

And if that consciousness swims at the depth of the Ocean, he is the Ocean who shares itself. All the little fishies swim together. They swim through the Ocean that so generously offers itself.

The Ocean does not think: "This fishie is allowable. I will give him My Sea." The Ocean does not think: "Oh, this one, this little fishie, nope, he is not Mine. He does not belong here. I do not welcome him."

This consciousness on Earth lives in the world, and yet it lives in a different world from what you know. Once this consciousness was a lesser consciousness, and now he has arisen. And so shall you rise.

You shall rise to this consciousness in which everyone is your blessed self. You too shall rise to this consciousness where everyone is generous unto each other, for in this consciousness, there is no other to be generous to, for when you look at all the supposed others, everyone you look at is yourself.

This consciousness may be surprised that all of themselves do not see what he sees. What he sees is what he sees. What he knows, he knows. Where he is, he is. He needs no back-up. He is generosity incarnate.

He is generous without knowing he is and is surprised when someone else sees him as a wonder.

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Gloria writes: What Heavenletter comes up for you today? It’s kind of like I Ching! If you haven't tried this yet, click at my website. What message was yours today?

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Chapter 20

Ascension: Hilarion Speaks #2

August 5-12, 2012
Telepath, Marlene Swetlishoff/Tsu-tana

Hilarion speaks:

Beloved Ones,

Take time out often to be kind to yourselves as there is much happening upon the inner planes for each of you. The work that you do is multi-dimensional with many dimensions involved.

As you continue to come into greater alignment with your Oversoul, so too, do many higher aspects and qualities of your multi-dimensional selves.

The work of spiritual progress is one that is ongoing and as most of you who read these messages are aware, goes well beyond the planetary initiations. Most of you are working on Cosmic and Galactic initiations as well.

Many of you have teachers that are only now coming into your sphere of activity as you have risen in your frequency levels. These teachers have been with you for eons and are standing by waiting for your awareness of their presence.

Take time to open yourselves to their guidance and direction.

We are all working as One and there is only the highest goodwill and cooperation between we of the
Planetary Ascended Ones and those of the Cosmic and Galactic Ones, with peace and harmony prevailing.

We too, are working on higher initiations as we seek to serve the Planetary Logos and Prime Creator, for upon 5th dimensional and higher worlds, it is service to others that moves us forward and as has been said before, to whom much is given, much is also required.

It is important to continue to persist in the raising and maintaining of your frequency levels for this will make your way easier as the Cosmic energies increase in the atmosphere of your Planet. Have vision and trust that all is well, no matter the outward appearances in the World around you.

As the Awakening Ones become aware of their greater potential, their initial reactions are to let others know what they have discovered and they are in the process of learning that Awakening occurs when a Soul is ready and cannot be forced to happen, although usually the Awakening happens through some event in their lives that shocks and confounds and causes a great deal of inner searching and discovery.

Make a practice of visualizing yourselves as the true you, the magnificent Being of Light and Love that is coming into greater alignment with your human self.

This requires complete Love and acceptance of Self just as you are without making comparisons with others around you.
Many of you are finding this phase of work difficult because of lifetimes of putting yourselves last rather than first.

Give yourselves great Love and honor and align with your Great I AM Presence often during each day.

Listen to music that causes upliftment of your heart and Being.

You will know which music does this for you and we counsel that you make use of this most pleasant tool for increasing and maintaining of your frequency levels.

Seek to spend as much of your time in 5th dimensional energies as is possible while still being grounded into the Earth’s crystalline diamond core.

Your presence and your highest intentions are most important at this time, as the human will surrenders to Divine Will, for your own highest good and for the highest good of All. As more and more people do this, the overall energy of the new Planetary grids increases in frequency and this in turn, uplifts all Humanity.

Remember to honor the needs of your body physical with all that it needs to go through the ongoing changes with greater ease and grace.

Turn your face to the Sun in silent praise and gratitude as you affirm that you are the Master of your destiny striding towards the horizon to victory.

Stay focused and centered as you go about your daily living.

Until next week…
Chapter 21

Ascension: Much Is Unfolding Behind The Scenes On Earth

by Nancy B. Detweiler #2, M.Ed., M.Div.
July 8, 2012

Nancy wrote:

Many of you work with various degrees of deprivation and hopelessness. For this reason, I have compiled some hopeful news that is actually occurring on our planet, but which has not yet been announced publicly.

Gaia, or planet Earth, is scheduled within the Divine Plan to ascend into the 5th dimensional plane of higher
consciousness by December 21, 2012. There is a voluminous amount of information about Earth’s ascension to be found on the internet.

Also within the Divine Plan is the opportunity for Earth’s inhabitants to ascend with her, many of us in our physical bodies. Gaia will no longer be a 3rd dimensional planet, represented by the plane of duality symbolically created when Adam and Eve chose to eat of the fruit of the forbidden tree in the Garden of Eden.

This plane of duality, of good and evil, is disappearing.

Because Earth’s humans must prepare for ascension, much will take place during the next six months. All wars will cease … all deprivation will be eliminated … humanity will be freed to live in love, peace, and abundance.

Every individual who chooses to ascend with Gaia will be instructed as to how to do so. Our galactic brothers and sisters from across the cosmos are already hovering in space around Gaia, waiting for the perfect divine moment to land and assist us with preparations for ascension.

Our galactic families are millions of years ahead of us. They are very spiritually advanced and have technologies that are capable of relieving all of our environmental problems.

One example of the type of galactic technology we will receive is one that many of our engineers have already seen—a replicator. This replicator can produce
anything for which it is asked, free of charge. Within only a few years, money will become obsolete.

    God did not create money—humans who sought to control the planet invented money. Our world is to be transformed rapidly with advanced technologies, such as the replicator.

    I am writing you in order to give you hope, so you can share your anticipation with your congregations and others to whom you minister. The immediate future is very bright for all who choose to ascend with Gaia!

    And the excitement in knowing there is very realistic hope for everyone will greatly benefit Gaia by lifting the energies from depression to joy.

    With this in mind, I am sending you a few resources to be found on the internet that further explain some of the events of the coming six months.

    Ascension is to be worldwide; however, the initial process of removing leaders who seek to control and enslave the people (known as the dark cabal) may vary from country to country. Since I live in the United States, I can only speak from a western point of view.

    I created my website and blog as a means of reaching the world. I do not travel to various countries in person because that restricts outreach to only what is physically possible.

    During the next six months we will all receive training for ascension from our galactic brothers and sisters. Meanwhile the best thing to do is to read the
information available on the internet and practice being forgiving and loving in all that we do.

Ascension is beyond any one religion’s teachings as to how to get to heaven. We will soon learn that religions were established as a means of controlling the people. Not one of the Great Spiritual Teachers created a religion.

Before proceeding to the list of Resources, I suggest reading and listening to the following.

This will alert you to the event, or events, most likely to happen within days or weeks.

http://pathwaytoascension.wordpress.com/2012/07/07/cosmic-vision-news-july-6-2012/

American Kabuki is one of many whistleblowers and inside informers who are helping to notify the public of what is really happening.

You may listen to American Kabuki be interviewed by Stephen Cook of In Light Radio on Wednesday, July 11, 2012 at 9 PM (EDT).

The name of Stephen’s show is “The Light Agenda.”

I call attention to the above “rumor” on American Kabuki’s site because there is enough money on this planet to totally eradicate poverty.
As the dark cabal is removed, we will see increasingly huge amounts of money being released to create a better world for everyone.

[http://www.blogtalkradio.com/inlight_radio](http://www.blogtalkradio.com/inlight_radio): On this site you will find listed the “upcoming show” and shows “on demand.” Stephen Cook’s July 11 show will be listed as “upcoming” by Wednesday morning and can be found in the “on demand” listing by July 12.

In Light Radio is an excellent resource for a variety of personal interviews centered around ascension and our galactic family.

**RESOURCES FOR ASCENSION**

While reading on one site, you will find links to additional sites. I find the following most meaningful.

**WEBSITES**

My Pathway To Ascension website:


Planetary Activation Organization:


THRIVE Movement:
[http://www.thrivemovement.com/home](http://www.thrivemovement.com/home)

**BLOGS**

My The Way of Love blog:
Aug. 6, 2012
Telepath, Greg Giles

I AM so thankful for this so kind reminder of how much we each and all may still need to get busy "releasing" and how little TIME we actually now have before our collective and individual

Graduation Exam DATE: Dec. 21, 2912 - 11:11 a.m.

I know I still have some hard "work to do.' Good luck to you, with it!!

Bless us all. WE are ONE.

**The Galactic Federation of Light speak:**

In time, all we have discussed with you will become clear and there will no longer be any confusion, mystery or unanswered questions leaving you searching for
answers as you may be today. This is the way it must be for now. Please keep this in mind dear ones, that your journey is not over, it has not been completed by any stretch of the imagination.

Many of you still have quite a few lessons to learn and a short time to learn them before the final exam papers must be handed in, to coin a phrase. If we of the Galactic commands stepped in now and handed you all the answers on a silver platter it would disrupt, curtail, and end many of the lessons that many of you are in the midst of learning and experiencing.

Do you understand this? Do you understand that yes, we have many of the answers that you wish to be furnished with and we do hear your requests for these answers and we hear them quite often, but it is not our task and it is not our right to give you these answers, for these answers are not what will help you the most.

It is your personal quest to discover the answers, the secrets, the treasures that await you. Do you understand this a little clearer now, that it is not the answers that are worth the most to you, it is your search for them that is the most valuable prize?

Now that you understand this a little clearer we would suggest that many of you spend more time searching for these answers yourselves, rather than asking us to answer these questions you may have for you.

This is all we have to say about this, dear ones, now let us move on to matters concerning your outer world.
In the process of our duties, we come across many new twists and turns, obstacles, difficulties and problems, but we never hesitate for a moment and we see each obstacle that presents itself as another wonderful opportunity to showcase our talents and our collective and individual wisdom and cleverness to overcome them.

This is what we would like to see more of you do when a detour in the road arises causing you to temporarily alter your course and find a suitable means to navigate through or around an obstacle.

We see many of you do just this, although what we suggest today is that more of you take a healthier attitude when problems arise, instead of the defeatist and negative attitude many of you allow to consume you when challenges present themselves to you.

After all, most of these challenges have been created by you yourself before and even sometimes during this, your present incarnation, to offer you a challenge and an opportunity to rise above it testing your wit, your strength, your resolve, your drive, determination, courage, bravery, heart and imagination.

For without these tests, you would not know where it is you stand and how far you have come on your journey.

These tests are necessary, these tests are very fruitful, these tests are very valuable to you in so many ways, and we say to you simply by changing your attitude just slightly and seeing these challenges as yet another blessed opportunity and gift for you will make it so much easier for you to begin to create an answer for each challenge, for your mindset will be completely different,
it will be much more positive, allowing more positive energies to flow which will assist you greatly in leaping every hurdle.

Do you understand this? Do you understand that with just a slight alteration in your perspective, many of the challenges and obstacles that present themselves to you can and will be so much more fluidly dealt with and overcome?

We hope to see more of you begin to see these tests and challenges that may present themselves to you in this new light, as the benefits to seeing them in this sharper perspective are incalculable and will allow many of you to find adequate solutions to these challenges which will then allow you to move on to the next and then the next, and this is how real progress is made.

For allowing yourselves to be stalled on one problem for too long is not beneficial to you and wastes so much of your valuable time, energy and focus. As we have said, time is now running very short for many of you, and the time to resolve many of the challenges that have been laid out for you, many by you yourselves, is upon you.

There are not too many tomorrows left to push back the completion of these smaller projects.

Each of them must be adequately dealt with before you move on to newer challenges, perhaps higher dimensional challenges. Do you understand this? Do you understand that final exams, if you will, are commencing and there is no longer any time to fritter away, waste, barter or trade?
It is now time to get busy, and we mean very busy. Many of you must make haste if you wish to ‘beat the deadline’, as you say, as the curtain is coming down on this performance and there will not be, as there cannot be, any extra time allotted for those of you who wish to exit this theater for a new show.

This is a very important matter, and we wish for all of you that are reading these words to take what we say about this today very seriously.

We say to you examine what it is in your lives that you feel are aspects of yourselves that are not higher vibrational aspects of yourselves but are traits, habits, tendencies or addictions that are not conducive to higher dimensional living.

Find a way to deal with them, to release them, to walk away, move on and leave them behind you where they now belong as they are no longer a welcomed part of your journey, if it is within the higher dimensional realms where you wish to travel. Do you understand this?

Do you understand that what we are saying is that a number of you who are reading these words and who have made it known that you wish for your journey to now take you beyond the limits of this 3rd dimensional reality into the higher realms of this universe are at the same time clutching heavy baggage that is weighing you down, making this trip an impossibility, an implausibility at this time?

You must find a way to reach deep down inside and find the release handle that will drop these bags at your feet while you continue to move forward. Can you do
this? Will you even try to do this is what we are asking you at this time.

Many of you have carefully planned out for yourselves certain tests that you made clear you wanted and needed to pass before you exited this lower dimensional reality.

You made this very clear, and now here today some of these tests have remained unresolved. You yourself made it clear that if this were to be the case, that you were not prepared to exit this reality and wished to stay until these lessons were learned.

We, your higher dimensional guides, friends and family cannot supersede your directives, your instructions, your orders, this is not our right, and we will not overstep our boundaries and do anything that it is you instructed us not to do.

We cannot remove for you these obstacles, we cannot come to you and tell you exactly what it is that acts today to weigh you down, and we cannot supply you with the answers to these problems either.

All of this is strictly up to you. No one knows you better than you know yourself, although we do have a bird’s eye view of much that is transpiring in your world and in the lives of those who we are guides, but deep down inside no one knows the thought processes that are going through your mind on a daily basis, for this is your sacred sanctuary and we do not trespass on your domain.

It is you and you alone who knows what is going on inside you, and it is you and you alone that must find a
way to pinpoint these areas, to target these areas, these problems and to find a way to resolve them.

We will, as we always have, offer you all of our love, our support, our guidance, our wisdom and our understandings and we will help you in every way that we can, but we cannot do this work for you and we will not do this work for you. This work must be completed by you, as were your specific instructions and command.

We wish for you the very best success in your efforts and say to you we will continue to offer you everything that it is we can and we will let you know if we see marked improvement in some of these areas.

This is what we will do, and we will continue to offer you guidance where we can. We are your guides of the Galactic Federation of Light.

http://ascensionearth2012.blogspot.com
ONLY FOUR MONTHS REMAINING

Posted by Steve Beckow August 21, 2012

Steve Beckow wrote:

Today is the 21st of August 2012. We have four months remaining until the most monumental collective shift any of us will have ever experienced.

The question most frequently asked about Ascension is whether it'll be gradual or sudden. This is akin to the debate in Zen over whether satori is sudden or gradual. Let us celebrate this day by answering that question.

The answer regarding Zen is that the monks prepare for satori for a long, long time. Some of them prepare in past lives and don't have to do as much meditation and other spiritual practice in the present one. But they still have probably undergone arduous preparation.

Sri Ramana Maharshi is an example of someone who did much preparation in past lives and needed to do none to awaken in his last lifetime.

But when satori itself comes, it is sudden. And the same will most likely apply to Ascension.
There is the gradual process of upliftment and preparation that we're going through at this moment and then the sudden event of Ascension on or before Dec. 21, 2012.

I asked Archangel Michael back in August of 2011 whether Ascension would be sudden or gradual and he replied that "it is already underway. It has been and is a gradual awakening. You have seen the changes mentally, physically, emotionally; interconnectedness; the shift in the collective." Then he added: "But there is a moment, there is a moment when the door opens. But there is that moment when it clicks. So it is a moment.

Actually, it is a period of about 20 to 24, 26 hours.

"Think of it as blinking. Have you ever blinked and the room seems brighter all of a sudden? This happens all the time in your meditation. It is like a blink.

"So it is more like a blink. It is a shift in potential of how you operate. It is as if all at once there is a cleanup crew. And what is swept away, my beloved one, is the remnants of the fear, of the hatred, of the darkness.

"In that moment, what we are calling a moment, there is a choice. It can happen instantaneously, because so many of you have laid the foundation [for it] - do you want to be in the heart of One of love?

Do you wish to be in the higher frequency?

In the very last second, all they need to say is yes, and allow themselves to be flooded by what you can
think of as a tidal wave of energy that will sweep the planet."

So Ascension is both gradual and sudden - gradual in the preparation for it and sudden in the actuality of the event. And the event itself is triggered by "a tidal wave of energy that will sweep the planet."

**Footnotes**

APPENDIX

A: TIBETAN BUDDHIST Monastery Official Record of more than 160,000 Thousand of Humanly Embodied (Rainbow) ASCENSIONS over past 9 centuries!

CLIP from "The Source Field Investigations" by David Wilcock

The Rainbow Body (Page 429)

Could humanity be prepared to move into a "light body" of some kind, as the mystical prophecies of Zoaraster, the founding fathers of America and others seem to have suggested?

William Heenry and Dr. Mark Gray reveal the widespread prevalence of light-body references in numerous ancient traditions---where the human body is tranfigured into a new body?

There are fully 160,000 documented casesa of the Rainbow Body in Tibet and India alone...

Kathok monastery in eastern Kham in Sichuan Province, China, has records indicating that more than 100,000 within the Kathok lineage achieved this state since its founding in the twelfth century, while nearby Dzogchen monaastery had 60,000 lineage holders reachxh such a state since the monastery was established in the seventeenth century.

Both monestaries are of the Nyingma Sect. 14
B: ASCENDED Master St. Germain's ASCENSION
Background of Earlier Lives

ST. GERMAIN'S HUMAN ASCENSION TIMELINE
LIFESTREAMS

It is believed that Saint Germain was born in 1561. As he grew into adulthood he mastered all of the European languages. He was one of the best swordsmen of his day. He was a master violinist.

He was a personal friend of Voltaire, Rousseau, and a great many other distinguished philosophers.

He knew many European heads of state. He was known as "the man who never dies and knows everything". He was very wealthy, but no one knew how he had accumulated his great wealth.

He was a great painter and musical conductor. He had an extensive knowledge of herbalism. Some feel that this attributed to his long life. He was a master alchemist. It is said that he could turn base metals into gold.

He founded Rosicrucianism and Freemasonry in England. He did this under the name Francis Bacon. It was his dream to create in America a new country free of corruption, greed, and dictatorial monarchies.

He was instrumental in formulating the Declaration of Independence and the constitution of the United States as they were being written by his Masonic followers who founded this nation.

Their Masonic symbols can be seen on the dollar bill. He spent eighty five years with the Trans-Hilalayan
Brotherhood which was made up of El Moyra, Kuthumi, Djwhal Khul, and others.

He lived for over 350 years, staging his death between lifetimes. As a writer he used the names Christopher Marlowe, Edmund Spenser, Montaigne, Robert Burton, Cervantes, Valentine Andraes, and Comte de Gabalis.

It is from his ascended state that he brings the ultimate gift of freedom--The Violet Flame.

From The Ascended Masters Ruler of an Ancient Civilization

More than fifty thousand years ago, a golden civilization thrived in a fertile country with a semitropical climate where the Sahara Desert now is.

It was filled with great peace, happiness and prosperity and ruled with supreme justice and wisdom by this very Saint Germain.

The majority of his subjects retained full, conscious use of the wisdom and power of God. They possessed abilities that today would seem superhuman or miraculous.

They knew they were extensions of the Central Sun--Life-streams issuing from the Great Hub of the Spirit/Matter cosmos.

For their wise ruler had charted for them on a great mural in the center of the capital city, "the City of the Sun," their cosmic history--that they should not forget the Source whence they had come nor their reason for being:

To become sun centers in this distant galaxy they now called home, extensions of the Law of the One.
For they were part of an expanding universe. And their sense of co-measurement with the One sustained an ever-present cognition of the I AM THAT I AM. Saint Germain was a master of the ancient wisdom and of the knowledge of the Matter spheres.

He ruled by Light every area of life; his empire reached a height of beauty, symmetry and perfection unexceeded in the physical octave. Truly the heavenly patterns were outpictured in the crystal chalice of the earth.

And elemental life served to maintain the purity of the Matter quadrants. The people regarded their hierarchy as the highest expression of God whom they desired to emulate, and great was their love for his presence.

He was the embodiment of the archetype of universal Christhood for that dispensation—to whom they could look as the standard for their own emerging Godhood.

Guy W. Ballard, under the pen name of Godfre Ray King, recounted in Unveiled Mysteries a soul journey in which Saint Germain conducted him through the akashic record of this civilization and its decline.

Saint Germain explained to him that "as in all ages past, there was a portion of the people who became more interested in the temporary pleasures of the senses than in the larger creative plan of the Great God Self.

This caused them to lose consciousness of the God-Power throughout the land until it remained active in little more than the [capital] city itself.
Those governing realized they must withdraw and let the people learn through hard experience that all their happiness and good came from the adoration to the God within, and they must come back into the Light if they were to be happy."

Thus, the ruler (the embodied representative of the spiritual hierarchy of the earth under Sanat Kumara) was instructed by a cosmic council that he must withdraw from his empire and his beloved people; henceforth their karma would be their Guru and Lawgiver, and free will would determine what, if any, of his legacy of Light they would retain.

According to plan, the king held a great banquet in the Jeweled Room of his palace, with his councilors and public servants in attendance. Following the dinner, which had been entirely precipitated, a crystal goblet filled with "pure electronic essence" appeared to the right of each of the 576 guests.

It was the communion cup of Saint Germain, who, with the mantle and scepter of the ancient priest/kings, gave of his own Light essence to those who had faithfully served the realm to the glory of God.

As they drank to the "Flame of the most High Living One," they knew they could never completely forget the divine spark of the inner God Self.

This soul-protection, afforded them through the ever-grateful heart of Saint Germain, would be sustained throughout the centuries until once again they should find themselves in a civilization where the cosmic cycles had turned and they would be given the full knowledge to
pursue the Divine Union--this time never more to go out from the Golden City of the Sun.

Now a Cosmic Master from out the Great Silence spoke.

His message was broadcast from the banquet hall throughout the realm.

The resplendent being, who identified himself solely by the word Victory written upon his brow, brought warning of crisis to come, rebuked the people for their ingratitude to and neglect of their Great God Source, and reminded them of the ancient command to obey the Law of the One--Love.

Then he gave them the following prophecy of their karma: "A visiting prince approaches your borders. He will enter this city seeking the daughter of your king.

You will come under the rule of this prince but the recognition of your mistake will be futile.

Nothing can avail, for the royal family will be drawn into the protection and care of those whose power and authority are of God, and against whom no human desire can ever

These are the great Ascended Masters of Light from the golden etheric city over this land. Here your ruler and his beloved children will abide for a cycle of time."

The king and his children withdrew seven days later. The prince arrived the next day and took over without opposition.

As we study the history of Saint Germain's lifestream we shall see that time and time again the Master and his
way of God-mastery have been rejected by the very ones he sought to help; notwithstanding the fact that his gifts of Light, Life and Love--fruits of his adeptship freely given--his alchemical feats, elixir of youth, inventions and prognostications have been readily received.

When you investigate people who are highly evolved like St. Germain you will find that they exist in about 3 or more bodies at the same time.

It was explained by my teacher, Merele Fagot, that Sister Thedra was her present body and at the time she was also the body of a middle aged lady with children and last of all she was a very beautiful young lady from Venus who visited lectures of people talking about UFOs.

The goal of his embodiments extending from the golden-age of civilization of the Sahara to the final hour of his life as Francis Bacon was always to liberate the children of the Light, especially those who in their carelessness in handling fiery principles of the Law had been left to their own karmic devices--in whose vices they were often bound.

His aim was to see the fulfillment of his prayer offered at the final banquet of his reign: If they must have the experience that consumes and burns away the dross and clouds of the outer self, then do Thou sustain and at last bring them forth in Thy Eternal Perfection.

I call unto Thee, Thou Creator of the Universe--Thou Supreme Omnipotent God.
HIGH PRIEST OF ATLANTIS

As the High Priest of the Violet Flame Temple on the mainland of Atlantis thirteen thousand years ago, Saint Germain sustained by his invocations and his causal body a pillar of fire, a fountain of violet singing flame, which magnetized people from near and far to be set free from every binding condition of body, mind and soul.

This they achieved by self-effort through the offering of invocations and the practice of Seventh Ray rituals to the sacred fire.

An intricately carved marble circular railing enclosed the shrine where supplicants knelt in adoration of the God flame--visible to some as a physical violet flame, to others as an 'ultraviolet' light and to others not at all, though the powerful healing vibrations were undeniable.

The temple was built of magnificent marble ranging in hue from brilliant white, shot through with violet and purple veins, to deeper shades of the Seventh Ray spectrum. The central core of the temple was a large circular hall lined in ice-violet marble set upon a rich purpled marble floor.

Three stories in height, it was situated midst a complex of adjacent areas for worship and the various functions of priests and priestesses who ministered unto the Flame and mediated its voice of Light and Prophecy unto the people.

Those who officiated at this altar were schooled in the universal priesthood of the Order of Melchizedek at Lord Zadkiel's retreat, the Temple of Purification, in the locale of the West Indies.
Through the heights and depths of the ages that have ensued, Saint Germain has ingeniously used the Seventh Ray momentum of his causal body to secure freedom for keepers of the flame who have kept alive 'coals' from the violet flame altar of his Atlantean temple.

He has extolled and exemplified freedom of the mind and spirit. Endowing the four sacred freedoms with an identity of their own, he has championed our freedom from state interference, kangaroo courts, or popular ridicule in matters ranging from scientific investigation to the healing arts to the spiritual quest.

Standing on a platform of basic human rights for a responsible, reasoning public educated in the principles of liberty and equal opportunity for all, he has ever taught us to espouse our inalienable divine right to live life according to our highest conception of God.

For the Master has said that no right, however simple or basic, can long be secure without the underpinning of the spiritual graces and the Divine Law that instills a compassionate righteousness in the exercise thereof.

SAMUEL THE PROPHET

Returning to the scene of the karma of his people as Samuel, prophet of the LORD and judge of the twelve tribes of Israel (c. 1050 B.C.), Saint Germain was the messenger of God's liberation of the seed of Abraham from bondage to the corrupt priests, and from the Philistines by whom they had been defeated.

Bearing in his heart the special sign of the blue rose of Sirius, Samuel delivered to the recalcitrant Israelites a
prophecy parallel to his twentieth-century discourses both inextricably linked with God's covenants concerning karma, free will and grace: "If ye do return unto the LORD with all your hearts, then put away the strange Gods and Ashtaroth from among you, and prepare your hearts unto the LORD and serve him only: and he will deliver you out of the hand of the Philistines."

Later, when King Saul disobeyed God, Samuel freed the people from his tyranny by anointing David king.

True to the thread of prophecy that runs throughout his lifetimes, Saint Germain was Saint Joseph of the lineage of King David, son of Jesse, chosen vessel of the Holy Ghost, father of Jesus in fulfillment of the word of the LORD to Isaiah--"There shall come forth a rod out of the stem of Jesse, and a branch shall grow out of his roots...."

We see, then, in each of Saint Germain's embodiments that there is present the quality of Alchemy-a conveyance of Godly power. So ordained the instrument of the LORD, Samuel transferred His sacred fire in the anointing of David and just as scientifically withdrew it from King Saul when the LORD rejected him from being king over Israel.

This unmistakable sign of the Seventh Ray adept, often in humble garb, was also present as the Holy Spirit's power of the conversion of souls and the control of natural forces in his life as the third-century Saint Alban, first martyr of the British Isles.
ALBAN, ROMAN SOLDIER

A Roman soldier, Alban hid a fugitive priest, was converted by him, then sentenced to death for disguising himself as the priest and allowing him to escape. A great multitude gathered to witness his execution--too many to pass over the narrow bridge that must be crossed.

Alban prayed and the river parted--whereupon his executioner, being converted, begged to die in Alban's place.

His request was denied and he was beheaded that day alongside the saint.

www.crystalinks.com/stgermain.html

C: Recommended reliable ASCENSION BOOKS, VIDEOS; Website Sources:

BOOKS:

*The Source Field Investigations* by David Wilcock. This is the most current source of genuine breakthrough new miracle healing devices and methods, and spiritual truths. Published Dutton, and is available at Amazon.com and most bookstores worldwide.

All 36 of my own Russ Michael spiritual and self-help books are FREE. Anyone anywhere worldwide can download the books at our Golden Key Library at: http://www.goldenkeylibrary.info.
1. Your Soulmate is Calling  (***published in 9 languages) Somewhere deep inside every one of us is the knowledge that somewhere—at this very moment—someone special is calling out to us for recognition. Your Soulmate is calling you, wherever on earth he or she resides. Your Soulmate is sending out a distress signal. The essence of his or her signal is: “Where are you? I am waiting here for you. I want you!”


3. The Secret Great White Brotherhood Is life as we know it here upon earth more than a mere accident of nature? Is there a deeper, higher, broader and truer meaning to your life and mine than what we feel or perceive at this moment in space and time? All these important questions - and many more - may fully be answered for you in this volume.

4. There is No Death (booklet)

5a. GOD and MIRACLE HEALTH Part 1 Part 1 is jam packed with life-saving information on the benefits of Miracle Products, Miracle Services and Miracle Mind.

5b. GOD and MIRACLE HEALTH Part 2 Part 2 contains all of the “How-To” self-help resources and information to attain Miracle Health, including the story of Jim Humble and his fight against the world’s
diseases using his 100 percent effective MMS Product formula. Learn how he battled malaria to discover the formula that has cured 75,000 cases so far.

6. Finding Your Soulmate
This best-selling classic was first published in 1971, when Russ Michael brought the concept of and the actual word “Soulmate” into mass consciousness on Earth. While most books are out of print in a few years, this book is still a top-selling item over 37 years later and read in 12 languages worldwide.

7. Autobiography of an INITIATE on the PATH to IMMORTALITY
The exciting true story about the life and adventures of Russ Michael. If you want to understand more about the powers of the universe, learn from a key world spiritual mentor, himself. Russ Michael shares his personal experiences from a very low point in 1965 when he found himself homeless, barely eking out a daily existence and living in abject poverty, to his experiences founding global companies and traveling the world. This incredible story puts you into the mind of the man who has worked for decades to bring readers The Light.

8. The Secret of Sex and Sexual Attraction
You can draw anyone or any thing to you by the deliberate use of the Law of Attraction and a large personal stock of pheromones. “Your conscious co-creator job on Earth is to learn how to live your life fully in a safe world. In that safe world, you will most aptly find that sex is good. Violence
against another is bad, guilt is bad, to judge is bad, regret is bad, and even living in the past is bad - but sex is good!"

9. Soulmates, Twin Rays and Special Lovers
Given a choice (and who does not have free choice?) most of us on Earth today would choose sharing what remains of this day and the remaining days of our physical human life on Earth with a warm, fun-loving Soul-mate or a genuinely blissful Twin Ray or special lover.

10. The Secret Doctrine of the Ancient Mysteries
Through your awareness of these once secret MYSTERIES—and their study and use of the laws outlined within them—you are enabled to escape the old prison house of matter. You realize your true identity as the soul. You find a true recognition of your source as a spirit.

11. FINDING MR. RIGHT OR MRS. RIGHT
Mr. Right or Mrs. Right wants you as much as you want him or her. You only need to know what you really want. Combine that decision with the knowledge you gain here about how to increase your attractiveness or personal magnetism, and you are already moving forward on your way to a really, really bright and RIGHT love relationship! Why not recognize and swiftly cut those painful cords that bind you to the past?
12. The Secret Proven Success Formula to Wealth, Health & True Love
(Published in 3 languages.) All that magic means is the wise use of applied knowledge. The word stems from Magi, wise men from the East. As you read on, you will soon notice that I make many references to law.

13. The Birth of Earth as a Star
End times is not an idle phrase. The old is about to vanish and the new is already starting to begin. What is the END at one level of being is the BEGINNING at another.

14. CHOCOLATE for HEALTH — The Amazing Health Benefits of Chocolate
Russ Michael asks the Queens and Kings of Chocolate to indulge their minds with this new Blockbuster eBook. Now is the perfect time to learn about the amazing health benefits of Chocolate.

15. There is NOTHING You Cannot BE, DO or HAVE
(Published in 4 languages, including India/Asia market.) The real gold is found in and through your own creative thought or socially cooperative co-creative ideas coupled with the fire—or the fuel—of a desire for something in you so strong you can taste it.
16. The Mental Room of Mirrors
(Published in 3 languages.) The Room of Mirrors self-therapy technique presented here is indeed a valid precious gift to humanity. I know it well and I am pleased to pass on this powerful healing technique along to humanity in this volume.

17. 100 True RAMTHA Miracle Stories
I wish to personally thank each and all of these grand masters who have shared their experiences with me and whose beautiful, inspiring miracle stories are now here presented to be shared with you.

18. When GOD Speaks, I Listen
Have you noticed in a loud crowd that when someone suddenly speaks up in a soft and quiet voice how everyone now stops talking to listen? That is how God usually speaks, in soft whispers!

19. Why & How of Meditation
As you progress in the art of meditation, you discover—perhaps with astonishment—that the most profound things in life are more simply expressed. A Blockbuster classic! Read by thousands in print!

20. Eleven Magic Steps to Success
There is nothing you cannot be, do or have. You only need to ASK - and through the sacred heritage of who and what you are, your every request is granted at the moment
it is made.

21. *Life in the Dead Zone*
Death is merely the cessation of three-dimensional motion. It is a personal state of rest that will return to a state of motion again. Rest and motion, or death and life, are now, and have been forever, interwoven.

22. *The Law of Attraction* (booklet)

23. *The Secret is no Secret Anymore*

24. *Feeling GOOD is Feeling GOD* (Published in India)

25. *The Secret BREATHE--to High Energy & Ageless Vibrant Health*

26. *DIVINE PSYCHOLOGY--Self Help Therapy*

27. *ONLY The BODY is DEAD--Your Loved One LIVES* (booklet)

28. *SCIENCE of The Secret Arcane Doctrine*

29. *Find Your SOULMATE---Soulmate HANDBOOK*

30. *Songwriters & Poets--GUIDEBOOK--Publish--Sell--Copyright*

31. *Harness the Secret Power of the Universe*

32. *Anastasia--A Living Goddess on Earth*

33. *The IMAGE--the Secret Source of All Personal and Cosmic Power*

34. *“The Secret” is No Secret Anymore*
35.  *Easy insights into 2012 GOLDEN AGE and Earth Humanity's Rapturous ASCENSION*

36.  *Ascension Preparation for Your Self and Loved Ones*

**WEBSITES**

My Pathway To Ascension website:  
http://www.pathwaytoascension.com/

Galactic Messages:  
http://www.galacticmessages.com/blog/ (several reliable telepaths)

Planetary Activation Organization:  
http://www.paoweb.com/ (Sheldan Nidle)

Divine Cosmos:  http://divinecosmos.com/ (David Wilcock)

THRIVE Movement:  
http://www.thrivemovement.com/home

Hilarion:  http://www.therainbowscribe.com/ (Marlene Swetlishoff/Tsu-tana)

AscensionEarth2012:  
http://ascensionearth2012.blogspot.com (Greg Giles)

Galactic Federation:  http://www.blossomgoodchild.com (Blossom Goodchild)

Mathew Messages & Books:  www.matthewbooks.com (Suzanne Ward)

Hollow Earth Network:  www.HollowEarthNetwork.com (Billie & Zorra)
Wake up Call: [http://treeofthegoldenlight.com](http://treeofthegoldenlight.com) (Nancy Tate)

City of Light Sedona: [www.sedonalightcenter.org](http://www.sedonalightcenter.org) - [www.cityoflightsedona.com](http://www.cityoflightsedona.com) (Genii Townsend)

Mira, Pleaidian High Council: [http://thegroundcrew.com](http://thegroundcrew.com) (Valerie Donner)


**BLOGS**


Awakening With Suzanne Lie: [http://suzanneliephd.blogspot.com/](http://suzanneliephd.blogspot.com/)


Russ Michael - 100-Groups collective daily IMAGE meditation EVENT schedule: [www.100.Groups.net](http://www.100.Groups.net)

**EMAIL CONTACT:**

My Russ Michael email contact to subscribe to my FREE daily email---"Message from Michael - Worldwide News Letter"---posted to more than 3,000 Light Workers worldwide, 7 days a week: Just "ask, and you will receive!" [Age-Reversal@aon.at](mailto:Age-Reversal@aon.at)

PATRICK FLANAGAN (former TESLA) [sacredmath@me.com](mailto:sacredmath@me.com)
FINAL NOTE FROM THE AUTHOR Scribe...

Keep Your Daily Focus on ASCENSION: Nothing else really matters!!

BE the daily, hour-to-hour, moment to moment LIGHT, LOVE and JOY on Earth that you innately ARE...as constantly as humanly possible. Deep WITHIN us we each and all naturally hold light, love and joy at the center of our Human Soul Being. Without at least a small spark of sparkling pure light, love or joy within them, no Illuminati dark Cabal Member or their minions could LIVE one moment longer on Earth in human body form.

KNOWING THIS...if you feel 'down' or "out of sorts' and unblanced in any way, stop everything and consciously go into the silent depths of your Being and focus on either one of these THREE CENTRAL aspects of YOUR Soul Being...and go back to BEING "the love," "the light," "the joy" of who and what you are on Earth once again. This pure INTENT and constant self-effort to reach down into your CENTER and BE your "Mighty I AM Presence" on Earth is WHY you are here, and is HOW all of us awakened Light Workers on Earth keep dedicatedly on our golden pathway to ASCENSION.

PLEASE read and re-read this "promper" as often as needed daily...and SHARE with loved ones and friends, as prompted. All is well. ONENESS prevails. There are no TWO. WE are ONE.

In addition to my best-seller, Finding Your Soulmate, which is still selling in 12 languages, I have written many
self-help books, and currently there are 30 available as eBooks. I invite you to obtain and read them all.

After my death experience at age 18 and in the unfolding due course of my spiritual work, I have received thousands of letters of gratitude from readers of my books and from many grateful attendants of my workshops who have found their soulmates or their Twin Ray life companions, or made their wildest, most impossible dreams come true. A few days ago, I received an email from someone who recently obtained and read my 360-page autobiography.

Dear kindly eBook reader, this is what Carolyn Tester had to say to me about *Autobiography of an IMMORTAL*. Bless her heart.

I don't think I have ever enjoyed reading anything as I am now doing with your autobiography. I'm now beginning to read slower and slower … as the end of it gets nearer … a habit I’ve acquired when in a GOOD read.

Love to you and yours,

*Carolyn Tester*

If you enjoyed this or any other books of mine, please encourage your loved ones, friends and associates to obtain and read them all.

I suggest that you obtain my own *Autobiography of an IMMORTAL* or any of my current 30 available (soon to be more) BLOCKBUSTER eBooks.

Enquire now (or later) at: [www.100-Groups.net](http://www.100-Groups.net)
Or contact me at my personal email address:

age-reversal@aon.at

You can soon listen to my 3-minute podcast, read my brief bio or surf through the “Table of Content” pages of my many obtainable eBooks.

To receive my **FREE** daily spiritual “Michael Worldwide Newsletter” in your inbox, email me at:

age-reversal@aon.at

and ask to be subscribed. (Again, this is free. Just ask!)

We appreciate and love to have new readers come to Russ Michael eBooks through you.

Bless your heart, forever and forever. Bless us all. We are all blessed.

In *living and loving gratitude to All That Is*

*I Am*—Russ Michael

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