

Choose Love



Greetings, beloved ones. You know, each of you have birthed yourselves into this timing, this Now, for a very grand mission. That mission is to come to the truth of who you are, the grand truth about your human species.

You are star-seeded, you know. Your species has come from civilizations far beyond this place, eons before time. You have come from a place of great knowing, and for eons you have played a game called, “I have forgotten who I really am.”

So who are you?

Well, the truth is that you are powerful, multi-dimensional spiritual beings come forth lifetime after lifetime to play a spiritual game called ‘human life now.’ And you are coming to a grand change – the end of a very large cycle that is 52,000 of your years, and the end, too, of a particular cycle of 25,000 years with which you are very much bound in this consciousness -- and the beginning of a new cycle.

What is the new cycle? It is the speeding up of the vibrational frequency that comprises your molecular, emotional, and spiritual beingness. This will affect not only humans but also the Earth herself. You and she co-exist; you are interdependent and part of one grand consciousness. In fact, the truth is that nothing is separate. You are not separate, one from another. You are not separate from any thing, not even that which you regard to be man-made.

So you are indeed powerful spiritual beings, even if you do not feel it so very often. You are come forth to make a grand discovery in this life, to know with every cell of your body and every fiber of your being, the grand truth. You could call this shift

enlightenment or superconsciousness. All that means is that you will be vibrating at a faster rate. It also means that you will know the truth of you.

Of course, we would be very happy if you would throw the word 'enlightenment' or 'superconsciousness' out the window. Enlightenment is simply the natural result of loving absolutely every facet of you. All of you struggle very hard to be more 'spiritual', to be more on the path to enlightenment, all of it presupposing that you are not already whole. But you see, the truth is, you are whole. You are what you strive to become. It is within you. It is part of the fabric of your being because the grandest truth is that you are, in every Now moment, a perfect, eternal expression of the Source. That is your truth.

You may say, "If this the truth, how come it does not feel that way? How come I am not a magnificent manifestor? Why is it that there is a reoccurring pattern of sabotage, of heartbreak, of lack in my life? How is it that I do not feel this truth?"

Well, you have been programmed to believe that you are not enough. You have been programmed to exist in lack. You have been programmed not to know love, and certainly not to love who you are.

You see, my beloved ones, each one of you is born into a place of dysfunction at some level or another, and dysfunction is simply another name for fear. Because your consciousness is not separate, what you know from in utero through your first six to nine years is fear, invalidation, and pain.

By the time you are six years of age, your beliefs and ideas of who you are are set in concrete. Certainly as you grow in your physicality and intellect, many of those ideas may change, but the bottom line is that you are ruled emotionally by a little boy or little girl who lives within the breast of you and does not know

the truth. So when you look at your life and see how you recreate and recreate the same old patternings, you know why.

We remind you of the basic truths about your reality. The main one, most important of all, is that you create your own reality, absolutely. There are no exceptions. There is no such thing as coincidence. There are no such things as accidents. At some level, you create it all.

Until you can come into this knowing, you are stuck being one of life's victims. As long as you are a victim of fate, of karma, of circumstance, of random chaos, you are powerless. From the moment when you can stand up and say, "I am responsible. I have created all of this absolutely," you are standing in a place of power and in a place of choice.

You see, if you pay attention, you can realize how it is that you create your own reality. How you recreate the same stories. How you sabotage your life. How you make choices based on an erroneous belief that you are not enough, that you are not worthy, that you are not deserving.

The way that you create your reality is by your beliefs about who you are and your beliefs about reality. That is what creates your perceived reality. You may say that your thoughts, ideas, and beliefs are like the house that you live in and everything takes place within that framework of ideas, beliefs, and thoughts.

Your structure, both your material structure and your non-physical structure, is created from energy and energy is consciousness. So you are a body of consciousness, aware-ized consciousness. This energy that you are comprised of is electromagnetic in nature. You are really a grand attractor, a grand magnet.

Now, the universe supports you 100%, powerful being that you are, so whatever it is that you believe, will occur. That is what you perceive as reality. It is not at all reality in the broader sense, you understand, but what you perceive is your reality. As you change your perceptions, you will also change your reality. That is how it works.

The other very powerful component in creating your reality is your emotion – e-motion, energy in motion. You may say that the emotion attaches itself to the ideas, the thoughts and beliefs, and the universe supplies it. Like attracts like in every way, not only the physical manifestations in your life, but also your emotional experiences.

Most of you come from a place of lack in your lives. There is never enough, whether it be love or money, a new job, more fun, a new house. When you haven't got it, apart from your ideas and beliefs about who you are and what you deserve, you are focused on what you do not have and that is what you create. That is the frequency of your creation. Like attracts like. Does this make sense to you?

Let us go back to the emotional quotient here because it is the driving force of your life. Most of your beliefs about reality are so much part of who you are that you do not even realize that they are beliefs. You think all that is reality. You all believe that the sun will come up tomorrow and it does. You know that you all collectively create the weather patternings, that is how powerful you are. You see, consciousness is linked absolutely into a collective consciousness. It is a morphogenetic resonance which attaches like to like.

When you are birthed, you are birthed into a family and that family has its own consciousness, its own mythology, its own stories, its own way. It is a little ball of consciousness. Over that ball of consciousness is the consciousness of your city or town,

of your groupings within that town, of religion, of sporting fraternities, of business. Every grouping has its own little umbrella of consciousness linked with its own beliefs about reality. Then you have a larger grouping of consciousness called your country and over that is the consciousness called your race and over race you have the complete ball of consciousness called 'human consciousness.' And all of it, all of it, is absolutely linked.

Once upon a time in your world with this linked consciousness, people thought that the world was flat. Nobody thought about that belief very much. It was simply reality. Then somebody came up with the outrageous idea that the world was round, and do you know, as more and more people came to believe, that consciousness reached critical mass and then the whole world 'knew' that the world was round. As consciousness grows and expands exponentially, it reaches critical mass and then everybody is affected without being at all even aware that it is so.

It is from this Now that you will create whatever future you desire. So when you look at your world and what you create, what if you asked, "If I did not believe this was so, how would it be then?" If you are going to create it anyway, you might as well create it consciously, and you might as well create love and abundance and health and vigor and much joyousness. Does that sound like a good idea?

Well, we agree and we desire that you know that you are worthy of all wondrousness, simply because you exist. You are in every Now a perfect, eternal expression of God/Goddess, All That Is. That is the truth. And that may be your truth, if you would desire it.

You know, another word for God/Goddess, All That Is is love. We not speaking here of some romantic, ephemeral idea-

construct. We are speaking of a power so immense that it is the building block of the multiverses. Love is what gives life to the atomic structure of your bodies. Love is in everything that you perceive. There can be no existence without love. Love is the prana, the molecules of energy that you exchange with every in-breath and every out-breath.

Love is your truth. Love is what you consist of. Everything that is not love is an illusion, a misconception brought about by the erroneous belief that you are not enough, brought about because you have forgotten that you are gods and goddesses playing the game called 'human life now.'

Love is the power of you. When we say enlightenment is the natural result of loving every facet of you absolutely, we do not speak lightly. The first step is taking responsibility for your own creation, called reality. From that place of taking responsibility, you are in your place of power, of choice. 'I choose love.'

You see, all of you live in fear. Fear is the polarity of love, and fear is everything, every emotional response, every emotional reaction, which is not love. It does not matter what name you give it. You can call it frustration, stress, anger, jealousy, possessiveness, lusting after power, greed, abuse. All of it, all of it which is not love is simply a manifestation of fear.

Now, what happens when you are in that place of fear? You try to overcome it, push it away, overpower it, run away, put it behind you, hide it under the carpet. You have been taught to do thusly, to be strong, to overcome all. It is part of your programming, however it does not work. None of it works. Look at your world. Not exactly a playground of love, is it? So, it is learning how to choose love. All of this is about transforming your life, choosing love, knowing how to choose love.

You know, you cannot transform what you do not own. Those

facets of you that you find unacceptable and that you judge negatively, all of those things hidden away, are what run your life. When you own them, you have only to embrace them to create the transformation. It is very simple. Transformation is very simple, but it is about having the tools, the recipes. How do you love what you have hidden from?

It is learning to be your own detective. That is not so difficult if every time that you find yourself in a negative judgment about anything outside of you, you can say, "Aha, there is something in here to look at."

How is this? Well, each of you is the central sun of your own universe. There is nothing outside of you but a mirror reflecting back to show you who you are and where you are in any Now moment.

It is not to say, "Well, I saw a man beating his dog and I know that there must be a reflection here, but I have never, ever beaten my dog." It does not work like this. The reflection is about the emotional reaction. Any response, any reaction of emotion which is not love, is a response in fear.

So when you see abuse and you are bursting with rage, what is the fear here? When you come down to it, it is the fear of powerlessness. You identify with the little abused creature because each of you knows abuse. We are not speaking even of beating, but you all know abuse at some level. And so when you see something which is helpless and powerless being hurt, you come immediately into that reaction.

Now, that reaction of rage is not the reaction of a rational, adult being. It is the reaction of the wounded child, the child which was set in concrete within the breast of you usually by the time you are six years of age. The name of this little one that lives within the breast of you is fear. All of your life, you have run

from, invalidated, and tried to overcome fear because you have been taught that is how you deal with it.

But you know, the fear is just that little abandoned child. All that little child desires is to be swept into your arms, to be held to the breast and told how much it is loved. As we have given forth before, reach out your arms and gather that little one to you and say, “Beloved of my heart, do not be afraid. I will never leave you. I love you absolutely. We are together forever, you and I, in this safe and wondrous universe and together we are coming home.”

If you will hold that little one in your arms until you feel the warmth spread into your body, something magical occurs. You have created a miracle of transformation because you are centered, your energy centers are open and now you are ready to make the next wonderfully creative choice.

Transformation is not about your intellect. If you could transform by your intellect, your world would be a very different place. The intellect does not, cannot, do it. The intellect was designed to be the servant of the heart, to implement that which is the heart joy. The way to transformation is by embracement, to absolutely love that baby girl or baby boy that lives within the breast of each of you, who desires only absolute, unconditional love.

It is also to deal with the broken heart. It is the broken heart which causes diseasement. Your bodies were designed to last hundreds of years. In other civilizations beyond this world they do, indeed, last hundreds of years. Your bodies do not wear out.

When you do not deal with your emotional issues, with your broken hearts and the fear that you live in, then that energy emotion -- energy-in-motion – is not aligned. It is locked down by negative judgment about who you are and is not able to move through your embodiment and gets stored in your cellular

structure. That is the body saying, “Stop. There is something here to deal with.” When you do not, it becomes the more and more and more until your body gives up altogether and you go on to the next adventure.

Of course the death itself is only an illusion. You have lived thousands of lifetimes in what you call past lives and future lives, all of them are occurring simultaneously because outside of this time-space continuum, there is no time. You are so grandly multi-dimensional that you exist in every dimension or realm unto what you may term the angelic realm, to the void of Creation itself.

If you want guides and angels, look within yourself. You are absolutely and totally connected to your angelic self, to your light-beingness. You are not separate. It is you who have the power. It is you who have the knowing. It is you who are powerful, eternal, spiritual beings. You. And the power of you, the truth of you, is love.

What all of this is about, really, is being able to choose to have more love, more joy, more fun, more laughter, more wonderment, more beauty, more harmony, more peace, more tranquility, in your day-to-day life. That and loving every facet of you, absolutely, is what enlightenment is all about.

None of this is about being good. It is about being the truth of you. There is nobody to judge you. You are gods and goddesses playing this game. There is no God sitting on a cloud up there with a little book to say, “Oh-oh, too bad. Wrong choice.”

You have never made the wrong choice and you have never made a wrong decision, not ever. You have made some choices from the God/Goddess energy of you, and you have made some

choices from the very frightened little being that lives within the breast of you who does not know that you are truly are powerful, grand, wondrous spiritual entities.

You are it, my beloved ones. All of the knowing is within you. You are not separate from that which you call God/Goddess, All That Is. You are not separate from that which is your light-beingness, your soul energy. This soul energy is likened unto a grand golden ladder or thread that exists through eternity. That is you, and you are unique. You are indeed a tone, a vibrational frequency with sound and color, unique, recognizable in the multiverses, each the most beautiful jewel in the crown of divinity.

Wondrous, indeed, is it not?

Namaste

Death, Grief & Separation



For some of you, this year will mean change of abode, change of your work situation, or change of relationships. Many of you will experience death and the loss of dear family or beloved friends. In fact, many of you are remarking how extraordinary it is that every time you turn around, someone else you know has either created a serious diseasement of the body or has died.

This situation of death is an interesting one. Most of you are not prepared for it and are not taught in any positive way what to do with this event, which is, for all of you, a certainty. The main fear around death is the uncertainty of what is to come after. Some of you believe fervently that there is nothing after death and this may be quite terrifying. Others of you fervently believe in a heaven of some kind and maybe a hell, and may be quite afraid

in your secret heart how you may be judged to be worthy of one or the other. The other fear you may have is the separation from all you know and from your nearest and dearest, leaving behind all that you hold dear.

The other interesting situation is that of grief. For those left behind, the absence and physical separation of a beloved one may be an ongoing process of trauma and grief, sometimes lasting many, many years and taking joy and laughter from the life and the living.

We say to this, the fear of death and the mourning grief is valid, but it is all due to a misperception about the greater reality. In the greater knowing and expanding consciousness, you may change your own reality about these things and assist others to come into this new awareness.

If you have any doubts about life without the body, we ask you to look at how you leave your body in an altered state of consciousness every time you sleep. For those of you who have had after-death experiences and out-of-body experiences, you know with absolute certainty that there is no such thing as the end of life. There is only the end of this perception of life with this body you are creating in this now, moment by moment.

After you leave your body in death, you find yourself in the most wondrous lightness of beingness. Your focus, after a few moments, usually shifts from what was the physical reality to the new frequency you now find yourself in. It is glorious in its light and in this new state of being you are able to perceive yourself separate from no one and no thing in this enfolding frequency. It is truly a joy to be in that knowing, on one hand welcomed, cradled, and supported with unconditional love and on the other, to be free to dance on moonbeams.

No one, no matter what the situations are in physical reality or

how you may judge how someone has lived their life, is disallowed to experience this joy, this love, this reality.

We ask you to look again at the statement of your greatest truth. You are, in every moment, no matter the circumstances, a perfect and eternal expression of the Source.

Please do note the eternal part! This is not about the body. Bless the body, indeed, for it is what you have created to be able to experience the wonders called physicality. However it is the eternal beingness of you that comes again and again to experience life in all its myriad expressions in different time locks with different gender, race, and social circumstance. You choose it all and co-create your entire life's experience.

There is no end to life. You are not separated from your loved ones at death. In a way, you may say that with the absence of the physical body, the relationships with your loved ones are now enhanced because there is nothing standing between you, no impediment to true communications of the heart, no misunderstandings.

So now let us look at grief. Of course grief is valid. You have just lost someone who is beloved of your heart. There is now physical separation. You are here and your beloved is off having the most wondrous experience, dancing on moonbeams and perhaps, for the first time in years, feeling a body of joyous light and freedom, being bathed in love and having altogether a jolly good time. The lost ones who are children are now no longer lost, but gathered into the arms of love and very soon to come into the re-integration with their greater soul energy, into wholeness and knowing.

Can you begrudge your loved ones this experience? I don't think so. So whom do you mourn for? For you? All right, that is valid. You are a very poor thing to have been so left behind. But

do you know that you still have your beloved one available to you? Perhaps not in the same old way, but with you, nevertheless. It is up to you whether or not you make yourself available to this new way of being together.

As we have said, there is really no separation. If you will allow yourself to be open to the possibility, you may experience your beloved by the thought and the feeling. It may, of course, be much more. It is not to have expectations of how these experiences take place, but rather to be in the feelings of joy for the beloved and just to pay attention as you go about your days. You will know your beloved simply by the feeling. When you talk to the beloved, do so in the knowing that your words and feelings are instantly known.

If there has been the situation whereby you are feeling sad that you did not have time to say the words you would have said, we say to you, say them now! You will be heard. Your heart is known and if you think that there is any forgiveness required, it is only for you to be kind and compassionate to you. In the after-death, the heart is truly known and there is not anything to forgive.

We say to you that truly it is more fitting that you celebrate the passing of your people with great gusto. Celebrate their lives. Celebrate the gift they have been to you. Focus on the wondrousness that was their lives and the joy and vitality that is their now life, in the after-death. When you may do it thusly, you will find that truly the grief is replaced by a quiet contentment in the knowing that as each of you creates your birthing and life, so indeed you do, at a very deep level, create your circumstances of dying and death to come again into the all knowing, the wholeness, and new choice points in your eternal game of being the Source experiencing Itself, however, wherever, and whenever It may.

I love and honor you eternally in your eternal games.

Namaste

Intimacy with Divinity



Beloved Ones, intimacy with divinity is the profound feeling of oneness, of non-separation, which some of you have felt for fleeting moments in your life. You ask, "Why does it only last for such a little time? Why can I not feel like that all the time?" We say to you that the first step toward the constant state of beingness is to become intimate, very intimate, with yourself, for the divinity is the truth of you.

The 'how' of it is quite simple, really. Intimacy with your own beingness is to own every facet of you, especially those facets which you find undesirable, unembraceable. You know -- all those things you would prefer your best friends did not know about.

You see, my dear ones, what keeps you separate from that intimacy is the fear that you are not good enough, not worthy of love or enlightenment, or all of the wondrousness of this world. That fear is rampant upon your plane. It is the fear that you knew very soon after your birthing. It is the fear that was communicated to you by your parents, by mass consciousness, by all with whom you have contact in your day-to-days.

As you understand that the true nature of you is divine and that what keeps you from the feeling of that knowing is simply fear, then indeed you may consciously choose a different way of being. You may say there is no doing involved here. None of this divinity or enlightenment business is about doing. It is about being who you truly are, however that is in any moment. You

see, while you are hiding the reality of you, you cannot transform those facets of you which do not exemplify the highest idea of who you can possibly be. Does this make sense to you?

The fear that you hold within you that you are not enough is really not the fear of the rational, intelligent person that you appear to be. It is the fear of the little child that lives within you that has been terrified all these years that it is not worthy of love. That little person rules your life. That little person keeps you in reaction to life, trying to be thought of and seen to be what you think you are not.

When you embrace that little one and own every facet of you in the knowing that what is not of love and joy is simply the reaction of the frightened child, then you can begin to be intimate with yourself. Then your life will begin to transform. Then you will lead a life of vital, joyous and passionate creativity. The frightened reaction of that little person within you has kept you in the chains of repeated patterns of self-sabotage for long enough.

So, as you allow yourself the gift of intimacy, owning every facet of you, embracing everything that does not fulfill the highest idea of who you can be, then indeed you are creating that space to feel the love of your own being, to be the love. The act of embracing in your mind's eye, that little one within you, is an act of love, an act of compassion.

And, you see, beloved ones, it is the love which is the divinity of you. Love is another name for God/Goddess, All-That-Is. Love means no separation. Love is the building block of creation. Love is the truth of you.

As you go about your day-to-days, pay attention to your reactions, your feelings. Your feelings are your barometer. When the feelings are pleasant, joyous or fun, there is no

negative self-judgment. You are in the now moment, allowing the flow of your life. When the feelings are not good, you know there is something to be aligned. The little person within is in reaction to something outside of you, which has brought forth the feeling of not enough.

In that moment, while you are in that feeling, you have a choice. You can go on in the same old pattern of hiding from fear, or you can be still and go within to the little one, embrace him or her with love and compassion and change the situation. We say to you that the transformation may most speedily occur in the emotion.

In other words, the transformation is not about your intellect. Your intellect may bring you to an understanding of the how and why, but does not of itself create transformation. E-motion, or energy in motion, is your power point. It is in the e-motion that you become in transformation because it is the great magnet or attractor which creates the reflection you call your exterior life.

Your ideas and beliefs about who you are, wrapped in the emotion of those ideas and beliefs, create your reality, every experience in your life. You may change your ideas of who you are but until they are wrapped in the joyous emotion of knowing that truth, you will not change your experience of reality, or should we say perceived reality.

That choice is yours in every moment. You are the grand, sovereign, spiritual beings who have chosen to come forth on this plane to have a grand, powerful, spiritual experience called 'Human Life Now'! There is not a moment in your life when you are really separate from the divinity of you. You are in every moment a perfect, eternal expression of Creation no matter what you think you are. The separation is an illusion. It is the result of that little one who lives in the fear that it is not enough. It is your choice to transcend the illusion or not. We remind you

that if you choose not to follow the path of growth and expansion, that is the choice of a grand master and there is no judgment about this.

However, you are here and reading this because you do desire that expansion, and we say to you "Stop struggling!" That struggle in itself is the product of the fear that you are not going to make it. It is living in the future. When you are living in the moment and 'how does it feel,' there is not the thought that you will not make it. Do you not realize that what you pursue already is? As you can honor yourself with the intimacy of your own beingness, in the love and compassion for every facet of you, indeed you are experiencing intimacy with the divinity of you. You are allowing the unfoldment into what is already and eternally the truth of you.

Make the conscious choice to experience love, joy, beauty, harmony, and much abundance, laughter, and play in your life. Each day, as you start your day, affirm that that is what you desire to experience that day. Give forth the thanks for the miracle of divinity that you are and go forth with the intent that it shall be thusly. When you are in the place of love, joy, etc., you allow that energy to flow. You are being love, joy, etc.

When you bring forth an experience which is not that, simply be still and go to the feeling. Go to the little one and hold it in your arms. Stay with it until you are feeling the warmth and comfort. That comfort zone tells you that you are back in your centered place to experience more love, joy, etc. Try it and see! We promise you transformation!

I love you grandly, my beloved ones. You are in my heart.
Namaste!

Isness of Manifestation



Greetings, dear ones. Once more it is a delight to address you. You may have wondered why in all of your readings and dealings with the wise ones whose words guide and assist you, that each one talks so very much about living in the now.

It is truly not an irresponsible, devil-may-care New Age catch phrase. This concept is to make you aware of the physics of transformation and manifestation. We would like at this time to reiterate some basic points.

You create your perceived reality from the electromagnetic energy which you call thought, belief, and emotion. You yourself are comprised of electromagnetic energy in both your physical and non-physical beingness. You are also part of a collective consciousness which holds collective beliefs about what reality is and what you should expect from it. Many of these beliefs are so much intrinsically part of you that you do not even realize that you hold them. The nature of the energy that you are attracts like to like, so you may say that the universe supports you 100% in that what you are in your thoughts, beliefs and emotions, you attract.

You are in the on-going process of attracting your perceived exterior reality in every moment. In this fashion, you may say that you are recreating even your own physical body in every microsecond. We have spoken to you before this time about how you create disease and death this way. Of course, you also create all the wondrousness in your life, too. It would be to your greater power if you would acknowledge the magical moments of joy, laughter, abundance, and love as things that you have, at some level, created. For as long as you think that the wonderful parts of your life are simply luck or someone else's doing, then

you are denying your own power.

Let us look also at how you so very often look at some one else's life and say, "Lucky them! Look how they were born with everything. Look at how they do not have to struggle for everything." Well, you know, each of you created yourselves exactly where and how you did at your birthing because you desired certain experiences in this focus or lifetime. This you may call the Master Game Plan. However, within this framework of your now-life, you have a choice in every moment of how you will perceive it to be, how you will transform it, if that is your desire, and how you will recreate what is now not desirable.

So, back to the now. The reason you are exhorted to live in the now is because that is where your power lies. Your power of manifestation and transformation cannot lie in your past or you would already have accomplished it. It cannot lie in your future because you create your futures from your perceptions, beliefs and emotions of this now. The more you pay attention and are focused on the now, the easier it is to identify and transform those old beliefs and patterns and negative feelings about who you are and what your perceived reality is which keeps you on the treadmill,

Now this electromagnetic energy of which you are comprised has a vibrational frequency. In fact, the differences you perceive between you and everything outside of you is simply your perception of the different vibratory frequencies. You may say that every thing in the seen and unseen realities vibrates at a certain rate, and because this frequency is electromagnetic, it attracts like frequency to it. We will say to you that this frequency also has color and sound, too, but at this time, this is only an aside.

If you will look at situations in your life that you would desire to transform, imagine that each situation has a frequency. Every

time you identify with this situation, you feel negative judgment about perceived lack. In other words, I would like a lover in my life, i.e. I have no lover. I would like to be healthy and vital, i.e. I am sick and frail. I would like more money, i.e. I do not have enough money. You see how often in your day-to-days you are focused on the lack. That perception of lack carries its own frequency, which the universe supports absolutely.

It is not only the thought which has this frequency. More powerful is the emotion which is attached to the thought. Have you noticed how easy it is to manifest that which really has not a lot of significance in your life? You do it without thinking about it. You simply focus on what is desired and, presto! It is. Much of your perceived lack comes from your too narrow view of your world or from not identifying the gift which the now situation is presenting to you.

To create effortlessly, it is helpful to identify any old beliefs or ideas which keep you stuck in the old pattern. The universe has trouble with mixed messages and will support the message which has the most power attached to it. If you desire to manifest more money and wonder why, after all your affirmations and visualizations, that money is not flowing to you, then look at what you believe about money. Most importantly, look at your focus on the lack of it. Whilst you are stuck in poverty-consciousness, you are not in the frequency of the ease and flow of money.

One of the easiest ways to change the flow of your life, in other words to be in the flow and frequency of having, is to see in the now moment what are the abundant gifts that you are, the abundant gifts which surround you, and give forth fervent thanks for what is. We suggest to you that every day whilst you are bathing your body, standing beneath the flow of water or submerged in water, you sing a little song to the God/Goddess of your being, and to the Universe which supports you

absolutely.

We suggest that the song would be something like this: Thank you for the love in my life. Thank you for the love which surrounds me. Thank you for the miracle of life that I am and thank you for the miracle of life I see reflected all about me. Thank you for the gift of life that I am. Thank you for my perfect body, my health, and vitality. Thank you for the abundance that I am. Thank you for the richness of my life. Thank you for the money which flows to me. Thank you for the excitement and adventure of the millions of possibilities and probabilities. Thank you for the wonderment and thank you for the joy. Thank you for the beauty and harmony. Thank you for the peace and tranquility. Thank you for the laughter and the play. Thank you! Thank you! Thank you!

You may include in this song anything else that you can think of. We say to you that any time of the day or night, and however often you desire, is appropriate for this song. We merely suggest in your bathing time because it is one time during your busy day when you are alone. The deliciousness of the warm water is soothing and relaxing and the crystalline properties of the water are grandly magnifying. Sing your song out loud so that as much of your beingness as possible is involved.

Whilst you are singing your song, totally involved, thinking about the wondrousness, feeling the gifts so then you are truly in the frequency and beingness of the love, joy, power, abundance and wonderment. As you go about your day, you will carry this resonance with you. There is no lack here. The universe supports you!

I love you in all your grand and wondrous abundance.
Namaste!

No Escape



Beloved ones! We ask you to think of this. Is your quest for enlightenment that which is the joy and excitement of unfolding into the more of who you really are, or is it a quest to escape the fear, pain and anguish of day-to-day living in your realm? We suggest you contemplate this.

You see, my dear ones, there is no escape. For as long as you are attempting to get rid of, overcome, release, push away, or let go of the fear, pain and anguish, that energy which you expend in pushing away will simply draw to you that which you are attempting to get away from. What you resist will absolutely persist and what you invalidate you will absolutely empower.

What you are, indeed, is a grand embodiment of electromagnetic energy. That is, every facet of you, your physical body, your consciousness, your thoughts and beliefs and your emotional beingness are all entwined to create a body of energy which is likened unto a magnet. This energy has a resonance, a vibrational frequency, which draws to itself that which matches its own frequency.

Thusly, as you go about your day-to-day life, you create in your perceived reality those situations which reflect back to you your own beliefs about who you are and how the universe is. The frequencies or resonances match. So, if you desire to bring about change in your day-to-day life, the simple fact is that you must change the frequency that you are.

We have said to you many times that enlightenment, or the ability to exist in that state termed fourth or fifth density as you call it, is the natural result of loving every facet of you unconditionally. In other words, by that unconditional love you

change the frequency. This is not required to be a struggle. It is simple a choice in every now. There are no magic pills or potions, no magic words, incantations or rituals. There is only love or fear. Which do you choose in any now?

Of course your frequency changes and fluctuates moment by moment. When you are in a very loving and allowing space, you perceive your outward reality from that framework. Those of you who have experienced your epiphanies or great ah-ha's have wondered why the experience has not been repeated more often, or indeed why, since you have experienced it once, can you not be in that place all of the time. Well, my dearest ones, it is because that frequency does not match who you are most of the time.

The two powerful components, if you like, of your magnetic beingness are your beliefs about yourself and the emotions attached to and underlying those beliefs. Emotions are the seat of your creative power. Where you are operating in your day to days from the fear-based emotions based on the belief that you are not worthy, not enough, powerless, love equals pain, and the universe you inhabit is a dangerous and doomed place, (any or all of the above) then your day-to-day creations will reflect this.

However, because you are powerful, wondrous beings, you change your resonance to create whatever you desire. It all starts and ends with you. Remind yourself of your grandest truth. You are in every moment, no matter the apparency, a perfect, eternal expression of Creation. You are gods and goddesses playing a wondrous game called 'human life now'.

The facet of you which forgets that truth, the facet which believes and feels all of that fear-based stuff, is just a little person, a tiny child who lives inside of you. One who, in spite of forgetting the grand truth, loves the totality of you absolutely;

one who has struggled every day of your life to ensure that you survived; one who has always done the best possible in every circumstance. It is this little facet of you that is requiring the fullest attention, requiring your compassion and unconditional love.

We would remind you of the keys to transformation:

1. You can only transform what you own. If there is any facet of you that you do not own, any situation that you do not own your share of, then how can you transform it?
2. You can only transform in the now. You cannot transform in your past and you cannot transform in your future. You can only transform in your now moment and the paradox of course is that when you choose transformation in your now moment, you automatically transform your past and your future.
3. You can only transform whilst you are in the emotion of the fear or pain, because that is where your power lies. If you would doubt this, then I would draw your attention to the fact that whilst you usually make your day-to-day decisions based on logic and experience, when you are in the grip of very strong emotion, your logic almost always flies out the window!
4. You can only create transformation by total embracement, that is embrace the child within who has created the undesired reality you are experiencing. Embrace the situation and the co-creators and look for the gift within this situation. If you have trouble finding the gift, remind yourself that no matter what the situation is, it is an opportunity to be the more of who you really are!

We ask you to contemplate the fact that all of your fears are based on perceived lack. The grand truth is that there is no lack. However, as this is your belief and your fear, this is what you

create in your life, whether it is lack of love or money or creature comforts or simply ease and flow in your life. Many of you rush about in your outside world with great effort and struggle to try to change this situation and wonder why nothing changes at all, really.

The fear of lack is a resonance. The knowing of absolute abundance in every facet of your life is also a resonance. To change the resonance, we suggest you would give forth joyful thanks to the universe at least once each day for the abundance in your life.

Sit down and write out all the things in your life, in every area, to be thankful for. Each day as you would sing forth your thanks, feel the joy of this abundance and richness in your life. Whilst you are engaged in this activity you are in the isness, the now, of no lack.

As you go about your day you will carry this resonance with you. During your day, when you see something which pleases you or brings you joy, give forth the thanks. Then stand back and be ready for change!

So you see, my dears, there is no escape. There is only you, and by your own awesome power you may create that which you desire -- heaven on earth and you, the gods and goddesses, realized in the full potential called human.

I love you absolutely in your god and goddess games!
Namaste.

The Transition 2012-2013



This evening of your time we are to speak to you about the transition, the transformation not only of human consciousness but of the entire planet. It is variously called transition, transformation, enlightenment, super-consciousness and yes, even ascension - whatever that means.

Now, many beloved ones are on this path termed spiritual expansion of knowing, of coming into knowing of truth. The search for that which is sometimes termed enlightenment can be quite a desperate struggle. For many, that which is the fervent yearning and desire for this transition is a desperate desire to escape this reality of the discordance, the violence, the humdrum, the pain, the anguish and the fear.

Well, you know, the truth is that the desire to escape does not bring transformation. You may say that this transformation, this transition, from third density reality in your terms to what you may term the fourth and fifth density is the result not only of loving every facet of you absolutely, but also of looking at that which is your world. It is to look at this reality and to be able to observe what is occurring without the negative judgment. It is to be in loving allowance and compassion and to be in the joy of your day-to-days without the need for anything else. Does that make sense to you? To be, without the need for more.

You see, as you are in that place of joy, of deliciousment, as you are in that place of blessing, gifts are put forth for you of your own creation. Indeed you automatically put yourself in a frequency termed open to expansion, open to transition and transformation. This is a grand dichotomy.

Now, you may say that this reality called third density is a world of polarity. Good-bad, black-white, love-fear, and all of the other polarities. Sometimes you judge one part of the polarity to be negative. That indeed is a subjective judgment because, of course, the polarities exist in every level and without them you

do not have what you perceive to be this reality. We are speaking in terms of physics here.

So in terms of that which you judge to be negative -- good-bad, love-fear, light-dark, black-white -- whatever it is, it is for you to learn to see what the reality is of that which is judged to be negative. It is to be in the embracement, to be in the loving allowance. It is to allow the transcendence of the polarity. It is to see that love, compassion, embracement, and allowance create a synergistic affect where the result of transcending the polarities becomes more than the polarities themselves. Does this make sense? All right.

So it is not to look at that which is judged to be negative as something to be pushed away, something to be overcome or overpowered. Rather, it is to look at the why of the negative judgment and how that which is perceived to be negative is created out of fear. And through that love and compassion and allowance you automatically create the more.

Now this loving allowance, of course, must start with who you are, every facet of who you are -- that which has been unembraceable, that which has been unacceptable, that which does not match up to your highest idea of who you can possibly be, which is being gods and goddesses realized in this dimensional reality. And it is to acknowledge that those facets of you, hitherto judged very harshly, can be embraced and in the embracement, automatically creating transformation.

So you may say that each of you has chosen to come forth in this timing, in this incarnation, to take part in this grand end-time cycle. You have chosen this for the adventure and for the self-realization.

Now you know, in a way, this is no big deal. It is not something of great seriousness. Rather it is to learn the joy of being who

you are in the laughter and the play of your day-to-days. It is the embracement in the moment where what you are creating is not bringing you joy that will make the change. It is when you are in this space that it occurs automatically without you having to do anything.

It is you in that place of love, of embracement, of allowance, that the following occurs. Automatically that which is the frequency that you are, the vibratory frequency of your rate of being, of your energy, becomes faster. You may say that the transition to occur is a speeding up of your energetic frequency.

Now there is also the idea that when you have attained this extraordinary state called super-consciousness, called enlightenment, that there is nowhere to go; that that is the end and you have attained perfection! It is not so. You are not to attain perfection in this transformation; you already are perfect. When the transition comes, you will not be more perfect. You will simply be in the realization of the perfection that you are in this now and in the realization of your own perfection.

All right, so this is a coming time of change, soon in your time and not in some far off mystical future. It is imminent, this transformation, and it is that which quickens within the breast of you that will make you so very excited. It will make you so fervent in your desire to know your truth.

2012 -- it is not long to go. And this transformation is occurring now. Every time you are in the excitement of the idea of this transformation, so you are assisting yourself in the ease and flow.

It is not about struggle, it is not about trying to be spiritual, and it is not about trying to be good! You are spiritual and you are goodness. What is that, hmm? What is goodness? You are perfection now -- glorious, powerful, perfect creatures -- unto

infinity. You are your perfection.

This transition, if you will allow it to be, will be a soft and gentle ease, a flow. It is about love. And that which is your enlightenment is the natural result of loving who you are absolutely and unconditionally. There is nothing to do but to be in that place of love. When it is not thusly, stop and deal with what is occurring, with the feeling, to create the transformation, the transition. That is who you are.

And we say, even if there were to be no end time and beginning time, still you are always in a place of transition. Transition is a natural state. That which is termed God/Goddess, All-That-Is is in a constant flow called transition, called transformation, called change, called expansion. That is your natural state of being.

You are creatures of love, created of love for love in love eternally. Love is your perfection. There is nothing else. And so you may say that the transition is only about realizing your natural state.

There are also, of course, many questions? What will occur after the transition? That is what you all want to know, and the more you know, the less you want to be here, hmm? We know.

Well, you want to know how it is to be in that place of expanded consciousness, to be in that place of knowing the truth of you. What do you think it might be like to be in bliss, to be in bliss more and more each day? To be in love? To be in love with you and to be absolutely in love with everything and everybody in the recognition of the God-light of all things? How does it feel?

Well, it will be that when you perceive things exterior to you, you perceive that which is the God-light, the Light Sourceness. In that state of being you are lighter. You are less dense in your physicality. You will have a physical body; it will simply be less

dense. Your perceived reality, exterior to you, will be less dense.

The power of you will be realized to manipulate matter at a consciousness which most of you do not have in this now. Of course you manipulate matter in this now else you would have no reality, but most of you do not know how you do it. You will, in this place of love and loving, come to the realization that the thought embraced by the emotion termed love immediately creates coalesced energy into physical matter.

Also you will have the ability to manipulate your own physical matter termed your body. So there will be much fun and games. You are learning this already. You are starting to feel this power of manipulation of matter, of physical matter. As you learn to heal your bodies, as you learn how it is that your emotion -- that energetic power-sourceness of you -- creates your beingness, your physicality, so, if you desire change, you will know how in the power of love. You will also have the knowing to use sound and color to assist you in this change. You are learning it now. In this change you are recognizing your own power.

Many of you become quite terrified at the thought of this boundless power that you are. However, we say to you to look at your life in this now and look back a few years and see how you have already come forth in that place of expansion. See how much you have learned. You see, it has been almost imperceptible in the time that has passed and you are now, in this moment, quite comfortable with that expansion. And so it shall be, the more and the more.

But it is for you to be in the ease and flow so that it certainly is not what you would term a great shock. It is not as if you would wake up one day and there is a stranger with unlimited power looking at you from the mirror, hmm? No. It will be gentle and soft, exciting, adventurous, joyous, and wondrous beyond

measure.

In a way it is difficult for us to use just words to describe that which does not fit into the limited boxes of your conscious understanding. Of course, we say the words to you to keep your mind busy, but really it is that which is the emotion. It is the grandeur of love that touches you so that rather than an intellectual understanding, it becomes a knowing of the heart, a feeling about this change, this transition.

Your minds, no matter what we say, can really and truly grasp mostly intellectual ideas, but it is in the feeling where the transformation takes place. It is in the love where we really communicate with you. As we say so very often about what is the incredible reality of this state of being, it is like explaining to a fetus within the uterus what life is like after birth. So it is not to speak about the reality after the transition, but to speak of the natural wondrousness of the reality now which will gently unfold into this place of transition.

In a way you may say the transition that you call death is the same. Death is a natural state of beingness of this dimension of reality. It is as natural as birthing. It would be our desire to see the humanities come into more of a knowing about the truth of death so that the fear component in the contemplation of death is totally embraced.

Death truly is like stepping out of a suit of clothing that no longer fits you. It is stepping forth into a grand and wondrous new adventure. It is to rejoin with that which is the greater part of your soul energy. And it is to rejoin also with the soul energy of those who are your beloved ones of other dimensions, both from this reality and of other realities because, of course, none of it is separate. It is simply that you are not, in this timing, so aware of those other beings.

And that is exactly as it is to be. You come forth, after all, to

have this great adventure uncontaminated. We mean no negative thing here by that which are your past and future lives and that which are your lifetimes of other dimensions of reality. You come here for a very pristine adventure. This adventure has great integrity in and of itself, hmm? You are here simply for the experience. You are really not here to learn anything. That you do learn is wondrous and it is all very exciting for you, but you're simply here. If you look at the greater picture, you are here to have an adventure, and it is an adventure of emotion.

No matter how you judge it -- good stuff or bad stuff -- it is all energy. You are here to have an emotional adventure, and you are here in this lifetime to learn to embrace absolutely all of the emotions so that there is no negative judgment about any of it. You see? It is quite simple, indeed. The natural next step in your adventure;

What is to occur is that very gently you are unfolding, unfolding -- learning more about who you are. You are learning more about love, learning more about allowance and embracement. Every time you choose love, you are changing your frequency. You are lifting that rate of spin faster and faster. Every time you choose love, you are changing the reality. Every time you choose love, you are choosing for all of your species. Every time you choose love, you are changing your physical reality. It is a gentle unfolding.

This growth of consciousness, this expansion, is growing exponentially and the matter, the mass, the energetic mass of consciousness, is reaching a critical explosion. And there, in this most wondrous blink of an eye, the consciousness of your entire planet has changed.

And nobody will be left behind. Nobody will be left behind! Why? Because this transition is about love, and love means no separation. It is about love. It is about your truth. It is the most

exciting adventure for the humanities for 25,000 of your years. In a greater sense, it is even longer than that, and you have all chosen to partake in this adventure. But we remind you there is nothing to do. It is about being. About being who you really are and recognizing the truth of you. Stop struggling!

Sovereignty



So my dear ones, this evening of your time we are to discuss that which be sovereignty. Since we know that you have talked about being victims, we shall discuss that also, but what is far more important than that which be termed 'victim' is your sovereignty. When you truly understand how you create your reality, then you will truly understand who you are and there can be no question of victimization.

So we say to you that when you consider life as you know it in this dimension of reality, it is very easy to become so involved in the dramas and stories of your life, so enfolded into these stories, that you forget the basic truth of you.

The truth of you is that in every now, every moment, you indeed are a perfect, eternal expression of Creation. There is no exception to this. You are grand multidimensional spiritual beings playing out this wonderful game called 'human life now'.

The truth of it is you create every part of life absolutely. You create it by your thoughts and your beliefs, that is, your idea-constructs, many of which are held universally and are the agreed-upon reality. You create it through your joint desires and indeed your fears.

When you can see that it is thus, then you realize how the mythology of victimization and the mythology of the stories of how you exist in your life are perpetrated; how you are born into a family and that family indeed has ideas, has its own mythology.

You are brought up within the idea-constructs of this. In doing so you are creating another, if you like, paradigm, another idea-construct. You may say that your ideas and beliefs about reality are the house that you dwell within. So you may say that reality is created from your ideas about who you are and your ideas about what should be reality, the agreed-upon reality.

These ideas are only energy forms - your thoughts are energy forms - and what gives the power to these thought forms is your emotion, whether that emotion is love and joy or whether it is fear. We remind you that whatever is not love is fear-based. So if you would agree to this hypothesis that we put forth to you, you can see that if you create it all, how can you possibly be a victim?

Now we hear you say, "If you create it all, why would I ever create the mayhem, the tragedy, the drama of my life? Or why would I choose to birth myself in a place of war and starvation, in a place of abuse, torture? Indeed, why would I birth myself in the usual dysfunction of this now-perceived reality?"

Well, again we say, look at the larger view of it. You do not have one life, you have thousands of lifetimes. Outside of this time-space continuum these lifetimes are all occurring at the same time - simultaneous reality - and you as powerful spiritual beings come forth into the vibrancy of life, time after time.

We say to you that one of the reasons that you do keep coming forth is because of the intensity of the frequency termed emotion, energy in motion. The greater part of who you are does

not judge good emotion or bad emotion. It simply is an experience. So consider that in this moment of your time, you are experiencing not only this perceived focus of reality, but indeed simultaneously you are experiencing human life in hundreds of other focuses, if you like.

We should say also that you exist in all of the dimensions of reality simultaneously. You exist in all realms unto the Void of Creation. That is how grand and that is how powerful, that is how wondrous you truly are. You are not and never have been victim. You are not alone and have never been alone. You are in every now a perfect, eternal expression of that which is the mind of Creation or God/Goddess, All-That-Is. That is who you are, that is the truth of you. What powerful, powerful creative beings!

When you consider what you create in every moment, mostly unconsciously, you can imagine how it will be when you are fully conscious of how and what and why you create what you do. It is most exciting indeed!

We say to you also that there is much given forth about forgiveness. Well, in the most unlimited form, forgiveness in itself is really most limiting because if you will take responsibility for your own creations, there is nothing to forgive.

We say rather, if you are talking about forgiveness at all, then you should look at how you would desire to forgive yourself. Again, that is a limited concept because when you have guilt for your behavior, it is where you are not understanding and not allowing the sovereignty of all peoples and certainly the sovereignty of your co-creators in your day-to-days.

Whatever you are creating with other people in your life, they are there for their own experience. We say that when you are choosing that which be parents, when you are choosing that

which be your siblings, etc., etc., even when you are choosing your own genetics, your own genetic heritage as it were, you do so mindful of the probability within that choice, mindful of the probability about relationships. See?

We know that there is for all of you in your lives some guilt about some behavior or another to somebody you have loved, do love, should have loved and did not.

We say to you that guilt indeed is simply the lesson not learned and the lesson is that you co-create it all. You are not to be the judge of somebody else's journey, somebody else's desires, modalities of life or experience, somebody else's choices.

When you can truly come to honor who you are, when you can honor every facet of you, when you can honor your divine choice, then indeed, automatically you will honor everybody else's choices, too, and will not assume responsibility for the choices of others.

There are some who assume the responsibility and say that, "It is only child, a babe. How can it be that I cannot have responsibility for the babe?"

We say to you that whether it is a soul wrapped up in a baby's body or in the body of one who is elderly and infirmed, the soul age is the same. There are no young souls or old souls. Outside of the limitation of experience and knowing, you acknowledge the divinity of all. We say to you it is only to love absolutely, to support absolutely in the honoring of that knowing that there are no victims, only volunteers for an experience.

P'taah: All right, my beloved ones, time for query.

Q: Okay. I would like you to give us examples of how we know we are taking absolute responsibility in our lives?

P'taah: When you are not blaming somebody else for what is occurring.

Q: But how do you know that you are not doing that still on unconscious level?

P'taah: Oh, beloved, we say to you that you certainly know when you are blaming somebody else for what is occurring. You certainly know. There you are certainly not taking responsibility.

We remind you that there are no accidents, no coincidences. So, certainly, you do react very often to blame other people. We say to you that when you put forth blame, it does not really sit comfortably with you. There is rather a hollow feeling to it in your belly, even if you have created something and you have not known at the time.

When you are looking at your life, your past incidences in your life, and you look at things which have caused you pain and things where you have laid blame at somebody else's feet, you knew no other way but to give forth blame at that timing. It is that you all live very much in your past. Most of you are driven by your past incidences, past emotion, past pain and the fear.

However, we say to you that you cannot un-know something, you cannot unlearn it. You can disregard it for a little while, but you find that when you know that you are not a victim and you still continue to put the blame outside of you, you get rather bored with the feeling of discomfort that you create.

Once you can take responsibility and align the judgment that you have about yourself for the creation of that incident or can look at incidences that you have co-created with somebody else and it created pain, once you can align the judgment and

give forth the thanks and the blessings from the God/Goddess of your being and give forth the thanks and blessings for this opportunity to grow, for the opportunity to know, to become 'the more', to fulfill the greatest potential of Who I Am, you see, when you are in your own doing, your own power, that is a very comfortable feeling. That is a very powerful feeling because you are now indeed taking charge. You are indeed in that place of surrender to who you are. You are in the most powerful place in the universe. It is your own power, allowing the Goddess energy to unfold. Does that answer your query, beloved?

Q: Yes, Thank you.

P'taah: Indeed.

Q: If you are in a group of others who all feel like victims from the same source, does that collective energy that goes into feeling like a victim have any affect on all of those people being together? If there was only one person feeling like a victim, would that be easier to dispel or is it collective feelings that make it harder?

P'taah: Always collective feelings are very powerful. That is why when you look at your world, your collective consciousness, the idea-construct about how your world should be and what you think it is, is like concrete. Because you all agree, so of course it is very strong. However, no matter how strong is the collective, your free will and your sovereignty is the most powerful because you are the central sun of your universe. So although you may be surrounded by people who are tapping into victim consciousness, the very fact that you do not tap into that is very powerful. You understand?

Q: So you go by your inner voice?

P'taah: Indeed, absolutely. Because you are the central sun of

your universe. You create it absolutely. Now, should you add your voice to that which be the victim consciousness, then that is all right. There is no judgment about that. It is a very easy role to slip into. Look at your country, hmm? But you have the power absolutely and it is simply choice, because part of your sovereign beingness, part of your power, is that you have choice at every moment. Even if you find yourself slipping into old habitude, when you catch yourself you can say, "Ah ha! This is not it!" And it is simply to change the focus or bring yourself back to center, back to who you truly are.

Q: Does that come fully when there is no pain in the stomach, in the solar plexus? When you are in an uncomfortable situation and you feel a little bit of anxiety or discomfort and you feel it in the stomach, that means that you are still involved?

P'taah: It does simply mean that you are afraid of doing something wrong. You remember what we have spoken to you? We say that you have never done anything wrong in your life and you have never made wrong choice. You see? Not ever!

Q: So, should we ignore that feeling?

P'taah: Oh, absolutely not! Acknowledge the fear. It is only that baby one inside you, you see, who is afraid that he or she will do something wrong, that he or she is not worthy of love, or indeed afraid to cause pain. Does it make sense to you, beloved?

Q: Yes!

Q: Is sometimes empathy for a victim that you are dealing with being strong?

P'taah: Very often. It does not have one face any more than love has one face. It has many faces and you will feel what is

appropriate because you will follow your heart, always.

Q: I have some friends who have had abduction experiences and they have come to a point where they understand that this may have been a co-creation for them earlier in this linear time frame that they are in or before they were born or something like that. But they're having trouble. They are feeling like victims now because they can't change the situation. In other words, they had that agreement then, but they want to change the agreement. How would someone change an agreement like that.

P'taah: All right. First it is to say that the reason that they want to change the agreement is because of the fear. When it is loving communion, why would they want to change it? When you change the fear, you change the reality. When you are totally driven by fear, that is all you see. That is the reflection you are given. When you change the perception and when you are coming from that place of love and allowance and surrender to the truth of you, which is that in every now you are a perfect, eternal sovereign expression of creation, then you are safe enough to come from that place of love and allowance and the whole experience changes to one of love and allowance. Does that make sense to you?

Q: Oh, absolutely!

Q: The holocaust. Was that something that grew in consciousness of all of the people that got involved in it or was it meant to be by the souls before they came? How could something that atrocious happen?

P'taah: That was a probability. It was also generations in the making. It did not happen suddenly. You see, fear begets fear begets fear. We say to you that this timing has been quite extraordinary because it held the last part of the cycle before the

transformation. You know in the history of your peoples there has been that which has been worse in this very day upon your planet. There is exactly same occurring.

Q: Can you talk more about that?

P'taah: The humanities are very slow learners upon your planet on this very day.

Q: In Bosnia or...

P'taah: And in your Africa. Okay? Nothing changes and yet everything changes.

Q: But that's neither good nor bad.

P'taah: It is not good or bad. It has been quite an experience whereby there has been much learning about sovereignty.

Q: Would you define sovereignty?

P'taah: Free dominion. Choice. Sovereignty is being in the knowing that you create it all absolutely. To have that which is termed extermination on such a scale and which has become so public in your civilized area of your world, has been very, very shocking and has changed the life of generations of peoples. You see?

Q: So are you saying that fear is synonymous with victims and once we recognize the fact that we're co-creators that both will disappear simultaneously?

P'taah: In a way. We say it is not necessary. You can be absolutely driven by fear without being a victim. All of those who are the power brokers of your world live in fear of being powerless. Those who take what is not theirs are in terror of

lack. Those who are the abusers have been abused. That is all fear.

Whatever is not love is fear. When you can own that fear, when you can come to the bottom line of fear and when whatever expression the fear has -- whether it is anger, whether it is lusting after power, whether it is taking what does not belong to you, whether it is war-mongering, whatever it is -- the individual has one primal fear, and that is that he or she is not worthy of love or loving. Everything stems from that.

You may say that that is rather a trite and glib way to put it. But we say it to you in our very deep and intimate experience of the humanities. When you can own all the facets of who you are, when you can come to love those facets of you that have thus far been unembraceable, and when you can look at the baby boy or girl that lives within you who is in terror that he or she is not worthy of love or loving, then indeed, beloved, that is when you do come into the sovereignty and power. That is the unleashing of the Goddess energy. That is when you come into balance, to open your consciousness to your world and see that that which is the enlightenment or that which is any of these seemingly unattainable goals is simply the natural result of loving who you are absolutely. Is that clear to you?

Q: Yes. So then loving all experiences and surrendering to the now is it, and appreciating the love that is gained from that surrendering process is in the co-creation of every aspect of our life?

P'taah: Absolutely.

Q: I mean every aspect of our lives.

P'taah: Absolutely. You see, when you are acknowledging your sovereignty, that is acknowledging that it is your creation

absolutely, every part of your life. It is when you are no longer hanging on to that which is your past, when you are in the habitude of dealing in the now with whatever is occurring, and you know what is occurring because of 'how does it feel?' You see?

When you will simply be still and go to the pain or go to the fear and take responsibility, align the judgment and absolutely embrace that which you are and embrace that which is the feeling. It is to simply allow it. It is surrender. It is to let go and to say, "Here I am," you see? Once you can allow this to occur -- and this is not doing. You cannot do it really. It is simply an allowance again. That is Goddess energy, surrender, hmm? -- automatically you bring yourself back into your center point, ready for the next now in love, peace, joy, harmony, appreciating the now and the beauty, in the play, and so the now flows.

You are creating joyously. You are allowing spontaneity. You are allowing outrageous creativity without effort, without struggle, without doing anything except that which makes your heart sing. When you go forth in your nows to do that which makes your heart sing, everything that you desire simply falls into place.

When you are in that place of lack, when you are in the place of victim, when you are in the place of struggle and effort and doing, doing, doing -- doing boring things because you think that if you do not do them day-by-day, then there will be no food and you will not pay the rent and you will not do thus and thus and thus, you see? -- so you make life very boring because that is what you believe. That is exactly how it is, hmm?

So very often it is a leap of faith to say, "I know who I am. I know that who I am in every moment is a perfect, eternal extension of creation." And when you change it in here, (points to heart) you

change it out there. It is automatic. It can be no other way because you create it all absolutely! You create it from your ideas, from your beliefs, from your intent, your desires, your expectancies. It is all yours.

Q: It seems so hard when you know what is right for you and you find that place of joy and you go to share it. The consciousness of everyone else you come in contact with and everywhere else your mind can even go to see, is so different than your reality that it is hard to stay centered in that place of knowing.

P'taah: Beloved, you know how we say to you that as you are all rushing about looking for a relationship to fill up the empty places within you, so it is when you find your joy, your bliss, your ecstasy. So very often you are so in the habitude of desiring or only being fulfilled when you see that ecstasy being mirrored back to you and you forget sometimes that you are the central sun of your universe. However, we say to you, when you can share the bliss and the excitement without being in this desire to have a return on it, then indeed it will go much easier for you and will be of less disappointment.

For those of you who are reaching for your bliss and who are finding yourselves day by day being more in the joy and the harmony and in the excitement of your creation, when you come forth to share your truth and somebody else says, "What! Are you mad?" look around you. Look at the reality, hmm? Then... ah, beloved, did that ring a few bells? So indeed, it is that you have to take a little practice to be in the containment of that and share the essence of it without being attached to the feedback.

Q: I think my heart just yearns for a warm celebration with other people in certain ways.

P'taah: All right, and so be it! If that is what you desire, beloved,

you shall create it. You shall create it. Be not in the expectation of how it shall occur but be in the expectancy that it already is. When you are in the allowance, you see that reflection and so it will be.

Q: If there is someone you love and therefore you have deep emotional feelings about them because they are going through some difficult stuff, it is difficult to be around them because it is so painful. Should one put themselves in that position many times and try to transmute the pain as they're in it. It's definitely more intense than being away from the person.

P'taah: Beloved, why do you think you create relationships? You know the real truth about relationships is to share the bliss of you. But we say to you that it is termed relation-shit rather than relation-ship many times because you come together really first to fill up the empty spaces. You come together in the expectation of an ideal. When it is not fulfilled, you are disappointed. Also the relationship is a mirror right in your face. You must come face-to-face with issues that are not aligned.

So we say to you, if you run away from pain or fear you will find it right around the corner. Then you will be there in loving support. Again we say it is not necessary to buy into the story but to be there in loving support and deal with your own feelings as they come forth. Where you are feeling pain, take responsibility, align the judgment and feel the feeling.

Q: Even if it takes many, many, many times and much effort, you have to keep doing that and going through it until there is no more?

P'taah: Stop trying to do it. Let me remind you it is like peeling an onion. You have had all of this lifetime, and indeed all of the lifetimes, to build up these layers that you have put around your heart. It is possible to do it all at once, you know. That is the

truth. It is possible to do it all at once, indeed. But also be aware that you are all very attached to the drama. You love the stories. Each time you have choice, and what you do not align one time we promise you will come around again for you.

Q: It is our choice? We can do it now?

P'taah: Indeed.

Q: Or we can prolong it for a while.

P'taah: Indeed.

Q: And it doesn't make any difference if we do. It is only our choice.

P'taah: Absolutely. This is your ballgame, every part of it. You are the ball player, you are the umpire, and you make the rules as you go along. There certainly is no judgment except from you, the umpire, and that is the most savage judgment of all, of course. No God would ever, ever treat you as harshly as you do treat yourselves.

Q: You were talking in the beginning about simultaneous lifetimes. Are there lifetimes where it appears to be more joyful in the places that we are? Are we here in this reality now to see the lessons?

P'taah: You are not here for lessons. You are here for experiences. That you may gain wisdom from the experiences is wondrous indeed.

We say to you, we remind you, that not only are you focused in many other human lifetimes of this dimension, you are also experiencing other focuses of reality outside of the space-time continuum, outside of this universe, and indeed unto the void of

creation itself. As we have just said to you, unto the angelic realms. You are all part of that.

You are not separate from anything. So, of course, you are experiencing that which is eternal bliss and when you sleep, when you go forth in your dream time, you go forth to many dimensions to play, to restore yourselves, to garner wisdom, to remind yourself of grander truths.

Q: Are we learning about the victim mode in other simultaneous lifetimes as well?

P'taah: Oh, you have been a victim many times, beloved, yes.

Q: Simultaneously?

P'taah: They are all occurring now, and you have all been grand victims. You are all grand victims elsewhere. But as you change your here and now, you are changing all of the lifetimes, what you term your past times and what you term your future.

Q: It's not just on the earth plane?

P'taah: It is not at all. It is not just of this dimension of reality. It is not of third density. It is of that which be fourth and fifth density, but we say these numbers mean nothing to you. You do not even know about this density let alone any other. What is to occur here will certainly have an effect in other realities.

Q: You mentioned that this was the final act of this particular play and, in a sense, that we are going to be moving on.

P'taah: That is correct.

Q: Okay. So when we move on, what will that be like? Are we going to move to a perspective that is going to eliminate some

of the things like fear and pain?

P'taah: Absolutely.

Q: That is going to go by the wayside. Okay, so is this going to be a process that is going to be slow?

P'taah: It is actually not very slow. The timing of it is quite rapid and it will appear to come more and more rapid and, for a time, it will seem that the polarities become stronger and stronger. The timing, the probability for this timing is your year 2012-2013. You may say that it will be likened unto a roller coaster. It has already occurred in the time shift out of the time-space continuum. In a way, everything is becoming faster and faster.

The growth is exponential. The change in consciousness will be very, very rapid. But for some time it will appear that that which is the force of fear is much stronger. That is not so. It is just simply showing the polarities. What will occur is that love will simply engulf the fear and that will be in the blink of an eye, really.

Although we say that it will be a blink of an eye on your global level, however in this timing there are more and more people who are coming to experience glimpses of the transition. This is not anywhere you are going to go to. It is simply a state of being. That frequency in that state of being is simultaneous with the whole change of frequency of your planet and every thing upon it and within it.

There are people now who are having this experience of oneness, this experience of fourth density. At this timing it is likened unto a flashing in and out and it may last a few moments while it seems like an eternity. It may continue even for days at a time and then it is gone. People are saying, "I do not know. I did not do anything to provoke this extraordinary

change."

What is to occur is that more and more people will have this experience and more and more people will have this experience for longer and longer time. Then when the shift actually occurs, it will be almost as if you have forgotten there was any other way. It is that knowledge of non-separation, of absolute oneness. It is that state in which you know your own truth. You are also capable of seeing universal patterning.

You see, at this timing, it is on an emotional level rather than an intellectual level. You are now feeling that knowing, rather than it being an intellectual pattern. Of course, it will come when you will use your intellect very grandly at the point of focus and that is really coming into a whole new technology where you will have your grand awareness using powers like thought. Indeed, that is how the craft that you are all so fascinated by moves into high space. That is the force, the e-motion.

So we say to you that what is important now also is to realize that the power, the power-sourceness of your thought, is your e-motion. When that emotion is fear, you see what you create. When you can embrace the fear and put forth those thoughts empowered by love, by excitement, by joy, and by the knowing that whatever it is you desire already is, and in the excitement of the Isness of it, so indeed, the universe supports that absolutely. And that, my beloved ones, is sovereignty, indeed. It is wonderful, full of wonder to be sure.

Q: Thank you for being with us tonight.

P'taah: Ah, my beloved, it is always a joy and indeed such an honor to be with you to share your essence and to speak in this fashion. Come and play with us again, hmm? The secret of it is not to get through to the head. It is to get through to the heart. That is why we say, "Take off your head and put it under your

arm and let your heart get on with the work," hmm? Allow the brain a holiday.

You know the intellect was only designed to be a servant of the heart, you see. But it became rather uppity in its desire to take over the world, eh?

All right, my beloved ones, we issue forth Namaste indeed, and we say farewell until the next now. Go forth in joy and play a lot, all right? And do not forget to state forth your desires, your intent, and your expectancy that it already is each day and give forth the thanks for the miracle that you are.

English - Spanish - German - Norwegian - Dutch

Morning Song



Beloved, there is no difference in the energy of abundance/lack. That is the grand truth. The difference is in your perception. When you are focusing on lack and need and have-not, what do you think is the underlying emotion? Need equals fear.

A quick trick to transform your life -- of course this is presuming that you will be in the embracement of that baby part of you; one does not work without the other -- stop focusing on have-not. For as long as you perceive yourself in need, you are being in a place of fear.

Shall we give you a beautiful song to sing every day? Indeed, you may create your own tune but we will give you the words. Are you ready?

P'taah's Morning Song - English

From the God/ Goddess of my being I give forth thanks
for the love that I am,
for the love in my life and the love that surrounds me,
thank you.

Thank you for the miracle of life that I am and
thank you for the miracle of life I see reflected all about me.

Thank you for the gift of life that I am.
Thank you for this perfect body, my health and well-being,
thank you.

Thank you for the abundance that I am and
thank you for the abundance I see reflected all about me.
Thank you for the riches and the richness of my life and
thank you for the river of money which flows to me and through
me,
thank you.

Thank you for the excitement and adventure of the millions of
wondrous possibilities and wondrous probabilities,
thank you.

Thank you for the wonderment and thank you for the joy.
Thank you for the beauty and harmony.
Thank you for the peace and tranquility.
Thank you for the laughter and thank you for the play.
And thank you for the privilege of serving and sharing
the gift that I am.

Thank you! Thank you! Thank you!

And, by the way, all of those things that you have given thanks for do exist in your life. Love is the truth of you and there is not a lot of lack here. Your body is a miracle and is absolutely perfect. You are abundance. How could it be any other way? And all about you in your exterior reality you are surrounded by love, by abundance, by the miracle of life. And you do know about the possible and probable realities -- wondrous and limitless. You do know about peace and tranquility; about love and joy and laughter and play. And even if you cannot really grasp it in this Now, you truly are a gift.??

Sing this song to your universe each day as you go forth to bathe your body, as you stand beneath the delicious flow of water and your beautiful body is warm and relaxed. The water is crystalline in property and is grandly magnifying, and as you sing forth the words, the sound embraced by the feeling in the Is-ness, in the Now of being in total abundance, you are in that reality. And as you go forth in your day, you carry with you the resonance, the energy that knows no lack.

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We have a beautiful laminated version of the Morning Song that you can put in your shower in our online catalog. Below is the Morning Song in Spanish and German, thanks to our translators, Carlos and Philipp. These can also be purchased in laminated versions

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P'taah's Morning Song - Spanish

Canción para empezar el día

Desde el Dios de mi Ser, doy gracias por el amor que Yo soy.

Por el amor en mi vida y el amor que me rodea, gracias.

Gracias por el milagro de vida que Yo soy.

Gracias por este cuerpo perfecto, mi salud y bienestar, gracias.

Gracias por la abundancia que Yo soy, y gracias por la abundancia que veo reflejada alrededor.

Gracias por la riqueza y las riquezas de mi vida y gracias por el río de dinero, el cuál fluye hacia mí y a través de mí, gracias.

Gracias por lo excitante y por la aventura de millones de posibilidades maravillosas, así como por las grandiosas probabilidades, gracias.

Gracias por el asombro y gracias por el gozo.
Gracias por la belleza y la armonía.

Gracias por la paz y la tranquilidad.

Gracias por la risa y gracias por el juego, y gracias por el privilegio de servir y compartir el regalo que Yo soy.

Gracias! Gracias! Gracias!
P'taah

Jani King©2006

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P'taah's Morning Song - German

Aus dem Gott, der Göttin meines Seins bringe ich Dank hervor
Für die Liebe, die ICH BIN,
Für die Liebe in meinem Leben und die Liebe, die mich umgibt

Sei bedankt.

Sei bedankt für das Wunder des Lebens das ICH BIN und
Sei bedankt für das Wunder des Lebens,
Das ich wiederstrahlen sehe um mich her.
Sei bedankt für das Geschenk des Lebens, das ICH BIN.
Sei bedankt für diesen vollkommenen Körper, für meine
Gesundheit und mein Wohlergehen.

Sei bedankt

Sei bedankt für die Fülle, die ICH BIN und
Sei bedankt für die Fülle, die ich widerscheinen sehe um mich
her.
Sei bedankt für die Reichtümer und die Pracht in meinem
Leben
Sei bedankt für den Fluss des Geldes, der mir zufließt und
durch mich hindurch strömt

Sei bedankt

Sei bedankt für die aufregenden Abenteuer der Millionen
wundersamer Möglichkeiten und Wahrscheinlichkeiten.

Sei bedankt

Sei bedankt für das Wundersame und sei bedankt für die
Freude
Sei bedankt für das Schöne und die Harmonie
Sei bedankt für den Frieden und die Stille.
Sei bedankt für das Lachen und sei bedankt für das Spiel.

Und sei bedankt für das Privileg, zu dienen
Und das Geschenk, welches ICH BIN zu teilen

DANKE, DANKE, DANKE

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P'taah's Morgensang - Norwegian

Fra Gud / Gudinnen av mitt vesen fremsetter jeg min takk for
den kjærlighet jeg er,
For kjærligheten i mitt liv og for kjærligheten som omgir meg,
takk.

Takk for livets mirakel som jeg er og
takk for livets mirakel som jeg ser reflektert overalt rundt om
meg.
Takk for livets gave som jeg er.
Takk for denne perfekte kroppen, min helse og velvære,
takk.

Takk for overfloden som jeg er og
takk for overfloden som jeg ser reflektert overalt rundt om meg.
Takk for rikdommen og rikheten i mitt liv og
takk for elven av penger som strømmer til meg og gjennom
meg,
takk.

Takk for begeistringen og opplevelsen av millioner av
makeløse
muligheter og makeløse sannsynligheter,
takk.

Takk for forundringen og takk for gleden.
Takk for skjønnheten og harmonien.
Takk for freden og roen.

Takk for latteren og takk for leken.
Og takk for privilegiet å tjene og dele gaven som jeg er.

Takk! Takk! Takk!

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P'taah's Ochtend Lied - Dutch

Vanuit de God/Godin van mijn hart
Wil ik je dank zeggen voor de liefde die ik ben.
Voor de liefde in mijn leven en de liefde die mij omringt.
Dank je
Dank je voor het wonder van leven dat ik ben en
dank je voor de levenswonderen die ik om mij heen
weerspiegeld zie.
Dank je
Dank je voor het geschenk van leven dat ik ben en
dank je voor dit perfecte lichaam, mijn gezondheid en mijn
welbevinden.
Dank je
Dank je voor de overvloed die ik ben en
dank je voor de overvloed die ik overal om mij heen zie.
Dank je
Dank je voor de rijkdom en de rijkheid van mijn leven.
Dank je voor de geldstroom die naar mij toe en door mij heen
vloeit.
Dank je
Dank je voor het opwindende en avontuurlijke van de
miljoenen
wonderbaarlijke kansen en verbazingwekkende
mogelijkheden.
Dank je
Dank je voor de verwondering en dank je voor de vreugde,
Dank je voor de schoonheid en dank je voor de harmonie,
Dank je voor de vrede en dank je voor de rust.

Dank je voor het lachen en dank je voor het spel,
en dank je voor het voorrecht om het geschenk dat ik ben
te dienen en te delen.
Dank je, dank je, dank je.

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