

Notes 2-8-2013:

Munich, Germany – Starbucks, snowstorm in New York, Flight Canceled (one more night here).

When the skies are gray, remember that there is still a sun shining above the clouds. We wish to check with you today and guide you to re-discover your lost innocence, the child that was once you and now is in hiding. We wish to take this child by the hand and reassure this child that it is safe to come out from her bunker. We wish to have this child feel safe again.

A purity of heart always resides in the mind of the child. The laughter of a child is the most healing sound in the universe. If you listen to it long enough, you will be free from all worries. It will heal all ailments; you will become aligned with the universal joy that is your birthright. The laughter of a child is the antidote to all maladies. The stream of life is pure when it comes out of its source in the belly of Gaia, but, as it flows through valleys and mountains it collects all kinds of residues from the surroundings and becomes a carrier of its surroundings to the oceans.

So are you. As you emerge from source you are pure and your laughter is pure. As you interact with other humans, like the stream, you collect the impressions from your surroundings, taking them with you, becoming you. Your journey is about merging and when you finally become one with the ocean, all that you have collected throughout your life enriches the whole. The purity of your original self is always there but it is mixed with all the substances and residues you collect.

How do you access your pure self? Where does it reside, you may wish to know?

You can access it in your dream state.

How?

Ask for it. Give intent before you close your eyes. Ask to remember what it felt like to be a child, to laugh carefree, to feel the fullness of your body before guilt and shame became part of your stream. Ask to feel the hugs of your mother and father as a baby, when you were surrendered and helpless, but, oh, so aware. You came awakened and you fell asleep. That is your agreement, to come fully awake, to forget; then to try to remember again your purpose and your divinity. To once again link with whom you are, and what the pure version of you feels like. When a stream passes through vast distances it collects minerals, depositing them, distributing them, wherever it goes, nourishing all life. Life without mineralized water is not sustainable.

You are the representative of the consciousness of Gaia and as you become enriched with deposits, you enrich the whole. When a child plays with mud, it is often with great joy. Only when the child comes home, when the parent may scold her for getting her clothes dirty and wet, will the child begin filtering away the pure joy through the perceived misbehavior, to keep that parent from yelling. Since birth you are directed to move away from being carefree while learning control and rules. This journey is appropriate and by design. It allows you to function in a society and learn boundaries, which support your journey as a human. Then there is a time as you ascend and climb the steep mountainous trails of spiritual terrain that you must begin to decipher the difference between the pure version of you and what was “gifted to you” by others.

It is time, now, to link with the purity of the child you were once. It is essential to connect with the pure heart of carefree laughter. It is sacred to look again at your body like an infant discovering her toes for the first time. When you were little, all aspects of your body were equally sacred and you were just beginning to learn what is yours and what is not. You have yet to place a judgment on good, bad, appropriate or inappropriate. We ask you to find that space in you again. Not that you need to behave like an infant, but recall what it felt like to be holy from head to toe. So much darkness will be expelled from you in the process. Waves of hurt, shame or excruciating pain must, at times, be dislodged for you to re-experience the pure self of the “I am”. Many have worked hard throughout your

journey on Earth to design strategies of survival, mechanisms for coping, so you will be accepted and be perceived by your environment as good. When you were fresh out of the birth canal, you had no such worries. You knew that you are here and a piece of divinity. Making contact with the pure version of you requires strength. At times you are asked simultaneously to both mourn whom you were and celebrate whom you have become despite of your circumstances. Shedding and releasing layer after layer of strategies and coping mechanisms can feel scary to the inner child. For so long you have developed these strategies to protect yourself from being hurt and now you are asked to let them go.

Why should I let them go, you may ask? Don't these strategies fulfill a purpose?

Yes, indeed, we say, as we hug you, surrounding you with a melody and scents that may be heard and perceived by the ones linked to their pure light. So much of whom you are is lost and buried by these strategies, and, the more you release and shed them, the more your power grows and your luminosity increases. When you stand free and clear of walls, you are vibrating the sound of the "I am", and all who cross your path, are affected.

Vulnerability comes as you make peace with your divinity, letting go of all the costumes you have designed. You stand tall and you feel. When your heart opens to the child hiding inside of you, you may feel like you are having a heart attack. The panic of the heart being exposed may feel like you can no longer stand on your feet, that you may break into a cold sweat, with tears rolling down your face. This child wants to come out from hiding. It wants to play again, and it surely wishes to laugh again. A child sees darkness where it is unable to make anything out. For a child darkness is dangerous and many wish to sleep with the light on. As you re-connect with that child, the fear ingrained in the imagination of that youngster may visit you again, emerging from the deep cavern of the mind where fear is usually hiding. You will need to face these fears. They are nothing more than large soap bubbles, which are asking to be poked. Nowhere in your multi-dimensional manuals does it ask you to act mature, and nowhere are you being asked to take this journey seriously. You are told over and over again that you are loved regardless of your choices, as love is your birthright. You are also being reminded that

you are a master, an angel in human clothes, and, at any given moment, you may choose light over dark. A child's purity is a phase from which all must graduate. In fact, if a child acts too childishly, they are being sent to special schools and tagged by your society as slow or immature. You praise maturity, condemning childish behaviors early on. On the path of light, it is the pure version of you that is carrying the most light. When you come full circle, we ask you to again re-introduce yourself to the child in you and bring it back to light. She has been hiding for too long. You are beautiful in every way. At times you only feel close to being a child when you about to end your cycle and you no longer have the physical capacity to take care of self. Only then, you may get glimpses of what once was you. Each moment that you allow yourself to be the child all over again is a gift.

How do we begin to make contact with that child you ask? It is simple, you clear your schedule for a period of time and you plan nothing. You walk about or lie down and just be. Observe and witness your surroundings. Even for a short while, let your mind wander and the wonder will begin to bubble. All you need to do in the beginning is take the time, allowing the child to re-emerge. Your mind always wishes to think and often finds reasons for worry. It is your old programming, so, when you take time for yourself, teach yourself to play all over again.

You are a pure light, and you descend for a short while to experience expressing through the physical. You come with so much joy and reverence into a human body, knowing fully what you are about to face, as you flow through the terrain of your journey. The heavy dense reality on this planet is challenging for a subtle energy like you, so you build shields to ease the sensations, pains and hurts that you absorb from your environment.

As you shield yourself from pain, you also shield yourself from feeling and connecting to the pure source within you. You spend much of your developmental phase building barriers and strategies to shield self from the heavy energies, protecting the pure child residing inside. A child's laughter sounds like nothing else in the universe. It heals. It is a weightless carrier of joy an adult can rarely experience.

When you watch your Child laugh, become still, offering gratitude for the opportunity to be a witness to divinity in action. Know that you are a child and you always will be, that age is but an illusion you may only discover, at times, when it is too late.

There are many of you who are experiencing challenges, seemingly one after the other, as this is the time we spoke of and it is here, beautiful in all its complexity and poignancy. Heaviness, beliefs, appropriateness, old programming, all are being challenged now. Much of what you believe is “you” does not truly belong to you and many are recognizing this and it feels terrible.

Many feel as if they have been misled and they are only now discovering that the structure they built their life on was made out of nothing more than a deck of cards. Many are terrified of being lighter, of shedding weight, of freeing themselves from anchors. You are fighting to remain heavy for dear life because you do not know any other way. The structures you were led to believe that you couldn't survive without are crumbling. Let go, we ask you with a smile. The easier you let go, the simpler will be your flight into laughter and light. Be ready to let go of the old and do not replace what you know with something else you know. Let new replace the old. Open the door and play, what serves you will meander to you. It is a law that, when you revel in joy, joy comes to you, and when you lay with fear; scary sights will cross your path. Open the sanctuary of your heart, allowing light to pierce the closet and break the lock to the door under which you locked away your inner child.

It is time to be fearless and it is time to search for that child again. And so be it.

Notes 3/6/2013:

Chichen Itza, Yucatan, continue 3/7/13 Tulum Q – Roo, Mexico

Yes, you may wish to cry, but now it is not the time. It is time to be in the energy of the truth. Then, be detached from what is and remain in your heart. Your conviction must be tested. It is the way of it. The one being tested is sacred, as is the tester. All work within the same arena playing their role. No winners and no losers, only players.

Why does it feel so ugly and heavy, you ask in disbelief?

Because this is Earth, when it chooses darkness. It is on you now to practice what you know and move above what you see, connecting to light all the time. Illuminate and be still. Darkness never holds power over light – Ever. Only when light chooses to play by the same rules as the dark does it become darker. Remain with light and you will illuminate this planet. This is the choice that is facing you. It faces anyone who has ever walked the highest path on earth. This is your mettle. You have crossed a threshold of vibration, a sphere of ripple, so now you are being tested.

Any light that has reached a critical mass of souls will be assaulted by the winds of resistance and discredited. You have tried to avoid the resistance, yet there is no avoiding, only facing. Light is not being offered medals on Earth at this time. Light initiates, reveals, and is a catalyst for change. Many of you resist change and you would

rather close your eyes, blaming the light, than removing the covers from your eyes to face yourselves. Facing self and loving self is, and always will be, your greatest challenge. Many of you go to extreme lengths to avoid seeing the real you, telling yourself stories. One moment you are loved and the next moment you are despised by the same elements. Within cosmic law, these two movements are one and the same. One feels wonderful; the other feels painful. Your role is to be balanced with both; not moved by adorations and not swayed by admonitions. Remain in your core, knowing that all is in order, that the movement is just a movement, with one side always swaying over to the other in due time.

Why have I experienced that which I am experiencing, you ask?

We smile as we hug you once again. We remind you that we have heard this question more than a few times before and we wish you to know that all is guided in cosmic order. You are facing a choice, at any given moment, how to be, rather than to become. Hold on to your light and detach from the movement. Allow it to move through you and observe. Watch the pain of Earth and the delight of Earth. Attach to neither. To hold the balance you must first be tested to find balance within you. You are being cleansed, cleared, and prepped for your role. Find a way to connect to your heart and offer gratitude for the initiations that are presented to you. Learn from each breath, each movement, each feeling and thought while attaching to none. Observe those around you moving with the drama. Observe their choices, their convictions, and their beliefs. Watch them and shine. Allow them to despise you and allow them to love you without floating from your center.

Maintain your equilibrium and connect to your core light. This is your reality. Your love of self is being tested and your core truth is being pushed to its limits. Hold on to nothing and move with the wind. Do not resist the pain, and do not resist the agony. Move deeper into yourself and you will find that in the deepest cavern of your heart there is only light and it shines so bright that it forgives and holds compassion for each human regardless of their choices. You are asked to love your detractors. You are asked to have compassion for those who choose to use the language of light as a weapon. Each one of you, each moment, is being given a choice to be in your truth, to be in your light, to be in oneness, to respect each human as an extension of the other, or, to be in duality and in fear, to close the light and let the power of love hide in the closet, locked away. This is your choice at this time and there is no sitting this one out. If you are the one who wishes to discover what you are made of, you must choose. Whether you choose light or dark, the universe presents to you the result of your choices. It is an impersonal law named karma. All movements include Karmic processes are being accelerated on Earth and the sum choices of an angel are coming due today for debt taken on yesterday. There is no longer a delay of life times separate cause and effect. Those who violate cosmic laws and know better must pay for these violations within the same lifetime. You wanted to graduate and this is what it takes. We are with you at every moment and you are never ever alone. No matter what you perceive as a hostile environment, facing immense challenges, the light is always with you. Connect to it and know that all is in order. There are no mistakes, no punishments, and no victims, only choices upon choices reflected, and being projected, back to you, on the silver screen you call "Real Life".

There is no duality when you reside in your heart. You and your detractors are one, you and your lover are one, you and the elements are one, and you and the planet are one. You must understand that cancer is one's own cells mutating and attacking themselves. These cells go against the idea of oneness, eventually dismissing the entire body, so that in fact, both the cancer cells as well as the healthy cells die since they are really both aspects of one singular body. The same applies for those who attack, and those who cause harm, those who steal, and kill, using their power rather than their hearts. They are like cancer eating at the one self. Any cell can turn cancerous. It is by choice. You are all aspects of the one, the same way darkness and light are both aspects of the one, good and bad, high and low are one, heavy and light, big and small, all polarity is a movement within a container that is always one. You can never eradicate dark because it is just a lack of light, but you can shine all the time. Then the darkness will not be expressed. Darkness is always a potential that becomes form when one turns off their light. You are all aspects of all that is, and together you are God expressed in physical form. The movement all around you is an initiation for each one to choose, to examine, core beliefs; to go deep within and explore what it means to be a human angel. Some of you believe that you came to save someone else, but in all truth all you need to be is you in an awakened state shining and radiating love to all. When you do reside in your heart you benefit all. The reason for the ever-growing frequency and intensity of storms, internally and externally, is to rearrange what was and re-create a potential for a new physical reality simultaneously removing blockages and changing paradigms. Your planetary reality is shifting now moment by moment. Many are being assaulted and barraged with life changing movement that is constant, leaving you with little safety and even less

security. This is the way of it. You are asked to trust. If you truly hold the core belief that all is in divine order, you also know that the changes that are now facing you are here to support you on your journey higher. You are an initiator and a catalyst for others. You came to earth to create movement and guide those who seek to find the light. You guide by being in your heart, by being in the place of love and balance.

What am I supposed to do, you ask?

Know that all is in order and no aspect of the one is ever lacking. Know that all movements in essence are guided by cosmic energy, which sways from one polarity to the other creating cycles, and you are asked to navigate within these cycles. Your ancient cultures knew of the cycles and were guided by the cosmic movement they observed.

You are one with all that is and you carry within you at any moment the full spectrum of light, dark and shades of grey. Each moment and each breath is a test. Whenever you move one way, know that a counter-movement will surely come, so stay as balanced as you can. Breathe deeply and be in gratitude. Keep your heart open. Radiate love to all, compassion to all, because you are all. When you do, you begin to understand what self love means. It does not mean that you love only self. It means that you see all as a reflection of the self and when you have love and compassion for self it is extended to all that is. We are now holding you dear and letting you know that you are loved and that you are never alone. You are asked to spread your multi-dimensional wings and fly above the drama, above the pain, above the storyline and see all as just a movement. Let this

movement rage and let the elements rearrange all that you know to be, while holding on to your truth. We are asking you to be what you came here to be an angel in human form.

And so be it.

6/14/2013:

4:44 pm Starbucks on Broadway and Reade street NYC, (My first angel guide—the one with the dark afro hair— is speaking, I cannot see him but I recognize the sound of his voice.)

You ask that I sit in front of you on the same chair that I sat on when I introduced myself to you and held your hand, but the chair is empty and there is no one except you.

Yes, I do not see anyone. Why did everyone disappear? You inquire.

We are all here with you, and in fact we are all around you. You do not see us this time but if you let your heart open you will feel us. We know who you are; it is not us for whom you are searching. You are searching for your truth and you are searching for your light. Your truth is sitting on the empty chair.

But it is empty, we hear you think to yourself.

Indeed it is, we smile, and it is time for you to fill that chair and sit in it.

But I am already sitting across from it, you reply frustrated.

With a hug we ask you to get up and move to the empty chair. In quantum reality, or in our reality, you will then be sitting in both chairs simultaneously, as time is not linear. We ask you to take a leap of faith, fully accepting that you are a multidimensional being existing on more than one playing field at a time. You are asked to be flying and walking, bridging dimensions, experiencing, when appropriate, being in a place of darkness as well as in a place of light, knowing from your core that you cannot be described only in terms of light or dark, as you are an aspect of God and your role is to be a conduit for love, a vessel for change, and a catalyst for accelerated movement around you. You are a vessel and those who are touched by your field translate their own shifting internally; painting their own canvas; choosing the various shades of gray based on their own awareness and vantage point. As we hug you, we say: never attach to the drama swirling around you, never attach to love or adoration projected at you, and never identify with how others paint you. You will be called light, you will be called dark, you will be named names. Know that you are just a mirror, a phantom, a projection for others to see themselves. When you are tagged as dark, you are reflecting the darkness of the one sitting across from you. When you are called light, you reflect the light to the one sitting across from you. You are all and you are none. We ask you to walk empty and free. You are being liberated and released from being “good.” You are freed from being “bad.” You are being freed from expectations and demands; you are being freed from gravity so you can exist in the purest form of the “I am.” Being “good” is a trap, being “bad” is a trap, being free is being neither. Being free is embracing the totality of existence within the spectrum of the rainbow creating a

circle that is a reflection of light where each hue represents the angle of the light hitting the raindrops. None of it is “you” and all of it is “you”. It is time for you to be free from holding on to how others perceive you. Clear your attachments, sever the cords, break the chains and move away from the human angel’s ambivalent duality-based consciousness, acknowledging that once you have crossed the threshold, there is no going back. Do not look back, embrace your fragile frame and keep walking as you are being initiated to withstand zero gravity, yet remain connected to all planes heaven or earth. You are being initiated to a higher peak and the air is thin; the vista is breathtaking but each breath takes some getting used to. Slow down, as each step you take leads you higher and higher in the neverending journey towards reuniting with your God-self.

Breathe and feel the pulse of the universe as it moves through you. Trust in the perfection of the movement of the stars, moon, and sun. All movements are predictable and precisely guided by the forces at play. When you are familiar with those forces, you know the “why” as well as the “how” of each movement. You encounter no surprises following celestial bodies in motion, because you know their paths, when they rise and when they set, and you know how their gravitational fields affect each other as you have been observing them for eons studying their trajectories. It is the same with your human roadmap on the physical plan. The cosmic law “As above, so below” always applies and is always precise. All elements and forces expressed in the cosmic playing fields determine the celestial movement, adhering to predictable laws. When a celestial body wobbles or goes off its expected

path, you infer that some unseen gravitational forces have played a role. Know that indeed the movement that affects your current physical reality is always an accurate expression of the various universal forces interacting with your angelic frequency. Whenever an acceleration of your journey is intended, you are being dislodged from the comfort of your sanctuary and tossed along a new route. This movement may not feel comfortable or safe, nevertheless, we ask you to trust that no movement is arbitrary and all is of your choosing, by your consent.

I do not recall agreeing to this, you protest.

We can assure you that all is by agreement and that your memory will come back to you one day not too far into your future. It happens in everyone's life all the time. On your personal path, you face shifts that may feel, at times, organic and harmonious in nature, while, at other times, sharp and violent. There is no difference, from Spirit's perspective, how you get to where you need to go or how you learn a lesson. Your light chooses from the infinite possibilities, floating in your potential future the one which serves you, and all those around you, the most.

No, you say, I would have never chosen to inflict pain on myself.

With a smile we say to you, yes you did. It is because the choice you make comes from your expanded self, which does not judge pain or suffering as bad and joy or happiness as good. It is guided by the rule that you came here to serve the larger

self—which is an aspect of God—and therefore, whatever serves the larger you is being chosen. One can always choose not to grow, but you only postpone the inevitable, which is not in line with your purpose. Your purpose is to grow and reunite with that larger you, that aspect of God. As you move through the different developmental stages, you collect experiences, which in turn become your treasure, trophies the soul collects throughout lifetimes of being in physical form.

What is it that you are trying to tell me, you ask?

We are trying to tell you to relax and allow the movement being expressed all around you to fulfill its agreements with all the gravitational forces playing their role, not trying to impose your will, as it would only divert the intended trajectory and cause delays. Everything in the universe has its own unique rhythm, its own unique vibration, and its own unique direction. Each time you are in a place of love and your heart is pulsing the kind of rhythm that supports the universal melody, you are allowing that which is God to play a role on Earth. When you are not in that vibration, you create a disconnect which sounds like a musical instrument that is out of tune. There are many who play in this symphony and each musical instrument adds its own unique vibration. You are not to judge the drums as more effective or positive than the trumpets or violins. All has its place. Your place is to be in synch with the melody and be part of the symphony.

There are a few who come to Earth to facilitate the shifting of a melody and redirect the players from “Pop” to “Jazz” in alignment with the Earth’s cosmically planned trajectory, but in the end all music is honored whether it is this or that. Some wished that they could silence their own sound but you cannot. It is why you are here. Your choice is limited to how you play. You can try to hide under a rock, but wherever you may be hiding your melody is still heard. Your choices are not whether to be part of the orchestra or not, but whether you play awakened or asleep. The largest majority of Earth’s humans are sleeping. Most do not correlate their lives with the physical reality manifesting in their world and they crown their governments, politics, conspiracies or God, luck and a slew of other powers, for creating the particular circumstances in which they find themselves. Few assume full responsibility over their physical reality and you are one of them. We ask you to own up to each tone being played and offer gratitude. Your melody will then create light in harmony with the universal symphony being played. To create a change in your physical reality you must follow two steps: align fully with your current reality taking full responsibility for what is, then offer gratitude for where you are presently, and the role you were meant to play. These two profound steps open the gate for you to change your reality almost instantaneously. You are a vibration, and when your resonance is aligned with love, you affect all. It would seem unfathomable to some if we would say that positive and negative experience in a lifetime is really neither. A journey in each cycle begins with circumstance seemingly out of your control. The more awakened you are, the more you realize that all is in your control and the movement within your cycle is always neutral.

Your reaction is the only dark and light in this equation of your earth cycle. No one, no matter how horrific the circumstances may seem to you, is being forgotten by God and somehow is left on the sidelines. Your earth cycle is always a role and never the real you. It is just a small portion of your vast story being expressed in this physical dimension. Some come here for a short cycle and some for longer, but within the vast time-space continuum, the celestial tapestry, your movement lasts as long as a shooting star, so it is no wonder that so many wish to be stars during this short expression (angelic humor). Some hold onto the belief that without making an impact what is the sense of such a brief visit. With a smile, we ask you to look at yourself in the mirror and allow your face to become transparent until such a time that you connect to your true light and no longer attach to a personality. When you pierce the veil you become everything and everything becomes you. Only when you dissolve your self, can you begin to feel the vastness of your energy and the impact you have on your universe. You are eternal and you exist in a paradox of sorts. You are nothing and everything simultaneously; you have no choice, yet everything is your choice; you never die, but you also never really live; you are permanent, yet fleeting; you affect all, while mostly believing that you have very little effect over your own life, let alone the lives of others. The way you perceive your life is a direct expression of your vibration. The vantage point of your awareness determines how much credit you give yourself for creating all that you encounter in your physical dimension. When asleep you are less able to connect the dots and see how you are being served by all that is happening to you. Being awakened or asleep you are loved the same and, from our perch, there is never a judgment or hierarchy as to

your placement along the spiritual continuum. Moreover, it does not make a difference if you are aware of the cosmic laws which guide your life or not, the laws apply just the same. When you begin to take responsibility over all that is being expressed in your life, you have turned on your light which grows brighter as you learn to love the true self and offer gratitude for who you are. The game of life is played within a magnificent and mysterious puzzle. The most sacred aspect of playing the game is simply taking part in it, being in a physical body. Solving the puzzle is not the goal, playing is the goal. Solving the puzzle is a by-product. You may face a specific riddle, which may not be solved this lifetime, may not even the next, but eventually you do figure a way to resolve it. There is a celebration, and you promptly move to the next puzzle advancing ever forward. An old soul you are, and as you awaken you realize that cosmic laws operate in a consistent and predictable way. Being in harmony with those laws is how you advance. With a smile we say, it is time to crack these codes.

There is a vast spiraling energy that is coming your way and it shifts all particles on its path, like a cosmic tornado. Your collective fuels the power of this swirling energy and the quality of it is determined by your state of grace. This “tornado” will be moving through the Earth plane within the next 13 months and your role is to be prepared by being in harmony with self, feeling love and being in tune with your own melody. Those of you who are not anchored within their own playing field may be tossed in the air by these powerful cosmic forces, which are immense. This “tornado” cannot be described in terms of positive or negative. It can be described

as challenging and intense; one that may accelerate and shift the lives of many. Some of you are asked to hold the bridge for others so get ready, move into your power and become free. The swirling vortex is but one of the waves meant to create a mass movement within your accelerated path. The few must maintain equanimity for the many.

Why is it 13 months and why are you telling us now? You ask.

We tell you because this is the reason you came here, to be a beacon, a lighthouse, a shield of love that connects all. Understand that cosmic movements, which begin at the edge of time, create portals of energy from which events are being stirred and directed long before they actually can be seen or physically felt.

What is it that we should do? How should we prepare? You ask.

Be in joy is our answer, be in gratitude, celebrate each day as it comes, slow down and welcome whatever is to cross your path with full trust. Be in your heart and love all that you see without judging it. Offer gratitude and understand that the only control you can exercise when in the midst of the swirling vortex is your reaction. Become disciplined and you will not only reward yourself but all. Nowhere and at no time, was physical reality on Earth so closely monitored by your galactic neighbors. At no time in your history as human angels, was your spiritual awakening so directly linked to the physical manifestation of matter. You are now aligning with your core purpose here and yet too few are awakened to this fact that each thought, each

intention, and each action is measured on a scale either on the side of light or darkness. We wish you always to choose light, be light; allow those who reside in darkness to dwell where they may be and shine. Embrace light through love and allow those in darkness the choice to transform. You are at the edge of the swirling movement that may feel very uncomfortable to many. It is indeed appropriate and on schedule. Allow that which may come to pass by knowing full well that you are where you need to be and meant to be playing your role. Do reside in the sanctuary of gratitude; reside in the sanctuary of your heart; reside in a place of love and rejoice for the sacred play unfolding in your theater called Earth and so be it.

8-12-2013:

Prague, Czech Republic

Love is all you have to consider. There is no other consideration. Wherever you are, you are but a flowing stream of consciousness interacting with your surroundings. Your experiences are not external but always internal. Therefore the lens you put on as you are streaming determines the colors you perceive.

I already knew that, you say.

You are in the land of the angels. There are many of us here in human form facilitating earth. Do you feel us?

I do not feel you, in particular, but I feel that my heart is open and I sense love all around, you say.

Then you do feel us. Not even a feather can be airborne without some type of energy to push it higher. You all require energy; it is what keeps you alive. When it is time to let the body die, your energy is retracted from the body and leaves. This energy fills your being right before birth and it leaves the body right before what you call death. This energy does not have a beginning nor does it ever end, but it manifests in various forms. When it enters you, it does not signal the birth of the energy because the energy always

was. It only means the birth of this particular energy merging with a particular form.

When this energy chooses to retract, it does not signify the death of the energy but only the end of the marriage between this particular energy with this particular form. The form dies but the energy is eternal.

Why are you telling us things we already know? You ask.

There are many things you claim to know but that you need to be reminded about again, and yet again, at different junctures on your journey. When you come with another angel into a sacred union, until “death do you part” as your sacred matrimonial ceremony reads, it does not mean that one of the two must die if you separate, it only means that the energy that fueled this sacred union has retracted and therefore can no longer hold the union together. Indeed it may feel like death, and allegorically it is called a death, but no one necessarily really dies. Your contract reads that you change and transform continuously. You change shapes, forms, costumes and circumstances but your energy lives on, as an aspect of the great “I am,” changing colors and melody but eternally connected to source and true to its purpose.

The purpose of two angel beings coming together is for creation. One human angel form merging with another human angel form creates a unique “story” that is unlike the two when they are separated. There is always a purpose of two coming together, the timing of a beginning and the timing of an ending is as sacred as any birth and death. When two become one they, in fact, become three. Long before you have created a child through

birth you have created a third being that is the two forms merged. You come into unions as a creative act, and each time you merge you have created a new form. This form can be described as a ripple of energy that carries a unique frequency blend of the two combined, broadcasting the energetic union. This unique energy will keep on “living” whether it ever expresses itself through matter or not. It will search for a form to come into expression but it does not require this form to remain “alive.” This new form of energy is not really “new” and was not manifested through birth, as it always existed, but its unique flavor, color and melody was created through the merger of two angelic beings. It is why we ask you to merge through love and not through anything else such as anger or revenge. Merging through love creates a ripple of energy that is in search for an expression that resonates with the vibration in which it was created. This ripple can also be described as a being. Beings who were created not through love will seek, likewise, an expression similar in tonal resonance to the vibration which created them. When the two become one through love they create a being of love and when they do not, they may manifest a being of darkness. This is how it works.

You are an aspect of God and as such, unknowingly or knowingly, you create and create energetically through merging. Cultures of the past and cultures which exist in your time, when in cycles of darkness, expand their circle of influence controlling and limiting the frequencies which are at the core of this sacred union.

Why are you sharing this now? You ask.

Be aware of what you create and, to safeguard your creation, be in a place of love. It is your purpose, it is your power, it is your legacy, it is your child and it is your light.

Imagine that you are an angel with wings flying over earth sprinkling it with specks of golden dust. This dust settles on the earth and penetrates the soil; it absorbs moisture and soaks in the sun. At one point it transforms itself, as if through magic, into a seed, which in turns begins to grow. This seed gives form to a tree. The tree grows more seeds which are being carried away by the winds, the bees, and the animals. These seeds spread everywhere, being deposited in the soil, to be awakened at some point by water and light, becoming form. This is your legacy, to spread the golden dust which will be inserted, as if by magic, to the game of creation and, when the time is right, will grow and morph into a form. You are on a journey and, confusing this journey is, we say with a wink. It is confusing because the knowing is not linear, the path never straight, the blocks and tests are ample and growing more challenging.

Why is this so, you ask?

No one ever said that this journey is a walk in the park. It is so because this game has much riding on it. Each and every curve offers opportunities to examine, re-examine, clear, and move through the debris that accumulated over millennia. It is why you are here. You did not choose this ride based on ease or comfort.

Why did I choose it? You ask.

You came here this time around because you knew you could make a difference in the lives of many. Many of you old souls chose to be here at this time, being in harm's way, at times, so you could help transform what was dark into light. Many of you could have remained in energy form helping from beyond the veil, but you also knew that there is an opportunity for a shift and your service was needed. Many of you volunteered to come and hold space for others who are now awakening. We wish you to honor yourself and your service knowing that it is "now" the time you were seeing in the viewing chambers. The dice are rolled each time there is a shift in energy and the shifts are now more intense and more frequent than ever before. You are required to be more precise than ever, more disciplined than ever, more trusting than ever, and more in your heart than ever before. You are asked to move forward and not to look back, you are asked to be prescient, awakened, sharp, clear, perceptive and discerning. Listen to the subtle signs and sounds, letting them lead you forward. Follow your inner guidance and know that this is your highest authority. Learn to distinguish between what comes from within and what comes from the outside. Great noise is now in the ethers and those who are not clear may pick up chatter, which they may mistake for their own, and follow it. Learn to be in silence, know what is yours and what is not.

There is a great shift that is on the way and your work has to be prepared. The bells will be ringing in many of the energy centers on earth and sparks will be flying where codes have been active and awake. The streams that you and your fellow angels are facilitating may be merging with other streams, creating yet a larger river, more potent than any individual streams. Watch for signs and watch the sky. The signs come from seemingly

everywhere, but will appear clearly in the night's sky. Do not be concerned with logistics, be in your heart. All else is part of the stream which leads to the ocean. Trust that it is so.

You speak in riddles, you say. Can you guide us more clearly? You ask.

We do, but not through writing. Like in any computer software, it is not sufficient to write the content; there must be context or software, which is in place to translate the code into a legible result. We are now offering the software so that, when the time is right, you can decipher the language of signs.

The words in the messages are always energetic, first, allowing the one reading the language of angels to use its software to translate signs, so truth can be distinguished from falsehood.

It is always a choice to be in light or to be in darkness. Those of you who have read our words, yet chose darkness, did so fully aware. Those of you who read our words and chose light did so fully aware. We are messengers of light, but the choice of what to do with your own energy, once you are awakened, is yours and yours alone. We can hug you, love you, guide you, embrace you and show you the high road, but the choice of where to tread is yours and yours only.

The mystery of mysteries is that you are the one who chooses and creates your own path, while we are your entourage facilitating, when allowed, and loving always.

It is with tears of joy that we are dancing with you each time and it is with immense honor that we are saying thank you for allowing us to reach out and hug you. You are asked to be in your truth, awakened, and allow others to find the light through your light. We wish you to safeguard your light always and so be it.

9/14/13:

New York City, Yom Kippur, and 9/15/13
NYC Koffee Shop 8th & 17th, 6:30 pm and Argo Tea, 58th & Broadway

You are dearly loved.

I have heard that before but I do not feel loved at the moment.

Feeling loved is one thing but being loved is yet another.

What do you mean? You wonder.

When you walk the street of New York, you may feel that you are separated from all the people who walk by you. They are dressed differently than you, speaking languages you do not understand, and seem to be preoccupied with their own business, paying no attention to you or to anyone outside their immediate circle. As they walk and talk, act and interact, they appear to be separated, individuated, by appearance and language, yet, they are not.

How do you reconcile being one and many simultaneously? How do you reconcile being loved and hated simultaneously? How do you reconcile being part of all that is yet maintaining the appearance of an individual walking the street of New York City, minding your own business? You are like an individual cell in a body. To the cell (you) it feels as if it is by itself, fending for its survival, moving about, interacting and

exchanging with other cells, being attacked at times, by “white” cells and defended by “red” cells. The reality of the cell is one of difficult struggles, at times, as it is being born, grows and dies. It experiences hunger deprivation, and, at times, joy and abundance. The cell, from its perspective, is like you from your perspective. The cell cannot envision the whole body as one. It cannot really experience the working of all the cells towards a mutual goal. It cannot move out of the body. It can only “see” the friends, relatives and associate cells moving about, with each one having its own responsibility and role. An individual cell, though, does not have the capacity to see itself as part of a whole. Yet, it plays its role perfectly, digesting, attacking, defending, absorbing, oozing, and communicating. That cell is you and that body is all of you: humanity, your galactic family, the cosmos. The further you venture, the larger the body becomes.

The cell that “works” in the liver department may raise its awareness to see all its associates in the liver department as family, friends and co-workers. As it ventures higher and higher in awareness, it may experience the whole body as one; later, all the other bodies as part of the same system and, eventually, all that is. You and the person across the street, who is dressed differently, speaks a different language and walks the opposite direction, are part of the same body of cells working and existing in the same system, towards the same goal. And when you venture high enough, you see all of the cells as representing one body: *You*.

When enough cells work in unison towards the same goal, they create a coherent message to the body that it is loved, that it is needed and that its growth and health are supported. The essence of each cell in your body is love, as well as light. The essence of each human walking their path on Earth is love and light. Cell is conscious in the same way that human is conscious. Indeed there are levels of awareness, but each cell has an awareness of self and its environment. The macro and the micro are always linked, reflecting the same basic truth. We have come thus far to guide you; to fill your path with light so you could venture above your immediate surroundings; to acknowledge who you are. Cells are born and die all the time, but often-other cells are replacing them; at times the whole body dies yet another one is being reborn. All movement is encapsulated within one system many of you name God: a system that is vast, yet, so intimately connected to each and every one of you, whether you acknowledge it or not. You are a miracle who manifested from the cosmos. You are not simply a planet earth creation. You are a cosmic consciousness residing in a body designed as a vessel to carry the spirit of all. You are part of all and all is part of you. Each of you plays a particular role just the same as different cells play different roles within your body. Yet, in addition, your consciousness represents the entire cosmos. The hidden and the revealed are equal. What you can perceive always will be equal to what is hidden from you.

Why is it so?

As you move higher and see more of the panoramic view surrounding you, you understand how much is yet hidden from you. Knowledge is not your goal, playing your role is the goal. There are billions of cells in your body, with each playing a role. None of your cells is aware of the entire body yet they are all working for it. You, like the cell, work for the entire body, whether you acknowledge it or not. The difference is that you, unlike the cell, have a choice and that choice is the subject of this message.

What is the choice? And why is there a choice? You ask.

Choice creates movement of energy. Movement is an innate aspect of the system of creation. Movement requires energy. Choice is energy. The higher consciousness is, the more it is aware of itself, the more choices it has, and the more energy it produces. You represent consciousness and therefore reside in a free will zone. Your choices are energy creators, which fuel the cosmic movement of growth. There is great interest in your choices because you do not exist in a vacuum. You are connected to all that is and the galactic family is aware of the entire body as well as of your role within this body. As you make choices, you direct the movement of the cosmic waves rippling from planet earth outward. These seemingly weak waves of energy never stop expanding. They continue to expand through space, affecting movements of particles on the other side of the Milky Way. Some of you believe that you are small and helpless, but you are not. Like a cell, you reside in a magnificent body and you are responsible for its well-being because you are a part of it. A choice

is the result of awareness, a movement, a desire: an energy, which is an aspect of consciousness.

Who is the one choosing? You may ask. Well, is it me? You say.

With a smile we ask yet again, who is you? Is it the liver, the heart, the foot, the cell?

Who?

You say, it is my thinking brain.

Then, we ask, is it the grey matter in your skull that makes the choices? Is it the neurons, cells, molecules or the atoms, which make up the grey matter that makes a choice?

We hear you say in frustration, *why does it matter?*

We hug you now and say, because this is how loved you are. All layers of your being participate on some level in your choices. From the great *I Am* to the atoms which form molecules which make up the building blocks of your cells. From the macro to the micro, all aspects of “you” partake in the process of making choices and each choice affects the entire body. Now you can understand why you matter. You, like the cell, participate in the decision making of the whole body continuously. Each thought, feeling, action, reaction, or movement may create a change for the entire

collective body. You are so loved. Although prevented from making the obvious link between what is in front of you and you, yet you are determined to search for answers. You are so loved, because you need to be reminded what you already know: that you are made out of love; that you matter; that you are here to create a change within you and have that change affect all. Now you may understand that, like the one cell, which affects the whole, so you, too, can change the whole collective system of which you are a part.

(Continuing, 9/15/13 NYC)

If we are one, then why is there so much strife and discord? You ask.

This is your work. It is your purpose to become one in all aspects of your being. You are one as energy, and the reason for your coming into the portal of human existence is to create oneness within you, merging and uniting with the great *I Am*. You are born as one and you die as one. The whole middle section of your journey is your work, your purpose. You came here to grow and learn by making choices on your path without having clear signposts. You come to re-learn and reestablish your connection with the great *I Am*.

Why do I come to suffer, when the alternative is so appealing being in a place of peace and unity, you wonder?

This is not exactly so, we say with a smile. When you are in a place of peace and unity, all that you wish for is to come back to the Earth plane so that you may fight, learn, grow, develop, expand, create and love. You wish, with all your angelic being, to experience Earth life because it is so exciting, so mysterious, so challenging, and so sacred. As an energy, many of the experiences are not available to you, the visceral, emotional sensation of being in love, of pain, of joy. These are very different when you are in a pure energy form.

How so, you ask?

When you are in spirit, as pure energy, you have no mass, and you do not really experience yourself as separated from all that is. You are a drop in the ocean that is both aware of itself as a drop, yet aware of the ocean. The movements of the ocean are the movement of the drop and the movement of the drop is the same as the movement of the ocean. They are both separated and the same an oxymoron where two seemingly contradictory statements represent truth. As pure energy you are in a state of being, in a state of harmony, in a state of peace. You have work, much of it, but the work does not feel like work. It is a mere playing your role, like a cell playing its role. If you think that, by being a pure energy you rest, the answer is no. You never really rest. You are busy at the work of creation, both in form and in energy, yet that experience of both is very different and all of you yearn to be in physical form so you can test yourself, grow, create, be challenged and move forward on your path to reunite with self. You come to experience a free will that is not available, in

the same form, when you are energy. Choice is a privilege that you all wish to experience. When you are in a state of peace, all you wish for is action. When you are here on planet Earth, experiencing action, many of you do wish to be back with us experiencing only peace. Being connected to both heaven and earth, finding balance, while becoming a pure vessel for love, and manifesting a bridge of light into form, this is your challenge. Your task is to merge both dimensions so you become peaceful with what is, and ripple that peace to everyone who comes in contact with you. Your mission, taking a human form, is as sacred as it gets. If we had told you of the lines, queuing in the waiting area, for angels to emerge in form you would be astounded. The horrors and challenges you experience, at times, as a human, feel very different when you are watching it from the other side of the veil. Your essence is of love; you are born to form so that you may exercise choice. Your choices affect all and that is the purpose. You experience separation so you may learn about unity; you experience fear so you can learn about trust; you experience hate so that you could learn about love. You experience pain to learn about pleasure. You are a form that learns about its self from all angles. The physical dimension is a dream, which was designed to feel real. Although all your experiences are internal your biology is wired to sense your experiences as if they are external. Why? You wonder.

If you were “convinced” that it is all a “joke,” an illusion, and that you can never truly be harmed, why would desire to learn to fly? If you have nothing to lose, why would you work so hard? You will ignore the alarm clock and never get out of bed. This movie has to be real, with real consequences, real emotions, real pain and real stakes. Only when you are out of the game can you see the beauty and perfection of

it, the illusion of it and, yes, the humor if it, as well. You can then evaluate where you were and how best to continue the work where you left off. If you knew that you are invincible, you just would not try as hard. This is why the stakes are high and your choices do make a difference, because this movie in this dimension is real to you. Only when you find yourself out of this dimension does the storyboard change. You are a cell, part of a divine body and you are working with the entire system to create to expand, to grow while remaining balanced. Choice is your greatest gift in this physical dimension; a choice to exist in unity consciousness or not. When you do choose to see your self as a part of all that is, your storyboard is always aligning, when you perceive your self as separated you are asleep, your storyboard is often misaligned. When you understand your power, your divinity, your role and you acknowledge the possibility that each breath, thought, action and reaction is affecting all that is, you turn on your light, which guides all. This is your mission and why you are here at this time and so be it.

11/12/13:

Notes from Tulum, Quintana Roo, Mexico

9:20 PM, raining, thunder, lightning

(Continued on 11/13/13 was too tired, slept through pulse first time in YEAR)

You are dearly loved.

All movement takes place in circles. Many of you believe that you are moving forward, although, in fact, you are spinning all around the core energy of your lesson. As you ascend, obstacles that appeared large and daunting become small specks of dust on your windshield so that you now hardly notice. Your journey is about movement, change, growth, expansion and, yes, ascension. You are always within reach of your learning. Each moment, each breath, each heartbeat is a new promise to grow, open, expand, allow, enable, flow and surrender, awakening to the true magnificence of your being.

There is an immense beauty emanating from those of you who have conquered fear and are walking in harmony with the knowledge that all is part of a divine plan and nothing is arbitrary. If you knew truly and completely that you are loved, cared for, protected and guided, would you still have a reason to worry, be scared, be a victim? If you knew that you can never fail on this journey, and that all lessons end up serving the divine plan, regardless of whether its intent came from dark or light, would you still doubt that you are where you need to be? If, every day, you would receive a note detailing the amazing feats you can accomplish today, all the potentials of new beginnings that each breath

offers, would you still have an excuse to feel defeated? Each day, each breath and each heartbeat is a world unto itself, opening the gate for you to awaken to a new state of grace; a world of beauty, where love reigns and darkness is banished. The molecules of oxygen entering your lungs and the photons of light hitting your corneas carry within them the potential to transmute what was, a minute ago, darkness, into the sun's brilliance. This is your story, one of glory, regardless of whether you are aware of it or not, regardless of you ever awakening to your truth, still, it is a story of glory. Have you ever considered the possibility that whatever you encounter as an obstacle, a painful challenge, is the way you teach yourself the art of flying? No sailboat can reach its destination without headwinds. No bird can fly without the resistance of air and the pull of gravity. You are an actor and you learn to play your role the best that you can. An aspect of your role is to interact with your fellow actors, along with your audience, creating a motion and emotions in them, guiding them into awakening and realizing who they are, as well as all the potential they carry to blossom. Your role is and always was to play yourself, being true to your own calling, your own desires, your own proclivities and your own passion. You often believe that others are your role models so that you must follow their footsteps to reach your destination. With a hug, we offer to you, once more, the possibility that your gift is your uniqueness, your power lies in your truth, in your beauty and in you playing your own role as best you can. At times, many cycles pass where you walk in the groove set up for you by your ancestors. Sacred it is, but yet, at some point on your eternal journey towards growth, you are presented with the opportunity of awakening and by doing so, most likely walking straight into a headwind, facing a resistance, being beaten down, often ridiculed. And this, dear human, is your

moment of glory. These cycles are the cycles you have been waiting for to break molds, remove obstacles, open new fronts, new understandings, pushing against your own limits and those of others, to become airborne, spreading your wings, playing the most sacred role you were destined for, yourself. Where we come from, there are no limits. You have the potential to change everything and anything at the given moment you determine to do so. There is nothing more powerful than the power of your will and intention, so that, when you direct it to move higher, to shine, to be of service, to remove self-limitations and progress through them, you just do it. Many have done so, though many more do not.

You may wonder, if this is so, why hasn't everyone reached these realizations?

With a smile, we offer you that, in time, everyone will. It may take another few hundred cycles but still time is not of the essence when you are eternal. That lifetime, that offers the opportunity for so many of you to reach higher, play to your truth, dance to the divine melody of your potential, stretching your boundaries into fields never before explored, that lifetime is now. Many of you know this, yet so few are ready to dance to this new tune.

Why, you ask?

You are carrying so much weight that the pull of gravity discourages many of you from exploring flight. Your story, though, is different from the one told to you by many. You are renegades, emissaries of light, angels in human costumes. You are humans who are

gods and goddesses, awakening to the immense potential that each carries, a seed becoming the giant Sequoia. You come here to play your role whatever it may be, fully transmuting darkness to light, carrying new frequencies that are more in tune with nature, with the goddess, with Earth, with your heart and, yes, with love. Do you see the sacredness of your coming, the power of your breath and the glory of your heartbeat?

Why, then, cannot everybody see that and dance to the new tune?

Each of you is an aspect of the one; you are all serving that which is the all, each a singular aspect of the *I Am*. Your individual paths, however, are uniquely different, and they were meant to be so. No two of you are the same, yet all of you are necessary to complete this aspect of creation. Each path offers its own learning, rewards and challenges. Each of you perceive reality slightly differently. Each lives in a world that is built from its own self-manufactured reality. You do indeed share a reality, but it is only a small portion of who you are and your experience here on Earth. Most of what makes you who you are is created within you, and expressed as a melody, a vibration, a frequency, a picture. Awakening is offered to all of you and it is a potential for more humans now, than since the time of Lemuria, to wear a vibration that is anchored in love, and in tune with Earth. Still, though, within the total inhabitants now occupying your precious plane, it is a comparatively small number.

Why so, you ask?

Most humans are not ready to awaken. They move at their own pace, according to the level of their soul and the reason they came here. They are as sacred and as powerful as you are, but not ready to acknowledge it nor ready to walk this path. There is nothing wrong with them and they are loved by spirit and guided in the same way as you are, but they are at a different place on this eternal journey and it is appropriate and it is honored.

We hear some of you ask, *how come others cannot see what they are doing to this planet: hurting the young generation, hurting each other? Why can't they just see the futility of it all and just stop?*

With a hug, we tell you that they are just not ready, the same way a two year old is unlikely to be ready to take on books and fully understand their content. But they, too, will grow, in time, to see what you see. It does not mean that they are less, they are just at a different place on this journey and, as such, you must find peace with them, as well as understanding. You may feel at times that you are better, but this, my dear angel, is not your truth. All is sacred and it is all an aspect of God. All have a place. We are speaking to you because here it is, your time to truly claim your power, light, your legacy, your truth and to be a pillar for a bridge now being built. You have worked for centuries to be where you are at present and we are here to remind you that it is now the time to remember. Your knowing was earned by you over lifetimes and lifetimes of work. An adult will not brag in front of a two year old that she knows better. The adult knows that each age holds its own developmental learning challenges and beauties. The same goes for you. Hold your knowing quiet, wear your vibration without advertising that it is so.

Love is quiet, beauty is self-evident, and harmony in music does not need subtitles. You are not asked to convince, preach, or explain to others your truth. You are asked to be your truth, to breath and ripple love wherever you go. You may not be seen, recognized or acknowledged. Some may tag you with names and ridicule you. Some may try to block your light, some may even try to cover you with their own blanket so you will not be able to play your role. They will do so in the name of loving you and worrying for you. These may be your close friends, family, lovers or even your children. Love them and do not hold it against them. They do not know better. Understand that when you live your truth, you shine so brightly that all those who are near you may begin to see using your light. You can never hurt others when you live your truth. Yet, many of you are being accused of being hurtful. Know your truth; know why you are here and what your purpose is. Always act from your heart and you will fulfill the promise you came here to fulfill: being a human angel.

The game of creation is vast; there are many teachers, facilitators and guides to each path. There is not one which fits all. In time all of you must choose a path that is unlike anything anyone ever taught you. It would mean that you find equilibrium sitting in the midst of doubt, fear, worry, and being lost. You find peace in turmoil and you find light in darkness. You find order in disorder, love in hate, harmony in disharmony. You are now a master of your own reality and all that comes to you is transmuted to light, transformed into harmony, order, beauty and into divinity, where it becomes sacred. Each time one of you is awakened, there is a celebration. Each time human angels come together on a sacred mission to raise the planet's vibration through love, all of us stand

ready, in service to you. We are in awe of your power, your commitment, and the strides you have made to reach out thus far. Know that you are an aspect of God, connected to all that is and that each breath, each heartbeat, is an opportunity for you to serve the light, to become a master, to release hurt, pain, and darkness, transmuting them into a harmonious melody that resounds in the heavens. It is all your choice at any given moment to be an angel, walking as a human, serving all by being in love, and in truth, and so be it.

12/10/2013:

Mersand Café, Tel Aviv, Israel, 2pm. Continued: Eilat, Israel, 11-12-13 and 12-12-13.

Finished: 12/13/13 (this message felt like giving birth without the epidural)

You are so dearly loved.

Each cycle presents a mystery that you are asked to solve. You desperately search for clues, when in fact you contain all the clues within you. You have the tools, as well as the necessary parts, to complete any puzzle asking to be solved. The clues hide within you and, when you invoke your memories, you realize that you are but revisiting the same situations you have been in before. Many of you believe that the movie you are acting in at the moment is new, but it is most likely not. We must impart to you that, too often, the drama you are experiencing is being invoked from scenes you have shot before. Each time a scene is revisited, you experience it differently, as it is recorded from angles representing views of the various actors. You are kept busy re-examining old takes from many perspectives. Your “light source” is continuously shifting, creating ever-changing shadows.

Why is it so, you may wonder?

Learning is complete only when you have been able to contemplate a lesson from all its angles. A violent life must, down the road, present lessons that offer opportunities to experience the perspective, not only of the perpetrator, but the

perspective of the victim, as well. Karma is balanced when you have completed a full circle.

What mainly must change is not what you see or experience, but your own perspective, your own consciousness. Your vision is influenced by the way the light is refracted at the surface, the more the illumination presents, the more details you can see. In darkness you can hardly see anything. As light shines within your awareness, there is an offer to finally “deal” with what was hiding in the shadows. When your awareness becomes aligned with what you see, you are presented with a choice. That choice is a gift. Choices are simple to fathom but difficult to apply. You must choose between using love this time around, primarily love for self, extending to all, or not. Using anything but love inevitably redirects you back to the starting point so that you have an opportunity to do it all over again. Your choice is between acting in consciousness of the limited self or in the consciousness of the “I am.” Acting from the “I am” releases you for all eternity from revisiting what was, while acting from the limited self binds you for all eternity. This is the way of it. Eventually all become free on this eternal path to liberation.

Many of you believe that you are special; your circumstances are unique, that you are coping with whatever is in front of you for the very first time, that you are not ready, not equipped, not up to the task. In fact, almost all of you are mistaken on all of these accounts. Each time you are faced with a seemingly daunting task, know that, most likely, it is a continuation of a process that began at the edge of time in

one of your many cycles as a physical being. Know that whatever is in front of you comes to you because you haven't completed that movie. Your previous experiences, whether conscious or not, are clues as to how you must proceed if you are to progress and advance through them.

How does it work, you may wonder?

Every possible potential, in your brief visit on the physical plane, had a beginning. It means that whatever happens to you was not arbitrary, but began as a potential when you began, which may have been when humanity was just in its infancy. Your "now" life is but the "tip of the iceberg," to use your phrase, of the many beginnings you have had over many cycles. All your lessons, experiences, trials and errors, are causes. Where you are now, and the billions of potentials that you have to choose from, are the effects. The cause, and the effects, is how your light progresses: a cosmic law that binds all. Each beginning created a movement of energy, which led to a new beginning. So much of your life is repeating your unfinished business. So much is already planned before you ever set your baby foot on this plane. It is, therefore, a sacred opportunity for many of you to be offered a door to exit your cause and effect cycle, gaining mastery over your movement, charting your own path, exploring new territories never before visited. Exciting it is for your being to get out of the groove of clearing unfinished business and to get initiated into open playing field; true freedom.

The storms swirling around you are meant to stir your unfinished business so you can see all that remains to be cleared, awaken, get out of your comfortable chair and go to work. By work we mean light-work. The work of creating light, clearing the old, and at times, graduating lessons of many cycles in one swoop. The time you knew as linear, minute two following minute one, is no longer. Gradually many of you sense that you exist both in the 3D physical plane and also simultaneously existing in a multi-dimensional reality: a dimensional reality where beginnings, endings and new beginnings, from various cycles crossing your path, colliding; intersecting with each other. This new reality swirls around you and shifts your NOW seemingly overnight. With a smile, we must add that it may be getting confusing for a while, as you are presented with a new paradigm, one with a multi-dimensional reality.

Am I ready? You ask.

Yes and no, we reply with yet another wink. You can never be truly ready because what you see is only the tip of the iceberg. Most of the movement and the reason for the movement is hidden, appearing, occasionally, in your peripheral vision. We wish to give you a simplified version, in physical terms, about that which we speak.

In the circle all movements occur simultaneously and, to translate this into your linear perception, we wish to break it down into metaphoric layers and begin with layer one.

In this layer you are moving into a new home.

In layer two you are moving into a new job and, in layer three, you are moving into a new relationships.

In our present case, then, layer 4, 5 and 6 represent the challenges you face while dealing with layers 1, 2 and 3. This may be called the extra factor, which can manifest as debilitating dis-ease, lack of funds, or looming threats of one kind or another.

Layers 7, 8 and 9 are where you must deal with your elderly parents, your young children, while balancing yourself in the now. Metaphorically speaking, you are dealing with aspects of your past (7), your infinite now (8) and your future (9).

The only constant is change and change is happening in an accelerated, unpredictable and non-linear fashion.

Are you still surprised when you often feel depleted or exhausted, requiring more rest and quiet time than ever before? These layers are not new. What is new is the mechanics and synchronicity of these events, accelerating your progress by creating an expanded field of dimensional synergy, which then places added pressure on you.

Everyone has to deal with these layers. However, NOW, these layers are more demanding than ever because they show up for the purpose of clearing unfinished movies from old cycles. The challenge, metaphorically, is like moving in a hybrid vehicle, a combination of a mule, a boat, a car and an airplane at the same time. You must grapple with various speeds, mechanics, and playing fields, yet remain intact—not a simple feat.

These layers are like shadows of the past. They appear, then disappear as quickly, once you have illuminated their essence by using love. As soon as one shadow is illuminated, a new shadow appears, all different, yet the same. All come from movies left unfinished. All movement seeks to find equilibrium before clearing away. Most of you are now in the midst of opening your dusty moldy attics, clearing away unfinished stories, some of which are very old. This is why you are now easily overwhelmed, as debris from all types, shapes and sizes comes at you, seemingly from arbitrary directions. You are here in the now, clearing the past so you can move into a new future. Right there, you have three dimensions. Two are illusions, with your now moving so fast that you can hardly slow down enough to take a breath. This is your story and sacred it is.

Why are you sharing these stories? What good does it do to us?

You are energy moving through space and time. You sense that you are one wholesome being and you attempt to guard your wholesomeness, your oneness. Many feel threaten and bewildered by the forces of gravity that seemingly pull on you from all directions. Confusion this time, with the pressure on your system, is greater than you have ever known as a human on this planet. So many dimensions are working simultaneously. We share these stories with you so you do not feel that something is wrong with you. It is that simple. When you understand that this is the state of your field, you are more likely to act appropriately. You wished to ascend; you are now in the vortex of initiation into ascension. If you think for a moment that your challenges are to be over when you are in the ascension vortex, it is not so.

In the cosmos there are forces so great that a human can never grasp their power while in a body. There are beings of great light, there are beings of immense darkness. There is beauty, everywhere and life everywhere. Soon your definition of life will vastly change to include the inanimate as alive, within a defined field, vibrating and interacting with you in a conscious way. Your definition of consciousness must expand to see all as awakened, as that all vibrates and responds to conscious energy. Not the conscious way of a human, but still conscious.

You are now linked more intimately with a galactic stream of consciousness than ever before. Many of you who have moved high enough are taking part in a galactic conversation, which, in time, will grow to include every conscious being on this planet.

What is a galactic conversation and why should we care? You ask.

Your field expands far beyond your planetary borders and is now overlapping and coinciding with fields of other galactic consciousness. The magnetic fields are strong enough and sufficiently coherent to be called a conversation. It is so because the communication taking place is immediate, clear, precise, and intended.

Why do we care?

You are changing, your reality is changing, your cells are changing, your planet is changing, your magnetic field is changing, your atmosphere is changing, your natural habitat is changing; your weather is changing. Every pattern that has been there for millennia and determined the way you interact with your world is changing. If you walk in a dark path, hurting yourself each time you bump into something you did not expect, then, someone offered you a flashlight, wouldn't you take the offer? Would you still wonder, why should I care?

Those of you who were meant to read our words most likely are aware of these changes. You have cleared enough weight and become sufficiently subtle to where small changes in the magnetic field around you get recorded in your body and affect the way you feel. If you do not know what these changes mean, you may grow anxious or become a hypochondriac, worrying why you feel the way you do. The

changes in your magnetic field are extreme by our standards and so many of you find it challenging just keeping up. Some develop health challenges expressed as cellular mutations and various misalignments. You cannot resist these changes and if you attempt to stop the clearing movement, you will only harm your integrity and equilibrium. We wish you to learn to float like a leaf on a raging river knowing that you will be guided to where you need to be without stirring. To many, action is your main focus and you wish to get things done. We ask you to get out of your own way, become peaceful, and so, surrendering to what is. Your main task is to align with your truth moving in unison with your field causing as little dissonance as possible. Water flows with ease around blocks and obstacles. The forces of gravity dictate its path. Water will always flow in accordance with the terrain most harmonious with the guiding natural laws. Like water, you are now being guided to move higher in your evolutionary path as spirit manifested in the physical. Resisting this evolutionary path is like water trying to flow uphill rather than streaming to the valley.

What is it that you are asking from us?

Slow down; consult your heart in everything that you do, trust. Act in accordance with your truth. Be precise; be honest with self. With each breath and heartbeat, intend to create a movement out from your heart, remaining awake even when it feels uncomfortable. Surrender, flow and accept, allowing your power to flow from the admonition that forcing is going against self. Breathe, knowing that with each

inhalation you become one with the whole and with each exhalation the whole becomes one with you. Acknowledge that any and all forms of resistance are generated from within.

This is just the foundation. On top of the foundation you must build your vehicle.

Which parts should we use to build it? You ask.

There are three aspects to the structure being built on top of the foundation. It looks like three spheres of magnetic fields interacting with your physical body. The first sphere is guided by your breath, the second field is guided by your heartbeat, and the third field is guided by your senses. Slowing your breath, calming and becoming aware of your heartbeat will cause your senses to automatically align with the current now-state that you must be in, in order to perceive your reality through the most conducive channel to act appropriately. Acting appropriately carries no judgment and no polarity. Appropriateness means that your energy is aligning with the vibrational resonance of your changing environment and not in discord. The more harmonic your vibration is, the more your resonance with your planetary field is enhanced; your feeling of well-being expands, resulting in more love that you absorb and can project. Acting in dissonance with the planetary field means that each day you will feel disconnected from self, from love, from the galactic melody and from the trajectory of your charted path toward growth. When you are in discord, you are not in the vortex of alignment and your body may let you know by

going against itself. Cells against cells, an immune system, which attacks healthy cells. Auto immune and cancerous cells are cells that are not with the program. It happens more frequently as the electromagnetic baseline you were accustomed to shifts ever more rapidly.

What practical steps can we take? You wonder.

There is an angelic entourage assigned to you. There are angel beings around you, who are available to guide your every step. There are signs and guideposts placed in front of you every day. Many of you, dare we say most of you, ignore the signs, muffle the voices of your entourage and keep going until you fall. Once you fall, some of you are forced to slow down just enough to read the signs. When you get better, most go back to ignoring the signs until you are faced with a dead-end and then, dear human angel, it is too late in this cycle to shift. When you reach a dead-end, you see all the things you have chosen to ignore, all the signs that were placed for you to read, the writing on the walls, to use your earthly expression, but, at this point, you cannot change much, only understand and accept. Life is precious; your life is the most precious aspect of your journey. Every breath is a gift. Every daylight shines your path. We ask you to open your eyes and celebrate the fact that you have been given the most sacred opportunity in many cycles: to chart your own destiny in a manner that was not possible before; experiencing reality as a multidimensional galactic being. Moving into your vortex, being in your truth, you begin to experience reality from a place of fearlessness, trust and joy, seeing beauty and appropriateness

every which way you turn. What once seemed to be dark and daunting is being illuminated from within you. You no longer see dark as bad or as a threat; you see dark as simply lack of light, with no power of its own. When you come near this darkness, you light it up with your own inner illumination and it vanishes forever. This is your call to duty and it is why we love you so. We ask you to use your tools so you can help build a bridge so that many may cross to a new reality now being created and so be it.

1/1/2014:

Lake Worth, Florida - Starbucks Café Lake Ave. 6:30 pm

You are so dearly loved!!!

It is with great pleasure that we are here, yet again, holding you, hugging you, loving you, reassuring you that all is unfolding in perfect order. The timing of each major event in your life is meticulously planned. No one has the ultimate access key to the “akashic closet” where the plans are being stashed, although at times you get glimpses of what is to unfold. Your choices invoke the potential that eventually plays out. All potentials waiting in that “closet” are ready to be activated when the time is “right”. You are on a visit to a dimension that is dense, coming for such a brief moment, and you already leave. Some of you have much to accomplish. It makes sense that there is very little down time between adventures. Many complain that, while one adventure ends, another begins. It is so because there is a purpose, a direction and even logic, not linear but spiritual logic, to the main events presented in your life. There is no waste and no stopping to your growth and learning. Only your wish to stop growing will slow you down, yet the pressure to grow will remain. When you choose to stop growing you are no longer aligned with your purpose here in this dimension. Your contract spells growth and expansion; awakening and learning.

You ask, *how come I cannot find any logic on my path and lots of challenges.*

The logic is of the “I am” and it is not linear nor does it abide by your 3-D rules of cause and effect. The law of cause and effect indeed plays out, where causes from, not any single, but many lifetimes manifest the effect. You may experience a collision of effects as intense, challenging scenarios, often within short periods of time, offering you a rich and complex playground for growth and creation. Sacred expansion can be achieved within a relatively short period of time during these collision events or “big bangs”.

Your soul family, whether physical, spiritual, natural or adopted, is what we call the “goldmine” for challenges and your greatest source for profound growth and expansion.

Why is it so, you ask?

The ones who are closest to you reflect you to yourself in the most direct way. Your closest circle, or what we call your soul family, has been with you most likely in past lives and will keep coming in future ones. Past and future are only but a dream, so that the now you are living at this moment, breath by breath, heartbeat by heartbeat, sounds out the melody of all your lives, past and future, uniting them into a moment in time. Your family brings to you many unfinished stories as they ask you to make peace with those stories. You do not need to solve anything, but to find neutral grounds, so that these stories will no longer hold the energy of an unfinished affair. Love is the adhesive that keeps the story going. The emotional energy gives

you the incentive to resolve what needs to be resolved. You cannot walk away from soul family like you may walk away from your outer circle of “friends or co-workers”. With your soul family, the bond is always there. Even when you ignore the contract and pretend it does not exist, you are always connected to those who make up your soul family circle.

Beneath the ocean there are amazing creatures. One must be equipped for diving to be able to see those creatures and appreciate their magnificence. On a boat, the ocean seems to be just a surface in motion. Only when you dive into it and become immersed in it, do you begin to access its full glory.

When you are born into the human family you are like a captain of a ship and you see only the surface of the ocean. Your family is your diving equipment. It gives you access so you may immerse yourself in the depth and full meaning of being human. You are a magnificent being: a being that comes from the stars, and dresses up for a moment as a human, so you may have access to this sacred school for growth, expansion, love and beauty. The points of access to all of the above are through your soul family.

You may ask yourself, so why is this family so dysfunctional? Why must it be so painful? Why must it hold so many challenges?

Reflect and contemplate your circumstances and you will see that all events, which involve your closest soul family, stem from love. Love is the bond, the adhesive, the tool that spirit uses to immerse you deeper than you would ever go if you didn't care.

I do not understand? You complain. Why am I to go into such intense emotional states just to find ways to neutralize their intensity?

With all love, so much of your spiritual journey on this dimension is counterintuitive. The reason is simple: the process of neutralizing intense emotional states can only be done through love. Within your culture many resort to medicating themselves, but this, unfortunately, does not neutralize the emotional state. It only camouflages its signs, often delaying your progress. Indeed, many are being assisted in overcoming debilitating emotional challenges in their lives and that is sacred. But, used as a tool, it will not offer a lasting path for growth. Medication only, then, cannot create a lasting change in the geometry and light structure of the soul.

In all aspects of creation, if only logic would have played out, your story would be too predictable, too shallow and would not require you to have faith, to learn to trust, to exercise love toward self and others. If each action would lead you to a predictable reaction, your life would feel like a 2-D cartoon with limited transformative power. The journey of an angel dressed up as a human is to go into the fire and emerge intact. The only power that can motivate you to walk into the

fire is love. The only power that can lead you safely and intact out of the fire is love. Your soul family is your main tool to teach you about love from all angles. It is a framework for learning. If you were not in school would you spend much of your waking hours completing your homework? Your soul family is your school and it presents you with an incentive to do your homework.

Some of my family is not showing me love. The more I try the worse it gets. What am I doing wrong? You ask.

Dear human. You are not doing anything wrong. There is really no wrong in these set ups. You have your stage and you have the actors. Each plays their part. Your role is to radiate oneness and the other's role is to express duality. All has a place. Know that even when all seems to be off, there is spiritual logic running through, leading and directing all the actors towards growth.

You have come this far. You walked through fire and you emerged intact, whole, and beautiful. We shed tears of joy when one transforms from lead to gold through alchemy. To become purer one must burn, shed and discard all that is impure. By pure we mean your core, your truth, your soul essence and the beauty of your light. Flying requires clearing all the extra weight. Ascending requires eliminating the excess baggage that does not belong to you. Anything and everything that is not emanating from love and does not serve your highest path must be purified. The past guides you to move closer to self.

Who do you think you are? We ask.

You see yourself in terms of an individual who is trying to do the right thing. We see you as a unique sound vibration, a melody, we see you in terms of colors and in terms of light. We do not see you the way you see yourself. We see you in terms of your purpose. Being aligned with your purpose requires you to be truthful and to reside in your heart. The more aligned you are with your truth, the brighter your luminosity, the more harmonious your melody; the more vibrant are your colors. The story that you tell yourself is only a small part of your movie. You come here to penetrate the surface of the ocean; you come here to dive into the depth of the human experience and when you emerge, your hands full of pearls, shining and reflecting their brilliance in the sun's rays, you have discovered your treasure and aligned to your purpose. Your task is to seek your truth and, in the process, shed what is not you, letting go of attachments which do not serve you, discarding outfits which are not your size and clearing debris which only clutters your home.

How do I know what is mine and what isn't, you ask?

You are love, your core is of love. The way you find your core is by connecting to your heart, allowing it to guide you. When you are disconnected from your heart, you are not fulfilling your purpose.

Why love, you ask?

Love is spirit and love is God. Love is the substance, which connects all that is. You have many tasks to fulfill, but the most important one is to find love, first for yourself and then from this core self to all. No love to others is ever transformative when one is not in a place of self-love. All your challenges carry but one common denominator, discovery of self-love.

Why is it so challenging and illusive, some inquire?

With a smile, we ask you, why does a two year old not stay a two year old? Self-love is no more illusive than a two year old is illusive. Both must grow up, change, shift, expand and transform. Self-love is the key to your evolution. Living your truth and being a source of light to others is your purpose. A planet inhabited by angels who know their power, carrying in them the seeds of self-love, sprouts the foundation of the new reality.

Each time you encounter a challenge, know that behind the story there is always love and behind the word love you are challenged to discover the treasure of self-love. There is no greater challenge facing all those of you assigned to manifesting the new bridge of light, now being built, than self-love. When you face core learning, know that your external reality will present to you a mirror reflection of your learning. When self-love is your core prize this cycle, it means that you are nearing

graduation and all the lessons not yet resolved, where love of self and honoring of self were not present, may come up now in your life. When a mirror image of self-love is being presented, it appears as the opposite image. Know that hate, anger, rejection, betrayal, violence, or abuse are but mirror reflections of self-love. There is nothing more sacred and profound for an angel than to find its own light. Only when you have found your light, may you show the road to others.

Where are we going, you ask?

Many of you have gone through challenging initiations and you know now that you can walk through fire and emerge intact. Now is the time to emerge, to come out of your cocoons and spread your butterfly wings. Share your colors, your beauty, and fear not. You now know your power, your commitment, and your tenacity. You know that you came to explore self-love, living your light and truth. When you discover God within, you radiate a field of energy that is enormous in size. It is being felt in the far reaches of the cosmos. We ask you to celebrate, dance, and find pleasure in each other; in yourself; in your vessel. You are now graduating the lesson of fear transforming it to fearlessness; the lesson of doubt, transforming it to trust. You have labored to become light and it is your time to spread your wings. You are ready and all the work that you have done is paying off. The split that we spoke of has occurred, the storms that we spoke of have occurred, the joyride that we spoke of has occurred. It is time to practice being, no longer becoming, but being. When you are in the knowledge that all is complete, you are ready to move into a

new state of reality, which is the state of being. Your heart is pumping blood to your body not because you will it but because it listens to your autonomic nervous system, which instructs it to do just that. You are now shifting from willing to being, from manifesting to dreaming, from having to containing, from achieving to existing in a place of love. You have graduated one lesson and moved on to the next. One was full of challenges and the other is of mastery. Master the art of “being”, knowing full well that whatever crosses your path is there for you to eventually lead you to self-love.

We are you, we love you and so be it.

9/14/14:

Woodstock, NY, 7:50 pm

Yes, you are *still* dearly loved.

Beautiful human angel, if you just knew, deep in your heart, the care and sacredness that went into the planning of every moment in your current cycle you would be awestruck. The planning committee is made out of you, your angels, the teachers, the consultants and guides; the advisors and all are just different names for the group that makes up who you are. You take up one body with billions of parts. You are one soul with many facets. You, however, are never separated from the great central sun, some call God.

We come to you, yet once again, to break down the mechanics of your path so you can awaken to the process and enjoy the ride. Much is riding on you relaxing; being present, connected to your heart and, in gratitude, not giving into worry or fear. We ask you to awaken so you would “see” that all aspects of your life serve a purpose. Your purpose is growth. We are messengers of light and we speak to those who are holding the torches this time around. The torch holder’s purpose is to create a bridge of light for others who are awakening themselves. Yet, there are those who work with the dark. All has its place. It is not our place to work with darkness but know that dark serves a purpose as well. We ask you to shine light because this is

how you progress. Your essence is love and your heart is the light bulb. The less resistance you carry within you, the greater your energy output; the brighter your luminosity. There is never a judgment placed on how far you go and how much light you shine. All your choices are sacred and being honored. Your wholeness is part of the one. We wish you to know that there is only gain, and nothing to lose, being in your truth, aligned with your purpose.

What are you searching for? We ask.

I am looking for myself, we hear you say.

Why are you then venturing so far? What is waiting for you out there that you do not already have?

I am looking for meaning; the meaning to my life.

A fish must find its purpose within the bounds of water. You must find your purpose within the rim of your heart.

There are three aspects of your growth that are outside of you.

What are they? You ask.

With a smile, we answer: Heaven, earth and everything in between.

Funny, then, everything is outside of me? Yes and no; please explain.

You must have context for your movement. The setting always appears to be outside of you, yet, the movement is always inside of you. As you walk on earth, the context is continuously changing. All you have to do is take a walk in the park and observe the shifting scenery. The framework of your circumstances is there to serve your growth and not the opposite. Heaven, earth and everything in between is there to guide you. These three aspects, outside of you, yet they contain you. You are one with them. Everything that you experience through your physical reality is only a reflection of the external projected on the internal, and that reflection creates a movement within you. There is really nothing outside of you but currents of energy, fluctuating and vibrating. You are a hologram and you contain within you the entire three aspects; seen and unseen. You contain the whole, yet separate from it because you can perceive it.

We wish to speak with you about an aspect of your journey, which many of you encounter, to some degree.

When a car swerves off its course hitting you, you get injured. Your external aspect and internal aspect have just collided. The result of the collision, beside the obvious pain and medical treatment that you must undergo, is that your external and internal vibrational field align for a moment. You may call it rebooting (borrowing

the term from your computer technology). Difficult, challenging, even traumatic events in your life, ones that carry the potential to change your entire life trajectory and make you reevaluate everything and everyone in your life, are what we are referring to as “reboots.”

Your external aspect or reality, at times, must collide with your inner state or reality, so a movement can occur which shocks you, leaving you with an intense imprint for a moment. This imprint may last, at times, for only a moment, but at other times it may last for a day, for a month, for a year or a lifetime. This event is recognized by the soul as a temporary alignment. When the soul creates a set up for a “reboot,” it means one of two things: it may mean an upgrade of your vibration to the next level, or, the other possibility is, that your external and internal aspects have drifted so far apart that the soul must take extreme measures to realign heaven, earth and everything in between, to your inner reality. The “reboot” often melds the outer circumstance with the inner via an orchestrated event so the imprint creates a temporary unified sphere of reality and, therefore, an alignment. Shortly following the alignment there is no more separation, no diversions and no doubts. For a moment, heaven, earth and everything in between is reflected by the one being, rebooted, melding all disparity between the outer and inner “realities.” This is a sacred event, one that is planned far in advance. This potential is known before you ever descend to Earth’s dimension through the birth canal.

Why does it matter, you ask?

You come here to grow, develop and align with your truth. You create light by being aligned, when you are lost without a candle, you are just lost. When you become so lost, you have no access to your entourage, and you are mainly sailing to where the winds of fear, doubts, and reactive survival take you, with no regard as to where your destined shore may be. When all that you know to be your world comes to a momentary standstill, and you must drop whatever you were doing in your life and deal with “that” which is in front of you, you may be experiencing a system reset; a sacred movement chosen by your “I am” to guide you higher. This sacred process often allows you to momentarily remember who you are, why you came here, and what your purpose is, this time around.

Why are you telling us about all this?

Next time you experience an event that stops you in your tracks, giving you an opportunity to reevaluate everything you have been doing up until that point in your life, you will know what to name it: a reboot.

Naming is easy but what do we do next, you ask?

Most of you will try to find a way to go back to where you have been before. Even though it did not serve you, caused you pain, made you miserable, and confused you, at least you knew what to expect. When your system has been “re-booted,” know that there is no going back to the old you. Even if you try, you are bound to not be

able to find that old self. It has been re-set. If you try and try and try, you may recreate the same old self; go back to where it felt comfortable and, by then, the soul may give up trying and allow you to fall asleep, until it is time for your cycle to end. Many people are in that place. The growth has ceased and they are in a holding place until the biology quits. Then, the soul gets another reboot, this time using a different name, body and circumstances. The learning never ends. Your soul's desire to grow never tires, your journey is eternal and the question you may wish to ask yourself: *why sleep, when being awake offers so much beauty.*

You are given choices at every intersection on your journey. One of those choices is there to serve your "expanded I am" and aligned with your truth. Often it is presented as the less desirable or more challenging choice.

Why is it so? Why not make it so obvious and the easiest one to pick, you ask?

You came here to learn and grow, that is why. In a test, are you being asked all the questions you already know the answers to? Same with your "I am." You create circumstances, which require you to stretch your abilities, to overcome your fears, to battle your darkness and to face your karma. None of those choices would be considered easy, but all of them serve your expanded "I am" purpose in taking a body and merging heaven, earth and all that is in between, with you, the chariot of light. There is an active ingredient in each choice selection that may give you an indication which door is open to growth and which isn't.

What is this active ingredient, you ask?

Resistance, of course—if there is no resistance would there be any growth? Like air to a bird and water to fish, a human angel requires resistance to fly. Look for that resistance as an opportunity to reexamine your choices. At times the opposition is justified and, at times, it may be only your own resistance to grow, fueled by fear, lack of self-esteem, lack of self-confidence, or lack of courage. When you are terrified of something and you cannot sleep at night because of a fear of failing and not making it, know that it may be your soul asking you to take that step, because this is why you are here. To walk, to take plunges, and to move through fear.

What if the resistance is justified and I can get myself in trouble by choosing to take risks?

When you consult your heart and set an intention to grow with love and light, you eliminate the dark choices. Know that you are not coming to this dimension to win, you come here to play the game.

The game is played by you, being you, connected to your expanded “I am”. If you are not aligned with your truth, you are sitting on the bench. Your ego wants the results, but the soul doesn’t care about results, as she wants you to be in the game.

Participating is winning. When you are walking your walk, no award and no recognition can come close to the trophy you earn by being in your truth.

Know that your angelic entourage, the one who never leaves you alone, thrives on challenges. We wish you to know that whatever you choose, you are loved just the same. We know why you are here. We are with you from before you were born into a body and after what you consider as “death” of the physical body. In our realm you were never born and you will never die, but we are with you throughout your physical cycle and we wish you to know that we love it when you keep us busy. The only time that we cannot reach you is when you have given up completely and stop playing the game. We ask you to play, allowing your heart to lead and your light to guide you to where you need to be. And so be it.

10/5/2014:

Woodstock NY

Thank you for being you. You are dearly loved.

Gratitude is the keyword to enter the realm of spirit. Why is this so? Because you are a vehicle for spirit. The more balanced you are, the spirit within you can follow its truth and drives your vehicle to its highest path. The true union of spirit with its vehicle begins and ends with gratitude. Spirit honors the vehicle allowing its expression and the human acknowledgment of the sacredness hosting spirit within its physicality. The mutual gratitude is what feeds the light within this divine union. Being in gratitude is always within the range of choices you have and is the choice which catapults any reality into its most elevated expression. The movement is instant and it affects all fields of existence within you; around you; extending to the universe.

The power of true gratitude is in its shape. It is shaped like a three-dimensional triangular tetrahedron key. This key opens the gate to true knowing, to true surrender and to a true acceptance of this union. Spirit wishes to express itself; the ego within the physical vehicle wishes to express itself; the body wishes to express itself. All expressions are in balance only when the entire being is in gratitude. You do not come here to embody one hundred percent spirit. You do that when you are not in a body. You do not come here to embody one hundred percent of your being

as an expression of the ego, if that would be the case you would no longer have earth as your home. You would not have balance between light and dark. There would be no light in a reality that is driven by ego only. You also do not come here to embody your physical vehicle at one hundred percent. If that would be the case, you would not seek spirit. You would only eat drink, sleep and procreate.

Your journey is about merging the three elements into one. Many of your religions knew of these aspects and called them by different names. Many esoteric traditions attempted to find ways to merge the three into one balanced human. Very few have succeeded in teaching balance. For the human to be balanced she has to be free. Free, that is, from shame, guilt, anger, resentment, fear, jealousy, possessiveness, greed or hate, which represent attributes of imbalance within the three. When you are not in balance, your reality is viewed through the imbalance; it becomes your "truth." The more balanced you are, the more balanced reality becomes. Gratitude is the key tonal frequency that is powerful enough to realign an incoherent oscillation of chaotic agitated frequencies into a coherent resonance and to shift, instantly, your reality towards balance.

Many of you, who call your self-spiritual, place emphasis on quieting the ego and putting your physical vehicle to sleep, so your spirit can be the conductor and the music played will be played to its tune.

This, though, is as much an imbalance, as it would be if the ego had the seat of the conductor, or as if the physical vehicle did.

Why is it so? Some may ask. We thought you wished spirit to be the leader.

True spirit is not a leader; spirit is an expression; it is love. True spirit does not need to dominate; it needs to merge all aspects of your humanness so that the dye of spirit stains every energetic expression that you emit through action, thoughts or feelings.

When spirit overtakes the other two elements that make you a human, it becomes a distortion and it may cause harm or pain, and is in the realm of darkness.

When a human angel deprives itself of her humanness, it is not in the realm of light.

When a human angel deprives its body of honoring; the sacredness of its expression and pleasure, its spectrum of luminosity is in the dark shades of grey.

Light is honoring the entirety of you, every cell that makes you who you are. When vibrating with gratitude you are whole, leading you to your highest vibration, love. Love is the doorway to spirit; gratitude is the key to that doorway.

When a human angel seeks to destroy her ego, she is diminished from the "I am" to just "I". If you seek to erase the "I" there is only "am". Being solely "am" is existing without light; being solely the "I" is existing without spirit. "I am," then, is the

marriage between your physical expression and spirit. It is the inclusion of all your aspects into one light being.

Those who extinguish their “I”, and slaughter their “dragon” (ego) do away with their fire and no longer play a role in the realm of human angels. They have placed themselves on the bench. More often than not, it is a strategy to avoid experiencing painful feelings buried in one’s humanness. When you euthanize self, you stop your suffering, but you also stop your humanness from being expressed. You have extinguished your light by erasing the “I” from the “I am”.

The body has been depicted as a vehicle of sin in many of your traditions. The so-called “vices” are often the expression of the needs of the body. Many of your religious and traditional laws were put in place to curb your physical needs and redirect your physical energy that you would otherwise express through your body towards spiritual growth. This misguided understanding of the balance is the cause to some of the most horrific events Earth has witnessed and grounds for the darkest expression of religions. The imbalance caused by suppressing one element of your humanness, in an attempt to artificially create a larger opening within spirit, actually does the opposite. It corrupts both elements and creates a distortion between your physical aspect and your spiritual aspect. Physical pleasure deprivation has been redirected into a distortion of pleasure sensed within the realm of spirit; “I” deprivation creates a fertile ground for immense atrocities expressed as the will of the masses, where the sense of the self (ego) is decimated

and the energy of the multitude takes the front seat, directing an entire group of one kind against an entire group of another kind. The “I” is no longer in its core power, but has been vaporized and swallowed by the “we,” therefore no longer having a conscious say in what takes place. When the “I” is no longer in the game, powers with enough potency to will their wishes can use the diminished “I”s to bring about unimaginable darkness-manifested evil. Each imbalance has its own price to pay.

The first and last step of integrating your three elements into one is gratitude. Gratitude opens the gate to self-love; self-love opens the gate to wholesome love. The gratitude is for who you are, for what you appear to be in your physical form, for the light that you bring and for the beauty that emanates from you; the gratitude is for the ground you step on, the air you breathe, for the challenges you face and for those who bring forth these challenges; the gratitude is, also, for being given this time to be in physical form, expressing and re-uniting your core spiritual self with your physical vehicle; finally, the gratitude is for being given the opportunity to manifest a bridge to cross over to the realm of the “I am,” where your entirety becomes the expression of the human angel, walking your true path, balanced.

Each time you choose to hold back one of your three aspects; it is as if you have removed one of the angles of a tetrahedron. When all three are holding their balanced equal share, your core is powerful. When one of the corners is overtaken by an imbalance you are in an agitated state.

We love you and there is never a judgment, from our side on your placement, in the continuum of growth in your current journey. Know that, whenever one side of the tetrahedron is imbalanced, you may choose to re-balance it on your next visit to the physical dimension by over-growing the weaker angle. Deprivation or other extreme measures on either the spiritual, physical or the Ego "I," must find equilibrium over lifetimes. When all three are in balance the epic ascends and this movement becomes more and more subtle toward reuniting with the great "I am."

Why are you telling us about gratitude and how is it connected to the tetrahedron?

Tetrahedron is the shape of gratitude. It holds the geometry of balance and equilibrium. We are you and you asked us to shine light on your journey. One way is to shine light on simple tools, which give you enough energy to hold still and find balance in the midst of chaos and agitations.

You asked to grow wings. The higher you fly, the more anchored to earth you must be. The wider you venture the more connected to your core you must be. Venturing far without knowing who you are may leave you lost, confused and in darkness. The more spiritual you wish to grow, the more grounded in your body you must be. The more spiritual you wish to be, the friendlier you must be with your ego, the "I." For ascension of your frequency to take place, you must have all three angles of the tetrahedron in balance. You see, your humanness cannot be avoided, your body cannot be ignored and your spirituality cannot be hidden. For you to merge all the

fragmented you's into a wholesome human angel you must use the key to open the gate; the key that is gratitude.

You are an angel, you are a human and you are a biology. Pleasure is your key to your biology; love is your key to the ego, your "I," and gratitude is your key to spirit .

When gratitude embraces all of the "you's," you are it, and so be it.