

## Spirit and Chocolate

(Spirit is very much like chocolate without the side effects.)

**Y**OU ARE DEARLY LOVED.

When you think you understand the gist of it all, then and precisely at that moment, you experience the rug being pulled out from under you, with all that you believed your reality to be, presented in an upside-down, sideways angle.

*Why is it so, some may ask?*

The journey of revealing your truth must be understood in a way that is outside the linear scope of your reality. There is really no way to write about it, talk about it, explain it, or even describe it. This reality that comes from the dimension of being one with Spirit is about being. The knowing comes as a feeling that cannot be analyzed; that is why so often, when you finally think that you've got a handle on the manual of truth and you are ready to explain to everyone else how to become, you yourself soon realize that

it is not so. Throughout history, with all the spiritual knowledge that you gain, very little of it is actually helpful in becoming “it.” Much of this knowledge, especially the information orchestrated by religious institutions through dogma and idealism, further removed you from linking with the core of your inner flame. Some information originally may have come from pure sources, but those who presented these sources packaged it so as to mainly gain control over its constituents. Information that came from a light source to assist humans in their quest to become empowered and liberated was manipulated, as well as distorted, by those in power for the opposite aim. Religion often introduced certain rules, rituals, and interpretations that were far removed from the original purpose. The information was used to further disconnect the believers from their own inner light and power. You are powerful, and when you realize it, you are no longer subservient to the establishments that wish to control you.

Power of Spirit is harvested like any other source of energy but in a less obvious way. All of you carry an immense power to create, manifest, and bring light. This energy source has been understood for eons, largely being harvested to lead you down a path of obedience, compliance, and subservience. Power of Spirit is given to each and every one of you equally, in abundance, as there is no authority over it. It has, however, through

a campaign initiated to take over and control resources on this planet, been robbed from you. The power has then been channeled through fear, guilt, shame, subjugation, intimidation, and coercion often, ironically, disguised as love to make you subjects rather than masters. When you are a master, you do not need others to tell you what to do and how to think. You are free and powerful, as all the resources that are available to the one you consider “powerful” are also at your disposal. You are it. The time is now to claim back your power and shine with such luminosity as to create a ripple of awakening. There is no other time and there is no other opportunity that will be meeting you on your path. It’s time. Claiming your power does not mean that you walk with a business card or hold a prestigious position so everyone around you feels intimidated. Being powerful is holding a frequency of love to self first and maintaining a link to the universal love energy. You become a lightning rod, attracting light to you and, through you, directing it to Gaia. Others who walk beside you and interact with you are attracted to you like steel pins to a magnet. They wish to get closer to you because of the love emanating from you. You become a magnet of love and light frequency from the universe pulsating to your surroundings. If you never had chocolate in your life, being introduced to it for the first time is likely to make you feel wonderful and want to try more. This is similar to you holding light allowing

others to be illuminated by it. Once they “taste” your light they will keep searching for it, initially in you. Later on, with guidance, they will look inside and realize that the light source is within them.

We know of your fascination with chocolates and we must tell you that Spirit is very much like chocolate without the side effects (like gaining weight). When you connect to the love source within you, it is as if you found a fountain of chocolate inside yourself. Chocolate—especially a really good one—induces the euphoric, invincible feeling you get when you are in love.

You have always known that coming to this planet is challenging. Coming at this time probably ranks as the most challenging of all your other cycles, for the simple reason that you must be willing to let go of the idea of who you are, wearing your new costume of a multi-dimensional being linked and connected to the galactic family around you. For the past many thousands of years, you have been led to believe that you are alone on this planet as consciousness as well as in your universe, despite overwhelming evidence to the contrary. The ones who kept the link and conversation alive with your galactic family were the cultures of indigenous tribes in different parts of the world. Those tribes did not need permission or convincing because for them it

was a reality. Many of those whom you consider less developed lived the reality of multidimensions and have been interacting with other civilizations from the beginning of their history. Their link has been partially responsible for keeping this planet on this current course away from the trajectory of Armageddon to one of ascension. The power, as you can begin to see, is in the hidden places between the words. The power is in the pauses. It is not in your technology or wealth. It is not in your outer beauty or the transient position you hold while playing your role. Your power lies in your awareness of who you are and why you are here. That is why we ask you to wake up to your power because the time has come.

*I am in such a different place. How does all this relate to me? I am struggling with health, money, my family, as well as just remaining floating above the waves which, by the way, seem to get higher and higher. I feel that I have become weaker as very little makes sense to me. What is going on, you shout to the heavens?*

We say to you in so many words that you are so dearly loved. The walk is challenging as you move to the inner sanctuary of the unknown. Many of you experience life at the moment as relentless events that mark important changes and often departures from your life plan. For many of you, the sails which you

used to navigate your life using predictable winds are no longer available. You have had to lower them and be directed by currents which you can neither see nor control. You must let go and trust that it will take you somewhere. To many the feeling of not being in control of your charted path is threatening and terrifying. You always believed that you had the power to control your destiny. Now, all the tools that you have grown up with and learned to master are no longer available or predictable. Dear angel, the rules of this great game are changing, and nothing that you have used in the past to navigate with will be as it was. You are still in control, but the tools to navigate must link to the undercurrents rather than the wind. You must learn the new language of the Earth, the sky, the natural world, and the guidance above. To some who are drifting about, sleeping, this next period may seem like the end of everything, with many experiencing it through anguish, agony, and fear. To those who are riding the new frequency, using the new tools, this next period may be experienced with greater ecstasy, fearlessness, sense of well-being, love, health, and abundance than ever before. We spoke of the split between heaven and hell. It is coming. The new and old energies are battling. As events mark the greater consciousness of your humanity with accelerated speed and ferocity, some of you will ride it, but some will be buried under it. When you walk in your street and you look around, everything

seems to be normal. Even as your Earth continues to hurt, bleed, and the pressure on your precious aquatic life, as well as on your balance, is mounting, nothing seems to be able to move the masses from business as usual. With all love, we must impart to you that this is about to change very rapidly. When the movement starts, all of you, without exception, will feel it to the core of your being. From that point on, business will not be as usual.

*How should we prepare, some may wonder?*

You are prepared, we answer with a smile. That is why you are here. You must awaken.

*What precisely is going to happen, some may still wonder?*

Many of you are walking on the beach, and life is perceived as normal. At times the weather gets dark and it rains, at times it is stormy. A large storm may even come and go, but mostly you experience life as you always believed it should be. Summers are hot and sunny. Winters are cold and dark. At times you hear that someone you know has been going through a hard time, but mostly it does not pertain to you directly. Life still seems to be “normal.” That picture is about to change. For the past two years many of you who are at

the forefront of the new energy have been getting messages that life as you know it is about to change. The change is at your doorstep. What is about to change is you. Beginning with your biology, then your relationship with yourself, then with your natural world, and eventually your interaction with what you call your reality. All is in the process of changing and all of you are about to sense it in one form or another. You do not have words in your vocabulary to describe some of the processes that you are about to experience, but new words soon will be added. Your physical landscape is about to change. The seasons that marked the cycles of change in your weather patterns, punctuating the times for your farmers to plant seeds or to begin the harvest are about to change as well. The movement of the migratory mammals, birds, and aquatic life is changing. Your whole magnetic resonance and the frequency by which you communicate with one another as well as with the world around you are all about to change.

These changes are upon you, and although only a few of you will read our messages, all of you will sense the greatest shift humanity has ever experienced in its current form. You are moving into that change. Your awakening has everything to do with how you will experience the next chapter and the service you will endow upon your brothers and sisters. The choice is