

New Energy

New Consciousness



My reflection: a summary of the Crimson Circle – e2012 Series

Geert Vousten - 2012©



Preface

This document contains a summary, as *my* reflection and therefore *my* essence and *my* truth, of 12 monthly gatherings ([Shouds](#)) during 2011-2012 of [Shaumbra](#), for *my* personal use.

These gatherings from **The e2012 Series** (Aug. 2011-Aug. 2012) were presented to the [Crimson Circle](#) featuring [Adamus® Saint-Germain](#) channeled through [Geoffrey Hoppe](#) assisted by *Linda Hoppe*.

During 2011-2012 these '*insights*' of Adamus® helped me in my awakening-awareness process in a time where *New Energy* and *New Consciousness* became 'available'.

I use this for my own study, my awareness-building and my (human) evolution with regard to consciousness (which, in my opinion, is the purpose of life).

It still helps me to become *who I really am (I AM that I AM)* and in my path to [Living Ascension](#). It's all about making choices, letting go, loving yourself and it brought me a *New Me*, a *New Life*, *New Health* by consciously creating my own reality and by breaking the habit of being myself/yourself. Along the way I even start thinking of co-creating things like *New Economy* and *New Healthcare*. The potentials as possibilities are infinite, when we start creating beyond our mind. In unity $1+1=100$, instead of $1+1=3$ or $1+1=2$.

This summary is also, or still, applicable and helpful for those who are now in that awareness process too.

This document is part of a lot of other information and knowledge that I want to share as wisdom with the world, mainly about "*Consciously creating your own reality*" and "*The Human Game*", as my contribution to the world, by radiating it, by being a [standard](#), an example of "*Being the change*".

For more information, remarks, contact or latest news, visit my website: [LifeByDesign.nl](#)

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This document also provides all the official links to the original videos and the used transcripts in the *Crimson Circle Channel Library Series* and links to the video summaries from the YouTube channel *CrimsonCircle*.

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All other uses must be approved in writing by Geoffrey Hoppe, Golden, Colorado.

See contacts page on website: www.crimsoncircle.com

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Official Links to The Crimson Circle:

[The Channel Library Series](#)

[The Shoud Videos](#) (as the original source of this summary)

Summaries of the *Shoud* videos / Official YouTube Channel: [CrimsonCircle](#)

01. "Living Your Consciousness" - August 6, 2011	(11:58)
02. "New Think" - October 1, 2011	(13:16)
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05. "The Gift" - January 7, 2012	(14:36)
06. "The Reality Tube" - February 4, 2012	(14:37)
07. "Commitment to Yourself" - March 3, 2012	(13:38)
08. "The Guru Dilemma" - April 7, 2012	(14:29)
09. "Clarity Brings Results" - May 5, 2012	(09:50)
10. "The End of Evolution" - June 2, 2012	(11:02)
11. "Radiant Presence" - July 7, 2012	(11:43)
12. "Crossing the Atlantean Line" - August 4, 2012	(14:49)



00 - About the Crimson Circle

When you are visiting the official website of the Crimson Circle, this is your Welcome!

You are here by divine appointment. Take a deep breath, open your heart, and feel the loving energies of this moment.

[The Crimson Circle](#) is here to support those who are going through the process of spiritual awakening. This process can be confusing and disorienting, and bring unexpected changes to many areas of your life including relationships, job, body, mind, and emotions. You are not going crazy; you are waking up!



What is the Crimson Circle?

EARTH: The Crimson Circle is a global affiliation of awakened human angels who are dedicated to consciousness evolution and living on Earth in true compassion.

HUMAN: Often referring to themselves as "*Shaumbra*," Crimson Circle affiliates are humans who have realized their own divinity and strive to embody it in their lives by being conscious creators and integrating all aspects of themselves.



ANGEL: The Crimson Circle is the earthly manifestation of the Crimson Council, an angelic teaching order dedicated to the growth and evolution of All That Is.

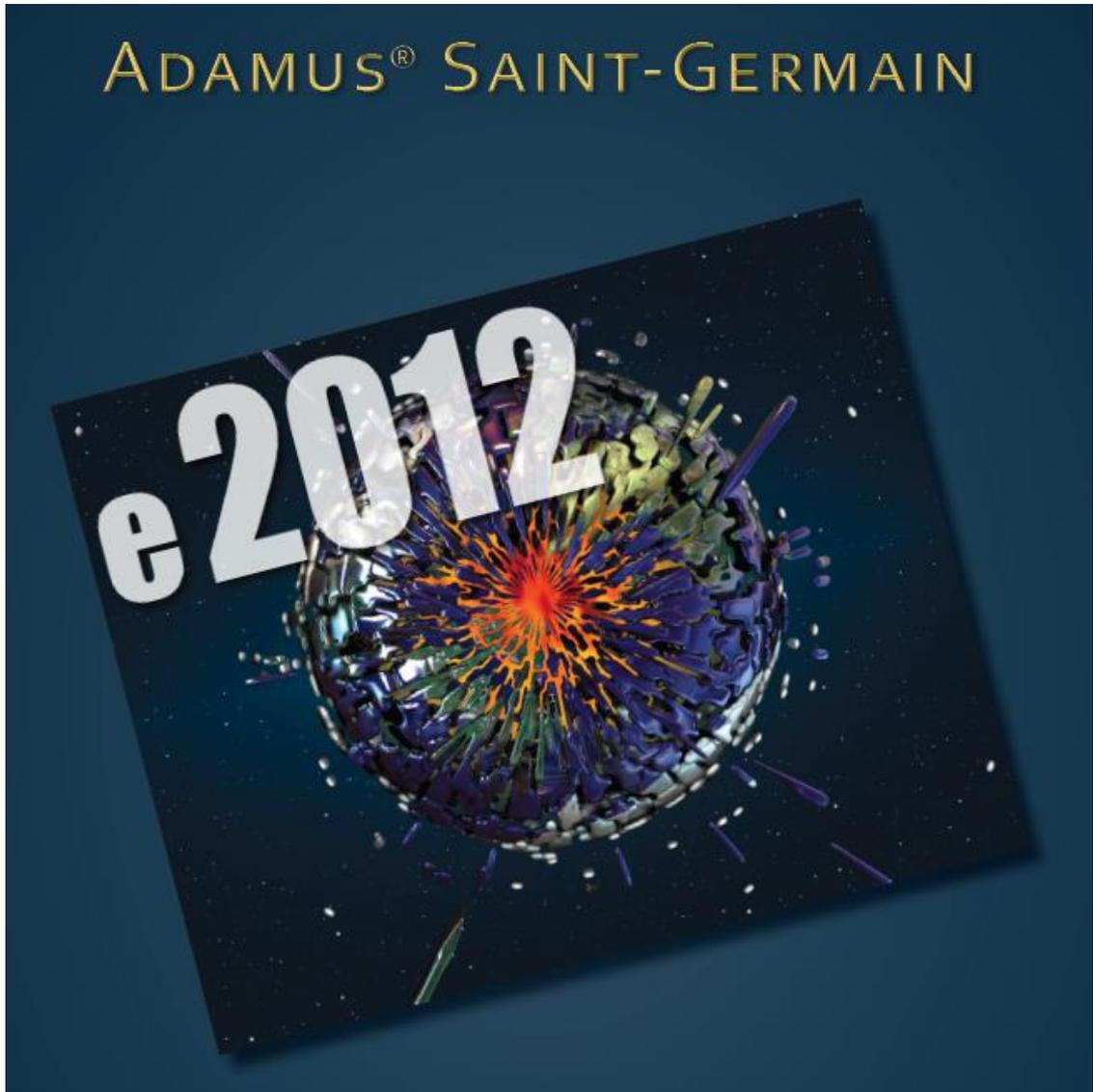
What They Teach:

- You Are God Also and the creator of your own reality and experience
- You have every tool within you for healing, balance and rejuvenation
- Every being is exactly where they should be in their journey
- Everything is always in divine order
- All is truly well in all of Creation!

The Channel Library:

Text transcripts and audio recordings of the monthly messages from [Tobias](#), [Adamus](#) and [Kuthumi](#) (as channeled through [Geoffrey Hoppe](#)) since August, 1999, are available [here](#), absolutely free of charge.

e2012 Series



The ***e2012 Series*** is presented to the Crimson Circle at 12 monthly gatherings (shouds) from August 2011 until August 2012.

Featuring *Adamus®*
channeled through *Geoffrey Hoppe*
assisted by *Linda Hoppe*

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01 - Living Your Consciousness

Why You're Here

People often ask “*What are the secrets? What are the mysteries?*” Simplicity, actually. Simplicity is the secret. Taking a deep breath and **trusting yourself, loving yourself without ‘if,’ ‘and,’ or ‘but.’** **Understanding that everything that you need or want is already there.** You already put it on the path well in advance of this human lifetime ever getting to it. It’s already there.

You know that part of you that walked back from ascension, that’s already ascended, already actually kind of created that path for you, if you choose to follow that straight simple easy path. **That part, who is really you, already put everything you need right on that path. It’s just a matter of are you going to let yourself be aware of it? Are you just going to take a deep breath and realize it’s this easy?**

It’s as easy as just observing and being aware that every tool, every thing, every answer is already there.

What’s Going On

We talked about distilling things down to the basic, basic core energies. Simplifying it, and not from up here (head). You will never ever simplify anything from up here.

This little device called your brain was specifically designed and programmed for confusion. The brain likes complexity, and that’s okay, unless you think you’re your brain. Then your life is going to be filled with confusion and complexity, puzzles, riddles, challenges, until it absolutely grinds you down, wears you out and you then show up here. And then you realize it could be simple. It could be anything you choose.

~ **Humanity** is going to, at some time or the other, go through a tremendous evolution. There would be more incarnate beings on Earth than ever at any other time – higher population level – combined with new beings coming in from the other realms who have never been on Earth before, combined with New Energy, combined with a lot of chaos all at the same time.

This would be a time of *tremendous* transformation on this planet; transformation that comes not from destiny but from the choice of humans, the ones who said, “*We’re ready for something a little different. We’re ready to be living Masters on Earth rather than aspiring to be, rather than going through incarnations after incarnations. We’re ready to live here aware, conscious, joyful.*”

A lot of old systems breaking down as it’s making room for the new systems. In particular, you and other conscious-minded beings are feeling the effects of it more than anyone. *Why?* (someone says, “Because we’re sensitive”; someone else says, “Aware”) Sensitive and awareness, that’s absolutely correct, because you’re more conscious. You’re more conscious than most others. That’s a blessing and it’s a curse. The good news is that you’re more conscious. The bad news is you can’t go backwards. You can run, but you can’t hide. You’ve been trying both.

~ **Old systems** are collapsing. Old systems are things like financial. *Financial, what’s happening right now?* Total collapse. Total collapse. *When and if the world economy is going to collapse?* I’ll tell you what. It happened a couple years ago. It already collapsed. Nobody went to the party. Nobody really knew. When I say it collapsed, it means that the fundamentals that are behind the financial systems right now have already deteriorated. They’re being propped up by a little bit of faith, a lot of hope and by people who are very invested into the old ways. But in a way, they’ve already come to an end.

The new system – a much more equitable system, a much more energy balanced system and absolutely a much more conscious system – is already being developed, already in the process of its design and build right now. It’s not just a hope or a dream. It’s actually occurring.

You don’t have to know the details. You don’t have to get into the mental structures of it. You’re already creating it, believe it or not. You’re not living it, **but you’re creating it.**

~ **Stuck energy.** The fact is that it *is* moving. It’s causing a lot of drama out there, a lot of people are going into panic, not sure what’s happening next. Oh, and all of the false prophets come out right now, and I truly call them false. All the drama seekers, all the energy feeders, all the egotists tends to come out of the woodwork. You’re going to see more and more and more of them. End of the world scenario, conspiracy theories. Now, there’s going to be a little bit of a tendency for some of you to get into conspiracy theories. It’s not. It’s not.

Actually, I’ve said it before, but I’ll repeat it here – and I mean this sincerely – the political leaders in this world – and there are really very few what I would call leaders – the political leaders in this world are not smart enough to have a conspiracy. They really aren’t. They truly are not. They are so overwhelmed with their junk, with their egos and their agendas, they can’t rise up to a level of clarity and simplicity to carry off a conspiracy.

The other ones that you would think are conspiring, that have a lot of money and want more, actually, I'll tell you what. They're looking to go somewhere else with their money. They're the ones who are investing it into space travel. They don't want the planet. With all the money that they have, they realize they don't want all the problems here. *Why? Why?* So a lot of them realize you can have all the money in the world and you still have to put up with a lot of the stuff that goes on. They're actually using – and this is a fact – there are groups of wealthy people that are using their money to make alien contact so they can get off of this place. And they've talked about ... they have all sorts of other agendas – eternal life and alien sex and all these other things. They're using their money for ET exploration. Now, I'd like to drop in on them sometimes and tell them really a thing or two about the ETs, but we'll let them have their fun.

So, anyway, a lot going on on this planet, a lot of energies, and you're going to continue to see it for a while. The great shift, whatever you want to call it.

Remember – I have to underline this, I want to underline it 10 times – ***it's not about you.*** I don't care how much you think it is, you're trying to hold on and pretend it is, it's not about you. It's really not. Nope.

Part of you is taking a lot of this on. You're taking these outsi- ... You're a big energy receiver and transmitter. You're a psychic receiver. You're picking up all this stuff that's going on out there, and you're taking it on as your own. You camouflage it. You kind of rebuild it. You disguise it to pretend it's a personal emotional problem, to pretend it's your abundance problem or your relationship problem. It's not. They're not yours.

You are very sensitive beings on some level, you're feeling what's going on, but you're doing this twist once it gets to you and pretending that it's yours. Some of you still go by the theory that, 'who would you be if you didn't have problems.' Truly. Problems – the set of problems that you lay out in front of you, wake up to every morning and go to bed with every night – remind you that you're alive, gives that brain of yours something to deal with. It gives you emotion and drama. Oh, and I know part of you curses and cusses and says, "*I want to be over these problems,*" and *please don't spit at me*, but you must want them, otherwise they wouldn't be there. Really. Really. If you really didn't want those problems, they really wouldn't be there. So I said it last year, I said the year before...

If there is something going on in your life, and it's there on a repetitive basis, if it's something going on, there must be something you like about the game. Part of you, obviously, hates the game, but part of you loves the game. Go in – you're the boss, you're the creator – *what is it that you really like about it?* Because that's why it's there. There's no other reason. It's not being inflicted on you from anywhere else by anyone else, including, I would have to say, including by your aspects, because if it's there, even if an aspect is creating it, you're letting that aspect create it. You're letting that aspect mess with you. You're letting that aspect really keep you from being your own BFF (Best Friends Forever).

It's All About Energy

Everything is energy. It's all about energy right now. I ask you to put an asterisk behind that, in other words, a little footnote. When I say everything is energy, it doesn't necessarily apply to you, but it applies to everything that's happening in the world right now. You can distill it, you can simplify it – every action, every game, every headline, everything – if you feel into it, it's all about energy.

There's a lot of energy in movement right now, energy in chaos. Total chaos.

Energy that's ripping down old systems trying to build new – I don't even want to call them systems – but new

"Chaos is energy in motion"

templates or standards, new guides for the way things have been. This world is in an energy crisis. Energy crisis. Consciousness isn't quite there yet. The moment consciousness gets there, then the solution suddenly is there – something that's totally clean, totally free, easy to use, replaces oil and coal and natural gas and a lot of the fossil fuel. But this world is in an interesting imbalance of energies right now.

A lot of humans want to close their eyes to it. You can actually do something. You *are* doing something. Because of the work you're doing on yourself – not to save the planet, not to save the universe or anything else – **the work you're doing in your own consciousness selfishly, brilliantly selfishly for yourself, is what's creating a difference – will create a difference – for the problems that face Earth right now.** The work that you're doing every time you take on a little problem for the rest of the world – it's really their problem not yours – but every time you take it on,

pretend it's yours, you wrassle with it, you grapple with it, you fight with it, you fear it, it's really helping you to understand something more clear about your consciousness.

You thought it was your spiritual path. You've called it your spiritual path. It's not. You have gone beyond spiritual journey. You really have. You still pretend you're doing it, but you have gone beyond. So when you take on an issue thinking that it's yours, wrassling with it, and finally coming to a new understanding or new awareness, that's having a brilliant little effect on mass consciousness, on the rest of the world.

It seems perhaps a little bit removed that I should say that. You say, "*Well, what is my issue with a friend or a family member have to do with it?*" **It has everything, because you are very actively creating new potentials for change on the planet by creating new consciousness in yourself.**

So, back to the point, the planet is in an energy crisis. You can see it right now. Energy in relationships – so many of you experienced relationship issues the last month or so – energy in relationships, because it's an energy situation. There's an old game of energy stealing going on, and it's happening with family members and friends and at the work place. And then you wonder, "*What's wrong with me? Why can't I get along with people? Why don't they like me?*" Because they're playing an energy game. They're stealing. They're trying to take something from you.

There is an energy paranoia on Earth right now. It's manifesting in a lot of different ways. It's the "*not enough*" mentality – "*There's not enough to go around, so I have to grab what I can.*" If you feel into mass consciousness right now, there's a huge type of kind of a void or vacuum that's out there right now, people that collectively don't feel there's enough, and it's being fed by news reports, it's being fed by the dramatists and everyone else – "*There's not enough.*" It's creating a void. It's creating then the desire or the feeling for people – "*I better conserve what I have, and I better actually grab a little bit extra. Tough times are ahead.*"

It's causing a huge emotional energy crisis. It's going to cause a food crisis, and you can quote me on this: this planet can grow enough food to support 10 billion, even maybe 20 billion if the consciousness was right. But there are going to be food wars, even when this planet can grow enough. We've talked about agriculture and conscious agriculture before, about how to grow consciously foods that supply tremendous amounts of nutrition. And bodies – [Bodies of Consciousness](#) – that don't need huge quantities of food. They just need the little bit of a connection with energy.

You can get by on half the food you're eating right now if you wanted to. You don't have to. You don't have to. You could get by on half. It's not about losing weight; it's about attuning your body. It doesn't need these volumes anymore. As a matter of fact, some days have you noticed when you overeat it kind of hurts? Because your body is becoming more sensitive.

There's an overall energy crisis, and in this coming year and a half everything you read, what's taking place on the planet from banking to food and relationships and technology and everything else is about energy. Energy stealing takes form in a lot of strange ways right now.

That's what's going on in this world, and there's absolutely no need to fear it, absolutely no need to worry about it. You, my dear friends, are going to bring in the absolute right amount of energy to absolutely serve you in the moment. And there's absolutely nothing you need to fear unless you want to, unless you want to take that course, that path.

So what we have here going on right now is tremendous energy battles taking place in a lot of different ways. Read the headlines, if you dare, tomorrow, next week, and instead of reading it for the words that are printed on the paper or on your computer screen, think about of it in terms now: everything is energy. Everything.

At the end of 2012, there's going to be no grand big bang event that takes place. There's going to be a lot of strife and a lot of chaos between now and then. There's going to be a lot more situations like what we had recently in Norway. It's energy. It's pent up energy.

And it wasn't just that individual (referring to the shootings in Norway). It's kind of interesting reading, through some of your eyes, reading the news, and the question "*Did this man act alone?*" Well, no. He was acting on a part of consciousness, whether he knew anybody else or whether he was aware of it. He was acting out a very righteous, a very angry and a very energy-seeking thing with others of like mind.

So you have all these dynamics going on, all this vacuum out there in mass consciousness, people feeling – and being reinforced by the news – that there's not enough. There's not enough. There's not enough. So they're going to go out and feed and feed. They're going to do it not through wars, but through a lot of other ways – through the attentions in the headlines, through financial manipulation, everything else.

Shaumbra, when I say everything is energy, I put an asterisk behind it – except you. Except you. Let's talk about that. The rest of the world is operating on this energy crisis and energy chaos. It'll work out just fine, because it will bring this planet to the next level, and you'll really start to see the difference in a couple years here. But right now, it doesn't have to affect you.

It's part of the evolution. It's part of the resistance to change. It's part of old structures not wanting to give up, but it's going to happen. It's happening. It's happening.

Awareness

Let's talk now about you. And in order to do that, I'm going to talk about consciousness. Consciousness. *What is consciousness?* Awareness! Consciousness is awareness.

There are different levels of awareness that all tie into consciousness, these are not cast in stone, by any means. All of them are important in your lives right now.

~ Types of Awareness

- 1) *Sensory Awareness* (5 senses) - These are the most obvious
- 2) *Mental Awareness* (mind) - These are the most prolific. They're driving you crazy.
- 3) *Intuition Awareness* - These are the most natural, the most fun and the easiest, but the ones that you tend to push out of your way.

There are **sensory awarenesses**. These come in through your five human senses that you have. Sensory awarenesses are an important part of consciousness.

There is **mental awareness, mind awareness**. Most of you didn't really talk about what was going through your mind, and there was a lot. There was a lot of junk going through there. You've learned to tune a lot of it out, but a funny thing about mind junk, it'll come back around. It doesn't just go off some- ... well, it does go off somewhere, but it tends to come back. And even things like problems that you're flowing through your brain that are not resolved will come back. They're like questions. They're unresolved, and they're looking for something.

You do an interesting thing by taking your own thoughts, combining them with your psychic antenna – your ability to receive outside feelings and things – you bring it all in together, call it your own, and you tend to run this through. And it's so overwhelming that then you have to try to shut it down, but you don't. It keeps flowing, and you get into a quandary. You get into such a mess. You turn everything into chaos. Everything is problems and confusions, and you don't know where to turn to next. So then you think about leaving this beautiful planet. You think about trying it again next lifetime. How many times have you said that? *"I'll try it next lifetime."*

This is *the* lifetime. We're going to get through it this lifetime. No more coming back. Yes. Yes.

And then finally there is what you would call more esoteric, spiritual, intuition, knowingness. I'll use the word intuition here (he writes), **intuition awareness**. Now, this is something that actually is constantly, constantly connecting and communicating within you. You're all very intuitive beings. However, you let the mind overcome it, and you let your doubts then push it off somewhere else. But the intuition right now is actually bringing in feelings of things that are going to show up in the newspaper on Wednesday.

You're intuitive beings. You're picking up on things that are moving and shifting in the Earth. You're picking up on anxieties from people in the cities where you live in, but your mental processes convert it, put it off in some different area, cause you to doubt yourself, so you're really not allowing yourself to perceive on an intuitive awareness basis.

It's already there. We don't need to take class in intuition, in knowingness. Because then you'd go mental about it. It's already there. It is you. It's already at work. It's really about trusting that it's there, trusting that it's not your garbage anyway, and trusting that when it comes in, particularly the mind tries to take it over.

~ Pure consciousness, when you get to that point, will have absolutely no sensation, no feeling, no anything. It won't bring tears to your eyes. You felt consciousness and the potential of the purity of the consciousness, but when you actually are in pure consciousness, there is no feeling, and that's a good thing. There's no sensation. There are no tears. You could say it's nothing and everything at the same time. The I AM awareness.

When I asked the question before, *"Where is your consciousness?"* that's a really good question. That's a really good question. Some of you say *"Here."* Well, *but are you really being conscious here?* I would contend that a lot of your consciousness is out there somewhere, is out in another realm. You've held it out there. You've kept it from being in here. You're avoiding it in a lot of ways. You've hidden it somewhere, and you really don't know where it is.

And when I ask the question, “*What is consciousness?*” you give me a mental answer. You say “*Awareness.*” *Okay, but really, what does that mean? What is consciousness? What is consciousness?*

Your Presence

Consciousness is awareness, but put more concisely, distilled down, ***consciousness is your presence***. Your presence, not like a gift (as in “presents) – I mean, well, it is gift – but your *presence*. That’s a little bit different than being in the Now moment. Very similar, they’re like cousins, but it is your presence.

Your consciousness is your awareness of sensory, of mental, and intuitive. Your consciousness is presence, and the

“Your consciousness is your presence and what you are allowing yourself to be aware of.”

question that I have for each and every one of you: *How present are you? How real are you in the moment? How conscious are you?*

And this is the simplicity and the beauty of it.

Are you present? What is your presence? As you start to become aware of it through the senses, your physical senses, even through your mind, and the mind starts saying, “*Am I present?*” and then through your intuition, you’re finally going to start feeling yourself more present. You’re going to start feeling more around you. You’re going to have more awareness of yourself present.

And the moment you have awareness of what is present, what is here, you’re going to start understanding what is *not* present. You’re going to understand what you’ve been holding back on. Then, my dear, you get that state of ***pure consciousness*** that goes beyond any of these types of awareness. It becomes the ***I Am awareness***. The I Am awareness, and the fact that “*I am present and that’s all that counts. I Am that I Am, every part, every piece, the [Body of Consciousness](#), every aspect, every thought, every feeling. I am fully aware. I Am that I Am.*”

You get the awareness. It satisfies a degree of your mind; another part of your mind is even more confused than before. But at least you understand now, “*This is what’s happening to me.*” You’re becoming more present, more conscious, more aware.

Beyond the Mind

Where the battle of energy is really taking place for most of humanity is in the mind. The mind. Not necessarily being fought on big battlefields; it’s in the mind.

How do you get out of your own mind? How do you go beyond the mind, the very thing that’s controlling and managing and consuming energy, the very unit that is demanding and consuming huge volumes of energy, the mind? Not the body, the mind.

Mass consciousness is going through that right now. It’s not going to settle down right away, but sooner or later mass consciousness will evolve beyond the mind. You’re doing it right now. You’ve been doing it for a while.

What is beyond the mind? Intuition. You don’t have to think about things anymore, you just know them. Where you don’t have to try anymore.

You are consciousness; you’re not energy. Energy naturally falls into place and goes to work for you, totally efficient, as you become aware, as you become conscious of your presence.

Consciousness is awareness, of all the different things that are going on. Consciousness ultimately is about your presence right here, right now, your presence in this moment.

Feel into your presence, your consciousness, you get playful with it, you’re going to come to this same dilemma: *Are you making it up or is it real? Are you just constructing this up here as a little game or is it something that’s really happening?*

The answer to that is *What do you choose?* Do you choose it to be real or *do you choose to let the mind pretend that it’s just being made up?* That’s where the pure consciousness, and that’s where you, your awareness and only you, can make that decision, that choice. That choice doesn’t come from the head or from the body. It comes from you. *Are you going to let yourself have it be real?*

The mind also playing its old junky tapes, its old programming that goes into it. That’s where you, your presence, your consciousness needs to step forward and say, “***I’ll take it from here, mind. I’ll take it from here.***”

What is going on now

The guest Zapharia (channeled by Lee Harris) talked about "What is going on now")

"Welcome to the hot box of Earth. What you are seeing in the mass is the separation from the old ways of externalizing in order to feel and in order to think. People are getting in touch with those parts of themselves that need to cleanse and purify, and it is not pretty.

Those of you that are sensitive are finding this very difficult. It is hitting you. Those of you with wide energy fields, draw yourself in. Go to the Earth, take off your shoes, take off your socks. Put your bare feet on the Earth. She will tell you that all is well, for as you go through this death of the old, it is the same process that occurs when a woman becomes a mother for the first time. The woman forever dies, for once the mother aspect is active, the woman is forever changed. And you are all becoming more maternal, not just for your Earth, but for each other, and that is what the transformation of consciousness will do in your society.

It will move away from the individual focus and the limited structures that have been provided through which, for so long, the mass will experience, and instead will allow the transformation to occur from within the hearts. Letting go of so many of the limits of the mind and bringing people back to the simplicity of nurture of self, nurture of other, gratitude for this opportunity to be alive that in any moment can be taken away.

So there will be a great deal of fear, and the next twelve months will be the most intense. After 18 months or so of these transformations, the world will start to settle a little more, because the new world will be born. The shock, the grief, will be leaving. Those who, unlike many of you, had not felt this level of purification inside their human body for such a long time, it is a glorious time to be alive.

And for those of you who have been bored for some years, this is when it all kicks off. But be clear, many of you have wide energy fields. This is not the time to extend. You'll know when to extend. Those of you who, for this past decade, have given your love, your compassion, your gifts to others to help them transform, the fuse has already been lit in the mass. They no longer need encouragement out, and many of them will be kicking and fighting and throwing their weight around.

So in this I speak clearly to those of you who are deeply sensitive: come back into yourself. It will involve letting go of the few vestiges you have held onto in order to stay connected emotionally. It will involve a little grief for you, but put your bare feet on the Earth. She will tell you that all is well, and she is rebalancing perfectly, as she needs to, to allow this planet and its lives to continue in a new way."

02 – New Think

Balance

No matter what happens, stay in your balance – *your* balance. You have the balance. You have the tools. You have the wisdom. No matter what happens.

Whether it's a simple car accident, not terribly devastating, whether losing your job, something embarrassing happen to you, any of these things; whether it is something that is happening right now on a global basis that could affect this entire planet, stay in your balance. You sometimes pretend you don't know where it is, but you do. Remember the tools. First tool. Breathing. Next – laughing. Truly. Then breathing. And then laughing. And then remembering, as I like to tell you so very often, it is not yours. It really isn't. Oh, you're in the midst of it, of course, but it is not yours. ***It is not yours.***

Dracula

(after telling a story that Adamus St. Germain was really Dracula in his last days in the Mystery Schools, mostly in Romania.)

Nowadays a whole new kind of a fascination in being immortal. In being immortal, but being here on Earth, being in the physical body.

Now, of course, they add the dramatic, some of the insidious things to it, but there is a new fascination. People want to know what lies beyond their humanness, and they're exploring it right now in phenomenal new ways. They want to know, like they did hundreds of years ago when the Mystery Schools shut down, there has got to be something else. And there is. And it's starting to come to light. It's starting to happen.

It's causing a lot of controversy all over, all over this planet. You're seeing it every day. It's causing a lot of controversy in what I call the *Near Earth* realms, in some of the forces in the cosmos that, as we talked about before, *don't* believe in a God. They don't believe in a spirit. They don't believe in really much of anything, except themselves – nothing wrong with believing in yourself, of course, but the *full* Self. The self that doesn't need to feed off of anything else; the self that knows that the balance is already within, that the tools are already there, and you can use them any time you want; the self that is removed from mass consciousness-think, old think. People want to know right now that there is magic. Now, they get a little sidetracked. They think magic is things like suddenly manifesting gold, walking on water, those types of tricks. But the *real* magic is **the awareness of yourself**, of your presence right now, in every dimension that you're operating. You like to think that you're just operating here, but you're operating in a multitude of dimensions.

A lot of amazing things are happening for you, with you in these other realms. This is kind of the point where it's all coming together, where it's all coming into focus and it's all coming into materialization.

There's a little bit of *Dracula* in each and every one of us. Don't let what *they* say alter your perception of yourself.

And I know it's a subject we talk about time and time again. **The doubt.** The doubt comes in.

Just when you thought you cleared past a lot – it's coming back. You can feel that doubt, and it's going to be there for a while. It's going to be pushing on you for a while until this doubt – your doubt of yourself, partly mass consciousness – until the doubt realizes it doesn't have anything to push against anymore. Just like the vampire who doesn't see him- or herself in the mirror, because they don't need to anymore. They don't have to see the reflection anymore. They don't have to see it coming from the outside. It's right there. Right here in the heart.

It's real

it's happening right now. Right now – grandest, grandest, grandest time on Earth, time of the greatest energy changes, transformation, bar any lifetime that you've ever been in, is happening right now. It's happening in amazing ways and will continue to – sometimes dramatic, sometimes a little overwhelming – but it's happening right now.

I said to you a while back that the New Earth and the old Earth weren't going to meld right away, could be another 30 years. That was about five years ago. Still uncertain, but it doesn't really matter. Still uncertain whether some of the forces here on old Earth want to continue living in the old way or they're ready to evolve, and it actually doesn't matter other than this is a beautiful planet. You hate to give it to the ones who want to go backwards in time, want to go back to old standards. But, in a way, it doesn't matter.

There *are* new Earths, and no long just one. There are many, many, many out there, hundreds of them. They're going to be the housing, the place for the angelic beings who have never been in physical incarnation to come, and there are many – your spiritual families.

This planet can't accommodate too many more in terms of its population. The new Earths that are being created can. Some of them are substantially larger than your current planet Earth – a hundred times larger – and they are out there. And, oddly enough, showing up in the news, very recently, is the evidence. And it will continue to show up.

You know, it's interesting because **consciousness paves the way; technology follows**. What we are talking about here over these past ten years is occurring. Technology is catching up to the point where they can start seeing some of these new Earths.

It means that even science is starting to acknowledge what we – what you – have known for quite some time. It's validation. It's very, very real.

By the way, I love science. I love science – up to a point. I love science as long as the scientists stay open-minded. When they get into the box, when they become so caught in their professions that they'll no longer even look at other potentials – things that you can't map out in your current math or science – then it gets to be a problem. Then it really inhibits the energy and something ends up blowing up.

"There is something else. There's something that our microscopes and our computers and our calculations don't show anymore. Let's go into it." It's called **quantum physics** a lot of times, and more and more scientists are getting into it. More and more scientists have this desire to discover, and I love science when it's about discovery. There is a lot more to discover yet about your physical reality and a lot more to discover about the other realms.

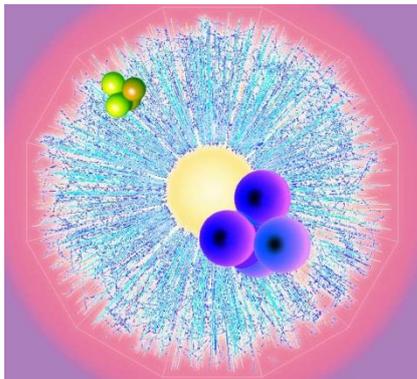
"I know there are other things out there, and I know there are things below the atomic and the subatomic level. I know that chaos" – many of you are saying – "I know that chaos is not chaos at all. It's actually divine order that the mind can't put its brain around yet."

Science is a great thing, and literally, through the work you've been doing, you're helping open up the potentials and the possibilities for new science.

~ **An amazing discovery** – (Article) *"New experiment aims to trap bizarre antimatter."* Now, I think many of you are familiar with CERN, the large laboratory in Switzerland, the one that created a lot of controversy.

Are we going to blow up the world? Are they going to do some sort of experiments with the scientific particles that's going to suck the whole of creation into it? How do you know that reality wasn't sucked into this black hole? But so what, reality goes on. Just because you went through a black hole and you're sucked into a big nothingness, no different yesterday than today.

So the experiment shown in this article – amazing, interesting. It shows that when they collide matter – you know what matter is, because it matters – and antimatter, which you don't know what it is. It's invisible. Nobody really has a good grasp on it yet. A lot of theories about it, but you know it's the antithesis, because in duality consciousness, everything that appears here has to appear over here. Everything that has a high has a low. Everything that is light has a dark to it. Every goodie-two-shoe aspect of yours has a bad-ass aspect to it. It does. That's the way duality consciousness works.



Roughly equal amounts of matter and antimatter are created in the collision of energetic gold nuclei inside the particle accelerator dubbed RHIC, but because the fireball expands and cools quickly, antimatter can survive longer than that created in the big bang. In this collision an ordinary helium-4 nucleus (background) is matched by a nucleus of antihelium-4 (foreground). CREDIT: STAR Collaboration and Lawrence Berkeley National Laboratory .

So here we have the scientists at this very expensive kind of secret laboratory over in Switzerland doing this interesting kind of experiment with all these magnets and electromagnetic energies, zapping little particles from their laboratory in Switzerland over to a laboratory in Italy, smashing the particles together. *What do you think happens?* Faster than the speed of light!?! I thought that nothing was faster than the speed of light. Oh, Einstein, there is! There are many, many things faster than the speed of light, including your consciousness – starting at your consciousness – going into even your thoughts, going into feelings. Those are all faster than the speed of light.

When you reduce or slow down the energies, then it becomes light. And then from light it suddenly reduces down into the electrom spectrum and reduces down eventually into this reality that you're sitting in.

But the interesting thing also, this reality isn't at the bottom of the pile. It's not where everything descends down to and finds the bottom of the barrel. That's a very dualistic way of thinking about it, because it's a circle. It's not a pit, because even when energy finds its way down to this reality, it continues to evolve. Not to go back up to where it came from, but to evolve beyond.

Consider the implications of that.

There *are* particles faster than light. Beyond solid matter, beyond duality is another door, is a whole other physics, a whole other operating system, and it doesn't get more dense from here. It doesn't. And you don't go back up. You continue around. Actually, it's a big spiral. You continue around and around.

So literally, in your evolution you go from dense matter to something faster than light. Something faster than light.

It's actually very simple physics, but scientists will spend billions of dollars or cut through kilometers and kilometers of rock to have to figure it out. You already know it.

You are dissolving right now – before my eyes – dissolving out of physical reality. Not going back, but expanding, out faster than the speed of light. So there are things faster than the speed of light, as was proved.

In these experiments also, you had antimatter and matter forced into each other. *What was the net result?* It says right in the article. **Pure energy!** Haven't we said for a long time that when things are released from its stuck state or its state of expression – you're a state of expression – when thoughts are released from its state of belief, when aspects are released from their state of torture, their state of wound, it is very similar to the same experiment, in a way. It is the old and the new smashing into each other with brute forceful love. It goes back to pure energy.

A new project is underway at the European physics lab CERN to produce antimatter versions of protons and trap them for study.

[Antimatter](#) is the spooky cousin of normal matter. For every regular subatomic particle, there is thought to be a [corresponding antiparticle](#) with equal mass and opposite charge. When a particle and its antimatter partner meet, they annihilate each other to become pure energy.

The Geneva, Switzerland-based CERN (the European Organization for Nuclear Research) is home to other famous physics experiments, notably the world's largest particle accelerator — the Large Hadron Collider, or LHC — and the OPERA experiment that recently announced the detection of particles that appear to be traveling faster than light. [[Top 10 Implications of Faster-Than-Light Neutrinos](#)]

What they haven't seen here yet but *you* know, when there's another element that comes into it – **consciousness** and more so **conscious choice** – enters into the equation, into the experiment, it also produces truly *New Energy*.

These experiments based in duality are releasing energy from a stuck form, returning it back to the pure state, as we talked about the energy cloud. What they're going to discover five years from now, ten years from now, it doesn't matter, is that something else was created. And they're going to say, "*How do you do that? How do you take two known quantities, smash them together – it should still add up to two known quantities put together.*"

But they're going to see something very strange happen. They're going to see another element at some point. They don't have the tools to really measure it right now, because the new element travels faster than the speed of light.

New Think

It's not about thinking. You can't think *New Think*. You can choose it, you can be it, you can experience it, but you can't think it, because the moment you start thinking it, then it's old think. So it doesn't really matter. But the implications are important here if you're allowing yourself to get into it.

~ Warnings About New Think

If you truly choose *New Think*, (a) you will get it; (b) it's going to mess you up, but good. It truly will, because *New Think* is intuitive, kind of psychic, if you want to use that word.

New Think is not associative or associated thinking. What you do right now is all associated with some thing. Every time you think, what you're thinking right now is associated with something else. You're connecting the dot to something else – some other experience you've had, something you've read or learned or whatever – but it's an associated process. It's like you've created a mental network and that mental network is constantly at work. It kind of always works the same, and it's kind of always using the same patterns, the same logic, the same techniques to derive at results.

New Think does not do that. It is not associated thinking. It doesn't have anything to associate with. It has no prior record at all. Eventually, it will, but it won't. You'll learn that *New Think* actually destroys records. It doesn't like records. It doesn't like patterns. It doesn't really like structure for longer than just enough to experience it, and then it moves on. It doesn't like stories, doesn't like drama at all. There's no feeding that takes place. I would have to say that most humans are addicted to drama. They're addicted to drama. They can't live without it. The moment that drama goes out of their life, they get bored. They get uneasy. They get desperate. So they will create something. They will destroy something of their own, or usually something of somebody else's, in order to feed.

New Think is going to mess up your mind for a while, and when it messes up your mind, it's going to mess up your body. It's going to pull apart your belief systems. *New Think* is going to cause a huge rash of self-doubt. It's going to make you feel very disconnected. *New Think* is going to make you do things like look at something from your past suddenly and wonder what the hell ever attracted you to it – families and things like that. That's not so bad, but suddenly you feel that you're losing your platform in life, your base of reality. The entire base of reality starts shifting. When it does, suddenly you *do* have matter and antimatter, belief and anti-belief, trust and doubt, and every other possible type of duality starting to smash together.

~ **New Energy.** So for a relatively interesting period of dynamic experience in your life, everything comes together. But remember when these particles – not just these physical particles but particles of beliefs, particles of aspects, particles of anything – collide together like that, that it creates pure energy. It returns things back to their original form.

It also creates *New Energy*. That *New Energy* doesn't go out into some grand reservoir, the grid, *the Field*, whatever you want to call it. It'll stay right there.

It doesn't serve a collective, the good of all beings. It doesn't matter, but there are many who still believe that everything they do has to serve the grander good. *Where did that come from?*

It came from mass consciousness thought, group thought. It came from somebody who said, "*Wouldn't it be great to tell people it's a sin to love themselves? Wouldn't it be great to tell them that they should give unto everyone else first,*" including their organization, "*because God loves that?*" Wouldn't it be good to say, "*Don't focus on thyself. Focus on everything else. Earn your way to heaven. Earn your way.*" And you know now that the only way to heaven, which is actually just awareness, the only way that I know of, that the other Ascended Masters know of, is **to love yourself**. That's it.

It is so simple to me that when you love yourself, it means you've accepted yourself. You've had total compassion for you without having to go to confession or without any sort of remorse – any at all.

When a person absolutely loves themselves and has full compassion for themselves.

Suddenly, they love everybody else.

Suddenly, they have compassion for everybody else.

Suddenly, they understand everyone else's journey.

Suddenly, they're not trying to push everybody else through this tunnel to heaven first.

Suddenly, they're going there first, right to their home first and becoming the [Standard](#).

New Think is going to literally change your life. Most of you have started a process within yourself of *New Think*.

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How many are remembering some dreams now? More often than you were ten years ago? Remembering more.

How many are remembering no dreams at all? It's not a right or a wrong, and actually the dreams are occurring anyway. You just have a doorway that you close behind you. Sometimes that's actually a little bit more convenient, but it's time to start letting those in now.

Now, the fact is you've been rewiring for a long time, but it's been on a more physical level up until now. A lot of DNA stuff, a lot of physical stuff, a lot of rewiring even with your aspects. Now, a new type of rewiring, into the think, into what used to be the mental process.

So imagine a wiring now where you could hold that – that flow of energy that's going to illuminate the lights, touch it and not be affected by it. It's kind of what's happening within you, kind of the transition from old think to *New Think*. That's happening right now. Right now

It'll cause some disruptions in the old system. It could cause – and I tell you this because sometimes you freak out – it could cause you that you're going to get physically ill; maybe not. Could cause that you're going to feel like you're going crazy, but you're not.

Results of New Think

You're going out of just limited mental awareness into *New Think* awareness, totally different – in the process of going out of old think, it starts to dissolve or melt everything away, and you hit a period of massive doubt. You hit a period of feeling very dissociated from things, particularly, things that were part of your everyday routine. They start to change and go away.

What's the first thing most people do? They try to grab back on, because at least it was comfortable. At least it was familiar.

Now this is kind of like walking off that ledge, completely dark, not knowing how deep that ledge is, not knowing what's at the bottom of the pit, not knowing if there is another ledge right over. It's a scary thing. And on top of that, best of all, it's a wonderful experience. *So what? Who cares? Who cares what's there?*

It's an interesting thing, because in *New Energy* reality, which is starting to come into your physical reality, the mind would think that when you step off that ledge that something bad is going to happen. That's what the mind does. It tries to protect you.

In *New Think*, you step over the ledge and suddenly the reality shifts and changes. It's no longer a ledge. It's no longer a deep hole. It's actually whatever you're choosing to experience in the moment. It's suddenly about choice, it's a real experience, a real joy. You're going through a very interesting transformation with *New Think*. As I said in the beginning, *can you remember your balance? Can you remember that you already have the tools?*

Now, here is the fine print. The balance isn't where your mind thinks it is. The tools aren't where you think they are, because that's old think. You have to be able to reach beyond, past, out. You have to be willing to be so trusting in yourself, or so open, or so crazy, whatever it happens to be, that you're willing to go outside of the old place where you found things.

The comfort is going to come from some place totally different, the answers from some place totally different, and your mind is going to analyze it as being a little frightening to look. You're going to feel some anxiety when you're really reaching out, when you're expanding out, because in a moment when you need comfort, you're a bit desperate. You want the comfort close by. You want it familiar. Your mind's going to resist and say, "*No, we need comfort right now. We need stability right now. So let's just go back to what we've always done,*" which basically is hiding your head in the sand pretending that the problem doesn't really exist.

So, question in *New Think*: Are you willing to really, in that moment of getting into a new experience – that's a nice way of saying something else – in that moment of getting into a new experience, *are you willing to take a deep breath and laugh, and allow yourself intuitively to find that new place where the tools are, where the balance is, where the comfort is?* Are you willing to say, "*Hold on, old think. Not going to work anymore. I'm not going to play that old game*"? *Are you willing to take a deep breath and intuitively find that new place?*

And there is the linear logic that says, "*Well, if it's not here, it has to be there,*" right? "*If it's not right here, it's got to be right there.*" It's not. And here's where words become difficult. That's where intuition, that's where trust – I guess you would use that word – becomes important. *Where is it?*

Like science, because it is truly about discovery until you get in the box, until you get limited.

Science validates what's happening in consciousness. *Science is the beauty of discovering all the things that you've already created.*

***Science validates what's happening in consciousness.
Science is the beauty of discovering all the things that you've already created.***

Yes, you've already created them. Now you're discovering them. Interesting, *isn't it?* But it's very true. It's the same principle as walking backwards through time to discover what it was like to already ascend. It's the same with where the tools, where the balance, where the answers are, allowing the intuition to let you find them.

So that's *New Think*. And the interesting thing is with *New Think*, you're going to all have plenty of opportunity for experience with this. So you allow your intuition to work, you discover *New Think*.

Challenges and Blessings of New Think

The interesting thing now, because you're still primarily in old think, so the next time you encounter an experience, you encounter maybe a challenge or something happening, you go, "*Oh! I'm really good at this New Think.*"

The mind – old think mind – has now categorized it and said, "*Oh, this is where we go.*" Put a linear definition to it, put a structure to it and says, "*Oh, it's there.*" Even if it's just kind of a feeling, even if it's kind of an intuitive path, the mind will map it out and say, "*That's where it is. We'll go there next time.*" You go there next time, it's not going to be there.

Now, *what's going to happen?* You doubt yourself. It's still around. It just changed how it's associating with you or disassociating with you. It's still available, but it's going to require that once again you use the intuition. You use trust. You take a deep breath and say, "*Be damned to all these barriers,*" all this shit running through your mind. And that's what it is. It's a shit stream running through there. Ninety percent of what's going through there is pure crap. It really is, and that's not an indictment on you. That's the way the human mind is programmed and the way human consciousness runs. And you're lucky. Yours is only 90 percent. Most humans are about 99 percent pure crap. Really. Really. There is that one percent that actually uses these flows that are going through there for some constructive purpose, but most of it is just chatter. It's a chatter that drives you nuts and has caused you not to like yourself or being alone with yourself.

New Think, you're going to find, you go beyond that. That's going to be the elation. That's going to be the celebration. That stops.

What's more important is that in *New Think* you recognize that the crap thoughts that you have right now, the mind limited thoughts that you have, are very slow. Very slow wavelengths or very slow flow going through.

Now, slow – speed of light right now, or just a little bit less than your thoughts right now, but suddenly, everything's going to go very fast.

When your *New Think* allows the mind to grow naturally, to evolve now to where it's going to go to – you'll still have a brain, a mind, but it's going to evolve – and when *New Think* shows clear evidence that thoughts, even thoughts, can go beyond the speed of light. Most thoughts that go beyond the speed of light don't register within the brain and within this time-space continuum, so they become unknown thoughts. You know that they're there, but you don't know what they are. You know there's something there, but when you try to figure it out, you can't.

What happens with *New Think*, it starts going beyond the speed of light and beyond, beyond the speed of light, and it goes beyond the need for any speed registration at all, beyond any sort of speed. And when that happens, you're going to suddenly discover what real insight is all about. You're going to discover how you really got trapped in a lot of needless old, slow, labored, boring thinking.

You're going to realize exactly that everything you need is in the Now.

By the way, you're also going to notice that this talking changes – that mouth. The mouth is a slave of the brain, and it yaks and yaks and yaks, sometimes just like the brain, and it comes up with a lot of words to fill a lot of space to bore a lot of people, and to keep you from really having to be in your presence. So that mouth gets to going.

Being in New Think

What's going to happen with New Think? Less talk. And it can convey a tremendous amount of consciousness that attracts a tremendous amount of energy to it that can move mountains. Truly can, or whatever else you want to move.

So this *New Think* is amazing. You volunteered, whether you know it or not, to be part of *New Think* development. But you can't think about it. You can experience it. You can be in it. Spirit is present. You've got to have that factor. You've got to be present. Well, you should be, otherwise it goes right by you. It blows right by, five years from now you'll be sitting here going, "*I didn't get it.*" Well, you got it, you just weren't aware of it.

And that happens very often right now. Things are blowing by right now. Things are. There's thoughts and ideas and energies and all sorts of stuff, and you're like, "*Well, I don't get it.*" No, you're getting it, you just not aware of it, because you're focused on just a little slice of reality.

New Think lets you open up, lets you experience it.

A New Think Experience

When they're very young, they're thrilled, up to a point, of just getting up in a morning and having an experience. Actually, when you were very young, you didn't really judge it as good or bad. Other people did that for you. If you cried, they judged that you were having a bad experience. Not necessarily, you were just crying! That doesn't mean it was bad. It just means something was happening.

When you were young, you didn't have a lot of judgments on things. You had a lot of dreams, literally. You had a lot of dreams back then. Then they shut down. You had a lot of visions when you were young. You had ... every one of you, *without exception*, had play beings, but they weren't just play beings; they were real beings. You had little aliens, little gremlins, little whatever's that would come around you. Little nature devas, oh, they love children. You had them.

Some of them came from the outside. Some of them came from the inside. You were a little fantasy factory. You could create beings at will. Your beings that you created would then go out and play with the other beings, the nature beings, the ones who are actually hanging around right now. Those early, early years were filled with fantasy and experience. Pretty carefree. (*Please also read: [Addendum G: Farewell to Dreams](#)*)

You know, I look at most cultures today. There is such an emphasis on mental structure, and when children are two years old now being forced to study. Now, studying isn't bad, but any time there is study of a science or of a math or of a language, there also needs to be the associated study of the other potentials. It should never stop at what's written in the book or what can be put on a chalkboard or put into a calculator. So when children are being taught, they should always, always be taught about other potentials. What ifs. Why nots. What if ... I don't want to digress.

So now ... children are getting so studied, so mental. Now, mark my words, remember what I said. When something is put in a bottle, something is boxed up, something is structured, when science doesn't explore totally new possibilities outside of any of the current theories, it explodes. What happens with education right now, it's being ground down. The creative, all the arts, are being taken out, the music taken out. As I've said before, **art will save the world**. It truly will. When a society can be artistic, first and foremost, that means it has liberated itself. It's not the painting that's going to free somebody. It's the consciousness that "*We can spend our time with the joyful, sensual pleasures on Earth, rather than the mental, rather than the rules and regulations.*" That shows a free society. So that's a child. Unfortunately, they're taking so much of the experience out of childhood right now.

Art will save the world

So now you get into the middle years. You get into, let's say, your early adulthood and what happens is you start to procrastinate your dreams and your ambitions and where you're going. You start to find a lot of excuses – starting a job or a family. What's really happening is there's a lot of mass consciousness pressure and mental pressure. It's kind of squeezing out a lot of these dreams and hopes. It's squeezing out the very passion to delve into something brand new. It's trying to get you to focus on perfecting what's already on the table, perfecting what you already have, because like the damn mirror, if you have a reality right around you, that reality will never be perfect, by the way. It was not designed – *never* designed – that way.

So you get caught up in thinking that you have to perfect the box that you're in before you can move to yet another box. Smash that idea right now. Take that, smash it. Just release that back into pure energy.

What happens in your, let's say, your early 20s, your 30s, your 40s, you start to procrastinate. You – you – have procrastinated. You make a lot of excuses – you're tied up with this, you're tied up with that, you don't have time to do this or that – things basically for yourself. You're busy doing everything for everyone else, very little for yourself. Terribly exhausted these days, most people. Terribly exhausted.

This path, this trend continues. You get more mental. You get more into your patterns, more into the routines. That's where you really get stuck. That's where you really get stuck, to the point where you get into your more mature years – and that doesn't just mean age; it's actually kind of a mental slowdown-ish – you get into your more mature years, and sad to say, for so many here and listening in, you say, *"This is as far as I'm going to go in this life. This is it. I've accomplished about what I'm going to accomplish."* You have some remorse, and you lie to yourself. You say, *"Yeah, but actually I'll try a little bit later on, as soon as I get these taxes paid or as soon as this relationship issue is resolved,"* and it goes on and on. But something within you is saying, *"This is as far as I'm going to go. I've hit my peak. Now what can I do? I'll just try to enjoy a few precious moments that I have left."* And it could be 20, 30, 40 years.

There's part of you in old think that's given up. There is a sadness in some of you about it. There's a deception that's taking place. You say, *"Yeah, but maybe tomorrow. You know, maybe something will happen, maybe suddenly a bolt of lightning will come down, and I'll walk out of there completely enlightened. Maybe, just maybe."* That's old think, and it's crap. It is absolute crap. You can't overcome it with more crap, some glib little statement, some little clichés, anything like that. You can't. But you can make a choice to get out of that old think. You can make a choice to really basically get a fresh start.

I want you to consider this before I ask the real question. For most of you this is your last lifetime on this planet – most of you, your last lifetime on this planet. Now consider what I just said about your hopes, your dreams, about thinking you peaked out, as good as it's going to get, no more projects, no more great big creations, no more relationships, no more much of anything. That's not much of a way to go off this planet.

When I say it's probably your last lifetime, and I would say most every one of you here, some of you will choose to be aware of your ascension that's already occurred. Some of you are going to go off to these new Earths. There's a calling for you. They want you there. They want you there, and it's going to be pretty easy. You get to be the big cheese. You get to talk about how you built Earth, how you create it. You get to feel pretty good. A lot of you are going to go there. You're going to choose not to recognize your ascension quite yet. *Why?* You want another shot at it. You want to do something still, and it's going to be very, very tempting on New Earth. Very tempting.

You know the game. You know how it was built; you helped build it. You know what you've been through. You're going to get up there and talk as the expert, and they're just going to swoon all over you. You're going to be their guru, and ... Oh, and you know, it's angels. They're not smart. They're not smart at all. You're smart. You've been here, done that.

So now contemplate that. Here you have these two forces – last lifetime on Earth and you've peaked out. That's old think. *Can you right now in this moment allow New Think?* Some of you are already planning now.

There is no planning in New Think. There are no goals.

You can't write down on a sheet of paper something that you want manifested. That's a fallacy. *New Think* is simply about making a choice, and then letting the winds come in. Letting the winds of change and evolution come in.

There is no planning in New Think. There are no goals.

So when I say are you ready to go into *New Think* about this, what's going on in your brain right there – *"I've peaked out, this is as good as it's going to get"* – you can't create another goal. You can't say, *"Oh yes, but now I want to open this big school. I want to write ten books. I want to ..."* It doesn't work that way, you see. That's old think. That's linear think. That is what I call gratification think, but it's a false gratification. And it's really false when you sit down and try to do these stupid projects that you think you're going to do, and they don't work out. And then you get really frustrated with yourself and say, *"See I peaked out. I knew it all the way along."* And then you start getting a rash and itching and you go, *"I don't know why I got that rash! I put some stuff on it and it still itches!"* It's doubt. It's doubt. Absolutely.

Let's *New Think* this whole set of patterns that there's been about the progression of your life, that as you get older, a little bit more mature, then you can't have great big and wonderful inspiring things happen. As you get a little bit older, you run out of gas, run out of energy, you run out of passion. Let's do some *New Think* on it.

How do we do New Think? Breathing. No thinking allowed during breathing. That's what I love about breathing. (*Breathing exercise*)

Perhaps, just momentarily, you felt that you were present. Just momentarily you didn't have to think. You were just present. You were just aware of what's around you.

Interesting thing happens in *New Think*. Your awareness starts to expand. The mind kind of stops clicking away, the awareness just starts to expand. You're like, "*Damn, I'm present.*" That's about all you need.

In that flash, in that moment, everything starts changing. You can't put a linear factor on it. Everything suddenly is there. You don't have to plan it out or stress it out. It's a very, very different way of operating.

Living in New Think

New Think is about a choice – if you want to really get to the core – a choice that you're willing to do it. Unlike some of the choices that you've been making up to now, *New Think* isn't a choice for a specific manifestation. *What do I mean by that?* Well, a lot of you still use affirmations or visualizations or even you've been using choice very mentally, and you're saying, "*Yeah, I make a choice to have \$10,000 or a million dollars.*" *Do you notice it hasn't come? Anybody notice that? Did anybody actually get it?* Okay.

Real choice is not saying, "*I want a partner*" or actually, "*I want to get rid of my partner.*" That is a manifestation. Real choice is not saying, "*I want to create all sorts of paintings.*" That's actually a manifestation, not a real choice, and it's actually very mental.

I want to digress for just a moment to point out something. Ask yourself "*Am I using New Think?*" and then you're going to doubt. You're going to say, "*No, everybody else is, but I'm not.*"

The way to tell whether you're now beginning to be in this *New Think* is if drama starts going out of your life. **Drama is a byproduct of the mind.** Once you get into *New Think*, there is no need for drama at all. No need for this big duality clash. No need to get into your drama – your own personal drama. You'll feel a little naked for a while and once in a while want to go back to drama, but then you'll suddenly realize it tastes bitter, kind of like a poison. *Why did you keep going back there? Why did you keep getting into drama?*

When you get into *New Think*, the drama goes away and with it the need to have highs and lows from a mental or emotional standing. You're going to feel a bit odd, because emotion even starts going out the door, and you're going to say, "*Geez, I just feel emotionless, but funny, I feel much happier.*"

So most choices are directed towards the byproduct, the manifestation. They don't work, because there's not the real what I would call feeling in there. Real choices are things like choosing joy, choosing living in experience. A real choice is really just saying, "*I Am that I Am.*" That's probably the ultimate choice. "*I Am that I Am. I'm present. I'm living. I'm aware. Damn, I Am that I Am!*" That's a choice.

A real choice is, you can even say, is just say, "*I choose to live. I choose to live wildly abundant.*" *Why not?* Because you're choosing to live, which is important; wild, meaning you're willing to take some risks, go beyond the box; abundant, meaning full, rich. It doesn't mean just dollars and cents.

From there, all the manifestations start to work out. Don't focus on trying to manifest a pot of gold over here or you're going to cut yourself short. That's old think. The choice should have a feeling to it. The choice should have depth in it. It shouldn't sound like that mind crap. It shouldn't sound like [makyo](#). It should be real.

A real choice is just to live. To live.

Funny how many people will choose a big fancy car, a lot of gold or money, a big house, a really sexy partner, but they don't choose life. Isn't it amazing, even with a small, small percentage of the people who win the lotteries, *what do they do?* They destruct within two or three years. They blow it up. They forgot to choose life. They forgot to choose the basic joy, beingness, I Am-ness.

So as we enter into *New Think*, a lot of stuff is going to start changing. *New Think* is a matter of choice. *New Think* is allowing a whole new set of un-sets to be in your life, a whole new way of being aware of your presence and expressing that.

03 – To the Visionaries...

Sensuality

How is your sensuality? How's your sensual nature? – because a lot of times you suppress it. You keep it down. You don't think that you're either deserving of it or you think it's going to keep you stuck here on this planet. And it's not. It's not. The greatest joy that the Ascended Masters ever realized just before they ascended was that they are very sensual.

You can do things on *this planet* – right here – you can't do anywhere else. You can't eat a plate of bagels. I guarantee they do not have bagels anywhere else in the universe. Only here. There's a tendency to suppress the sensual nature.

Angels, by nature, are *very, very* sensual. They love color and sound. They love texture and art. They love anything that gives sensual experience. And I'm not just talking "sexual," although that is something also very unique to this planet. How you come together in a beautiful physical, spiritual, energetic union. Whether it's with yourself, a partner, it doesn't matter.

Because it will absolutely affect your energy level. It really will. When you suppress that sensuality, when you block out the senses – the physical and the spiritual senses – it basically shuts down the flow of energy. If you're in a mental mode – you're doing a lot of thinking and processing – you're going to get really tired because you've restricted that natural flow. You're not radiating out to the Field of all energies that you want some more. You get very caught up here (head), your body then gets sluggish, your mind tends to then over-think. You've all had the experience – "*What's wrong with me?*" – analyze, go down and try to figure out "*What's wrong?*"

Well, what's wrong is you're not allowing yourself to be a sensual being, with every sense that you have; so immersed into life that you don't care if you get lost, because you won't.

So immersed into yourself, so immersed into the I Am, that you really don't care where you go or what happens, because you're on such a sensual journey into yourself, and therefore, with others.

Letting yourself be so into you, so wildly and madly in love with yourself – that's what changes this planet. That's what actually gives you joy for the experience on this planet.

Why are you here?

"To enjoy, love myself".

Love, and I love how you put yourself there first, because, we don't need to go into the details but if you can't love yourself, you really can't love anyone else.

~ About Love

There was no love from the First Circle, from All That Is, from God. God never knew love in the early days. There was no, actually, really no love with angels when you were in your angelic family. There was things like compassion and relationships and interrelationships, but there was no love anywhere in creation until you came to Earth and discovered it, until you discovered love right here on Earth.

Now, you've been taught that God has always loved you. God didn't know what love was until *you* found out what love was. And in that moment where you felt this thing called love, and you reflected it or you radiated it back to Spirit, Spirit fell in love. Spirit reflected it back to you, and now you've got this great love affair going on. You forget it once in a while, but it is – love from you to Spirit and Spirit back to you. But it was created right here on this planet.

That is one of the things that makes Earth so amazing. It wasn't created in the Pleiadians or in the Arcturians or in your spiritual family or anywhere else, my friends. It was created right here. And now it's being radiated, being shared on every level, in the Near Earth realms, with other dimensions and even other planets.

You wonder why they're so interested in *what goes on here? Why they project themselves here or beam themselves here, once in a while trying to fly in little spaceships – that doesn't work very well?*

Because they're curious about this thing called love. They know it came from here, and now they want it too. They'll learn from you, and they'll learn for themselves.

But, for the most part, very, very few humans know what it's like to love themselves. They tolerate themselves. They have an awkward relationship with themselves, and they're still looking for love and still creating love with other people.

What's going to happen on this planet is this planet has created love, shared love and been in love. What happens next on this planet, that's never been done anywhere else in all of creation, is for the very beings who came here to start loving themselves. It's the next frontier. It's the next evolution.

It's the next spiral, but a spiral that comes back into itself – and then you would have to create a hologram, we can't write it on the board like this – but you go through like a doorway, a doorway into yourself. And you're never going to be alone in there, because you've found yourself, but you'll have an intimate understanding of everything and everyone else when you fall in love with yourself.



Why are you here?

The reason that you're here is love. Love for this planet, absolute love for this planet.

Nobody is here because of karma, unless you believe in that karma.

So many of you have felt that you were here to take care of others. Others. That's a really bad reason for being here, because they're going to disappoint you. And they *have* to. They have to, first of all, to set you free once and for all, and to set themselves free for their own sovereignty.

You're here in your old role. So you hang onto an old notion that you're an energy, because you've done it for a long time.

~ Energy Holders

There are literally groups that holding the energy for this planet. They chant. They pray. They deny themselves of most human pleasures and a lot of them are still found in the religious orders, although they don't really quite understand. They think they're there because of religion, but they're really there as energy holders. You find them all around Jerusalem. You find them in mosques and temples, in indigenous societies, indigenous groups around the world.

They still believe they're here holding the energy for nature. I don't think so. Nature can do just fine.

But holding *for what?* Holding, mostly – for the indigenous ones, for the ones who have been doing this for thousands of years – holding it for the right time, for the right group. Holding it until the consciousness of Earth was at such a place where a group of humans could become sovereign beings, could become Masters, could become enlightened, and still stay in the physical body. They're holding it until such a time that there was a enough mass or enough numbers of these people who had truly developed love and compassion for themselves and were the true new Standards for this planet. That's what they are holding it for.

You also having a hard time giving up this role.

One is you're still caught in that energy holder role, and an energy holder isn't going to be able to see who they really are if they're still playing in that arena. A lot of the reason is you just can't believe it. You can't fathom it. You say, *"If I was so enlightened, I could know exactly what the stock market was going to do tomorrow."* Actually an enlightened person doesn't care what the stock market's going to do. An enlightened person doesn't really care to read anybody else's thoughts, because 95 percent of all thoughts are garbage. An enlightened person really basically doesn't care, just is absolutely delighted to be in the Now moment.

You're not here to hold the energy of Gaia. She's leaving! She's leaving, she wants you to take responsibility for environment, which includes your body, which includes your physical environment, but she's leaving. She doesn't need energy holders. She needs energy pushers to get her out of here, because there are too many holders that are trying to keep her here! She needs ones that are going to push her out the door so humans could take responsibility for this planet once and for all.

Stop doubting yourself and stop wondering about why you're really here. Yes for joy, yes for love, but there's something very, very grand as well.

Why You Came Here

By the way, you're not here anymore for your spiritual families. You came here to learn something that would eventually set them free. The work that you did *has* freed the energy in creation with your spiritual family. That's why there's so many in line now to come to this planet or the New Earth. They *are* free. It is moving again. You're out of a job.

You're here for something very special, in addition to having joy and loving life and just for the hell of it – why not? You've given a lot of lives in rather difficult service. *Why not just absolutely enjoy it?*

"Here's to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes... the ones who see things differently -- they're not fond of rules... You can quote them, disagree with them, glorify or vilify them, but the only thing you can't do is ignore them because they change things... they push the human race forward, and while some may see them as the crazy ones, we see genius, because the ones who are crazy enough to think that they can change the world, are the ones who do." (Steve Jobs.)

So applicable to you, to Shaumbra. The crazy ones who believe they can change the world because they know the world was asking for change.

Steve Jobs: For him, Buddhism was not so much about the spiritual journey. It was about a way for him to manage his energy through meditation, diet, discipline, denial. It provided some insights, definitely, into simplicity, and that's probably what he loved more about it than anything else – elegance and simplicity, the Zen of life, the beautiful simple elegance. So he connected with it that way.

He says a few words. First of all, *"Allow yourself to realize what you're doing. Stop denying who you are, because you're going to waste precious years – your precious years, but precious years for this planet. Stop denying who you are. Let your grandness show. If you have to get on top of a building and scream out your grandness, let it show. If you have to lock yourself in a room and feel your grandness, then do it. You're not doing service to anyone by denying your grandness. It's a bad game. It is a truly bad game! It's a dead end game. It's a stupid"* – yeah, okay, Steve is saying it – *"You're idiots if you play that game."* *"You're idiots"* he says. *"You are the visionaries for this planet, but you do it by being visionaries of yourself."*

Visionary beings don't need a lot of energy. It's not tiring. Mental beings get tired. They do. Structural beings wear out, just like structural parts and machines wear out. Structural humans wear out, but visionaries do not.

"What is the vision you have for yourself?"

"Floating down the river of life wondering what the bleep is going to happen next? Waiting for something to happen so you could react to it?"

That's the way most humans live. *"I'll just wait, see what happens and then react to it."*

Or

having a vision – a vision that is like a huge consciousness magnet – that then calls in all of the resources to bring it into fruition, the energy that allows it to happen, the people.

You don't have to get into battles with mass consciousness or – how to say this – humans that are not on this same level of enlightenment or consciousness. Not to be critical at all, but to be realistic, there are humans that have only been here a few lifetimes or maybe a couple of hundred. They're just not ... they're not expanding the same way you do. You don't have to tolerate that in your life.

They shouldn't be your work partners. You can have a vision to work with those who have the same degree of vision, of excellence, of passion as you do. You don't have to save the world by working with or relating to or having relationships to those who are at a different level. They are where they're at. You're going to do them more good in the long run by having a vision for yourself.

As you're looking at your vision, looking at what you're doing here, consider some of these things that make this planet so special. Love, as I mentioned. Love has now gone into the other realms, but this is still the place to experience it like no other place. **Love for yourself now. Love for yourself.**

I can't stress enough that there are not these other grand planets of highly evolved, intellectual, spiritually enlightened beings. There's not. It's here. Maybe that's the bad news, but it is here. There is still a tendency to want to think that it's out there. It is right here in this moment – the most highly evolved planet or dimension of all. The most.

As I mentioned in other discussions, there's more intellectually advanced planets, but without love, without the sensual experience. *What is all the intelligence that you could have? What is it?* It's nothing. It's a dead end street. Without feeling, without having this amazing experience in this very dense, very real, very feeling reality that you're in, *what is all the intelligence?* It's nothing.

So, my dear friends, this is truly the most enlightened of all planets. It's the only planet that combines the animal kingdom with the plant kingdom with the human kingdom, the only one. You're not going to find another planet anywhere that has all those attributes.

Conditions of a Changing planet

As you know, there's a lot going on right now. You're feeling it. You're feeling it in your body, in your mind; a lot going on out there; a lot of concern about what's going to happen next on this planet. Let's talk about some of the challenges or the conditions of a changing planet.

~ Population

Seven billion on this planet. This planet basically can handle about 10 billion before you reach that 100 grasshopper type of thing where suddenly it all starts to fall apart.

There's more and more beings that want to come here. So there's kind of a push almost even for that population – a push of beings that want to come in.

So, population. New Earths. That's one of the things you're doing. Helping to develop these new places for the new angels (so that angels can have the experience of Earth on these other places. They're not necessarily physical, but they're very real). Not only that, but you're teaching there as well. You're teaching there.

~ Financial

Financial. Oh, such a mess; such a delightful mess on this planet. The financial system you have is about 500 years old. It fell apart a while back. Basically, it's collapsed already.

There was an imbalance, a wrongful distribution. And not some big conspiracy, but it just ... the ability to keep financial energy flowing, always flowing, had gone out of balance.

Your own finances, your own problems with money – you've gone through all this, and now what you do, you just start creating. That's *all* you need to do. Create. That's all.

One simple thing – creating. It holds for you and it holds for this Earth – creating.

Don't tolerate it within yourself. Don't cop out within yourself. Don't take second best for you anymore. Don't negotiate with others. This is the way it is for you. Don't negotiate a lack of quality.

~ Food

There should not be one starving person on this planet, not at all – it's facing a distribution problem.

But what's happening? Because of political structures mostly, distribution is cut off.

don't care what other laws or walls are created between countries and governments, but all of the food regulation and all the food tariffs and imports and restrictions need to be taken off. There does not need to be any starvation on this planet. And if there is, it is directly the fault of the leaders. The fault of the leaders.

We're going to get off these stupid diets. That is a food distribution problem when you go on these stupid diets. Yes, every one of you who tries these, you are doing the same bleeping thing that governments are doing in restricting the proper distribution of energy through food.

So when *you* envision for yourself the nutrients coming into your body, feeding that [Body of Consciousness](#) in an efficient way without all these crazy restrictions that you've had, and when you allow your body to process the way it should and it knows how, when you allow this natural flow, you create it within yourself and that shares it with mass consciousness.

~ Religion

I'm not against religion. But, like the financial systems, it hasn't changed in a long time. You're in a religious belief system, a religious consciousness on this planet.

Religions are mental, they're manmade, and I'll go so far as to say there is very, very little to do with God in religions. Very little. It has to change.

Religions cannot exist the way they are today with the imbalance – the dramatic, enormous imbalance – between the masculine and feminine energies.

Religions are holding back what should be a burst of consciousness right now, because of a lot their rhetoric, their rules, their imbalances.

Religions are on the list because they serve as an intermediary between you and God. God is right here. You don't need an intermediary to go from here to here (gesture from head to heart)!

It's difficult to get out of, because it's laden with a lot of hypnosis, a lot of sexual energies. It is. It's laden with a lot of fear and old belief systems.

Spirituality is so simple. You don't need any studying. You don't need to pay for courses. You don't need to follow a guru.

Many humans were not quite ready yet to take that responsibility. That's why they also hang out in the churches.

~ Energy

So energy. Huge problem. It's a symbolic problem, not just a literal one.

They're putting solar panels up. Somebody's getting rich, not many people are producing energy, in my humble opinion. Or wind turbines. It's a nice effort, but it's really a waste of money, because that's not where it's going to come from.

It's going to come from the simple alchemy of the elements that are already here. The basics such as light and carbon and atomic structure and just a different way of converting that than what you have now.

It's about that close (showing a very small distance) to a breakthrough. Question is, *is consciousness ready for that breakthrough?* All the elements are there. A lot of laboratory work being done, a lot of good theories, some patents being filed right in this very Now time about some very New Energy, clean energy, relatively cheap energy, and energy that, unlike nuclear, is not going to blow up the planet or leave a lot of bad residue. Very easy and cheap.

But the question is *can the population and the financial system and religions and everybody else handle it?*

So there is literally a consciousness – not a conspiracy, but a consciousness, that is holding back on this. It's ready, but it's going to change life as you know it on the planet. Everybody would become energy sovereign. If there was this energy independence, it would change all of the supporting infrastructures. It would actually lead to an unprecedented level of new creativity on this planet.

New Energy is right here, but you're not bringing it in.

It is new. It operates totally different. It's not based on vibrational or opposing energies. It's expansional. It is not relational.

~ Environment

Not a huge concern, but one that we need to keep an eye on. Gaia has the tremendous ability to cleanse herself, to balance herself. A lot of times though, it takes human lives – hundreds, thousands, millions.

Now, a big thing would help here in the environment would be to get off the Old Energy and get out of the old way of finances. That would have a tremendous effect. But as this planet gets to that ten billions in population, there's going to be more of an environmental impact than what I think most people realize.

The visionaries that you are can relate this to your own self. This is your physical being, primarily, your body, and it relates to the question, *how do you cleanse yourself? How do you take care of yourself?* It's not by weird diets. It's about taking a little quiet time with yourself, giving your body permission to do its cleansing, to take care of itself. It will. It has the intelligence. It knows how to do it. It just needs you to allow it to happen. It will clear out cancer, will clear out old stuck energy. It'll clear out even the parts of it that store energy for later use. It will clear those out, which is going to feel awkward at first, because you're not going to need storage facilities in your body for energy anymore.

New Energy is very much in the Now, so you don't need all the old storage places.

~ Education

Education on this planet is basically a disaster.

And I say that not because of the passion of the teachers, not because of their desire to serve, but the methods that are being used. It is linear. It is mental. And it's interesting, because, as you have learned, mental activity alone does not last over time. The mind forgets itself. You forget all the mental things you learned, but you retain things like emotional or drama, life experience, tools, these type of things.

The education right now is focusing on mental activities, very, very mental. You could learn more, literally, by putting your hand on a book and feeling its essence than you could by studying it. You could really learn a lot if you immerse into it, if you read it, feel it, see it with your eyes, have it go through your mind, but also are participating in it. That's real learning.

What is new learning for you? What is the new way you're going to learn?

The new education is about intuition. It is about a feeling, an experience. It is about the essence, not the facts. Right now it's just facts and figures.

~ Leadership

There really aren't a lot of good leaders on this world right now – in this world – whether it's business or governments or anything else.

Who are the true Standards, whether it's in government or religion or business, there's not a lot of them out there right now. That can be changed. That can be changed by you becoming your own leader.

Who's really in charge? In a way you resist it. You don't want to take that responsibility. It's easier to blame others. It's easier to follow others. So you avoid the leadership.

Being the Standards

These are the problems, or let's say, the conditions of a changing planet. These are all happening right now, and they're all happening within you simultaneously. *You see the correlation?*

You can change the planet, or you can contribute to the change that people are asking for on this planet, by taking it within yourself, by developing your own leadership, by bringing in New Energy, by allowing abundance, by everything we've talked about today. It's not about going out and joining some political action committee or renewing your membership in some energy holder group. It is about doing these things on the list for yourself. For you.

When you do, that creates a [Standard](#). That creates a template and an energy that then radiates into mass consciousness. It becomes part of mass consciousness, a new wing of mass consciousness for those who are willing to make the changes.

You see, by doing these things, you're not directly changing the planet, but you're providing the planet with the tools or the format or the essence that it can change itself – anyone who wants to step up, anyone who wants to do it.

Conditions to a changing planet are all happening within you simultaneously, there is correlation.

You can change the planet, or you can contribute to the change that people are asking for on this planet, by taking it within yourself, by developing your own leadership, by bringing in New Energy, by allowing abundance.

That creates a Standard. That creates a template and an energy that then radiates into mass consciousness.

Perhaps this planet will decide to stay where it is – back in an Old Energy – and really not have this burst of consciousness that's ready to happen. And that may be. But perhaps, with the work that you're doing, the very reason that you're here, it will provide that last bit of spark, that last impetus for this great breakthrough of consciousness. Great breakthrough.

Two More Things

Two problems, and you'll see this in yourself, and perhaps you'll see it as a problem or a condition of the planet. First of all, it's a **mental era**. Things have gone mental, very little creativity, very little vision. Everything is in the mind. The mind is wonderful up to a point, but it's very limited.

You've got a very mental mass consciousness network going on. Something's got to get it out of there or it will either blow up or implode, one of the two. Can't go on like it is.

That is what's happening with you personally right now. You're getting out of your mind network, and it's hell, because you're trying to do it *from* your mind network. And it won't work. The outside influence has to come from somewhere else. It's your divine intelligence. It's your You. It's your I Am. You can't *think* your way into enlightenment. You can't *think* your way out of your mind at all. So **mind era** is number one.

So number two is **hypnosis**. Humanity is basically hypnotized right now, and they're loving it. They asked for it, and they're getting it. They don't think for themselves or act for themselves or do for themselves. They've gotten lazy and lethargic.

So hypnosis is a big problem. *How do you get beyond hypnosis?*

Choice. That's how you can do it as visionaries for this planet – to make a choice for yourself. Work with choices.

Being the Visionaries

Why are you here? Hopefully, it's for things like joy. Enjoy the sensual nature of this incarnation.

If you really immerse yourself into it, if you really get into the distilled simplification of yourself, you'll actually be able to take all of this physical reality with you and never to be stuck in it again, trapped in it or lost in it, but always to be able to experience it no matter where you go in all of creation. Instantly manifest physical, just because you can, but never to get stuck in it.

If you really immerse yourself into it, if you really get into the distilled simplification of yourself, you'll actually be able to take all of this physical reality with you and never to be stuck in it again, trapped in it or lost in it, but always to be able to experience it no matter where you go in all of creation.

Instantly manifest physical, just because you can, but never to get stuck in it.

You're also here because you *are* the visionaries.

You are the visionaries for sovereignty. It starts with you. Don't spend all your time trying to imagine the planet and everybody on the planet happy and everybody getting along and just a big Kumbaya fest. Imagine that for yourself. Envision it for yourself.

Envision the abundance. Envision the energy flow.

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Envision it for yourself. Envision the abundance. Envision the energy flow.***

That, *when done for yourself*, that then creates this new dimension in mass consciousness that has the potential for people who are willing to change their life, one person at a time. It has the potential to change this planet.

That's why you're here – **to envision for yourself this new reality, and then to share it with everyone else.**

That's what changes this planet.

Be in vision.

04 – Life Designers

Being Life Designers

Being Life Designers, being illuminated designers – that’s what you’re doing; your whole life is a design, it’s a beautiful design.

In this whole clearing out process, you have to understand that you get into this human condition – by design, of course, but then you forget that you designed it – you get into this human condition, there comes a point, as hard as it is, it’s time to do some releasing, what you might call clearing. It’s letting go of the identity, and it seems like death. It seems like the darkest of the dark.

That is an illusion. It is the greatest blessing and gift you can give yourself, **to release yourself from the stuck energies of an identity** that’s served you up to now, but there’s something far grander, created by you, the designer; you, the designer of your life.

You segment yourself. You take this essence of you, and then you slice off parts and pieces, or you release, you let go of parts and pieces. A part of you is here in the human experience. It *is* grand. If you forget about things like death or things about forgetting why you’re here, if you could eliminate those, you could really dance to this life experience. But as a designer, you placed these things here, this thing called death, this thing called illness, poverty or lack in there as part of this whole life design. Now you’re pissed at yourself about it, but it’s been embedded there after many, many, many lifetimes and experiences.

It’s not really releasing. Maybe it’s actually accepting. *Isn’t the total acceptance a release of what you thought the design should look like, of what the life that that design kind of took on its own, and now you’re bringing that design back?*

You’ve been brilliant in putting this veil together that keeps you from absolutely remembering, but the veil is an illusion.

Are you willing to really be so bold and courageous? Because **everything will change when you do.**

But are you really willing to change?

Life, it gets down to everything – **relationship, jobs, sense of your identity** – not self-worth but identity – **even your health**, everything.

Are you really willing to go beyond that identity?

The identity will not go out of existence. It will just take on a different *reality anchor* in your life, in your design. So you created even this thing called a soul – it’s part of the life design to segment it – it’s really just your wisdom. Your wisdom. There never really was a soul. There was never this grand golden angel. We’ve used those terms, because it’s part of the evolution, part of the spiral. But now we even go beyond that into your wisdom, your true wisdom, the distillation of your experiences.

(The word “distill” – to refine, to bring down to the essence, to have the alchemy of consciousness).

Life Design

With enlightenment, it is very difficult to put up with mass consciousness, very difficult to be in this solid mass – hurts the body, very difficult on the consciousness – and many of the Ascended Masters felt like they were being sucked back out of enlightenment, even though that wouldn’t have happened, but there is a kind of a water-boarding effect. You just feel like it’s going to happen.

So many of them left. Not [Kuthumi](#). He walked the Earth for many, many, many years after his enlightenment.

“It’s very simple.” Distilling it down to the essence. *“It is as simple for any of you as saying, ‘Yes, I am enlightened.’*

Not ‘I want to be enlightened,’ not ‘I’m going to be enlightened,’ not ‘Someday, maybe, I have to study for it.’ ‘I am enlightened.’” That’s it. That’s it. You can quit now – *“I am enlightened”* – because **the moment you say it, it starts**

happening. The moment you feel it, it starts attracting those energies. Suddenly, as you feel it – **“Yes, I am enlightened”** – you start to believe it. You start to live it. Everybody else believes it.

How did you do it? Answer: **I Chose It!!**

The moment you choose it, it becomes. It just starts happening. It just starts creating itself.

Your life design is absolutely brilliant. So brilliant that this thing that we call wisdom, the soul, the essence, is part of that life design with you, working with you right now, even though you’re going, *“I don’t know. I haven’t talked to my soul ever. It doesn’t respond to my many, many requests and demands. I haven’t won the lottery. I am getting a little bit older. So I don’t understand this whole soul thing.”*

Look at the life design – and you’re actually in cahoots with it, you’re part of it – but there are elements that reach beyond what your consciousness is aware of, and that is a good thing. Thank God, that’s a good thing.

If it was the human self – the limited awareness human self – running everything right now, you would be a seven-year-old with a lot of toys and the fastest bike in the neighborhood.

This life design plan going on with your wisdom, and your wisdom said, *“No, you’re not going to have the fastest bike, because it’s not part of this beautiful plan.”* The life design that you are a part of that life design plan said, *“We’re going to keep going. We’re going to get in the third grade and fourth grade and graduate, go to college. We’re going to do all these things.”* Why? Part of the experience. Part of the grand experience of life, part of sensuality. Also, part of life – an important part of life – because this life is like no other.

“Past Lives”

“Your past lives are not you.” They’re not. Get over it. None of them are important. Half of them are fabricated. The other half you just relate to the archetypal energies of Yeshua or Moses or Cleopatra or Mary Magdalene or whatever.

They’re an active part of this whole experience that you’re having, but there is this thing that the human – the limited human – does. It says, *“I was Mary Magdalene,”* to try to give yourself some worth, I guess. Well, yes, you were part of Mary Magdalene, a little part along with a lot of others, but you weren’t Mary Magdalene. You’re *not* Mary Magdalene.

You’re not your past lives. And the sooner you can let that go, the sooner you’re going to free yourself, unburden yourself, get over their crap.

So there are a lot of these past life aspects out there – trauma, terrorized, walking the Earth in kind of a night-walk type of thing – but they’re not you! That’s the amazing thing. *They are not you.* They’re another expression of your soul, so they’re related, but take for example, *do you feel that you’re just an extension of your cousins?* No! You’re totally different. You’re unique. You’re *you*.

Up until this lifetime there was a definite link between lifetimes. There *was* a type of progression. But then, in the brilliance of the life plan and the life design of the soul, it says, *“I’m going to create an expression of myself that’s different, that’s not just another lifetime.”* Why? Why? Well, because it got tired of doing the other lives, and just, well, realized it needed something to set itself free.

The soul, you – *you* – realized that you’re the Standard for all those other past lives, for all the other humans, for yourself. You’re the point of integration of yourself. You’re the point of enlightenment for yourself, not those other lifetimes. Even if you were a Buddha – not that lifetime. *This* lifetime, right here.

You’re the point of integration, the designated ascendeer of yourself, your soul comes in here to join you.

Your **Wisdom arrives**, absorbs in your [Body of Consciousness](#).

You become standard for these other past lives of your soul, you set them free, release their ropes.

Release yourself of that burden thinking you were your past lives.

Brilliant Life Designers – yes you are – but you doubt yourself so often.

Getting out of mind, allowing it to happen.

Enjoy life! What the hell! Why not? Let go of the rules, let go all these things that would have bound you before.

***Enjoy life! What the hell! Why not?
Let go of the rules, let go all these things that would have bound you before.***

Brilliant Life Design – putting yourself, right here, right now and there is *nothing* you need to do.

No mantra, no chanting, no crystals...none of it ..no readings.

Take a breath, you realize you are a life designer! All natural.

Take a deep breath: I AM ENLIGHTENED - YES, I AM ENLIGHTENED.

Suddenly, it changes. Everything – the energy, the amount of wisdom that comes in, the reunion or the reconnection between the human self and the wisdom.

No longer *on* the path, no longer striving for enlightenment, you no longer care. I AM ENLIGHTENED.

Let’s enjoy life.

Next Lifetime

What if the next lifetime maybe wasn't even totally physical? What if you could be here when you wanted to? You didn't go through birthing. What if you weren't even resident here? What if you did as I do? I just take up with a dog once in a while. A real dog, not a ... they let me hitchhike along with them, a bird once in a great while, never fish, or I'll manifest the illusion of a physical human being for a couple of days. A couple of days is about all I can tolerate. Then I start getting headaches and nauseous and realize, "Oh, I'm acting so human" and then I evaporate that illusion.

But what if you could do that? Be here when you wanted; simultaneously, at the same time, be on New Earth frolicking through the woods, swimming with the dolphins. Why not? Great dolphins on New Earth, you put them there. Floating on clouds. You always wanted to do that. New Earth, you can. You just float along on a cloud.

What if you went and just created, you know, your own little universe? It doesn't have to be big. It doesn't have to be quite as big as this one, and you just created that. What if you could do all of those things simultaneously in your next lifetime? What if you were never stuck with anything? What if you had this next lifetime and there wasn't the word or the feeling or even the awareness of doubt? It just wasn't even in your awareness. Somebody came up to you and said, "Oh, I doubt this." You'd be like, "I don't know what that means. Never heard of the word doubt." And they tried to explain it. "I still don't know what it means. Totally foreign to me." What if this is your next lifetime? Any way you want.

Doesn't life here offer some amazing, amazing things? Aren't the good days really good? And the bad days ... really good, yeah, yeah. Isn't it great to ... just touch another human or touch yourself? Take a walk in the woods. "Well, what do you love to do?" it was simply beautiful. "Walk in the woods with my horse and my dog." Or cooking? It should. It's sensual. First, you get to ... every sensual experience you get to smell it and see it and hear it. You get to then eat it, and then you get to eliminate it. What an experience of being a human!

Next year (2012) is going to be a year of changes, but welcome, absolutely welcome changes for you. For you. Perhaps not for a lot of others who are still wound up a little bit too tight, a little bit too mental, a little bit too much in a very old restrictive energy, still trying to figure it out, and here you come along and just say, "Yes, I'm enlightened. I'm enlightened, because I chose it." So, next year, amazing energies for you. Breathe them in.

Don't get caught in the drama, the headlines, the conspiracy. You're going to hear more conspiracy next year than ever. Everything's going to be a conspiracy. It all kind of is, but it's a dumb conspiracy. And I said before, people at the head of governments, I'm sorry, but they're not bright enough to really carry out a good conspiracy to take over the world. First of all, *why would you want to? What do you get when you take over the world?* It's bankrupt. There's a lot of disease. There's a lot of wars, starving people, dumb people. There's a lot of that out there.

2012

2011: Re-ordering, means that you are changing the way you are focused or centered into external things around you – gravity, polarity, duality, electromagnetics, regular magnetics, light and energy being the primary ones. You are connected into all of these things – you've made the choice to get connected into them – because those connections, with those primary elements, allow you to have an experience in the physical reality. They've kept you in this kind of a hologram. They've kept you focused, but they've also kept you limited – part of the life design.

So this last year was about saying you're going to allow yourself to reorient into these various conditions. *Why?* Because they were changing anyway. *Why?* Because your consciousness is changing. So it was basically you allowing yourself to readjust into magnetics, gravity, energy, light, Earth, air, water, all these things.

Ultimately, it had an effect on your DNA. DNA is not what it was a year ago. It's happening, not to all, not to many humans, but it's happening, because you're allowing it to.

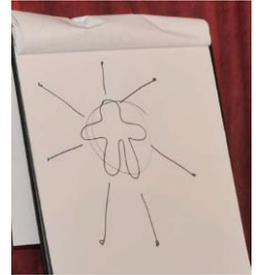
Now, in the re-ordering process, you change the way you're focused into or adjusted on things. It's like taking a beam of light and changing the focus – the intensity, the amount of energy needed to drive that light, where the light hits, how big the light hits. So you've changed your focus or your orientation.

So you've gone through a lot of changes, gotten through it pretty gracefully; now we go to the next level this next year. You have what are called reality anchors. These are coming from the inside, not the outside. Last year was the outside, but these are your reality anchors.

Reality Anchors

You have tens, thousands – who knows, millions – of reality anchors. Your five senses are a big part of the reality anchor. You have a certain way of looking at things, hearing things, smelling things, touching, tasting things.

So these are all ways for you to anchor your reality, yourself. It keeps you in what you would call a focus. It keeps you in a dimension. It allows you to stay kind of in here (draws a circle around the figure) with only slight shifting back and forth.



These reality anchors are the way your furniture is arranged in your room. And while they seem insignificant, actually, they're not at all, because if somebody walks in and moves that chair about one inch, you may not notice it right away with your eyes or in your mind, but there's going to be an uneasy sense in that room.

No. It was your anchor got shifted off a little bit

Your emotions – your anger, your happiness, your laughter, your imbalances. Your imbalances, believe it or not, even though they sound imbalanced, are very balanced. They're anchored exactly where you put them.

The imbalanced emotions aren't wobbling and wavering and all what you would call imbalanced. They're very stuck. They're pillars that you call imbalance. But they're there. They're anchors.

Your earlier life experiences are anchors also.

All of these are ways of staying in that perception of reality.

So this next year (2012) is going to be about releasing the reality anchor. It's going to be replaced with a sensor.

These sensors – the reality sensors – actually are going to be probes for you. They're going to sense the environment, your situation, your reality. They're going to provide you with feedback, but not up through here (head). It's going to be in here (body), feeling feedback, sensory feedback about different potentials.

Your reality sensors are going to replace the eyes in many ways. They're going to replace the eyes and some of your other physical senses, or, let's say, be in addition to. They're going to sense different things that may attract you; experiences. They'll also give you warning, heads up about certain things you're not going to want to encounter. Your reality sensors are going to be co-managed by you and your wisdom, you and your soul. Wisdom is coming in right now. It wants to play. It wants something to do, so it's going to be part of creating these reality sensors.

You even had reality anchors into potentials, into tomorrow. You throw them out there, you plant them there and say, *"This is the potential that we're going to experience."* Phew! Blow that one away. Next year, and from henceforth, it's going to be different, because you were choosing potentials based on the past, based on what's come up until now.

Take *that* reality anchor away. That anchor was 'physical body, limitations, crap from other people.' So you eliminate that and you put out your reality sensor instead, sensing what *could* life be, without anchoring into things like science or math or anything else. In other words, *imagining what could life be? Could you be on New Earth frolicking on a cloud? Could you be here on Earth full time, part time, any time?*

You're hiding them (old anchors) in the back room, in the closet. *Why?* Because they're comfortable, because they're familiar, because you know when a storm comes up that you know you can find a safe harbor. You can set that anchor down.

That's where we're going to go next year – heading into the storm. *Why not?*

Closing statement

Why wait for your next lifetime? Or, better answer, why don't you just start your next lifetime right now? Right now. Why not? Don't give me all the scientific reasons why you can't.

You *can*. Get rid of the old anchor points, dear pirates. Get rid of those and start it right now. Absolutely.

Allow, because a lot of things have to start shaping and shifting. And I'm not saying limit, but be a little patient, because you still have a physical system that was designed a long time ago. There's still a lot of mass consciousness around. It takes a while, but actually, it's already working right now. Simultaneously, you are also on the New Earth. You're kind of searching into potentials.

A lot of things are happening. The question is right now, *is the shift in awareness or the opening in awareness to where you know these things are happening, how long is that going to take?*

Question and Answers

(some of the, in my perspective, relevant questions)

~ Question 1:

“What else do I need to do to finally heal and release the psoriasis I’m experiencing on my hands? I’ve eliminated many foods, which has helped but never healed 100 percent. Why can’t I release or get past this experience when I choose to?”

Please talk to it. Talk to it. *What is this condition trying to tell you?* So part of it is a way of releasing.

A lot of you are still holding onto some SES* issues in your life. You’re letting people feed from you, and you’re still playing the victim.

(Please also read: [Addendum A: Awareness – Sexual Energy Virus](#))

~ Question 3:

“How do I know the difference between “It’s not yours” and “I did design it myself”?”

What you’re choosing. What you’re choosing. It doesn’t matter, any of those things. You come to a point where you realize that. Your wisdom is saying once in a while, *“Remember ... remember you’re going to be stuck as a seven-year-old with the fastest bike.”* And your wisdom has ... well, that’s why it’s wisdom, because it’s wise. And it’s saying, *“Let’s continue to move past that.”*

About 90 percent of everything that you buy into about yourself is not yours. It’s about other people, mass consciousness, aspects, past lives and all the rest of that. It’s not yours. About 10 percent is yours. It’s what you’re choosing.

We’re going to be more discerning, more focused on it, saying, actually those thoughts really *aren’t* yours. Those crazy thoughts – they’re not yours, even if it came from your brain. Even if it came from your brain, they’re not yours until *you*, the sovereign being, chooses it and says, *“I like that one. I like that feeling, that thought. That’s mine.”*

Then this all this other craziness starts to go away, because it’s not getting attention or energy. It starts to leave, and then you become very aware that you’re a conscious Life Designer.

~ Question 5:

“Would you be willing to speak a bit about all the human protesting and uprising around the world currently?”

It feels to me like more and more humans are beginning to wake up to a lot of the large-scale energy feeding and imbalance that’s been going on for lifetimes.”

The consciousness potential that was chosen by a wise group of humans is coming to Earth, and it will not tolerate this lying. It will not tolerate hidden agendas anymore.

Occupy groups- Let’s assume that their pure intent is there, but suddenly, that SES*, those other energies – the reptilians and all the rest of that – they come in and start using it. Let’s say they start out with pure intent, but this energy moves in, and they’re not aware enough or enlightened enough to know what’s happening. And suddenly, they’re infected. And suddenly the very pure cause that they came forward for is getting infected. And then things get really ugly, and then there’s violence.

You can create a different potential, but only they can choose it.

(Please also read: [Addendum A: Awareness – Sexual Energy Virus](#))

~ Question 8:

“Why, Adamus, don’t you talk about UFOs? You said that you would talk about them in the past.”

Aliens are a lie. (he writes A LIE) Alien. you get to deny yourself here. They’re here, the beings from other dimensions, generally not even physical in nature.

The ones that stray here by accident really hate it here. They hate it, and the stories get out to the rest of the universe, the rest of creation about how awful Earth is, because it’s dense, and they’re not used to dense bodies; because it has an energetic gravity, not just physical Earth gravity, but a consciousness gravity that sucks people or beings, aliens in. Sucks them in. They get sucked in here, then they forget that they’re aliens and they start thinking that they’re humans. And then they get born after the parents, you know, do the thing, and they get into a physical body, and now they’re in the same boat that you’re in, but they’re in the back of the boat. They have to spend a lot of lifetimes, and then one day, they have a car accident, they get knocked unconscious and they wake up and go, *“I’m not supposed to be here. I’m an alien! I’m from some place else! What the hell am I doing here?!”* And then they start going to readers, and they start going to psychics and everything else, and the psychics now get caught in their whole drama, you know, the alien races.

* “SES” refers to the “Sexual Energies School” where Tobias talks about the sexual energy virus.

They do send energy, well, you call them beams in, waves in, and sometimes you'll perceive these as little metal ships with lights that spin around. Most of the time they're not physical. But that's your anchor. You have to make it physical to try to understand it. So your eyes see it as this metal ship floating around.

They got over metal ships a long time ago, because it was a waste of good metal sending it here. So now they use these kind of light probes. They're not more advanced. You could say technically, yeah, they have a few things that you don't have, but they're not more advanced. Actually, there is no place more advanced than Earth.

If they were so advanced, they would have already come down and told you that *"You are God also, now get over everything else."* That's what they would have said. They would have said, *"What are you searching for? Start living it."* They are interested in something you have that they don't. They're *fascinated* by it. They are *intrigued* by it. They want to manufacture it, package it, sell it to other planets maybe, and it's **called love. Love. Love.**

Love was invented here, created here and experienced here, right here on Earth. Love wasn't from another planet. Love wasn't even from God. God knew nothing about love until it occurred to you. Nothing. *How could Spirit have known that?* Spirit knew connection with you, but Spirit didn't know what love was. It now does because of you, because of what you've experienced. And when you experienced it, you felt that surge within you and you expanded yourself momentarily to the other dimensions and back Home and you said, *"I love you, dear God,"* kind of like saying to yourself, *"I love me."* God felt that, having never felt love before, never knowing what love was, being overwhelmed and saying, *"I love you also. Thank you for showing me what love is."* These other life forces, these what you call highly advanced, intelligent life forces do not know what love is. They want it, they're trying to analyze it. That's the sneaky thing about this love that you created. It's not in your blood, and they analyze blood sometimes. It's not there. It's not in your brain, thank God. This love is not there. The love is not trapped in this organ called the heart or in your skin. You can't trap it or contain it, even by writing it in a song or in a book. Love is one of the only substances in all of creation that is undetectable. You can't analyze it, you can't measure it, you can't detect it; you can only experience it.

And people get so distracted by these, whether because it's a savoir or something to aspire to. It's not. It's right here. It's right here. It's sitting in these chairs. It's listening in on the Internet. This is where it's at. This is why I'm here and you're here. This is why we're talking about life, living – absolutely living life.

"Well, we've been integrating for some time now, and you brought that up in this channel. And I just need a little clarification on the difference between the past lives that don't want to come back and our aspects – integrated aspects. What's the difference and what have we been doing these last many years?"

So here you are integrating them, collecting them. Not forcing them, but *integrating a lot of aspects. Who'd have thought, who would have even aspired to trying to do it in a single lifetime?* That would have been considered madness 50 years ago. Even yesterday! It would have been considered madness a while back, because the energy worked different and consciousness was more rigid. But you, and others around the world, said, *"No, we're going to integrate,"* and what that meant was not forcing anything – quite the opposite. Integration is about acceptance, not forcing. You can't beat those aspects into coming home. You can't force them.

Integration of past lives is a little different. They, actually – if you want to get specific about it – they don't actually come back to you. They actually go back to what you would call your soul, but into your wisdom. So they – and in a way, yes, you could argue and say, *"Well, then they do come back to me"* – but, in a way, they don't really. They go back into the soul. But you help to release them.

You're doing that from the Now, you're going into the past, but in a way, it's not really just the past. It's occurring right now. And your soul is rejoicing, because together with you it has freed up a part of itself, brought itself back home. Part of the whole reason for being here in this lifetime, the life design, is to do that.

It's not retrieval. It's just presenting yourself to the past lives. *"I Am that Am. Here, I – my soul – I made it, made it into this lifetime,"*

"Well, how come things aren't better? How come I feel so limited?" Well, stop feeling so limited. Yes, you are enlightened. Look at what you're doing right now, all of you, setting a potential for Earth and New Earth.

~ Question 10:

"We've made no virtually no improvements in cancer survivability since Nixon declared war on it in '71. In some cases, we've actually gone the other way. Would you say that this is one of the ways that we've chosen to provide ourselves with opportunities for ascension and enlightenment? Or without directly endeavoring to cure those with cancer, how can Shaumbra increase the odds for those with cancer to awaken according to their schedule for doing so?" So for Shaumbra who are dealing with cancer, it tends to be energetically some old residue of anger and hate. And this is very simple – don't think about it real much – *what does it take to transcend cancer?* (someone says "Choice"; another "Choose") **Loving yourself.** Choice and loving yourself. You can make a choice, but if you don't love yourself, that cancer is still going to be resident.

By the way, every one of you here has cancer. Every one of you, sorry. Every one of you have cancer cells in your body. They are potentials, may not be activated, may never be activated. Only a small, small percent of you is it going to be – although you can change that.

Those cells are there. They're the shadows of self-doubt, hatred and anger, and you can either let them come to the surface or you can release them. That's why we're going to be talking about anchor points, letting those go, changing the energy, the patterns and the dynamics.

So if you have cancer, **love yourself, and accept it, by the way. Stop battling it.** You found that out, On, early on.

You're not going to win a battle with cancer at all. You're going to fight something that you designed. Now, what you can do is love your way through the cancer. Love your way through it. It'll transmute all that stuck energy, and it will make your whole body shine and you'll enjoy life anyway then.

05 – The Gift

2012, It is a year of very intense energies

Potentials. Grand potentials. Crappy potentials. Big potentials; energized, magnificent potentials; catastrophic potentials – *Which one are you going to pick?*

***A potential is something that, in a way, has already been created.
It's bringing in a certain amount of energy right now, but waiting for more.
Waiting for you to choose which ones you're going to experience.***

Potentials

Many of you have struggled with potentials. You've really made it challenging. You've tried to over-define them, tried to get too mental about them. If anything, if you're ever wondering about potentials, instead of trying to define it as words or a statement, just feel into it. *Does it feel good? Does it not feel good? Does it feel like a challenge and a struggle? Or does it feel like something that's joyful and easy?*

A potential isn't necessarily something like 'getting rich' or 'getting healthier.' Those tend to get more limited – the human needs, not necessarily those combined needs of the soul and the human – connecting with and understanding what truly is *your* soul desire – not a soul that exists someplace a long way away, but your soul desire right here.

More energy available than ever before. These energies are coming in from a variety of different sources. They're coming from Earth itself, as some of the energies that have been stuck in the Earth – Gaia – for a long time are being released.

(It always amazes me that people bury other people in the ground. Placed your bones in the ground. There is an energy that stays there, that doesn't go along with you. But let's say that your bones are in the ground, there's a part of your energy, so when you get to the other side, it's not all with you. You're still connected. You still have an anchor point into Earth. I've always preferred the cremation or burial by fire. Why? (someone says, "It transforms") It's a transmutation. It releases the energy. It gets it all back down to the natural state. It literally transmutes, burns out your old energy.)

Energies coming in

Energies coming in from the other realms, from comets, from this Planet X, from everywhere – solar flares and all of these things – they're all coming in. *Why?* Because you've called for it.

Your consciousness has said, *"I want to go to the next step."* Earth – humanity – has called for it, said, *"We're really ready for a change."* It's a pent-up consciousness that's been desiring it, wanting it for a long time.

You're going to learn how to really feel into and use potentials. Choose them and watch then how they manifest. And typical, often, of human behavior, people – humans – think, *"I want this,"* but then things like **doubt or fear** or just **distraction** come in, and then it kind of goes away. And then they say, *"No, we really, really want this."*
(Please also read: [Addendum D: The Creative Energy Spike](#))

Well, you can feel that on this planet right now, what I would call an elegant frustration, a beautiful frustration. Humans are frustrated with a lot of the old ways, and they're wanting something different. So the beauty in that, it is attracting the energies, and they're coming in and it's going to be amazing and with that are your potentials. So it also begs the question **what do you really want?**

And it's good that we've had these discussions, because it's caused you to consider some of the human needs. You want health. You want love or relationships. But it's really caused a lot of you to consider some of the grander things that *you* want – not just the human part but the soul part – and a lot of you are coming down to true inner understandings. Wanting clarity, for instance, wanting fulfillment, wanting joy, wanting knowingness. You're really distilling it now.

Now, as you do, of course, as you know, it causes changes in your life, and those are oftentimes when you get hung up. You get into doubt and fear.

But you're starting to get more clear what's important – what's really, really important – in these years that you have in this lifetime on this planet with these changes.

I'm delighted to see that so many of you are getting away from fate and destiny. That's important to get past that. There *is none*. There is none, unless you buy into it, and then there's a lot of it. There's a lot of influences that come in, but you're truly getting beyond it.

So a lot of very profound energies, powerful energies this year coming in, and they can throw you way off balance or they can enhance what you're choosing. So as the year progresses, things happen and they get dramatic – related to other people or even world events – that little voice that says ...

Tools & Tips for 2012

What would you tell others – family, friends, anybody – somebody comes to you looking for help this year?

~ Tip #1 - Beyond the Mind

...*"So, what's beyond the mind?"* – Well, to them it's probably going to matter. To you it probably doesn't, but to them, that's a scary proposition – going out of the mind. That is what humans consider the highest form of intelligence. They consider that higher than anything else – put on a pedestal, put on the altar – the mind. To give that up, many think that they're opening themselves to being taken over by other entities or really disintegrating, falling out of existence. So what would you tell them?

Connect with soul. *"Where is my soul?"* - Humans have been looking for it forever. In the stillness when you breathe. *"All's I hear is voices in that stillness"*, they would say - *How many of you have been able to put those mind voices on mute?* In all your meditation.. The best way to meditate is go take a walk, truly. And, as Tobias said, *"Meditation is in every breath, in every experience."* It's not 20 minutes a day off in a room by yourself –it's every moment.

"I should trust my feelings?! My feelings, they get me in trouble. I've been working on not feeling. My family keeps saying 'You're so emotional. Stop feeling.' That's why I'm in my brain."

And the point here is that the words *are* difficult. And you say **"Go beyond the mind,"** which I think belongs up here – and maybe I would write underneath **"Go with the experience,"** which is also the feeling, the passion – but, absolutely, beyond the mind.

Go beyond the mind Go with the experience

You're going to get a lot of people saying that without the mind, you're nothing. Without the mind, others are going to control you. Your mind is the fortress. Your mind is what makes *you*, makes your personality.

But that's a good point, because actually, you're **actually going beyond the identity**. And if, talking to others, and you help them to understand that there is a grander identity of themselves – it includes the mind, it includes the body, it includes every part of them – but there's something amazing, amazing out there, and it does take the breath and trust and some experience to go beyond that.

You're going beyond, but it has been difficult. You try to do it from *within* the mind – you never will be able to. You can't think your way into ascension. You can't think your way out of your mind at all.

So it comes down to really then **understanding the difference between your thought and a feeling, a mental activity and your true passion**. It comes down to the **difference between having to make logic of things versus just feeling and experiencing those things**.

Artists, those with the true artistic expression, abilities – everybody has abilities, but those who are using it – will find it easier. They kind of understand. Let's say you're painting something, you're not really thinking about it; you're experiencing the feelings with it.

Now, part of your mind is functioning, picking the different colors and having to manipulate or handle – not manipulate, but manage – your brushes, and the lighting in the room and everything else, but suddenly you get into a flow and into a feeling.

That is going to be so important this year, because it's going to have its bumps, its ups and downs, its shake-outs and everything else, and there's going to be a tendency to get into the mind about it, to over-think it. That's where you take that deep breath.

~ **Tip #2 - Rules**

A lot of the rules, a lot of the laws are agreements between humans to create some semblance of balance. So those aren't necessarily bad.

When we – when I – talk about rules, I'm talking about the rules you have for *yourself*. You have a lot more laws on the book in *your* book of life than there are laws in the state governments or federal governments or cities. A lot more rules about what you should and shouldn't do, how to dress, how to act, how to be, the good, the bad – all of these rules *What's yours and what's not?* Take a look at that. Many of the things that are in there aren't really yours. *So are you ready to release them?*

Then take a look at your own rules. When, approximately – feel into it – *when approximately did you create that rule? Does it serve you anymore?* It doesn't mean you have to have anarchy – you could if you wanted – but it means that releasing of the energy behind the rules, expanding yourself, getting back into life.

~ **Tip #3 - Trust**

Trust yourself - And then you can integrate your experience into your wisdom. - *Do you trust yourself?* because it's like [Kuthumi](#) says: you say, "Yes, I am enlightened," and then that literally starts happening. *So what would you tell people who don't trust themselves?* - Doubt can cause you pain-

They may want it. It may sound good, but they don't understand it – what it's really like to trust yourself – and there are so many things occurring to bring you out of trust.

They've created this reality out there that is all about mistrust. It's been done through choice, belief systems, the way they attract energies, so now they've created their world of mistrust. They're living within it. So everything now tells them that there is mistrust, especially with themselves.

It's a very difficult one, because energy is quite literal to consciousness, and when there is the mistrust, it creates more mistrust and now you live in a world of mistrust. *How does one get out of that? How does one truly get back into trusting themselves?* When everything that is happening to them – suddenly, they walk away from a great conversation with you about trust, they walk out the door, slip on the ice and break their leg – *what do you think's going to happen?* Well, they're going to go back to mistrusting.

So trust is a good one, but *how does one learn to trust themselves?* Choose it, yes. Now, you're going to get a bunch of experiences that have to do with trusting. It's not like it's just going to manifest right away, but you will get a lot of experiences about mistrust in order to help you trust. Interesting the way energy works. *How does one learn or experience trusting with themselves?* Big one. If we can answer this, boy, we're going to graduate into another level

Acceptance, yes. I would agree, and I think everybody here would, but you're telling a person on the street about acceptance. Now they're really confused – trust and acceptance – two things that are very, very foreign. I totally agree with what you're saying, but *how do we distill this? How do you get somebody to trust themselves?*

Self-love. Now we're really hitting on one of the most difficult things! - 'acceptance, self-love.' - Yes, we all know that's correct. You've all had some experiences with it, but that's the toughest thing a human will ever do. It's the toughest thing any angel in any of the realms will ever do. That's the – truly, ultimately – the experience of Earth is self-love. The most difficult thing. **Trusting, accepting, self-love**

So this is the dilemma, *how do you relate this to other people?* Because you're asking them to trust, which is a difficult thing to do. They do, to an extent, but trust is like ... trust is trusting **the small limited tube** that they live within when there is a lot of things outside of that. Trust is actually contraction, because people, in a way, they contract themselves. They create a very limited – and what they would think is mostly safe – environment, and they don't step out of that. They live in a small room within a big mansion, and they don't know the rest of it exists.

So the trust is actually, for many, a limitation. *"I'm going to live small, because I can control it and manage it."* And ask them to trust that there is a mansion outside of that room that they live within? Trust that these other rooms in the mansion – if that mansion is really there – are not filled with alligators and tigers and warlocks?

~ Tip #4 – Release Expectations

Before trust is fully experienced, it's releasing any expectations of what an outcome will be. Releasing the expectations of the outcome. *Are people willing to do that?* A little bit.

In the process of releasing and ultimately trusting, accepting, loving yourself, you went through hell – or not – but you went through things in your life that the normal human would think are bizarre.

You went through experiences – whether it was losing your job or relationship, having something affect your health or whatever it happened to be – not your typical type of what you would call a positive human experience. But, ultimately, you realized that was *necessary*. That needed to go. You needed to have that connection with the soul self and its input, not just the seven-year-old human.

~ Tip #5 – Reassurance

it's going to be okay. *Does that work?* And when you say it, it's not just the words that come out of your mouth – "It's going to be okay" – because even you have heard that before and you know once the words come out of their mouth, that's – *how do you say it?*

There's an energy. There's a look in the eyes. There's a confidence, because you've been through it, and you know you can come through it and still be intact. Yes, you've still got some issues, but you're getting that confidence, "It's going to be okay. *Why?* Because I chose it. *Why?* Because the energies are supporting me. *Why?* Because I'm a grand creator. I Am that I Am. It's going to be okay."

You don't even care if you die. It's going to be okay. It's just an experience.

"Now, does that mean that I'm going to be able to pay all my bills?" Question – I'm playing the typical human – *"Does that mean all my bills, I'll be able to pay them?"* No! Absolutely not! It doesn't matter though. *Why?* File for bankruptcy, it doesn't matter.

When you start focusing on those things, and you get the immediate response – typical human response – and you say, *"It's going to be okay,"* you're looking into their soul and saying *"It's going to be okay."* The soul lives forever. The soul is having a grand experience. *And bills?* Eh, doesn't matter. It's going to be okay. Maybe you'll pay them, maybe you don't. Maybe you find a new relationship, maybe you don't. It's going to be okay. You learn to love yourself. You're going to realize you don't really need the money. You have all the energy you need. It's going to be okay.

~ Tip #6 – Embrace Change

Allow Change. People don't like change.

It's uncomfortable. You don't know. And I go back to my analogy – living in a small room with no windows within a huge beautiful mansion, but they've isolated themselves in a room, because it's manageable. It's controllable.

They've learned how to handle that. These other rooms in the mansion are just over-whelming, unknown, uncertain.

But you talk about change, and change is a wonderful thing. Thank God for change – thank yourself for change – that there is this natural evolution process that you really can't go backwards. You really can't, no matter how hard some of you have tried. The change is inevitable.

So it's not just allowing, but it's actually embracing it and rejoicing in it, and it's amazing.

And there's still going to be the concern that they only want good change.

Isn't it important to help them understand sometimes if the arm of the pendulum is like this, just frozen, it's not moving – a lot of humans have that energy, there's not a lot of swing there – once it starts going, it's going to go both ways, to both ways of their judgments. Some, what they consider good; some they consider bad. It comes back to the point of trust. *Can you just let that pendulum flow?*

It comes back to the question that they're going to have is *who's making that pendulum move? Is it being manipulated by some other being, even "the soul," who is distant and removed for most people, or God or their spirit guides or a group of angels?* So it comes down to who's making it move. It comes down then to the understanding **they** really are, but they're just denying it.

~ **Tip #7 – Laugh**

Laughter – so important. And now, laughter, you know, we’re not so heavy as some of these other things. Simple. I would actually start out with “*Laugh.*”

You’re going to need it this year. You’re going to want it. *Why not? Why not?!* And, you know, when you hear some of the crazy things, don’t be so sanctimonious and sacred about it. Laugh about it. There’s going to be some crazy things – laugh about it – in your own life or in the world. They’re just changes that are occurring. They really are.

Yes, sometimes people suffer as a result, but in a weird, wonderful way, they’re actually kind of choosing that. It’s their experience, what they want – not what you necessarily want – but the ability to laugh.

~ **Tip #8 – Dreams**

Daydreams, thank you. Fantasies, dreams can have two meaning, of course. It can mean where you go at night or some of your aspirations, your ideas, your fantasies, your magic.

So Integrating dreams – so important for you this year.

Sometimes this concept of dreams and goals they cross over each other a bit. I’m not a fan of goals or a lot of planning – I realize some activities you have to manage details – but in a broader sense. I’m not a big fan of goals, because you’re setting usually mental and oftentimes unrealistic expectations for yourself.

However, dreams are from the heart. Dreams are open, without having to go through a series of steps to get there with a defined outcome. Dreams have no closure at the back. Dreams are open. They continue to expand, whereas a goal is very linear. It stops at a certain point.

Dreams are held by so many of you in another realm – the daydreams, the feeling into things, the imagining things – but they’re out there. They’re outside the tube that we’re going to talk about in just a minute. You don’t bring them in.

Integrating your dreams

***Because in your dreams is your soul, is your wisdom, are your potentials
Integrating your dreams, bringing them into this reality***

I think for Shaumbra this is perhaps the most important thing for this year – **integrating your dreams – because in your dreams is your soul, is your wisdom, are your potentials**. Dreams are potentials. Your soul is potential. So integrating your dreams, **bringing them into this reality**.

Now, that doesn’t mean that you then have to try to plan the dreams and try to force and work the dreams. Just let them flow in. It doesn’t mean that you need to suddenly – if you had a dream about dancing on a big stage in France, but you’re 78 years old – it doesn’t mean you need to actually go do that. See, that’s where you get mental and linear. You can have that dream and the essence of it, and do it without ever having to travel. You can have that dynamic in your life, integrated with you.

Once you start integrating, you’ll realize it doesn’t have to be fulfilled on a physical stage; it could be.

It doesn’t have to be on a big stage in Paris; you could create your own stage. It doesn’t have to be done literally, as the mind would sometimes say you have to do it. You look underneath the surface for the symbolic energy.

The symbolic energy is more about the expression, the joy, the singing, the sharing with people. That’s the symbol. The literal part would be saying, “*I have to go to Paris and I have to do it at this theater on this date, and ...*” That’s where the frustration comes in and the anxiety, and that’s where the mistrust comes in, because if it doesn’t happen then you think you did something wrong.

When you feel into your dreams and you integrate them, you suddenly realize **the specific doesn’t matter**. You look in the underlying energy – **singing, joy, creativity, sharing, energy, movement** – those are the important things. Suddenly, you’ll realize that the literal – what you thought was literal – having to be at a specific place with a specific number of people, was irrelevant. Irrelevant. (*Please also read: [Addendum G: Farewell to Dreams](#)*)

~ **Tip #9 – Follow your Heart**

You follow your heart, well, you have to have trust to do that. It’s difficult to follow your heart if you don’t trust. People follow their heart and then get in trouble. *Why?*

Because so many of the other parts of themselves are still on a linear, mental dimension. You've got part of them that's following the heart, but the big part following another path – those don't always work together. Sooner or later, they, like you, they will learn that it can all be from the heart, and then it's all moving, expanding compatibly, simultaneously.

But when a person first starts to follow their heart, they send off that one ray or that one energy experience into the heart, it can be very difficult at first. And then they retreat back into their little room and say, *"That didn't work"*.

~ Tip #10 – Beware of Drama

It's going to be out there like crazy this year. And actually *"Beware of Drama"* – parentheses – where no drama necessarily existed before. Drama is going to find its way into every blank space. Drama's going to find its way into every moment of boredom. It's going to try to find its way into every crevice of the mind this year.

People are going to be overwhelmed by it, but if you simply tell them, *"Beware of the drama, you don't need to participate. You don't need to be there,"* and then it's their choice. But remind them that the energies are high. It's like having an electrical fence. You don't need to go and grab it by your hand. You can just understand that it is a charged fence. It has some electric going through it. Go through the opening in the gate. Don't grab onto the fence and try to go through that way.

~ Tip #11 – It's Not Personal (It's not about you)

What's really helped me is to remember no matter – to everything and everyone out there – don't take it personal.

***Don't take it personal
It's not really about You***

Oh gosh, you're pulling away the Holy Grail from people. They *want* to take it personal. It ties into drama, indeed. They *are* going to take it personal and many of them want to, but yes. And could I either add to that or reshape it and say **it's not really about you**. You know, parenthesis – **don't take it personal** – or the other way around. You know that.

People do. They're invested into their identity, and actually, in a way, you're taking away something from them.

~ Tip #12 Simple and Easy

You can do it either way – difficult, struggling, hard – which many people choose, because they're so conditioned to it. It's implanted in here (head). They automatically equate success with struggle. There's a phrase that you use – **"no pain, no gain" – and people believe it**. They shake their heads. Absolutely. What if you could have no pain when you're working out and have a perfectly fit body? *"Well, that's not possible. No. You have to work hard."* Well, you take that same analogy into regular life. So many people feel they have to struggle. They have to do it the difficult way.

Particularly in this year, there are intense energies.

They can be grand, beautiful, wonderful experiences, and **you can either do it the easy way, the efficient way, or the hard way**. It's not predetermined. It's totally up to you. **It doesn't have to be difficult**.

The energies are intense, but they're not bad. They're not angry energies. They're not suffering energies. They're not a big load on your shoulders. I got a kick – when I started saying the energies are going to be intense this year, huge potentials coming in – some of you are just like *"Ohhhh,"* cringing and feeling it energetically on you. They're not! They're wonderful energies. They're *amazing* energies! And they're very simple.

Many Layers

First of all, **be layered in everything** you do.

There's a tendency to be linear. You look at things from one perspective. You go along that perspective – a train going along the track – and that's all you know is the track. That's all you will have created in your perception of reality is the track that the train's on. And when somebody comes along and says, *"Why don't you take the train off the track?"* You say, *"Oh my god, you can't do that! That would be a disaster. It would crash."* Well, no, not really, because perhaps that train would suddenly transform into an airplane, and then you wouldn't need a track. You

could fly. And then suddenly when you thought, “Well, I have to get off the runway now,” well, you transform and it turns into a river or a lake and you’re in a boat. And it can happen that fast and that easy.

So this year, as these amazing energies are incoming, be multi-layered. **When you encounter a problem, when you run into something, when you get stuck and you’re frustrated, stop at that moment. There are layers above, below, to the sides, everywhere. Don’t take the old linear path.**

Everything. Your relationships are multi-layered, even though you’re living them rather singularly. You’re living them in a very linear way.

Your body. You say, “Well, here’s my body. This is what it needs to eat. This is how I have to treat it.” No. Go into another layer. *How do you do that?* Well, you take a deep breath. You let yourself expand beyond what you would hold as your reality. Take a deep breath and say, “I know there’s more out there, and I’m going to expand out to it.” Therefore, it happens. It does.

Everything that happens this year of concern, whether it’s in your personal life or whether it’s on a global scale, I want you to look beyond the surface.

Medical issues! Well, the medicine is part of it, because you do want to address that [physical] imbalance. But you want to understand what lies below the surface energetically or above or to the sides.

What is the energetic cause of diabetes? Loss of love, no sweetness in your life, no love of yourself – it’s so simple. So simple.

Now, you combine that with the medical aspect. Let’s say there is no sweetness in your life. Because you don’t love yourself, you’re going to reflect that; you’re not going to have people that love you.

So suddenly you get diabetes because you’re not giving yourself love, therefore, you’re not creating it to come back to you through other people or yourself. So you have to address the medical, and sometimes right away, otherwise you might find yourself on the other side with me... but you want to address the medical. But you want to address the energy of that as well. The two work together, you see.

So you take any problem in your life – back issues. What’s the – simple, simple – *what’s the problem with back issues?*

Carrying too much. Too much responsibility. You’re taking it on for others or yourself or your aspects. *And what’s it doing?* Well, it’s ... Yeah, now, certainly, you’re going to want to get some therapy for that, but you want to take a look at the energetic cause. *What’s causing it?*

And the energetic causes are , they’re *simple* and *easy*. They’re not real complex. You don’t have to be a philosopher or a psychic or anything else to figure it out. They’re not real difficult.

I said the other night on the show – and it raised a lot of eyebrows – I said, “*Every disease, every illness is an allergy.*” Everything. If there’s anything right now that you have – a disease or an illness – it’s an allergy. ... and I said this to be provocative.

An allergy is a resistance to something, pushing away from something, incompatible energies, and it causes a reaction – trying to release it, trying to let it go, trying to sneeze it out or whatever. So every illness really relates to a resistance to something – to something, whether it’s other people, whether you’re resisting loving yourself – anything.

So I really want you this year to take a look at the underlying energetic reasons. sometimes you’re going to get stuck and say, “*It’s too close. I can’t figure it out. What’s really going on here?*”

If you have rashes, like a constant rash that just won’t go, *what is that?*

It’s an allergy, but generally **doubt**. And it’s a part of your body that’s **trying to release old things**, and you’re **basically not allowing it**. So it’s going to manifest as a big rash. You can go to the doctor and you can put a cream on it, and it can actually oftentimes get rid of the rash or the rash might return. But if it gets rid of it, if you haven’t addressed the underlying cause, *what’s going to happen next?* **It’s going to come back as something else**, somewhere else, and it could be deeper, it could be more serious; it’s going to come back as something else. If that energy of doubt wasn’t addressed by you, and it’s still a nagging issue, it could come back as bad coughing. Bad coughing.

By the way, *throat issues, what are they?* Energetically, *what’s happening?* Not speaking out. Not expressing yourself. Not opening up.

So this year, as things are coming at you, keep it easy and simple. **Take a look at the underlying issues. Get off of the linear path. Look all around. Probe and search all around.** *What's really going on?* You don't have to get mental; it's pretty simple. So let's take a deep breath.

About Doubt

I said I was going to do a formula about doubt. It's not really a regular formula, but it's an example.

So what we have here, just so everybody can see, is a roll of wrapping paper. A tube with wrapping paper, beautiful roses on it, like *Fruit of the Rose*.

So this is a beautiful metaphor, a beautiful metaphor, because humans live in a tube, live on the inside of there. What they don't see – they don't see several things. First of all, they don't really think they're just living inside a tube. They think that this is all there is. So when they're living inside the tube, *what do they see?*

Ugly cardboard. Really. Bland, kind of ugly cardboard. They don't see the outside, which is this beautiful wrapping. They don't see that their tube, which represents linear reality – linear reality – they don't see that this tube is wrapped in gift paper, beautiful gift paper. So they don't really see that life is a gift. It is a beautiful gift for them. Because they're living inside this tube – and you almost have to imagine this tube going on forever and ever, coming from forever and ever, going on forever and ever – because they're living inside here, they don't see anything in this room. They're trapped in there. They think that inside the tube is reality.

So we were talking before about this formula that has to do with energy, doubt, consciousness, expansion.

So here you are in the present moment (Adamus draws), living within that tube, going into **your experience**, and the experience that ultimately gives **you wisdom**.

So here you are, and the next part of the equation has to do with choice. You make a choice. We relate this back to our discussion last month of how all this works out, how energy is affecting everything.

So you make a choice, and let's say the choice is to expand your reality. So now that choice immediately starts drawing in energies from all over to support it. So, theoretically, your tube – (he draws some more) here you are in your tube – theoretically, in your tube, it should start now expanding, growing bigger and ultimately dissolving. The whole tube dissolves away. So starting here (one end of the tube) and then just getting bigger and bigger, because you've made, let's say, **the choice to expand your consciousness and awareness**.

Now, if you notice here that in this drawing is contrary to typical perspective. In other words, as you go along in your experience, it's opening up and eventually it dissolves. Typically, in perspective, as you go on your journey, it creates a distant endpoint or really an infinity point that keeps going (he draws a tube with "perspective").

So here you're going along on your journey by choice, drawing in energy, and eventually expanding.

So doubt will decrease the level of energy that's supporting the choice that would eventually give you more experience and wisdom.

Now, the question came in about doubt. *What happens with doubt?* Doubt naturally suppresses or pushes away the energies that are supposed to be moving in.

So basically the formula would be Present moment plus Choice equals Energy and then Expansion.

Adamus writes $P + C = E \rightarrow E$

But when doubt comes in, it has a way of taking the energy out of the equation, or suppressing it to the point that



you're never really going to have that expansion, or the expansion just goes along in this linear tube, and you're not really expanding. You just continue traveling along here.

The point is **doubt has a significant influence on the energies that are coming in**. The doubt comes from you. It doesn't come from anywhere else. So in this year also, take a deep breath and take a look at your doubt. Take a look at what it's doing with the energies. How it's keeping you in a tube – a linear tube.

***So as you attract more and more energies with less and less doubt,
it will start blowing away the whole concept of time and space.***

When you release the doubt, you're going to attract a lot more energy, energy that is simpler, easier, more efficient.

Doubt will actually ... I forgot one important point on here. In this whole analogy, the tube that you have is **existing within time and space**. Time and space make this tube the reality. It keeps it held in there. It keeps *you* held in there. **So as you attract more and more energies with less and less doubt, it will start blowing away the whole concept of time and space.**

Time and space are brilliant creations, up to a point. There comes a point when you get off of them. As I said before, you start looking into the layers and levels, and suddenly you're not using time and space as the measurement devices and as the devices that hold you into this reality. You start expanding out of them.

Doubt will put the time and space equation back into your reality. Doubt gets you right back into time and space. And we'll continue our discussion in our next gathering about time and space, how they serve you and also why it really *doesn't* serve you anymore.

Time and space are going to be ... it sounds romantic to get beyond them. It's actually a little bit frightening. As a matter of fact, it can be terrifying to go beyond time and space, because suddenly your tube – suddenly, the tube doesn't exist anymore or the tube no longer has the characteristics that you've always thought it had from looking within. Suddenly, it's expanding. Suddenly, it's not on a linear path; it's flowing in a lot of different ways. Suddenly, you're not bound to or contracted into this reality like you were before.

It's one of the things that the Ascended Masters had a particular difficult time with – no pun intended – but they had difficulty with this whole concept of going beyond time and space. So you want more consciousness, you want more energy and all the rest of these things, but they are not going to fit into this tube. This tube is defined by time and space and a certain energy equation.

We're going to go beyond that. Absolutely, it's a gift. It's gift-wrapping. So we'll continue to go beyond.

***You came here first, to prepare the body, to prepare your environment, your reality,
and now comes the time, this year, to invite that soul into this reality.***

The Invitation

I'm going to talk right now also about connecting with this thing you've called your soul – which I say is your potentials and your wisdom – bringing it into this reality, inviting it into your life, no matter how much ...*crap*... is in your life. Your soul, your potentials, your wisdom doesn't really look at it as ...*crap*.

This is *the* year, the high potential opportunity to really invite your wisdom and your potentials, also known as your soul, into your reality. In order to do so, it's about **going beyond the mind, trusting yourself**; going beyond the mind, as it would try to define the soul, because the old definition you can definitely throw out the window. It is about trusting yourself that there is something beyond the mind, that there *is* this part of you that's really aching to be here, wanting to be here with you.

So let's do a different kind of *DreamWalk* today. It's one where you allow yourself to expand into the other layers, beyond the tube ...

... where you allow yourself to open up, but not leaving these chairs. But as you do, you create a type of invitation. It's like a chalice. It's like the open arms ...

... inviting your wisdom that's been building through the ages, inviting your potentials that have always been there, ever since you went through the [Wall of Fire](#), and inviting those to be here with you in this reality.

You came here, let's say, ahead of your soul.

Some of you are going to perceive it as an amazing being with human-like characteristics, and that's fine, because that will evolve; that will continue to expand.

Some of you may even feel a bit of anxiety about inviting your soul here, into this reality – it's rather dense, harsh – but it truly wants to be here with you. That part of you wants to be here. It wants to feel what it's like being in the tube, being inside linear reality. It's not going to get trapped here. It can't. It can't. It's far too simple to ever get trapped here.

So let's take a deep breath, what we call a DreamWalk.

Take a deep breath, expanding your awareness ... creating an invitation to your soul, to your wisdom, to your potentials to be here.

Oftentimes, the highest potentials haven't even been invited in. Oftentimes, you've held your highest potentials like you would hold the best cards in your hand, waiting for the right time. **But now is that right time.**

Let's take a deep breath ... with the invitation to your soul to be here, without expectation, by the way. Without expectation. Without expecting that the soul's going to come in and instantly make you intelligent or smart or younger or richer.

That soul just wants to be here with you. That, in itself, my dear friends, **that in itself creates a whole new path, helps you expand outside of the tube.**

The Gift

Inviting yourself ... inviting your soul, your wisdom, potentials, your I Am-ness into the tube, into this reality is perhaps the greatest gift you could have ever given yourself. Take a deep breath.

I know some of you are saying, "*But I didn't feel a thing.*" Ah, you'll get past that. You'll definitely feel something. You made a choice. It doesn't mean it's going to happen right now or all right now, but you started a process. Greatest gift you could have given yourself – inviting You to be here.

Now, as I said before, sometimes you have to look at things from both directions or multiple layers. Don't always take it literal. Look at it from multiple layers.

So you invited your soul to join you here. It's been a long time. You kind of kept it away a long, long time, finally said, "*Come on in. I'm ready. Why not? You've got nothing to lose. Come on down. If you think it's so great down here, you come down here and spend some time!*"

So a funny thing happened. Things are not always what they appear to be. A funny thing happened. We talked at the beginning of our meeting about all these intense energies for this year. We talked about what you would tell other humans, what would you tell a human being about this year.

Imagine just for a moment that *you* are the soul; *you* were outside now giving advice to the human in the tube, that you gave all these for yourself. *You're* the divinity giving it to that human aspect.

Hmm. Have you scratching your heads for a little bit. What if it wasn't the human sitting here inviting the divine in, *what if it was just the other way around? What if it wasn't the human sitting here making a list, but those were from the divine?*

Key point for this year (2012) – **nothing is going to be normal. Nothing is going to be regular. Nothing is going to have the same outcome as what it did before.**

Expect a grand year, my dear friends, and throughout the whole time remember that ***all is well in all of creation.***

06 – The Reality Tube

Core Issues and their Causes

So most humans look at their medical issue with fear, with trying to figure out what they did wrong, with trying to figure out where they can go to get some sort of relief – to the doctor, maybe to a healer.

We've been talking about core issues. *What's really the underlying issue?* I've talked about several different categories, general categories you can look at.

Ancestral Karma

Problems related to physical health – also, in many cases, the mental health – relate to ancestral karma. A lot of your biological issues are passed down through the bloodline that you incarnate back into. So you pick up on those. You accept those into your reality as long as you're accepting that you are a byproduct of your bloodline, and you bring those energies right into the body. **And they're really not yours, and you're really not your bloodline.** You're really not.

Ultimately, everyone will find out that they can get off of this ancestral karma. And it doesn't mean having to sever that relationship in a bitter or sad way. It's just releasing yourself from that bloodline. It also has tremendous implications on the probability of another incarnation, because if you're still very, very connected with your bloodline, you're probably going to incarnate again in that bloodline.

Think about it for a moment. The bloodline that has maybe carried physical imbalances for centuries and centuries of time, a bloodline that's carried certain characteristics, maybe alcoholism, maybe lack of abundance, maybe continually being servants rather than true Masters.

And really, no matter how much planning and no matter how enlightened you think you are, when you get to the other side, you think that you're not going to incarnate, or if you do, you're going to choose a healthy, wealthy family, there's a very good probability that you won't. *Why?* Because of a type of almost a magnetic or electromagnetic attraction. A suction that pulls you right back down into that same bloodline, into that same family. Old karma, old relationships, love, in some cases, happiness and satisfaction in some cases, but this ancestral karma has profound impact.

Now, I'm not saying call up your family tomorrow and say goodbye forever. I'm not saying to divorce your family, although some of you have. Just take a deep breath and realize they might be wonderful friends, they might have been terrific parents, great cousins, but sooner or later the sovereign being releases themselves from that bloodline, and you can do it right now.

You're going to actually learn **to appreciate your relatives, your bloodline a lot more when you release them.** You're going to understand why they did certain things – things that were not necessarily by conscious choice, things that they just adapted coming into that bloodline and being part of it. You're suddenly going to realize that they were just a byproduct of their grandparents and their grandparent's grandparents and going all the way back.

You're also going to realize that somewhere along the line, if you go back on your family tree, you're right there. One of your previous incarnations, one of your soul's incarnations – it's really not you – but there you, are perpetuating all of the energies, all of the issues, all of the things associated with it.

Children? You don't want to pass that onto another being. There are other reasons, of course. You chose not to have children perhaps because this life was going to be dedicated to you, to your soul, to birthing yourself. *Why birth another being when you can birth yourself?*

Personal Karma

Your own personal karma, your aspects that are out there. They have an influence on your physical health. Let's say you have a very dissociated aspect, a very traumatized aspect. They tend to linger around, as well as do the good ones. I don't want to just emphasize these fragmented aspects – angry, really pissed off aspects but they tend to hang around. *Why?* Well, a couple of reasons.

First of all, they want something you have that they don't. A soul. A soul. You got the soul. I mean, it's yours. The aspect is a fragment of you, but it doesn't have a connection with the soul. *You do.*

So these aspects, the, what we call, gray or dark aspects, they hang around, just waiting for the chance to grab that soul. They haven't figured out where it is or how to get it, but they think if they wait long enough, if you go through enough hell, that they'll reach in and grab it.

In the meantime, these aspects are hanging around. Grabbing you like claws digging in. Digging in. They're literally taking energy. This is what keeps ... it's their food. You. You. You're like a big muffin for them.

But they're kind of hanging around. They're drawing energy off of you. That's how they stay focused, connected and present. So if you have a lot of these, you're going to get real tired. They take that energy. Now, not that you can't take more somewhere else, but you're used to being connected in a certain way, receiving a certain amount of energy, so you don't bring more in, and even if you did, you'd probably just give them more. So you've got this kind of interesting, weird balance worked out.

But in the meantime while they're taking a little energy – no offense here – but while they're taking a little energy, they could be affecting a vital organ, particularly the kidneys and the liver, taking that energy right out of you. It's weakening the vital organs. It's going to compromise your immune system, and no matter how much *Spirulina* or *Echinacea* or any of these other things that you take, they're weakening your immune system.

The Solution

Want your immune system back? Let go of a lot of this personal karma and a lot of the aspects, the unintegrated, the traumatized aspects. *How do you do that?* Well, quite simply, **you bring these aspects back into love, back into you, by having a safe home space, your Now moment**, where you are right now, your present moment. *How do you do that? Breathe and love yourself. Unconditional love.* As has been said many times, the toughest thing that you're going to face in this lifetime is how to love yourself.

You distract yourself. You do anything so that you don't have to take the time to love yourself. You find drama, distractions. You'll intellectualize; you'll get philosophical, all as a distraction.

So these distractions, yes, all a way of keeping from loving yourself. **When you love yourself, you release the personal karma, you don't have to feel guilty about anything.** You do, but you don't have to. Nothing. *Nothing.* And you say, "Well, no," you say, "But I really did something really bad, and I just have to carry that around with me." No you don't. You say, "But I really hurt somebody, and I really was a terrible, terrible person. So I better carry that around for a while more. I better inflict a little pain and suffering in my life, because I was really bad. And if I don't keep doing that, then I might be bad again."

***When you love yourself, you release the personal karma,
you don't have to feel guilty about anything***

Try it for a week – letting go of all of the guilt, the remorse, the bad feelings, the feeling that if you were truly fully empowered, that you'd go do bad things. You're not going to. **You can let that personal karma go right now.** That way the aspects are going to come back in – finally, a safe space; finally, a place of love – and that's all they wanted. Like little lost runaway children, **that's all they wanted was the acceptance and the love.** But if you're not accepting yourself, there's part of you – many parts of you called your aspects – that are out there lost, cold, angry, really, really angry, hateful, disillusioned, not ready to come home.

Try loving yourself. (Please also read: [Addendum E: Letting Go](#))

Mass Consciousness

We'll go to mass consciousness, environmental. Environmental. There's a lot of energy out there in mass consciousness that you are still tapped into, that you still buy into. And within mass consciousness there are a lot of imbalanced energies, a lot of disease. You're picking up colds and flus from others. *Why?* Not necessarily because your system is run down. Not necessarily because you picked up a bug, but because you're buying into mass consciousness. Colds and flus are like that. They're passed on. Not little germies. I mean, that's eventually what does it, but it's mass consciousness.

It's all mass consciousness. There's a new epidemic you'll probably see a lot more of in the coming year or so, a lot more. Unexplainable tics. Tics. We're not talking about the little bug tick. And what happens is it's literally spread through the waves of mass consciousness, and one or two people get it – see, I'm giving it to all of you right now – and then suddenly everybody's got it and the doctors investigate, and they come up with some really B.S. answer. "Must be the water that you're drinking." I don't think so. I think it was a mass consciousness influence.

So the point is, there are root causes of the medical issues. You're actually really not sick. The sickness or the illness is a manifestation of an energy imbalance, and most of them are coming from these areas (ancestral and personal karma, mass consciousness). And you don't have to accept it anymore. You really don't.

Energy Environment

So mass consciousness. Now, yes, there are some environmental causes.

It's really awkward, very, very awkward, and there are environmental – energetically environmental – issues why some of you get sick, because there's still part of your angelic energy that doesn't necessarily want to be here, that finds it very, very difficult. And it is, but it's also the greatest sensual adventure that you're ever going to have. Ever. There are angels lined up wanting to get here to take your place – not to walk in to you, but to take your place – because it is such an amazing sensual adventure. And because they're looking at it from their perspective, they're not nearly as concerned about getting lost in this reality as what you have been, because, first of all, there *are* some Ascended Masters, and they're coming to be some *living* Ascended Masters. So they now see that it was possible to dive deep into this, forget who you are, and then come back out the other side.

So they're waiting to get here. They're waiting for this sensual adventure, but they also want to see that life can truly be enjoyed. It's not just about suffering through and then ascending, you know, in your ... as Tobias did in his final few days on this planet finally getting enlightenment. They're watching. They're waiting to see the *new* Ascended Masters who are going to stay here for many, many, many years.

Core issues also affect the mental health, as well. We'll get into that at another discussion, but for each and every one of you, right now take a deep breath. Your body knows how to rejuvenate itself without having to pollute it with a lot of outside things, without having to take a lot of medications, do a lot of disciplines, make your body suffer even more.

Your body knows how to heal. Take a deep breath, and realize that you aren't your ancestors. You aren't even your personal karma. You can let that go any time you want.

Your body knows how to rejuvenate itself, to continue to balance.

This whole physical issue I see kind of heating up with Shaumbra. *Why?* Because as you get closer to real consciousness, the issues that were stored in the body start coming out – aches and pains, the ancestral diseases that want to be released – so sometimes they pop up, unfortunately. Sometimes you get a little cancer scare or a diabetes scare, saying to you *“This is not your issue. Are you ready to let it go? Or are you going to hang onto it, are you going to play it out, are you going to let it distract you?”* But in this moment, we can take a deep breath and let all those go. They're not yours. You're a sovereign being absolutely capable of rejuvenating your own body easily, simply; just a sip of wine, a sip of water, chocolate chip cookie. Doesn't matter.

What Do Humans Want?

~ **Security.** Absolutely. Kind of interesting, a very interesting dynamic; for anyone who is a spiritual psychologist, this almost doesn't make sense. Part of you doesn't want to be here, you complain about life, but yet you want security. You want to be even more kind of enclosed than you were yesterday.

~ **Acceptance and acknowledgement**, yes, which is an interesting thing in itself. *How is one going to get acceptance or acknowledgement if they don't accept or acknowledge themselves?*

if you have an acceptance issue, if you feel *“Other people just don't accept me, they just don't understand me,”* it's because you don't accept or understand yourself.

They're in this identity struggle to accept themselves. They try looking for it all the time from others. It most never occurs to them to look at it from within.

~ **Happiness.** The ever-elusive happiness. This whole thing of happiness is kind of like a very neutral statement or undefined statement. *“I want to be happy.”* I guess what it really means is they're not happy. There's something unfulfilled, incomplete.

They're looking for something, but they have no idea what it is that they want. But it becomes an interesting game of elusive happiness – always out there somewhere. Never here;

~ **Love.** *So what is love?* That's an interesting thing. I contend that the mass consciousness belief about love is generally kind of warped, because love is generally associated with parents who abused you. Not everybody, but a lot ... most ... the vast majority ... the extremely vast majority. So how many of you had parents that said, *“I'm going to smack you now”* or *“I'm going to deprive you of something, but it's because I love you.”* And that sets up kind of an interesting energetic definition of love.

How many online have been divorced? More than once? More than twice? Oh keep going. Okay. More than five times? So you got married for love. Well, actually, you didn't at all. Most of you did not get married for love. It was karma. You'd been together before. You had things to work out and experience together. So you came back together. You met each other. "Oh! I know you! You must be my soul mate!" No, you've just been together before. You had stuff to work out. Maybe you could do it this lifetime.

True love will never be found in another person until you find it in yourself.

~ ***True love will never be found in another person until you find it in yourself.*** You'll never have a partnership with anyone else that's healthy and balanced until you have it with yourself. Then every relationship will be different. They won't be feeding. They won't be used to balance your masculine or feminine side or balance whatever. You'll never select a partner again to complete something within yourself.

So, and now I hear out there somebody saying, "*But what about love for my dog or my cat? What about that kind of love?*" You're getting close, because pets are basically extensions of you, kind of. Not you, directly, because then you wouldn't like the pet so much, but they're kind of like your energy in that pet. And so it's actually part of the step or process in learning to love yourself. If you can learn to love your animals, your pets, these blessed beings, you can take that now, that same thing, and learn to love yourself.

~ **Distraction.** and they get it. They don't know they want distraction. They don't realize that, but that's exactly what they set up. It's a root cause. It's an energy thing. They want that.

~ **Money.** That's really what a lot of it boils down to – really, money – because money gives you security. With money you think you're going to be accepted, you're going to have happiness, everybody will love you, and then you're going to distract yourself with all the money you have. Everybody wants it, because it is a mass consciousness game. It's a huge thing set up in the fabric of mass consciousness – goods, material, security. You need to be honest with yourself. If you were given three wishes, one of them is going to be money, or you're going to say "*Abundance*". And then you call it abundance, because it sounds better. So this is an issue. It's huge, and never feel guilty about it. It's just energy. That's all it is. It's energy that it kind of the lowest common denominator.

Global Citizens

I spent a lot of time, effort and had a lot of fun in my last lifetime as Count St. Germain, doing work throughout Europe to try to unify. We had these little kingdoms and fiefdoms and control centers. Not really even governments; just control centers. They were basically wasting their time fighting with each other. And the amazing thing is one year there'd be two countries battling each other; the next year they'd join together to battle another country. And this went on and on.

A lot of lives were wasted. A lot of energy was wasted. And more than anything, it was actually having a dramatic implication on consciousness, on consciousness's ability to expand. It was getting to the point where I felt that Europe was slipping back into the dark ages, but a more severe dark age than what it had experienced. It was slipping out of consciousness, getting even more lost.

So there was an effort to try to put together Europe, as a beacon of light for the rest of the world. And, to a degree, it worked. To a degree, there's still problems, not because of Europe, but because of mass consciousness, because of the human condition, because the people will fight over a piece of land, fight over their ancestors, fight over things that are really rather insignificant, rather than open their consciousness and take a look at themselves as a *global* citizen, as a universal citizen, as a human being, as something far grander than the house that was handed down to them from their grandfather or the piece of land that has been in the family forever or their nationality. None of these things really make a difference anymore, and they are literally keeping consciousness on this planet from expanding.

They're literally holding *you* back, because of this consciousness web. And everybody fighting for their little piece of land and for the way it's always been done; everybody fighting for something that is old and ready to change and wanting to change. But people hold onto things that no longer serve them. *Why?* Because they don't want change, because they're afraid of change, because they think that if they go back to what was done 50 years ago, 100 years ago or 2,000 years ago, that somehow we're going to make it better.

More About What Humans Want

~ **Purpose.** It gives them meaning to life. You know, it gives them meaning, and in a way, it's a distraction. It can be wonderful, but it can also be a distraction. Somebody says, "I am an airline pilot," for instance. "It's my purpose." Or "I'm a spiritual healer or teacher." It's a purpose. Or they are a banker or whatever it happens to be. It's a purpose, and it can also be a rut. But it makes them feel like they have something to do here on Earth. *How many are like, "Well, I'm a parent. That's what I'm here for?"* Well, no, not really. "Well, no, that's the most important thing to me in life is my children." Well, now, do you want that to be the most important thing to their children and to their children's children? So the whole purpose is just to have children and to pass this down? Isn't there a little bit higher purpose? Children are wonderful. It's a way of continuing and expanding. But not getting stuck. They hang onto that purpose for dear life. They use it to justify this life. They get to the other side, so often they say, "I wasted my whole life on that?! On that?!" And oftentimes, it wasn't even in joy. And they realize they put a lot of energy into something that wasn't really all that important.

~ **Health.** With so many of the dynamics going on, they want health – obviously, you want to feel good. By the way, pain, which is really what they don't want, pain is absolutely from the mind. It's not in the body. Body doesn't know anything about pain. It's only the mind. And that's not just an Adamus fact; that's also a scientific fact. Humans seem to be getting more and more sicknesses, diseases. Part of it's because of mass consciousness. You throw it out there about cancer. You throw it out there about all these diseases. "If you breathe the air in Cincinnati, you're going to get cancer." That's what they say, and then so people adapt that. Suddenly, you have a lot of unhealthy people.

Ascension: The state of being wholly and completely in acceptance and love for yourself without reservation, having let go of all limitations of the human existence and being fully integrated with every part of Self.

~ **Ascension.** *What the hell's ascension? Ticket off this planet? What's ascension?* it's **joining my soul in this lifetime.** Shaumbra is beginning to understand that ascension – true ascension – is bringing your divine, your soul into this experience with you; no longer having the barriers, no longer having the separation; the living ascension. (Please also read: [Addendum B: Living Ascension](#))

~ **Abundance** and ascension; *can they survive together?* What you did was when some degree of abundance came your way – it doesn't matter if somebody died, if you found it on the street, if you won it at the casino – you gave yourself that opening for some abundance. Next, and one of the most important things, and please hear me, *you invested in yourself.* That's for so many of you, and you feel so guilty about doing something for yourself. Before, when you had a little bit to invest, you invested it in yourself, in your future, into your probabilities and potentials, and it blossomed.

~ **Sleep.** Part of that is a good thing, because when you get real tired, your defenses, your barriers come down and you can actually learn more. And part of it is, by design – not my design, yours, for all Shaumbra – you do this thing with sleep deprivation so that you're a little bit more open to some higher concepts. The mind thinks it needs sleep. Your body doesn't need much. Your spirit self doesn't need much. You don't need eight hours of sleep. That's mass consciousness overlay. You really need about a good couple of hours of deep, uninterrupted, non-mental sleep, and the problem is so much of your sleep right now, for all of you, is very mental; very mental. You wake up exhausted. You're trying to figure things out in these other realms. Part of the problem is even if you did, you're having a hard time bringing that wisdom back here. So it's really a matter of let's just figure it out here, rather than out there. Use that time at night for really sleeping or for some new adventures, rather than just trying to work out all the mental details.

In this human reality, you do need sleep, and it's more again of quality rather than quantity. And if you can allow yourself in sleep state not to be having a lot of dreams. And there's nothing wrong with dreams. The fact is at any given point, like even right now, you're having dozens of dreams that you're not even aware of. When you go to sleep, oftentimes you go into very deep dream state. That's different than sleep state. So you still might be having some dreams, but the concentration is on the sleep – physical rejuvenation, mental quiet for a little while.

A Safe Space

You really don't have many safe spaces in your life, you know. So you're really never getting true rest and rejuvenation, because wherever you go, you have these security alarms always out. Even if you go into the other realms, that's even a lot more unsafe than here sometimes. You haven't created your own house, an angelic quiet house. Humans don't have safe spaces. That's why the first issue on the other sheet was security, safety. So it's difficult to rejuvenate your body. You have a safe space to go to at night. You can really sleep – not just dream, but sleep. So do that. Create a safe space.

“Although I understand I created everything. I chose it. I'm not a victim, okay. At the same time, what we've come to experience that was part of the experience is we have been through so much what we would consider – because it's just a perception of our mind – a lot of traumatic experiences to get to this point, that now that we're pretty much through that – because I feel I'm through it, certainly – is we're just ... even though I have a very safe space now, completely safe, it's like part of my mind is waiting for the ball to drop again.”

Absolutely. How many others feel that way, that the other shoe's going to drop, the ball's going to drop?

You bring up a good point about experience. You've all had it now. You know what experience is like. You could teach about experience. *So aren't you at the stage now where it's experience management?*

You're managing the experiences that you want. Not controlling them, but choosing them. And not having them seem to come from luck, destiny or some unknown God, but by your own choice and your own hand.

Wouldn't it be great, if tomorrow you could experience what you wanted to experience?

But so often, you just go into experience and kind of resign yourself to the fact when you wake up in the morning, you walk out that door – *“Oh, it's going to be an experience, I don't know what. And they tell me I'm creating it, but damned if I've figured out how. But I'm going to have an experience.”*

Wouldn't it be incredible?

More About What Shaumbra Want?

~ Self-love. “Because everything we've been talking about so far, you know, the anxiety, the second shoe dropping and all this stuff, usually comes because of how we react to what other people are thinking and because we make ourselves beholden to that. So personally for me, I'm trying to understand the self-love and really embrace that, because I think all these other things go away if I can truly get to that.”

But self-love, and actually we could just stop there. We could say that's really what it's about, and that's really ... you save that part of the experience on this planet and for your soul till the last. Do everything else and then, oh, by the way, learning to love yourself.

A lot of metaphysically-oriented people will run at this point – at this point of self-love. They'd rather do anything else. They'd rather chant with crystals, sit in sweat lodges, whatever it happens to be – sit at the feet of gurus – anything other than self-love. *Why is that?* Doesn't it... Just take a deep breath. Imagine you're an angel, an angelic being right now. *Does that make sense when you hear from the humans or see how they react, they run the other way when it says “time to love yourself”?* They love the game. Absolutely. They love the game of distraction, but loving yourself really is about releasing a lot of old things. Really is learning to embrace yourself, like you say, learning to accept yourself.

When you love yourself, you automatically are going to have compassion for others

Loving yourself ... what else? Why else is it so difficult?

We're taught not to love ourselves. Not to love yourself. *Where did that come from?* Religion and anybody who wanted to control. Anyone who wanted to control, because *“Do unto others first. Don't be so selfish.”* You know, *“Love others, but never yourself.”*

When you love yourself, you automatically are going to have compassion for others. Loving yourself is difficult because there's such a karma build-up – if you've been on this planet a lot of time, such a karma build up, we've talked about it before – that is difficult to just stop and say, *“No more.”* No more. It's difficult for even you, my dear friends, to say, *“I'm not that thought that just went through my head. I'm not what happened yesterday.”* Maybe you can say, *“Okay, I'm not what happened 50 years ago,”* but you say, *“I just can't be irresponsible and say that wasn't me.”* Yes you can. It's a defining point. It is one of the biggest Points of Separation when you say, *“No more. I am not on that karma path anymore.”* So all of this wonderful drama and trauma we created by all this experience,

it's like we've been feeding off of it, and we reach that point of self-love, it's like *"I don't need to be anymore."* It almost means a point of annihilation.

And that actually is a fear I've talked about in some of the workshops... I asked the question, *"Why aren't Shaumbra stepping over that threshold into ascension? Why?"* And the reasons are many. We could fill up twenty tablets with reasons. But it is that question, *"Well, is it annihilation? Is it finality? What's going to happen to my friends and my relationships? And what am I going to do all day? Right now I have purpose, I'm searching,"* you know. *"Searching to be an enlightened being. So what would I do then?"*

~ Service to Gaia

Humanity, *I love this planet...? Crap!* So service is fun, but not to save the planet.

This planet is fine! *Why do you think I close my amazing dialogs with "All is well in all creation?"* It means you don't have to do a thing. Everybody's on their path. Sooner or later, they're all going to ascend. Not because of you, not because of me, but because of themselves. Sooner or later, humanity is going to say, *"Eh, let's do it a different way,"* and it's not up to you or it's not up to me to do that.

The Ascended Masters came here for themselves. Not even for compassion. They came here for one thing – their sovereignty – and that's what Earth is all about. Sooner or later, everybody makes their way through, including the whales, the dolphins, the bumblebees, everything else. It all works out. It already *has* worked out.

The reason why I say that is because you – you and your soul, which now I view as together, really not separate – a long time ago you chose ascension, self-realization, knowing yourself as God also, not dependent on anyone else, not contingent on *you* (pointing to someone else) knowing you're God also. You can be a Master. It shouldn't have to be. It doesn't matter.

Compassion is the acceptance that she's absolutely experiencing it how she wants to. You're actually both ascended. You already are. There's no time and space.

So you've already ascended. Now, the soul says, *"Yeah, well, that was great, but how did I get there? What wisdom did I accumulate through my experiences to get to this ascension?"* What you have right now is kind of an incomplete ascension. I mean, it's completed, but the experience of *how* you got there – that's absolutely up to you. Absolutely up to you how you want to get there. *You want to do it on your hands or knees? Or you want to do it with a big, happy, rich smile on your face? Doesn't matter. Doesn't matter.*

The soul doesn't care actually. Your soul really doesn't care. You can burn in hell, and your soul really doesn't care, because it's an illusion. It's a way you may want to experience the ascension – going to the depths of hell, if you choose to believe in that. You can also do it by singing lullabies, dancing on top of little buttercups and flowers with the deer singing along with you. It doesn't matter. It's just an experience. Or you can do both. You can say, *"I'll try this; I'll try that. I'll do it the difficult way; I'll do it the easy way."*

So here I am in service as a Master. I have a saying that only a Master can be in service; everyone else is a servant. They're on their hands and knees beholden to someone else. A Master, once he has that realization – *"I Am that I Am, nothing else matters"* – then the Master can be in service just for kicks and grins. That's all. That's all.

I love being in service, but I'm not obligated to it. It doesn't really matter if you choose to sit here and listen to me or not. It really doesn't. It could be an audience of one – wouldn't that be fun? – because I'm not invested in the outcome. I'm doing this because it's enjoyable. It's amusing, truly is.

Yes, I actually love you, but love is compassionate. It's heart-to-heart, soul-to-soul. It's not sorrow. It's not feeling bad for you. This is fun, and it's fun because I know you're going to make it. So it makes it a lot of fun.

We have an agreement going way back – which neither one of us has to honor, but it's enjoyable to honor it – that we would teach each other. You've taught me in the past. You truly have, and I'm at least trying to help you open your eyes right now. Big thing is open the eyes.

We could get together once a month like this and do very calm, beautiful meditations, and we can talk about the angels fluttering around you, but you want more than that. You've been there, done that. You graduated that step. Now we're here to get those eyes open and to get you to realize who you really are.

So service is fun, but not to save the planet. The planet will be fine. Gaia's leaving anyway. Not to save the whales and the dolphins. You know, there are some species that want to leave right now. They've been here in service for a long time. They want to go back to the celestial oceans. The oceans here are getting a little bit polluted.

There are energy holders, indigenous tribes on this planet that are ready, so ready and so tired. They've been here holding the energy. They couldn't wait for you to come along so you could move the energy and be the energy. They were doing this for centuries. My god, some of them have been around since Atlantis, chanting, doing the smoke thing holding the energy, waiting. They're so glad that you're here.

So we can put service here, but be a little cautious about service. It can be distracting. Serve yourself first, then talk to me about service.

~ **Sex.** Tobias did this great amazing class – Sexual Energy School – talking about loving yourself. To love yourself, *can you touch yourself? Can you pleasure yourself?* Some call it masturbation – but loving yourself, bringing yourself to the ultimate orgasm that includes your physical body, your mind and your spirit. That's really kind of secret for getting your spirit in here. Not having sex with somebody else, but with yourself.

Making love to yourself, enjoying touching your body, enjoying even your mind, your thoughts, immersing yourself in your thoughts – ah, that's what will get your divine here – that, a good meal, a good glass of wine, and gatherings like this. That's what's going to invite your divine in here.

The Tube

You're in the tube; you're living in the tube. The tube is very linear. This tube represents the path. The path, as you can see in here, a path of your life, a path of your karma, your ancestors. The path of mass consciousness is sending you down the tube. People think they want to get out of the tube, but when actually given the opportunity, they don't.

They actually just want a little bigger tube, and they want to know what lies ahead in front of them on the tube.

So they go through life in the tube, and then they die and they kind of never really get out of the tube, really, for all intents and purposes, and then they incarnate back again and continue traveling along in the tube, and you could just imagine one tube after the other after the other.

They limit their own thoughts and imagination and ideas to adapt to this tube, never realizing that it's actually this beautiful paper on the outside, never actually realizing there's so much more out here.

What holds this tube into place, what's keeping it a tube is time and space and belief systems.

So in order to expand beyond this tube, it's about releasing time and space. Not destroying it, not denying it, but releasing its tight grip. It's challenging, because it's so dense. You're so bought into it. You wear the watches. You are in physical form. You're a part, a product of time and space.

It's going to be very ... it'll be an experience, because it's going to effect your mind, your thoughts, your body, how you are centered into reality. It's going to throw all those off. But we're going to get out of the tube.

So we're going to expand beyond the tube, beyond these forces of **time** and **space**.

~ **Time.** *But what would life be without time?* They don't like when your essence shows up from the future into their reality now, and that's really what happens. You suddenly become so expansive time really doesn't matter. Things aren't occurring in a singular motion. They're occurring simultaneously.

There is no time outside of the earthly realms. In the angelic realms there's no factor of time. There is the evolution of experience – a progression of experience – but it's not necessarily a linear progression.

So you go beyond time and it's very disorienting. Extremely. And what happens when things get disoriented for the average human – written on the other page – *when things are disoriented?*

Fear, loss of identity.. *What do you try to do?* Get back into the identity. Get back into time and space. Get back to the old you. letting go of control – because even though time controls you, it's in the tube here. You think you're controlling time. You're not at all, but there's that issue.

Nothing will make sense anymore. It's the confusing thing, it's the mental loss of control. It just doesn't make sense anymore. So it takes a bold, bold human to go beyond time.

You do not have to break out of time. You expand *through* time. You don't have to conquer time.

~ **Space** is the other one. We're in a space together here right now. Your body is in a space. There's a focus on kind of an energy point, and it creates space and it creates dimensions. *What happens when we go out of space?*

Confusing. Fear of physical annihilation. You know how to manage it, kind of control it and maneuver in it, but suddenly you're without space. Suddenly you're in this foreign environment and there is a concern that evil is going to overcome you – dark forces, demons, bad beings – and more so than ever, *your* beings, *your* demons. See, in this space, in the tube here, you can kind of manage your demons, because they're kind of floating around out here (outside the tube), or so you think.

Beyond the Tube

It's about first making a choice, and if you don't want to try it, don't. You can do it later. Next lifetime(!). And it's about realizing actually that you are safe. You are. It's about taking a deep breath from this moment and expanding ... just expanding out of the tube. Not expanding the tube. That's what humans want. That list we did before. Humans just want to make this a little prettier, a little bigger, a little less pain in the tube, but they still want the tube, you see.

Let's expand out of the tube, out of time and space

How do you do that? Well, you just make a choice. Maybe feel yourself floating.

I use this roll of gift wrap on purpose, because there is such a gift of having been in the tube, such a gift in experiencing time and space ... such a gift of focusing yourself here ...

It's also a gift to be able to go beyond that when you choose ... when you choose.

At will. At will, being in time and space; at will, being beyond.

Being able to expand your consciousness, your focus ...

Giving yourself freedom, actually.

That's really what it is – the freedom to be in time or space, the freedom to go beyond it.

Freedom to choose any energies any time you want.

Take a deep breath ... in the safe space ... beyond time ...

What is time? Just a measurement.

Beyond space ...

What is space? Just a focal point. So beyond measuring, beyond focusing ...

I do this with you today because this divine, the soul, it is timeless; it is spaceless. It is truly free.

By doing this, expanding outside of the tube, you can start experiencing yourself as your soul. Going beyond experiencing yourself as just a human.

And we do this simple “*take a deep breath ... take a deep breath*” ... when we do this simple exercise, it allows you to really feel as the soul feels.

You know what it's like to feel as the human feels, but beyond time and space is as the soul feels.

Take a deep breath. Ah! Such freedom. Such insights into your soul.

You see, this soul self, ah, it soars like a bird. It has simplicity, elegance. It's not trapped in any tube or any cage. It knows no time. It knows no space. It knows only itself, only its own love. And when you let yourself expand outside the tube, you start to understand yourself, your soul.

What a great concept to be able to live in the tube, experience in this gift wrap tube when you want, be able to be outside of it when you want, or both simultaneously. That's true expansion – both simultaneously.

Still experiencing human reality, still experiencing the infamous tube, and beyond time and space – all at the same time. That is a soul experience – soul-human experience – to do both, to be able to enjoy this reality, not to have to draw the shutters or the blinds to be able to journey beyond time and space, but to be able to open your eyes.

But yet you're letting yourself kind of stay expanded beyond the tube...kind of doing both at once. And this is important, because so many times you can go into an altered state, but it's separate. And you may be seated any time you want or you can hover, if you are that enlightened.

More About Sleeping

By the way, one point, back to the sleeping issue. So often when you're sleeping, you're not really sleeping. You're doing active dreaming. You're kind of in a nonphysical state of being in the tube. You're trying to figure everything out, and you're trying to, like, figure your aspects. You're trying to figure out your day-to-day concerns, your relationships with other humans, and it can be very tiring, because you're still kind of in here but just while you're asleep.

True sleep, you go into this expanded state, and it can be for five minutes; it can be for a few hours. And in the true sleep state, there's not all this activity. True sleep state does not focus on the dreams. You're not trying to resolve things. The true sleep is that you don't need to do worry dreams anymore. You don't have to try to figure out what's going to happen next.

A Peek Ahead

When you're in the tube, you're not seeing many potentials, because it's very limited. Yes. When you're in the tube, see, your focus is rather limited. You're not really seeing all of these grand.

So when you're in the tube, you're really not seeing the real potentials. You're only seeing tube potentials. You're only seeing kind of what's already floating around in here in the time-space atmosphere. You're not seeing what's out here.

So the potentials are very, very limited, and so often I know when I talk to you about potentials, so often you're not really getting it, because you're only seeing what's in here.

You tie that in with probabilities, and when I said before, you don't have to be psychic to do predictions, because chances are – a 66 percent chance – that the weather is going to be the same tomorrow as it is today. There is about a 92 percent chance that next week is going to look like last week. And to know what's going to happen next, you just have to look in here. It's already charted out. It's based on what happened yesterday.

It's very easy to predict what's going to happen in your next lifetime. It's what happened in this lifetime. Eh, you're going to look a little bit different, have a different name, have a few different technologies, but it's the same frickin' tube. So it's really easy to predict what's going to happen next.

You get comfortable living in here. You got very caught into time and space. You accepted these elements as truth – literal truth – and you think you don't know how to get beyond them and it's keeping you in here.

So then *you* can make the decision. *Do you want to keep living in here? Do you want to live out there? Or do you want to live in both?*

Both. To life in the tube and beyond the tube. To life with greater potentials. To life with fewer probabilities.

07 – Commitment to Self

...You live in the tube. You know, in the tube you're not going to do amazing and wonderful things. In the tube, you're just going to be another human having another life with an unmarked tombstone.

Why Adamus is Here

I'm here because you have brought tremendous consciousness. You brought tremendous the Christ Seed consciousness to this planet. You seeded it a long time ago in the ground, in the air, in mass consciousness. You gave it to yourself before you ever got here. You – most of you – were around in the time of Yeshua. You were part of that whole liberation that took place at the time. You were here to bring about what you have commonly called the New Age, and here we're in it.

I'm here because you said this is going to be the lifetime. Tobias was here for the same reason. You said, *"This is going to be the lifetime."* You knew, in your brilliance, in your absolute brilliance, that there was a potential to get stuck; there was potential, definitely, to go mental; the effects of mass consciousness, like a heavy smog, a thick blanket, were going to keep you suppressed. So I'm here to help move you through that. To do it through laughing; to do it through agitating; by being compelling, hopefully; sometimes by kind of rubbing the wound a little bit. I like when Shaumbra gets angry with me, because – true fact – every time they do, within a period of time they laugh at themselves and they realize that I'm here to keep you moving through this.

I'm here because there have been so many spiritual classes, spiritual schools, spiritual offerings, religions, supposed sacred books, everything else for eons of time, and we just haven't graduated many humans. In the course of all humanity, in the millions of years humans have been on this planet – 9,000 (graduates). That's a low, low number. Low number. I'm here because I want some of you to graduate, and I'll do whatever it takes. I will put a mirror in your face. I will sometimes come to your dreams; have long talks with you. Sometimes come to your dreams posing as a demon, bad guy, just to even get you moving in dream state, because you have a tendency to settle in even then. You all want nice dreams. You're not going to get them right now. You're not. You're moving through too much. There is too much happening on this planet.

I'm here to graduate a few, hopefully more than a few, hopefully, all of you. But, ultimately, it's up to you.

~ Ascension

To ascend in this lifetime – ascension *being defined as integrating all of yourself, including all these aspects, all these past lives; including your soul; including your body and mind, integrate those – "and stay here, and live here."*

Be examples who can talk about how they had their life and evolved:

You can actually do this ascension, this integration, this coming into yourself, and it's really funny because you don't lose a thing other than what you really didn't need in the first place, and you don't need most of what you have in the first place.

"It was really actually easy. I made it difficult the whole time. It was really amazing, but I was so afraid of taking that step, taking that last step, so afraid, because I would have to give up everything," and you do. And you do. "So afraid because I was worried how it would affect others. So afraid because I didn't know if this was all a bunch of [makyō](#), didn't know if I took that step if I would go out of existence, go to hell, go to some alien planet."

And that group that's going to be lined up, up here, is going to say, *"You know what? You take a deep breath ... you take a good deep breath, you trust so deeply in yourself that nothing else matters – nothing, nothing else matters – and you just do it." "I Am that I Am. I finally understand what that means."*

You know, it's interesting, **you can actually do this ascension, this integration, this coming into yourself, and it's really funny because you don't lose a thing other than what you really didn't need in the first place, and you don't need most of what you have in the first place.**

As long as there is drama and trauma and separation of the body and the mind with the spirit, you have ascended, but now, *are you going to let yourself experience it?* You're absolutely right; it's already done. But going through, now, the experience of what it was like. Yes. *See?*

You bring up a very good point, because you *have* ascended, so there's really nothing that you have to do. But yet, You're in a type of – mindset is the best way to say it – a type of consciousness that you still think that you have to earn your way there.

The ones that stand up front, that finally get it, that are never worried about money anymore, their health or relationships or any of that, they're the ones who are going to say, "Yes, it is true! I was already ascended, but I was acting like I wasn't. I was going through the experience of what it was like to get to ascension, and I thought I didn't really have a choice about how I was going to experience it."

The fact is, indeed, you do have a choice. You want to do it as a writer? You want to do it as a clown? You want to do it as a holy person? Do you just want to do it for fun, enjoying life?

You see. *Isn't it amazing, isn't it beautiful to be on Earth?* It is absolute ...

Death

Death, as I've said before, is a very natural thing. It's a good thing. You planned on it. You, like, implemented this. *Why?* Otherwise you get stuck on this place, and there's more to do. There's more to see. There's more to create. So you came down here and you said, "*We better have our exit strategy,*" like good business people. "*Better have our exit strategy. What will that be? Termination! Out of physical body.*" Easy thing to do. It's a sad thing right now though.

So death. Death is ... it's too bad the way it's happening right now. Hopefully, you'll help change that, the consciousness around death. People get sick, or right now they're losing their mind, but not in an aware state of being. You can lose your mind. You can go beyond your mind and be very aware of what else is out there while aware of what's going on in here.

So it's about death with dignity, death by learning how to walk out when you're ready. Not when you have a bunch of emotional crap and you just want to get off the planet; when you're really ready to leave. And sooner or later you will, whether you ascend in this lifetime or not. You might decide to stay here 200 years before you go. Five hundred. That's a long time. That's a long time.

It is an issue in mass consciousness. Probably the most prevalent issue in mass consciousness. View mass consciousness as this big thick brownish kind of ugly cloud around Earth. Death is perhaps the most prevalent energy in that right now. *Why?* Fear!

I don't like burial, by the way. Burn it, cremate it, powder it, let it go, because I don't have interest in crematoriums. You bury somebody in the ground, a lot of their energy stays there. It makes it more difficult for them to incarnate, although they do, and then it's really a mix-up. It makes it more difficult for Earth, who you are now inheriting from Gaia, to manage and handle all the energies. It is truly environmental litter. It is truly a pollution – energy pollution – when you have all of these buried bodies in the ground.

So there's this whole consciousness of death associated with that, plus just the fear – the wars, the terrorism, everything else going on..

So death is going to be a big issue, a lot of focus on it. And, of course, a lot of charlatans are going to get more involved than ever. More spooks and spirits hanging around than ever before, and you're going to feel them. There's more death activity taking place right now, a lot of you are feeling it. Death is coming into your dreams. It is, and it scares the hell out of you sometimes, because then you start thinking about your own mortality. It's not what the dreams are about. It's not about you. It's not about you dying. You're just feeling into this energy of death, and it will come to you in the dream. And you know *what to do when it comes to you in the dream?* You laugh at it! When you get to the other side, it's a beautiful thing. From the human perspective, it's really crappy. There's so much misinformation, or lack of information, or fire and brimstone information, or guilt associated with it. When you can let go – when you, dear Shaumbra, let go – of the fear of death, you are a long way to making life worth living. You really are.

When you let go of this fear of death, you'll realize it's a piece of cake. It can be chosen. You can prearrange the celebration on the other side. We have caterers on the other side who help, and you don't have to pay them anything! You just choose what you want, and they'll be there. They'll have a grand party for you. Or they'll leave you alone, or you can sit down.

So, dear Shaumbra, death is in your face. It's not about you. It's about this consciousness of the planet. It's about this whole question *will this planet continue to evolve, get enlightenment and consciousness because of you and others like you who are helping to do that? Will the higher consciousness of this planet go off to the New Earth, abandon this place?* It's all bringing up these questions.

It's bringing up the questions of the new ones that are coming in for the first time. They've never experienced death, and some of them have died – first timers, the Crystal Children. The energies are so intense here, and no matter how much training they go through, when they land here, when they get here, it's beyond what they could have possibly imagined. The intensity, the pressure, the craziness, the lack of real heart flow, the restrictions, the laws – they can't believe the laws.

After your first physical birth, which was interesting – you felt trapped kind of, had a hard time adjusting to all the energies of the planet way back when – *what was your first death like?* Yes. Release. Liberation.. And truly it was a relief.

Measuring Energies

(some muscle energy testing with keywords for example "God")

~ **God** is not real. God doesn't exist. God is – sorry – God is a human concept. Truly is. God, Allah, all of the rest of them – human concepts of control, human concepts of false hope, human concepts of something outside of yourself. I hate God. I do.

***God is not real. God doesn't exist. God is a human concept.
God, Allah, all of the rest of them – human concepts of control, human concepts of
false hope, human concepts of something outside of yourself. I hate God. I do.***

You are God, but there is "God," mass consciousness God – and all of you know this – the old white guy with a beard up in heaven; doesn't have a clue; has to send his son down here. Look what happened to his son. So God's not so smart. You're God. (someone is laughing) He's not! I mean, it's really a failed mission. It's an old concept, and it's kind of worked for a long time. I think it's coming to its end of its cycle, completion.

When you were taught as a young child "God's out there somewhere watching everything that you do," having somebody spy ... *Do you think if God loved you he's going to spy and look at the things you did?* Oh my god! (someone says "Oh my god!!") To make it even worse, the archetypal energy of God was created by nuns who have a lot of issues, and priests who don't have normal sex. So ... (someone says "Oh!") It was! That's where God came from! And then some people write these books and say they're sacred. Now, I could write a book and say it's sacred.

People are killing each other in your world right now because of some stupid book. They should all be cremated. I didn't say burn, I said cremated. All of them! And start over.

There's a new concept, whether you call it *Spirit, the Eternal One*. Let's call it anything but God, because that's so tired and so old. There is the *All That Is, All That Was*. There is *the Source*. There truly is, and you came from it. You were gifted from *the Source* with you, with your identity, and given the gift of going out and playing without any rules, without abandon, without any punishment ever.

And really, the world is stuck right now in God, in these religions that are holding it in. *Do I like religions?* No. No. *Do I like what you call spirituality or the beingness?* Yes. And I don't know what word you put on it, but *the embodied self* on Earth. *The embodied self*. Yes, absolutely. But these religions, they're killing each other. The wars are religious.

It's coming to the point too even the financial systems, the money flow of this planet are getting infiltrated by religious forces. These are probably otherwise really well-intentioned people who have gotten very hypnotized, very righteous, very subservient to something that really doesn't exist other than other humans manipulating this whole energy of God.

I'm here because I want the real God to stand up and be here.

Distractions

Here you are on this amazing spiritual journey. I mean, it's amazing, if you could see it like I see it. It truly is. You get caught up in the details, but it's fascinating how it works, fascinating how you're bringing in new levels of you into this reality. But you get distracted.

And I'm amazed. Actually, that's the one part that really amazes me. You're so close. You have – you – have chosen this as the lifetime, as *the* lifetime of integration. It's all you wanted. It's all you cared about. It was the reason you came here. It's the reason why you're here – to let it happen. Actually, you really didn't have to do anything to make it happen, and you knew that before you got here. You said, "*I'm just going to come down here and let it happen.*"

But then you got distracted. You get distracted by things; you forget that that was the passion, that's the reason you're here, for the integration. You get caught up in human things. And, yes, I do understand. I mean, I understand it's easy to happen to all of you, but you get caught up in distractions.

What are they? Well, they're your job. They're ... you worry about your health, and then when you worry about your health, you're going to have health problems. **You get all caught up in things. You get caught up in family stuff, work stuff. You get caught up in world stuff.** You worry about the world.

Why? Like, is your worrying going to fix it? Or just add to the problem?

Worry about what you should be doing. That's such a simple fill-in-the-blank, so simple. When you say, "**What should I be doing?**" **Just enjoying it. That's all.** That's all. You don't have to do anything big, in terms of like start a business and become multibillionaire. It doesn't matter. Doesn't matter.

You get distracted by your car breaking down. *So what?* Walk.

You get distracted by money worries, abundance – number one issue, abundance – and then you tell yourself you can't do anything, because you don't have the money. Well, boy, *are you a prophet or what?!*

And it's just going to continue that way. You're not going to have money, and you're not going to do anything. Wow, pretty amazing. You get distracted by, eh, I'm going to call it philosophy.

You get distracted by gurus. You get distracted by classes and, you know, the latest things that you're into. And if it's not white gold, it's some sort of crystal. You know, there's actually a new crystal from Africa, discovered on the western coast, and it can heal cancer in your body. And I happen to have some for sale afterwards.

Please, please! There's only one thing that's going to heal you. You! You! You, you.

That's you, but you don't believe it. You don't believe it. Sorry.

So the distractions, you get distracted by the next thing, by the next wave, by the next guru, by the next book, by the next channeler.

Distilling

Let's distill it. *What does that mean?* You feel into the essence of it. The laughter in this room, the joy in your heart, a little bit of relief from the everyday, a little melding with your body and mind.

Let's distill it right now. *What does that mean?* It means take it out of being a mental concept. Feel into the essence of it. Breathe it in. It's yours. It's yours. Yours and your soul's. It's not the words that have been said. It's not what time it is. It's that distilling this wisdom.

Wisdom is filled with joy, simplicity, release – release to be who you really are. You distill it down to the essence.

I'm going to paint a picture for you. So we're sitting here, and hopefully everybody online here, having a grand time, enjoying food, company, some words. *What's happening with your soul right now?* Feel into that for a moment. No words.

Isn't this the invitation to the soul? Isn't this the integration?

The soul and the human have – they're the same – but they've been separated for a long time, on purpose.

It was a brilliant plan. It was a brilliant plan, but the plan to get back together wasn't quite so well worked out.

Well, and it didn't have to be, because when the soul made itself – remade itself – and gave part of itself to the human experience, it didn't worry about how it was going to get back together. It worried how it was going to get you – it – down here. That's what took a lot of effort. But it knew it would get back together.

And that's what's happening right now. That's this whole lifetime – getting back together – without thinking your way through it. Laughing your way through. Without getting on your hands and knees. I mean, really.

Switch places for a moment. Just let go of the human aspect, soul come in.

“Soul, does this look good?” (Adamus kneels with hands clasped as if in prayer). *Does this look good to have that little human part of yourself on its hands and knees, a metaphor for struggling?* No! That’s not what the soul wants.

The soul wants *“Bring it on!! Come on in! I, the human, have learned to kind of get around on this planet. I have learned how to eat and sleep and,”* well, you fill in the rest of the blanks, *but “I’ve kind of got it. I’ll never perfect it, and I don’t want to, dear soul. I don’t want to perfect it. I just want to be comfortable with it. So come on down. It’s safe now. You can come on in. We’re going to have an amazing time together. We’re going to have a brilliant time together.”* That’s what’s happening right now.

What’s the soul afraid of? The soul is actually more reluctant than the human. Human – you – have been wanting this connection, praying for it, in a warped way. You know, praying to some other gods. Never put any God before yourself, because you are that God.

So the human’s been down here, you’ve been down here, finally saying, *“Hey, it’s time! It’s been time!”* This has been going on for a couple thousand years, a lot of lifetimes. *“Hello, it’s time.”* A little reluctance on your part ... It has been – sometimes I don’t like human words so much – but the soul has been in the sleep, really not you. The soul has been in an inner look, an inner journey for a long time. You’re the external expression of the soul. You’re the part that the soul said, *“Come to Earth or go out in the angelic realms.”* The soul went inside, into itself. It required both the internal and the external for the true understanding of the I Am. It required that soul going into this deep sleep and saying, in a way – and this is not literal, but in a way, the soul saying – *“And someday I shall awake when my experiences are ready for me.”*

But the soul, in this deep sleep, has a reluctance to coming in, not sure if *you’re* ready, not sure if this is the place to do it. It needs the human expression of itself to say, *“It is safe here. I do invite you here. I want you here. I am ready, dear soul. Not next lifetime, but now.”*

Your responsibility – your true responsibility – is to let go of how you’ve defined soul, religion, God; let go of how you’ve defined your own identity, because it’s going to change the moment you breathe in your true soul. It’s going to change.

So let’s say you’re inviting the soul in, and it’s getting over its reluctance. Ah! What a great book title – *“The Reluctant Soul.”* Yeah. It’s waking up. It’s groggy. You know *how you are in the morning when you wake up?* Oh god, let’s not talk about that, but the soul is waking up. It’s groggy, in a way. It’s out of focus, in a way. When you start inviting it in, it helps bring that focus. It helps wake the soul up. But when you have the expectation – the Old Energy expectation – that when you’re enlightened you’re suddenly going to be psychic, doesn’t happen. Or you’re suddenly going to be rich or ... I’m really ... I don’t like these stories like of Yeshua walking on water and changing water to wine – the miracles – because it has such an expectation around it and people strive for that. And that, my dear friends, is a distraction – I do get to my point – the distraction I was just talking about.

You’re actually inviting that soul in, but then you get distracted. And the soul, in a strange manner of speaking, could be sitting right next to you. But if you’re distracted, even if you’ve called up the soul, invited it in, said, *“I’m ready, I don’t care what, I’m ready,”* but if you’re terribly distracted, that soul could be sitting next to you and you’re not going to see it. *What’s soul going to do?* Yeah, say, *“Well, it was more fun sleeping! They don’t even recognize me.”*

No, in spiritual physics what happens is a part of the soul starts coming in, and when a connection is not made, it, in a way, backs off until the space is created again and until you become aware.

So what do you do? Keep your eyes open, metaphorically. You get out of the tube, because the tube also represents your expectations of what the soul and what God and what religion are supposed to be like. And they’re not at all.

Soul is simplicity. So simple, that you might not recognize it sitting next to you. Soul is wisdom. Wisdom so wise that the mind doesn’t even understand that kind of wisdom. The mind just understands more facts, figures, judgments; wisdom, not really.

The soul is your potentials. But if you’re in the tube, *how could you really see your potentials?* You’re just seeing your probabilities, the probability for most humans doesn’t look so good. They’re going to die 70, maybe 80 years old. They’re going to get sick. They’re going to go a little bit crazy in the mind. They’re going to be broke most of the time. That’s the probability for most humans. It really is sad. Really kind of sad when you look at it, and how they live in those probabilities. And they don’t have to, and you don’t have to.

Soul is that simplicity. It is not a grand golden angel. It's not, because you were already at that stage. You were already the fluffy angel, whisking around, having angel meetings, angel lattes. You've already done that, so you're beyond that. So you don't need the golden angel to come in or any angels. The soul is so simple, yet so deep. (Adamus sighs) I'm really digressing today, but this is okay.

The soul ... sometimes words are so limiting, but your essence, you, **really wants to know what it's like to be loved firsthand**. Hmm. It understands it from a distance coming from you, coming from your experiences and your wisdom of the ages. But it doesn't know what it's like to have it firsthand. In other words, right here. So you could say there's even a bit of reluctance about that. The soul has pondered love, contemplated love, feels the love that you've had, that you've experienced. But doesn't know it in a practical sense. That's a lot. That's a lot on the soul, to come here and have that. Call it a bit overwhelming for the soul.
It's up to you, dear humans, to guide your soul into the experience of love, but how can you do it if you don't love yourself.

It's up to you, dear humans, to guide your soul into the experience of love, but how can you do it if you don't love yourself.

Feel for a moment – this is a good exercise – feel for a moment. You're paying bills. You're paying bills and – I want you to feel the difference between human and soul – you're paying bills, you're looking at your bank account, you get a little anxiety. You wonder how you're going to make it, but somehow you usually always do. But you're looking at your statements and looking at how much you can pay this month and hoping, hoping, hoping that you keep a little bit of flow coming in so you can pay it off. That's the human.
The soul doesn't think or feel that way at all. Doesn't really care. Doesn't really care.

What's the soul getting? What's the wisdom of the soul?

I almost don't want to put it in words, but I will. The soul isn't worried about paying the bills. The soul is feeling this thing called energy flow, what it's like to limit energy. The soul is feeling what it's like to be in such a physical density. The wisdom that's coming to the soul from the experience in this everyday thing that you do of paying bills, the wisdom that the soul has is coming to a deeper understanding that it is the energy maker. That's what the soul is doing. You see, the human's worried; soul's going, *"This is marvelous. This is grand."*

You're driving down the road, driving down the highway, watching the other traffic, driving your car, watching your gas gage, your mileage, worrying once in a while about the police, because you drive too fast.
Traveling. Traveling in density. Traveling. Just imagine for a moment how the soul experiences it.
It's like maneuvering and managing and experiencing and seeing colors and movements.
The soul wants more *awareness* of the experience.

You go through death, which every one of you will do sooner or later. You go through death. The human worries about, *"Oh my god, what happens?"* Loss of identity. The human worries about pain – going through pain. The human worries about – actually, this is a really weird one – one of the biggest worries: unfinished business. *"I should have done this."*

So the human goes through all this worry. You know what the soul is feeling is the evolution, the cycles, the expansion, the fact that it is eternal and the death is nothing. The death is a blink of the eye, and it's nothing. The death is actually the birth and the birth is the death.

Don't think like a human, feel like your soul

So there's this interesting, very different dynamic between the soul and the human. Very different. Very different. So my advice – bottom line with that: ***don't think like a human, feel like your soul***. Yeah. Good book title. And do that yourself. I mean, feel as your soul, because you are. You actually are. Feel as your soul.

What was distilled from the experience? I don't care if it's good or bad. I don't care if you had a fight with somebody or you got in a car accident. Soul doesn't care. *Car accident?* No big deal. Wow!

What an experience in forces coming together! What an experience in even having fear and what an experience in just this amazing thing! It's nothing. Cars can be fixed. They really can be.

The experience. Let's do this one together – lack of abundance. So many of you face, so many of you struggle with. I don't know why, because there's a lot of energy out there, because you're brilliant, you're talented. You've just got this wall up.

So you've got this abundance thing. Many of you have this abundance thing going on, and you worry about it. You worry, *"Am I going to starve to death? Am I going to lose my house? Am I going to have to go rob a bank?"*

So, **abundance**. Big, big issue. Soul doesn't care. Not one bit. It is abundance, in a strange way. It's an abundance of lack of abundance. The soul looks at it – *"What is it like to limit myself, to pretend I don't have when in fact I do have? What is it like to go through that game?"* And the soul then drinks in the wisdom of that. I know you don't think it's funny, but the soul is just absolutely basking in that experience.

The soul's also asking, wondering, *"If you want abundance, why don't you create it?"* And the human mind says, *"I don't know how to. It's so tough down here."* And the soul says, *"But you just do!"* And the soul's confounded, because you think it doesn't. You think; it does not think. And the soul says, *"Well, no. You just make it so, and then it happens."*

So let's take a deep breath as we round the corner, coming to the brilliant conclusion.

The Most Important Thing

You get distracted by the mundane things, and sometimes I think you get distracted on purpose. I really do.

Sometimes I think you make these distractions, just so you don't have to face the bigger issues – the bigger issue of loving yourself.

So you create every distraction. You know, when you really don't want to do something, you do everything else, kind of? That's where some of you are going.

I'll bring you back from distractions hopefully. It's going to require that you make a commitment.

It's going to require you to make a *commitment to yourself* – a requirement.

It's about making a commitment to yourself. If you're here today, if you are listening in online or if you're listening to this later, if you're watching, if you're scratching your head wondering what's going on here, in order to go forward, **you need to make a commitment to yourself**. Otherwise, it's going to be very rough. Otherwise, you're going to sleep bad ... oh, you already are. You're going to have terrible dreams ... oh, that too. You're going to take yourself too damn serious.

Now, when I say make a commitment to yourself, I'm not saying to become neurotic with yourself or self-absorbed or self-indulgent. Those are things of the human identity becoming obsessed with self. I'm talking about a commitment to yourself, a commitment to you, and 'you' includes your soul, a commitment to you.

What do I mean by that? Well, you've got the soul, you've got your self – you've got your self – coming in from its spiritual cocoon. You've got you coming back. It's like the greatest guest ever. You've got all that coming in, but there is a lack of commitment to yourself.

What do I mean by commitment to yourself? It means **taking time for you rather than for everything else**.

That's a distraction, when you get caught up with everybody else's stuff, healing and mending all the rest of the world. You feel guilty about doing it, but you're going to have to make that commitment to yourself.

Commitment to yourself is **taking that time, is loving yourself, is giving yourself the things you need**.

And how many of you will not give yourself the gift?

The gift of what? The gift of abundance. The gift of love from you. The gift of love from others. The gift of healthy biology. The gift of what you want to create. It's giving yourself – allowing yourself – that gift.

Committing to you. And the resistance is right here. I can feel it in the room – resistance, because,

"Well, I'm really not supposed to do that. I can only give myself a little bit. Isn't that kind of warped? Like isn't that weird kind of loving yourself?" you're saying. Or *"Don't I have a responsibility to all this other stuff?"* or...

Every distraction you can think of for not committing to yourself.

But to go from here forward, you're going to need to. Otherwise, mark my words, you'll drop out of this group, of this family, with some weird excuse. You didn't like something I said.

What do I mean, 'committing to yourself'? What are the challenges? Well, I can tell you right away. It ties into religion and the concept of God and all this stuff that's been implanted in you, hypnotized into you, that you're not supposed to take care of yourself.

That was one of the most perverse tricks of all, I think. And I know I do tend to irritate some people on purpose, but that was perverse, telling human consciousness – telling humans, scaring the crap out of them – that you can't love yourself; making it sound weird, selfish, and it's been perpetuated. It's been perpetuated.

Your parents who might have told you that, or your teachers, were just repeating what they heard, what they heard, what they heard.

When you make a commitment to yourself, it's not selfish. It's important. It's loving. It's caring. It's the thing that's going to get you to your greatest passion – being here for integration. *How can the soul, sitting right here integrate, be with you in your life?* It's not here to rescue you. Get over that concept. Soul does not rescue. Soul loves experience. It doesn't rescue. There is no rescue other than the commitment to yourself.

Soul is not going to fix your problems, but a funny thing happens. In the integration you suddenly realize there are no problems. What you want fixed or changed is fixed or changed.

You'll also realize, keep your hands off of other people. What I mean by that – you connect, you tie your life, your journey into everybody else's. And haven't you ... you did learn. I know many of you learned, the old thing [of] witchcraft, black magic – you were into that so many of you – you learned how energy works and then you got your hands on other people. So, dear Shaumbra, commitment to yourself.

An Experience With Your Soul

By the way, you *are* your soul. When I look into your eyes, you are your soul. But I see layers. I see the human layer and I see the soul layer. And if I could just get them to see each other, and if I could get them to stop pretending one lives off in outer space and the other's down here really in mofo land. They're packaged together. That's a two-for-one.

It's not off somewhere else. So, soul's right here.

Finally the human is saying, *"Hey soul, no more. No more, soul. I'm glad you had a kick out of it, but crap, I didn't. Soul, we're going to do it different. And soul we're going to do it together. Your wisdom, my good looks. Your simplicity, my cleverness. Your potentials, my charm, soul. I've learned a lot while I've been down here. Learned a lot on this planet. Let's put it together, you and me, right now."*

Breathe in yourself. Breathe in you.

A commitment to yourself. No compromise.

Commitment to this beautiful being that you are ...

Commitment to your health.

Commitment to your wealth ...

Commitment to your balance and expansion...

Commitment to your awareness ...

Commitment to joy in life ...

Commitment to your soul.

Take a deep breath, and remember that ***"all is well in all of creation"***.

08 – The Guru Dilemma

Knowing Yourself

Remember when I said that this was “*The Year of Deliverance*”? The year of deliverance (2012), a lot of energy coming in from everywhere; energies coming in from the solar flares, bigger than ever, meaner than ever; energies coming in from the Earth, from all the realms. Energy everywhere, it’s coming in. You asked for it. Now you’re getting it and complaining about it.

You get to a point in this whole getting to know yourself thing. You get to a point of ... you get to a seven (give yourself a number from scale of 1 to 10) and you start feeling pretty good about yourself. (Adamus begins drawing a circle that’s not quite closed) Beginning point (12 o’clock); you get down here in the three to four (o’clock), it feels pretty bad; you get down here into about the five, six and you start coming up here into the eight, nine, you feel pretty good about yourself. You’re getting there. You’re getting to know who you are and then (going backwards) – it almost reverses itself. Have you noticed that? Yes, yes.

Almost like when you feel that you were right about there, you almost had this thing licked, so much so that you were just about ready to write your book – “*I’m Getting to Know Me, Getting to Love Me*” – suddenly, it crumbles, falls apart, and that’s a good thing.

You put that there. You put that explosive booby trap there – knowing that you were going to step on it, knowing that it would blow you up – on purpose, because there is no ever getting to know yourself. Not in the human terms, that is. You don’t want to get to know yourself that well, because then you become stuck.

You get to the point where you exploded. You let it go, because you realized that that identity that you think you’re getting to know is absolutely false. Absolutely. Not bad false, just delusional false, illusional false.

So you sabotage it, in a way. You let it go so that you can truly evolve, so that it’s not about getting to know yourself; it’s just being the I Am. I know it’s a little bit of a nuance there, but you let it go, because, first of all, you’re never going to get to that ten (scale 1 to 10) . You’ll get to 9.99999 and then it blows up. *So why even try anymore?* If you’re at that 4 1/2 or the 8 or the 22, *why even try?* Let it go. It’s a game that can’t be won and really shouldn’t be won. **It’s a game that requires a tremendous amount of energy, and the prize at the end is really the discovery – only the discovery – that getting to know yourself was an illusion. An illusion.**

***It’s a game that requires a tremendous amount of energy,
and the prize at the end is really the discovery – only the discovery –
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An illusion.***

Suddenly, for many of those who think that they have really gotten to know themselves, they discover, that they’ve gotten to know one aspect. And then there are two more aspects, ten more, a hundred more, that they have to get to know. And then they’re caught in this type of maze. They’re caught in this strange world of illusions. And it’s very easy to get lost while you’re in that strange world of illusion.

So here we are at a point where you can say it’s not even important anymore. It’s really not. There’s no need to even search for it. It is just about being the I Am every day. Not having to search for it, but knowing that it’s here. **It’s getting to just *be in experience rather than search*. That’s all.**

The funny thing is, when you get to that point, then you really start getting to know yourself – but not yourself the human self; yourself the God, the I Am.

It’s a small difference, but it’s an important difference. Small difference in getting to *know yourself* and just, you could say, *being yourself*.

So let go of all the energy that you’ve been focusing on that, it’s not even important.

Current Energies

It's interesting to observe what's happening on a global basis right now. As these energies are coming in from all places, everywhere, people are trying to cope with it or understand it. They're trying to define it. Actually, I don't like when people try to over-define it, because then it gets mental. It's just a simple matter of a lot of energies causing a lot of change, all as a result of humanity raising their hand and saying, "We're ready." It's that simple.

These energies are coming in right now, and they're being internalized by people in general, by individuals in general. They're being internalized. People are trying to understand what's going on. *Why do things feel different?* They're trying to justify it or understand it up here (head). They're trying to say, "Well, it's because this and this changed." They're generally way off track. It's just an increased amount of energy.

A lot of them will try to avoid it. They'll try to deflect it. They'll try to pretend it's not there. *So what do they do?* They go back to ... they go back. They go back to old ways. They say, "Whatever is happening isn't working, so I'm going to go back to what used to work." You tend to do that.

When you get in a little trouble, you say, "I'm just going to go back to what worked last year or ten years ago, because I knew that worked." Well, take a moment, look back; it really wasn't working that well back then either. You handled it. You got through it. You learned from it, and more than anything, you experienced with it.

So right now in general these energies are coming in, and I would say if they're hitting anything, if they're landing on anything within a person, it's their mind. That's why you see an epidemic of people taking antidepressants and these other medications. Just drink wine. You don't need all of that. In moderation. *What's moderation?* Every day. Every day. That's ... (laughter) Moderated. Any time the sun is shining. Very moderate.

So it's landing on their minds, driving them crazy. Then from the mind it goes into the body, because the body has been trained to follow the mind. Then they start having some physical ailments and things going wrong with their bodies.

But actually, for most people, most humans, this tremendous amount of energy coming in is actually lighting up their aspects ... their aspects. Look at all that potential for creating some sort of mass confusion. Look at all that potential for getting the attention that we always wanted to get. So the aspects are busy.

(Please also read: [Addendum D: The Creative Energy Spike](#))

"Humans ... an individual human is the grandest thing in all of creation. A human being is the greatest of any beings anywhere, and I've traveled around a little bit. I've gone to different dimensions. I've seen different parts of creation that are absolutely amazing, and I've never met, never encountered – never even had a close encounter – with a being as grand as a human being."

Humans beings are wonderful until they get in an organization. Any organization – a company, a church, a benevolent foundation.

Wonderful individually, but the moment they organize, you have control issues, power issues, hierarchal issues. This is where the [sexual energy virus](#) comes in. It loves organizations. Once humans organize it brings out sometimes the very worst of them. *Why is that? Why is that dynamic like that?* It's not meant to be organized.

"Ultimately, sovereignty is about loving, accepting and owning yourself. It is.

So organizations right now take away from that. They really do. Organizations generally don't want sovereignty. They don't want equal voice. They don't want a lot of individuals; they want conformity. They want rules. They want compliance. So here you have grand humans, but they organize in groups."

So where are you going to be this summer and this fall while all of this is going on?

You don't have to do anything. You don't have to take on that responsibility for yourself. You don't have to save the world. You can actually just enjoy life. Committing to yourself, whatever that means. Giving yourself the gifts. Giving yourself the acceptance and the love that you so deserve.

Four Issues

Your DNA is being remade, reconstructed. You're under construction. You're redoing your energy anchors, how you hold yourself in reality, how you make yourself be able to stand, to think, to remember, to go through the motions. You're redoing all those. You're redoing the amount, the levels of light and energy that you can bring into your reality. Even though some days it makes it really intense and you try to shut it off, you really can't. There's tremendous amount of this light and energy.

So I bring up these four things to help you understand where you're at, what you're going through right now, because sometimes I know you worry. Sometimes I know you're wondering if you are doing it right, what the prescription is. It's all working out. You just happen to be going through a tremendous number of different things right now, more so than you've ever going through in a single time.

~ 1. Mental/Creative Integration

First and foremost, you've been primarily a mental being. Most of the time you function through the mind with mental thoughts. Analyzing things, judging them, putting them into nice neat little mental compartments. About 96% of the time you're using the mental aspect of yourself in your everyday environment. 4% goes to creative, and that's quite an improvement, because just a few years ago it was about 1%. Now, it's taking a leap, a very fast leap, to where instead of having the left brain/right brain scenario, instead of switching mental to creative, now they're starting to merge together.

So you have now a combined consciousness within yourself that is creative and mental. It will affect your dreams. It's going to affect your thought process, particularly for resolution – problem resolution. Creative (very free-flowing energy, very expansive) is the thing that finds answers. Mental executes what the creative finds, at least up until now.

With this new integration of creative and mental, it will add color, depth, dimension to everything that you do. Great time, as I mentioned before, to initiate a project, a business.

Creative, it doesn't follow old patterns. It requires that you trust yourself – *the ahmyo*, the trusting yourself. The integration. It's going to cause some changes in the way you handle things. changes even in your level of passion. Now you're in the creative spiritual path. That's why we try to simplify things. A lot of people still need that mental-spiritual path – study the rituals, study the disciplines, study the Masters. You're out of that – **creative spiritual enlightenment**.

~ 2. Disintegration of Emotional Self

Big part of that self was your emotional self, your emotional self, and right now it is dissolving. It is disintegrating. As the creative-mental merge, there is not really room at the inn any more for the emotional self, the little bratty child. The emotion comes from the mind, absolutely 100% mental. It's the mind's bad imitation of real soul feelings.

So mind made this up – it was kind of jealous that it didn't have real feelings – so it made up emotions. They're immature. They're unrealistic. They're demanding. They're selfish without being self-full.

The emotions could never get enough. They were energy feeders. They fed off of the real you. They fed off other people. That caused little tantrums. It caused anger. It caused you to look at things from very immature eyes. So right now the emotional self is disintegrating.

What happens when the emotional self starts disintegrating? It has screaming fits.

It's used to playing you very, very well, like a fiddle. It's used to being the way you would inadvertently, maybe unconsciously, steal energy. That's the way that a lot of times you even felt alive, when that little emotional brat came out and started commanding and demanding, overriding the spiritual you.

It's withering away right now. It has no place, and of course, as that happens, it's going to scream out. It's going to give you fits of anger, fits of weird little things, emotions that you thought you had controlled a long time ago – jealousy, others having more. It's going to have a little way of screaming out about “*Why am I not getting more money, more attention? How come they didn't say something nice about me?*” Weird little things, and part of you is thinking, “*Well, that's so weird. Why am I thinking that?*” I thought I was beyond that.”

Right now that emotional self is rebelling. It's kind of like the bad witch in Wizard of Oz when the water was thrown on her. Screaming, screaming, "Help...". It's melting.

It's desperately seeking to try to maintain its position. It's going to threaten you. It's going to come out at night in your dreams. It's going to show up in the most inappropriate moments. It's going to battle you. Don't worry about it. You take a deep breath and say, "Die, you witch!"

So now part of you is going to be energy deficient. Part of you is going to be desperately seeking energy from somewhere else.

There is energy coming in from everywhere. Everywhere. There's an overabundance. We have an over energy supply on Earth right now – cosmic energy, that is – so much of it that it's affecting people. But when you feel that need to feed, you take a deep breath – it's right here (within). It's right here, and it's coming in from free sources – cosmos, your divine, every part of you – so you take a deep breath and feel it.

This emotional self is going to transmute into I Am. I Am.

~ 3. Time

Time is essentially an illusion. It's a real illusion. Time tends to be mental, so as the creative and the mental are merging, the concept of time also.

As time shifts, you will realize that it can go backwards and forwards and sideways, and as fun as that sounds – to be able to go back in time ... and I'm not talking linear time; I'm talking about experiential time.

Linear time calculated on the movements of the sun and the stars and all the rest of that. It's how most people base their days. Experiential time is the sequence of events that have taken place, the wisdom that has been gained from those experiences, and the evolution or the unveiling of the next set of grand potentials. That's my definition of time.

You start realizing that time is very malleable. you can go back through experiential time. You can go back through the sequence of events and the perception of those events, the wisdom that was distilled from those events. You can go back any time.

As you expand your consciousness, Don't think of expansion as going like this – outer (reaching out). Expansion, in a very strange way is actually like this (moving his hands together). Now, the mind says, "Well, no. That's collapsing." No, it's distilling. So when you expand your consciousness, you're actually clarifying it, simplifying it, distilling it.

So when you go back in time, experiential time, (suddenly you realize this is brand new.)

You can go back, and that experience that was suddenly changes – everything about it – so that it seems new. It's not what it was before. *Why?* Because you're visiting it now with new consciousness, with a new set of eyes. All a complex way of distracting you for a moment to say that time is changing; experiential time, but it will also affect your linear clock time.

When that time starts shifting, or ultimately going away, it's going to make you feel kind of strange, and when you do, *what are you going to do?* So it all changes, then you get to feeling uncomfortable. Your body, even, is trying to adjust to new time/no time. And then it's going to hurt, because your body is used to the way you've trained it feel. You've trained it to sleep at certain times, eat at certain times, do the other body things you do at certain time, so it's going to feel very uncomfortable. Your mind is going to go crazy. It's not going to be so predictable.

What do you do? Yes, you take a deep breath. That's where you trust yourself. That's where you let yourself be grounded but expansive. Where you let yourself distill it down to the basics.

Where you stop asking, "What's wrong with me?"

Unfortunately, you're going to get the answer! You're going to get a long list from all the aspects, from the universe, from everywhere. "Oh! She wants to know what's wrong with her. We'll tell her!" Don't ask that question anymore.

So you say, "I Am that I Am. Buzz off! I Am that I Am." Don't ask that old question anymore.

And don't ask, "Who am I?" Oh my, that's such a bad question to ask..

~ 4. Multi-Stages

There are also many other stages all around. The stages of life, stages of where you go to play out your experiences, dream stages, and they're all, they're really right here.

The point is that you're going to go multi-stage. In other words, you're going to start perceiving the different tiers and different levels of reality around you. It's not going to be singular. The mind has tended to separate things. It likes compartments. It likes what it thinks is everything in nice orderly fashion. But the creative, now coming in, is going to shift that, so it'll be multi-staged.

What are the challenges? Disorientation. You like it singularly complex. In other words, a single dimension, but you try to then make it very complex. You're moving into a state of being that you're going to perceive many of the dimensions around you, and it's going to be disorienting physically and mentally. It can be terrifying at times.

It makes the creative alive to be multidimensional, to realize there are many stages right here. There are many realities that are happening all at the same time.

If you have that feeling that suddenly reality is shifting, the typical reaction is to get your eyes wide open real big, because the eyes are the thing that, probably more than anything other than your mind, anchor you in reality. But your eyes are also the biggest deceivers of reality.

So you close your eyes, the creative comes forth. It comes up into the third eye area. It will make a very beautiful connection with the mind, so the mind can start comprehending the multi-stages without trying to control them.

At this point, with the eyes closed, energies focused in the third eye region, now the creative is commanding the energies in a loving way. Not like the mind used to command, but the creative is bringing forth these energies. It won't let the mind take control of it. So therefore, you can bring it on.

The Guru Dilemma

It means that here you are, **beings that are becoming enlightened and allowing that to come into your everyday life; spiritual beings on a spiritual path; generally getting over the whole concept of having to get to know yourself so you can finally be yourself**, you see.

And you have a certain archetypal concept of this thing called enlightenment and guru, and it's very distracting, because you put this as the [Standard](#) or the example, the shining light in your path and say, *"I have to be like that. I have to be – in order to be my spiritual self – I have to do as the gurus did."*

Dismantling this whole concept of getting to know yourself, it's also time to dismantle the whole concept of the guru that you're aspiring to be.

Yeshua, Jesus: The real Yeshua? The most impatient human I had ever met! totally impatient, had no patience for stupidity, for rules, hated organizations, didn't like time, didn't like dawdlers. *Why?* Because underneath, even though he was not a souled being, he brought in so many of the aspects or the energies of you. And impatient. He was known to cuss and swear. There were a lot of people that were afraid of him. He was a rebel, a revolutionary and he was intolerant. A loving being, totally compassion, but absolutely impatient. *"I have to be ... what would Jesus say?"* Jesus would say, *"Get the fuck out of my way!"*. It's like *"Move aside, we've got work to do. We're here to seed this Earth with the Christ consciousness, the Christos, the crystal consciousness, for a new age that's coming about. Move on with it! Move on! Get off to some other planet, go someplace else, because this is a place where we're growing and expanding."*

Buddha: was neurotic, phobic. He was always having to clean his hands and his feet all the time. He was very selfish, in the bad meaning of the word selfish. He stole energy from everybody.

He had demons going after him all the time. He was perhaps what you would call a multiple personality, flipping back and forth. So he was very difficult to get along with it.

Later on he chilled. He relaxed a little bit. He had this neurotic obsession for enlightenment and just starved himself to death to get it. Finally he relaxed. He gave up trying to find himself, trying to get to know himself.

Steve Jobs, somebody from your era – brilliant, driven, totally insecure. Absolutely insecure. One minute very obsessed about the project he was working on, and the real project actually was technology tools to expand consciousness, interconnectivity to share, to actually expand the consciousness of humanity. That was kind of implanted in him. Brilliant ideas.

He was a visionary who had this mental/creative melding a long time ago, but totally insecure. Always questioning. It got tiring after a while. *"Am I doing the right thing? Am I going the right way? Should I have done it this way or that way?"* Wasted a lot of energy doubting, worrying all the time.

St. John the Baptist. Crazy man. He was a lunatic! Another good example of a multiple personality; one minute screaming and yelling to get the demons out of people, pushing their heads under water. He used to drown people. It wasn't baptism! It was called murder! And the next minute very pious, reverent, asking God for forgiveness.

The guru dilemma, your dilemma: *who do you aspire to be like – any of them?*

In other words, they had human characteristics because they're here on Earth as humans. They have what you would call flaws, but they're actually not, they're just idiosyncrasies. And so do you. You've been trying to get to know yourself and perfect yourself, make yourself just this pure, holier-than-thou human. They didn't do it. *Why should you?* They had disturbances! Issues! Challenges!

What eventually caused them to be Ascended Masters? Acceptance, Let go. They let go of this need to try to define themselves, to find themselves, to know themselves, to improve and perfect themselves. They came to a point of exhaustion of saying, *"This search, this desperate search, is exhausting. I'm just going to give up. To hell with this whole spiritual path and all of its books and all of its workshops and all of its accoutrements and everything else – to hell with that! I'm done! I'm done!"*

In that moment of acceptance, then it came together. Then they had a good laugh, every one of them. And then it didn't matter. It didn't matter that they weren't perfect, because they were never going to be. It mattered that they accepted. It mattered that they loved themselves, quirks and all. Bad bank accounts, overweight, stupid little tics or strange things you do, your bad temper, your impatience, your lack of real understanding of the spiritual being that you are. You get over all that. You go into a place of acceptance.

You could say it's surrender, but it's only surrendering to you. It's not surrendering to anyone else or anything else. Whatever you think is flawed, imperfect, whatever you think are the things you have to work on, forget about it. And then, suddenly, you're just being. You're not trying to perfect anything. You're not trying to find yourself. Now you're just being. In that, the creative energies that we talked about earlier rush in now. no longer just trying to figure it out. They're just doing it."

The creative energies rush in. The mind can slow down. The need to try to make things right or perfect or in some sort of delusional ideals of old gurus goes out the window. That's when you say, *"I am the Master. I don't care what they say, I am the Master. I am the Master."* It's that simple. That simple.

But then the mind jumps in, and it will by the time you leave this parking lot, and say, *"Well, if you're the Master, then you can walk on water also."*

09 – Clarity Brings Results

I assume that if you're here, if you are watching or if you are reading this, it is because you are ready for enlightenment. But I do assume that if you're here, if you're watching or you're listening, it is because this is going to be your last lifetime on this planet.

Your Enlightenment

I assume that if you are here you are absolutely serious about your enlightenment. Absolutely, to the point that it's the only thing. It is the thing. *Why?* because you spent many, many lifetimes in this rabbit chase. You've studied so much, sacrificed so much, suffered so much, and now you've said, "*This is it. This is it.*"

I make this point as we start – serious point as we start – because then assume yourself that everything that's happening in your life right now – everything – is all being directed towards this. You made a conscious choice. You made a very clear choice. Otherwise, you wouldn't be here. You would have left a while back.

I assume that with your conscious choice for enlightenment that everything now that's happening in your life is focusing on that. Every event is about the enlightenment. Everything that happens – you may not like everything, because a lot of the things that are happening are about clearing and changes – but everything that's happening is all funneling into this enlightenment.

I know so often you wonder "*What's going on? Why can't I seem to understand all of this? Why is it that I'm having these ups and downs?*" My dear friends, it's all about the enlightenment. Everything. Everything. You don't even need to ask questions about why this is happening or why that's happening. It's about your enlightenment.

Now, that raises a lot of questions – *What is enlightenment?* – and unfortunately, there's a lot of confusion about that. *What is ascension?* A lot of confusion. But let's just say that **it is the integration of yourself, of your divinity, of your aspects, bringing back together every part and piece of you in the physical body in this lifetime.**

Ascension is the integration of yourself, of your divinity, of your aspects, bringing back together every part and piece of you in the physical body in this lifetime.

Now, whether you then leave the body or whether you stay and really enjoy, is to be seen. It's a decision I can't make for you. I don't even want to coach you on one way or the other. But in that moment of enlightenment you'll know. You'll know. There's no need to fear it. It is perhaps the greatest choice you'll ever make. There's no reason to fear the departure of the physical body. As I've said before, you've done it many, many times before. Very easy.

It's difficult to even anticipate what human life in an enlightened state is going to be about, and I know that you ponder it. You think about it – "*What's that going to be like to be enlightened and physical?*" – but right now, at least in this moment, the mind can't even imagine. Can't even. You can imagine, what you would say, through your creative, through your heart, through your feelings. But the mind can't even imagine. So what happens is that the mind, the human side, then starts fearing, starts wondering, starts backing away.

My dear friends, you can't back away from it. You really can't. You made a very conscious choice. Everything is in motion. With what you know now, you couldn't go back to being asleep. You couldn't. And you've tried, and you've tried, but you can't. You know too much. You're aware of too much now. You can procrastinate. You can distract yourself, which you're getting to be experts at doing. Or you can just take that deep breath, have no fear.

My dear friends, I said in a recent Shoud, I said – whether it's five, whether it's a thousand, doesn't matter – but just a few beings, humans, staying in the physical body in enlightenment will make an amazing difference on not just this Earth, but on all the realms. It's not easy. Absolutely not.

Energies Coming In

The energies are very intense right now. You're feeling it from everywhere.

The interesting thing about them – they're not solar waves, they're not electromagnetic waves, just say that these are truly interdimensional bombardments of energy onto this planet – when they arrive, they're going to go deep into the Earth, and they're going to release something from the Earth. Old Energy. Old stuck history. Imagine *what's going to happen?* Intensity on your physical body.

Now you're going to really feel it in your body. You're going to feel it all around you. Other people may, they may not. The Earth will, and it may result in things like earthquakes, volcanoes. Not necessarily. Not necessarily, but it could, when you have this massive level of energy coming in.

What do you do? Breathe. Get grounded. Love that body. Feed that body. Feed that body again. Not a time to be doing body abuse things. Not a time to think that you have to lose a lot of weight by starving yourself. Eat. Eat hearty. Yes. It is part of your ascension, your enlightenment.

Sacred Shoud

Now let's talk for a moment. This is the sacred Shoud. [Shoud](#) is a word that [Tobias](#) first used. It's an old, old Hebrew word. And a Shoud means sacred gathering, inspired gathering.

So here we have this very sacred Shoud, and in the sacred Shoud we can laugh. We can do whatever we want. We can sip coffee, drink wine, laugh, cry, be ourselves. In a sacred Shoud, though, it is about the collective workings of you – of all Shaumbra – adding your energy.

And I bring up this point today, because you, my dear friends, are in a very delicate, beautiful, but very fragile state of being. You're transitioning from human to divine human. You're transitioning out of the mental era, the mind era, of yourself, into now a creative-mental-divine. Things are being released from your life. New things, unexpected things are coming in. Very, very fragile time. It's good that you can laugh. It's delightful that you can laugh, because, as I'm hearing one of you say, *"Yes, if I'm not laughing, I'll be crying."* But delightful that you can laugh about it.

But it is a unique combination of all of our energies, and it's only done here, and it's only done like this. Because of the respect that I have for it, and because knowing what you're going through right now, it's only here. Nowhere else. So this is a message for others who are claiming to be channeling under my name, others who are claiming to be doing Shouds: It is not appropriate. It is here. It is this group. It is this messenger. It is this team. It is this staff that brings it together. Tobias, [Kuthumi](#), did not have this same requirement. They were working with a bit different energy.

When I came in, in my first message I said, *"This will be it."* One messenger, one group that I'm talking to. That's it. Anyone else, I'll be so bold as to say, is, on a good day confused, on a bad day delusional or fraudulent. That's only the beginning.

So the question to you now as we proceed – *how do you want it today? Do you want it blunt and controversial?* (audience shouts "Yes!") *Or do you want it gentle and nurturing?* (most in the audience say "No.")

Blunt and controversial. And so it will be. We'll be direct about things.

Questions

So now, doing a quick assessment of the energies in this Shoud, say, *"What's going on?" What's happening with Shaumbra right now? What are all the feelings? What are the questions?*

Aside from what I would call the day-to-day issues, *what are the big questions going on?*

~ 1. "How Am I Doing?"

You're still in this physical body, and that's a big point. You're still here. That's good. It's a very difficult process to go through. It is hard on the biology. It's all being reworked. It's all being reconstructed. So it is very easy to go out of the body.

Now, it doesn't necessarily mean death, but just not to be living in your body. You're reminding yourselves to be present, to be in that body. And actually, it's interesting to note – by the way, yes, this is a type of report card – it's interesting to note that you are actually starting to love that body. Oh, it's been a long road of not liking it, being critical of it in every way, but you're actually starting dress up!

Exceptionally well under the circumstances. The fact that you've managed to keep it together, even though it's been difficult – admirable. Very, very good. A little bit too much worrying and doubt right now. We're going to address that later on. But still too much worrying about how you're doing. And challenging things, which is good. You're challenging old belief systems within yourself, within the organizations.

~ 2. ***“What Should I Be Doing Different?”***

What is it you think you should be doing different to make it a little bit easier, to make it a little bit more enjoyable, to really let yourself take advantage of things like these energies coming in.

~ **Letting go** – *“thought that was important in my life, of all the things that I have, you know, held onto, like, you know, trying to do everything perfectly. Just trying to ... failing to be who I really am, because I think I have to be all these other things.”*

So there's something in them that *you* still enjoy. Something in them that *you* ...still are hanging onto. It serves some purpose, otherwise they would be gone. Well, just realize what those things are, why you're still enjoying doing the right thing, following the rules, doing things for other people.

So what I'm really hearing in this is more about letting go of a lot of the human details, the programming, the conditioning that you have to do these certain things. And those things do hold you down. And you spend an awful lot of time – not just you, but all of you – spend an awful lot of time just working on the little details of life. Details of life. And there's ultimately really no need to. I've got a theory. I think sometimes you do it because it's a distraction. Sometimes you do it because you think that if you don't do it that you will poof! off the planet. In other words, it's something to make you stay here. (*Please also read: [Addendum E: Letting Go](#)*)

And mass consciousness, absolutely. But all of you are coming to the point where you're really not caring so much about mass consciousness. That's a good thing. You need to just realize it's already there. Yes. You need to realize that you actually don't have to do anything.

You can't wish in abundance. You can't think ... you cannot think your way to abundance. It's already there. *It's just when are you going to be aware of it?*

It's realizing it, and this is a very basic metaphysical, spiritual, psychological point. You already have everything built in with you, both dualities. You've got the abundance, lack of abundance. It's already there. For some reason, you're choosing the lack. Yeah, and at a certain point, you get tired of it and you just move beyond it. Absolutely. Abundance is more natural than lack of abundance. Absolutely. Good.

~ **Abundance** – I'm going to look you straight in the eye – abundance is directly equated with your desire to live. Directly equated with your desire to live. So it should be no mystery that so many of you have abundance problems. *Why?* You're not sure if you want to be here. We'll get to that in a moment.

You decide you really want to be here, you decide you want to be, suddenly you're abundant. All the energies come racing in. Energies are serving you literally right now. If you're not really sure you want to be on this planet, you're sitting on the fence, you're waiting for a breeze to come along and push you off one way or the other and then you can blame it on the breeze, not take responsibility, that's exactly the level of energy that's going to come in to support you. Not much. Just enough to survive. Just enough to live. Just enough to get by.

And that's where a lot of you are. It's not because you haven't figured out abundance. It's because you haven't chosen whether you want to be here or not! It could be said it's about the commitment to yourself, commitment to being here, with no ifs, ands or buts about it. Not – this is my favorite – the *“If I win the lotto, I'll really want to be here. I'll want to stay.”* No, no, no. It doesn't work that way. Choose to stay; win the lotto later, you see.

It's only about trusting yourself. And when you do, yes, things are going to change. Oh, other people will react. Many people will tell you that you've become arrogant!

That's how ... abundance is really so simple. So very simple. It has to do with the joy of life.

You've done things you judge yourself for doing poorly, doing wrong. You've all let yourself go in the past, thought you were opening up and just expressing yourself, and suddenly, *what?* Yeah, get your head cut off. Exactly. Or burned or something else. So there is those old, old memories that are still there. But it's time to let that go. It truly is, because ultimately **it's only about trusting yourself. And when you do, yes, things are going to change. Oh, other people will react. Many people will tell you that you've become arrogant!**

Here you were dreaming, going to Egypt, traveling – and it's great – going to Egypt and, oh, an amazing experience. So go! And when I said that, you pulled back. *What happened?* Eh, mind started clicking in.

Then the fear, and it's like *do I need somebody to lean on – am I worthy? Am I worthy? Do I have the money?*

So all this pulls back, and it's like why?! Go to Egypt! Go to Egypt. Enjoy. Absolutely. Take your spirit. Take your aspects. You'll find some that are already there. They got there ahead of you.

"I haven't got my abundance yet." Yes you do! Yes, it's right there. You see *how crazy this is?* You know, you've chosen ascension and enlightenment, in a way. Everything in your life is focusing on that, wanting to support that, wanting to come in. But yet, there's still this human part ... You step away, you see *what happens?!*

So you've got everything working on enlightenment and part of enlightenment, the bucket list, doing things you've always wanted to do, but boom! Suddenly, *"I don't have the abundance."* Yes you do. Absolutely you do. Some joy in life. That's abundance. Some passionate desire to live to say, *"Damn it! I'm going to go to Egypt!"* Amazing. Suddenly the abundance is there, because it's answering the passion, the choice, the joy to live.

If you just sit in the chair every day wondering about what to do, worrying about what enlightenment is like, wondering how you're going to pay the bills to even survive getting through the rest of your life, that's exactly the energy that will come through. And it will support you so literally, so beautifully, because you're like "I don't know what to do." And that's exactly what you're going to get is a lot of "I don't know."

It's abundant. You're getting an abundance of nothing. You're getting an abundance of *"let's just sit here and think about it."* An abundance of *"I've got a bucket list, but I'm not going to be able to actualize it."*

Oh! You're abundantly, amazingly doing exactly what you're choosing.

So when you kick off the shoes, so to speak, when you just get beyond the brain thing, when you rejoice in the fact that you're here, you are going to be enlightened, you rejoice in the fact that it's an amazing experience to be human, and even more so to be an enlightened human, then the energies start swooping in. And these energies that are coming in, instead of knocking you over, lift you up. Yes.

~ **Health.** *What about it?*

"I want it, and for some reason I prefer drama in my creations."

Yeah. And again, *why is this? Why the health issue, for any one right now?*

"Oh boy, just to really live fully. I mean, it's like ..."

But why is there – *was there – a health issue to begin with? Just because of nature? Just because you're living in a physical body, you're going to have health issues?*

"I don't know. I mean, I've been through cancer four times. So it seems like there's something more to it than just ... Your happenstance ... statistically unfortunate."

So what is it when there's the health issue? Quite simple.

"Loving self."

Yes. *"It's an excuse not to live"* Excuse not to live.

Could I be very bold and blunt with you?

Attention. A lot of attention. Don't judge yourself. It's not bad. You've all done it before, but you get a lot of attention that way. Attention that you didn't get before, attention that you were always giving to others but never received. So suddenly you have a health issue, you get a lot of attention. It's energy feeding – not malicious feeding – but look what it's doing. And you eventually get the attention from yourself, but what pain and what suffering you have to go through to get there.

You don't deserve it. Cancer generally has to do with hatred – the energies of hate, primarily with self – so you take that on, and it keeps coming back until you love yourself implicitly, unconditionally, and you stop getting attention from all the other people around you. And attention could come from a doctor, from Shaumbra, from the people who are going right now, they're going, *"Oh, I feel so bad for her because she's had cancer."*

"Well, I think part of it is my dad was a doctor and he was a disappeared parent. And that was my ... I mean, my first cancer at 19 I felt was that way of me trying to get him back."

Exactly. Exactly. Very observant. Very observant, but it's not worth it. It's not. It's hell. It's tiring, and you can't really enjoy life when you have that.

So, with some very good deep breathing, attention for yourself. And disconnect from what you're getting from anyone else. Refuse it. Not that they're consciously offering, but they are offering it. Say no. You're going to get it from yourself. There is this thing called your soul, your divine, your Self that wants to give you that love, that attention.

You don't need it anywhere else. It's right there. And more than anything, you actually really deserve it. You've gone through enough now.

Get you into your body. And it's scary for somebody who's had cancer to get back in your body. Very scary thing to do, because the body is theoretically what you think is the thing that's betraying you.

How can you trust yourself when your body is betraying you? There is complex issues, but it boils down to get that attention, that love from yourself. And 'yourself' means your spirit, your soul, your divine. That's what really wants to give you the love.

~ **Other people's story or drama.** - And I bring up this point because people will tell you, if you don't get involved in their junk, that you're selfish, that you're indifferent, insensitive. They'll blame it on this cult that you're joining and all this other stuff, because they're feeding. They want you involved in the drama.

Drama by yourself is very, very boring, so you tend to get other people. Others get you involved, and particularly when you're radiating the way all of you are right now, when you've got a higher level of energy, a higher level of awareness, you're a great one to involve in the drama. You know, it's like having an actor that's truly expressive. You want them in your play. Here they want Shaumbra in their play, but there's no need for it.

Your children: it's also getting them to take responsibility for what they're doing and they'll understand and respect your sovereign domain as well.

~ 3. ***"Should I Stay or Should I Leave?"***

But the real big question within the question is *"Why should I stay? And then you want to know all the facts and figures. "Well, what's it like when you cross over? Will it hurt?" That's always the first question – will it hurt. "What is it like on the other side? Am I going to be happy? Am I going to see all my relatives?" Well, if you're going to be happy, you probably won't see all your relatives.*

I have to say, my dear friends, that this whole issue – and I'm going to get into it a little deeper in just a moment – but this whole issue, you've done amazingly well when you say *"How am I doing?"* because you've learned that your biological family is not the boxing ring anymore.

You've learned that they birthed you, they took a responsibility, you had a history with them, a lot of love, a lot of sharing, but you're letting go of what I would call the more negative aspect. The old karma, the old junk. The junk that wants you to be part of perpetuating this ancestral imbalance. A lot of times it's been going on for generations and generations and generations, and after a while, even on a spirit level, they don't even remember where it started – this craziness, one person in the family background doing something very off balanced. They forget and they just keep acting it out. So you're letting go of that. **You're learning that your family are ... they're other human beings to be honored, to have compassion for. But you're not locked into them anymore.** That's a big, big, big, big accomplishment.

You're learning that your family are ... they're other human beings to be honored, to have compassion for. But you're not locked into them anymore.

Now, of course, there are those that would say that I am anti-family. In a way, yes, because it creates some of the biggest karmic, biological, and mental imbalance issues. If you're floating in that family karma river and just going along with it, absolutely. I won't go into all that right now, but good. So, *"should I stay or should I go?"* Big question, and it has to do with abundance. It has to do with everything that's happening in your life.

The good news, I guess, is that you can ask yourself that question. *How many humans really do?* They're shocked if you would walk up to them and say, *"Do you want to live or die?"* They'd probably call 911 in the moment! But very few humans really ask themselves, and it's a very important question. It's important to ask yourself why you want to stay. *What for?* You give yourself a lot of reasons for not wanting to. It's tough out there. Crazy, crazy energies going on. You're tired of living with sickness or lack of abundance or family members that are draining you, or just confusion.

There's this concept, this thought that if you aren't here, if you leave the physical body, suddenly you become real smart, you know the answers. Sorry. It's actually easier to figure it out here than it is up there, out there, wherever. Easier to go through the processes here, rather than wait till you get over there. There it's kind of, well, you don't have the body, so you don't have those issues. But there it's not as tangible as it is here. It's not as real. Here, you can actually affect change in consciousness very, very quickly, if you stay focused. On the other realms, you just kind of wait to get back to Earth, wait to get back here to do it again, thinking that you're going to remember, now, what to do. Thinking *"I know exactly how I'm going to live my life,"* and then you get back here, and forget so much of it.

That's a huge question right now, and I bring this up today, because it also ties in to these energies coming in. It's going to push that issue in you, if you're wondering about it now. And now this has nothing to do ... this is not suicidal thoughts. This has nothing to do with that. The question of *"Do I really want to be here?"* is more about passion, more about direction, more about what you're going to do to bring energies in. And I will make a very direct statement here. **If things aren't happening in your life, if everything seems to be kind of on hold, you're able to get through the day, but it's just everything's on hold, it's because you're on hold. You don't know whether you want to stay or leave.**

If things aren't happening in your life, if everything seems to be kind of on hold, you're able to get through the day, but it's just everything's on hold, it's because you're on hold. You don't know whether you want to stay or leave.

To make a commitment right now to be here, to make a commitment to stay, is huge. And a lot of you don't want to do that. You take the attitude *"Let's just see what happens next."* What's going to happen next is nothing. A lot of waiting to see what's going to happen next.

To make a commitment right now to yourself, to your soul, to all of the aspects, that you're going to stay, that you're going to live is big, because then right away you start thinking, *"Well what about this? What about that? What about my health, my wealth, relationships,"* all of that. So what happens is you tend to just wait. *"I'll think about it tomorrow when I'm feeling a little better,"* you see. And then the energies support that literally.

Big question, *"Should I stay or should I leave?"* I can't give you the answer. There's no right or wrong. The only thing I can say is please make a choice one way or the other. The in-between, the on hold, is what is really driving a lot of you crazy. Being on hold. Not really knowing. Don't think about it, but feel it for a moment. *Do you want to stay and why?*

Not because of your children. No, no, no. That doesn't work. Not because you don't want to die. That's doesn't work either. There's more of a fear of dying that keeps people staying here. Not because you want to wait to see what happens next.

Feel it for a moment. *Why do you want to stay here?* Really. *What's the passion? What's there? Why would you want to stay?* And there's no right or wrong. It doesn't really matter. *Why would you want to stay?*

Please don't say for your children, your husband, your wife or whoever it is. *Why do you want to be here?*

Don't know? Not sure? Just because? And I don't want to put words in anybody's mouth or in your minds at all, because this is a very personal decision. But so many of you may not be able to articulate it, but you've gone this far with it, this many lifetimes of integration, of understanding the divine. You've gotten this close. It's the 11th hour, 59th minute and 59th second. *Why not?! Why not just see what it's like to be enlightened and divine and human at the same time?!*

Is that a valid reason? Absolutely! Absolutely. *Why not?* Because then you can go all around the cosmos and tell others what it was like. You can say, *"I did it!"* Because you can experience it here, because this is really what you've been planning for, waiting for.

~ 4. ***“What Should I Be Doing Right Now?”***

Next question that comes along with that is *“What is it I should know?”* Or specifically you’re asking *“What tips should I have? What should I be doing right now?”*

I mentioned in our last Shoud that you’re getting out of the mental structure. That’s a big accomplishment, very, very big. It’s confusing and difficult to go through, but you’re starting to literally integrate the creative energies and even your, what you call, your divine intelligence. It’s wreaking havoc (*meaning: destruction, ravage*) on the mental systems right now. The mental system’s really not sure how to handle it.

In the process, you’re starting to do something rather unique. You’re creating a new dream-state dimension for yourself. Your own.

Dreams are very, very interesting. They occur in a lot of different layers and dimensions. You can have – and you are having – multiple dreams at night. Even if you don’t remember them when you wake, you’re still dreaming. There’s never a moment at night when you’re asleep that you’re not having multiple dreams.

Right now, even though you’re in your human awareness using your physical senses, you’re having many dreams. They’re all occurring right now. Very, very interesting. It can be distracting, but at some point, you’ll be able to actually be aware of the various dreams going on and understanding why.

You’ve created this new dream state that you go to now, and instead of thinking about your problems, you’re starting to dream about solutions. Instead of worrying ... you’ve all had worrying dreams – and worrying realities – but you’re used to worrying about things, focusing mental energy on it. You actually go through the situations in your mind, in your waking state but also in your dream state, where you think about a problem. Let’s take money, finance, bills. Worrying about *“How am I going to pay this bill? How am I going to make more money? How am I going to survive, just pure survive, be able to drive the car and eat some food?”* So there’s a mental process that goes into the worrying.

It’s very, very energy consuming, and it’s not particularly effective, because in this traditional worrying that you do, you’re not allowing yourself to see other potentials. Very narrow focus. It’s like, *“Well, in order to have more food, I can’t spend so much on something else, or I have to rely on somebody else, or I have to get a part-time job to make ends meet.”* That’s the way the mind had been trying to figure it out. Very, very limited. In your dream state, you would take that same worry, take it off into dream state, but essentially do the same thing: Just worry about it, kind of while you’re sleeping. Very little resolution, very little solution in it. It tires you out. It basically hasn’t broken you through, in other words, to give you a new level of abundance.

Something is changing right now. As you combine the mental and the creative, it’s a nice blend, because the mental understands the particulars of what needs to be done in your day-to-day reality, the creative brings in solutions and energies. The creative allows you to see some of the potentials that weren’t being seen before. This applies to whether it’s money, whether it’s a physical issue, a relationship issue – a lot of mental energy used to worry about the problem without coming up with real solutions.

You’re starting to have a different dynamic now, and I want to focus on that for a few minutes here today. You have a problem, let’s say. Your mind starts worrying about it. Just think of anything in your life that you have going on right now. It can be large, small, it doesn’t matter. Any particular issue. A tax problem, just a schedule problem. Anything. Medical, anything. Typically, you just worry about it, and your mind goes over ... worries about all the details. But now, as the mental-creative combine together, you can actually take a deep breath, and ...it’s difficult to explain, but you stop thinking about it and worrying about it.

The situation is still there, but instead of worrying about it, you actually release it. You release it. You don’t focus on the details. At this point you call in these creative energies.

It’s you. It’s your creative energy, but you allow those to come in.

And instead of mentally worrying about the problem – this comes back to the point of trust – you allow the creative energies to just wash it, flow over it, flow with it.

You don’t focus the mental. You don’t try to think about what little details you have to attend to, because that’s a mental thing. You don’t start worrying about the consequences of your thoughts or your decisions.

You take a deep breath ... and by the way, this is very much like the New Think that Kuthumi talked about.

You take a deep breath. Let that creative energy come in.

And just be with it for a moment. It's very, very simple. You just be with it for a moment.

And you truly try to refrain from doing a lot of mental thinking about it. That mental thinking is actually ... it got you by, up to a point. But the mental thinking has actually limited you, limited the potentials, definitely limited the outcome, and consumed tremendous amounts of energy worrying about problems. I'm basically saying you don't need to worry about it.

It doesn't mean running from it, ignoring it or hiding it. It means you can sit in this moment, you can take a deep breath, whatever issue, problem ... and you let that creative energy come in.

You don't think about it here. You're just in with these energies. You don't think about it.

Just breathe in with it for a little while. Feel into it. The moment your mind starts going to work with the details, with the worrying, with the what ifs you heard before ... our dear friend said she wants to go to Egypt, and then suddenly the mind popped in and start worrying about the details. No. Egypt! Egypt!

So you breathe in. Instead of "*I don't have the money, I don't know if I have the time, I don't know if it'll be safe,*" you breathe in. You feel your passion. Suddenly, that brings in a flow, a stream of this creative energy, and creative is problem solving. Creative is opening new doors. Creative brings in passion and energy.

(Please also read: [Addendum D: The Creative Energy Spike](#))

So instead of worrying about it or thinking about the details, which the mind can attend to later, now you just breathe in that creative. It is truly the integration of the mental-creative into this moment.

This is a type of [merabh](#), an energy shift. It doesn't involve thinking. No stress. No struggling. If you find out that there's any type of mental struggling, you're back in your mind.

It's very simple, and, my dear friends, it's where you're going to. It does require trust, yes. It does require, but once you at least practice with it and play with it, you'll suddenly see how things start resolving themselves. **You don't have to work at ... you should not have to work at your life. You really shouldn't.** Yes, to a degree, there's outside energies, other people, and sometimes that requires work. But you should not have to work at your life.

You shouldn't have to think your way through it. You shouldn't worry about it. You shouldn't have all these "*what's wrong with me*" tapes going on. You shouldn't be struggling or stressing. And if you are, if you are, it's old programming. It's because you're still locked into the mental.

You get into this flow with the creative energies – working in harmony, working in tandem with the mental – you get into that flow, and suddenly it's easy. Suddenly, it's very easy.

Still a lot of worrying and a lot of stressing over things. A lot of struggling. It shouldn't be that way. Your lives – and where I'm going next with this discussion – you are creating a new generation, not only for yourself; a new generation of humans. You're creating it. It's a template for others. It is things like going beyond the family karma, the family connection. It is things like instead of worrying and stressing about problems, to literally just bring in this creative and have the resolution there.

It is about bringing in energies from deep within yourself, rather than from others; energies that are coming from the cosmos and the Earth, rather than having to take from others. **It is ultimately about bringing in the divine, allowing the divine into your day-to-day life. It's a whole new template, a whole new way of living without the struggling, without the stress.**

Multiple Lifetimes

Another thing that you are all doing is living multiple lifetimes within the same physical body. Within the same physical body. Bypassing the physical death. *So how many lifetimes have you already had in this body?*

So what's the difference between just a, like a life change and a lifetime change while staying in the body?

And it's almost that when you've gone into another lifetime within the same physical body, it's almost like you don't even recognize yourself anymore.

Yes. And typically for all of you, you've gone through – and this is general – but you've gone through about six lifetimes in this physical incarnation. You really have. You've gone through six what I would call quantum changes. And actually about three or four them really in the past ten years, some earlier.

So it's an interesting thing. In this new generation of humans that you're helping to create, you can have a new lifetime and stay in the same physical body. It's an amazing concept.

Now, the interesting thing is to realize – it's a little bit difficult to understand – but some of the, well, none of those lifetimes ... how to say this. You're not responsible for those other lifetimes. You're not responsible for any other lifetime. Some people don't like that statement, because they still feel that it was them. Something you did when you were 24 years old that you still have to carry that cross around. You can if you want, but you don't have to. That is a huge deal.

So many of you are still carrying around things that happened even five years ago, even a year ago, and taking, carrying the burden of that and saying, *"I still have to learn the lesson. If I don't carry that on my shoulders, I'm going to continue to do bad things."* The new generation understands – the new you understands – that wasn't you. That was another lifetime. (*Please also read: [Addendum C: It Wasn't Me](#)*)

And there's still that tendency to carry around some of the guilt, some of the shame, but imagine – imagine just for a moment, take a deep breath and imagine – the things that you would label as bad or negative or whatever in your lifetime, past life, really not yours. Really not yours. Imagine a fresh, clean slate where you're not dragging that around. I'm not saying to disavow any of that, but you don't have to carry that around with you. Imagine it's just about the I Am right now.

Is that something that you can do? Because there is a tendency to want to hang onto that, partly for identity's sake. Partly to help maintain the identity. But in this new generation of humans, in this New Energy human, you can absolutely let go of that and all of the things that it brought with it. You can. So take a deep breath with that.

It Can Be Easy

It should be easy. It really should be. It should be. The questions and the problems that Tobias outlined a long time ago – **four major areas** – has to do with **health, abundance, relationships and self-worth**.

You take any problem that you have and put it into one of those boxes.

Instead of stressing over it, instead of worrying about it, you can actually just [gnost](#) with it, breathe in these creative energies. They're here right now.

More energy coming in. Very intense, but a very beautiful time right now – very beautiful time – to make these quantum changes, to really start living as a New Energy human on this planet.

So let's take a good deep breath with that.

It's going to stimulate the mind and the body, potentially bringing those energies in, rejuvenating the body, because if you're going to stay, you're going to want a good healthy body.

If you're going to stay, you want a sharp mind.

If you're going to stay, you want to be able to enter yet your next lifetime strong, sovereign, filled with energy, abundant – absolutely – and joyful.

Let's take deep breath.

And anytime you ever get into any doubt, you know those now famous words.

You take a deep breath and you say, **"all is well in all of creation."**

10 – The End of Evolution

The Energies of May (2012)

Cosmic energies, Earth energies, Spirit energies, Near Earth realm energies from all over coming in.

And also, just as a side note for this, some of you may have noticed that the old tools aren't working so well anymore, things that really were working very well for you in the past, and suddenly they're not. And they probably won't be anymore. The basics will always be there. Breathing, breathing and breathing are going to be there and working. But the other tools you had, some of them were very mental, some of them kind of old. So it's very disconcerting when the old standbys that you had, the old things, the rescue remedies that you used – literally or figuratively – just aren't working anymore. The medications don't seem to work like they used to. Or the herbals or any of the other supplements don't seem to work.

Because of the intensity is affecting the body, definitely affecting the mind. You're here in a different environment. You're going through a lot of housekeeping, reorganizing.

But it will make you tired. Sometimes tired is good. I know humans don't like to be tired, but *what's the value of being tired?* It gets you out of your mind. When you're really tired, the mind isn't doing its typical tracking. You're actually more into feeling when you're tired. (Please also read: [Addendum D: The Creative Energy Spike](#))

Energy Effects on Earth

These energies that came to Earth right now are being absorbed in, much like a sponge would absorb water; absorbed into the Earth, absorbed into people. Most people – most – didn't really notice anything tremendously out of the ordinary during this period. You probably – you, Shaumbra, all around the world – probably noticed more because you're more sensitive to energies now.

These energies are absorbing in right now. Are going to affect people. It's going to hit them first in their bodies, because these energies that are coming in serve a beautiful purpose.

First of all, they are supporting or facilitating the physical change in the template of humans – the Adam Kadmon body – literally changing the DNA, changing the biological structure, literally separating or pulling apart some of these Atlantean conformity energies that have been so much a part of biology. Particularly, for those who are ready, and there's not many actually, this energy is literally going to go into their biology and start pulling them out of their family hereditary characteristics, pulling them out of their ancestral karma, and they're going to notice it first in their body.

So often, Shaumbra, you look in the mirror, you contemplate your body, and it's really just, in a sense, a byproduct of your ancestors. Not really so much of your choosing, other than the accoutrements that you put on top of it or the way you clothe it. But your body – your physical body – is simple a byproduct of your damn ancestors. Yeah. For better or for worse, you see. What's happening now as these energies are coming in, for those who are ready, it's pulling apart, getting you out of that, getting you out of the whole ancestral thing.

Some misunderstand the words that I say. They think that it is about anti-family. Families are great – as long as you didn't buy into them karmically. As long as you didn't lose the lottery and end up with certain characteristics. This body should be and can be the byproduct of your own passion, your own soul, and your own choosing. *What am I saying by that?* I'm saying that with these intense energies coming in, literally you can transform your body, if you choose; the way you look. You can start transforming some of the characteristics.

If you're not choosing it though, it's probably not going to happen to as much of a degree. But if you're saying, *"Hey, this is my body; it no longer belongs to this ancestral line. This is my life; it's not just a byproduct of my past life aspects. This is my mind; it's not just a byproduct of hypnotic programming. I Am that I Am."* Then, you see, you start literally transforming your body, mind, your identity.

We talked before about names. Many of you – some of you – have changed your name. That's perfectly understandable, because that other name was generally one that your parents gave you. I mean, look at your name. *Would you have called yourself that?* Probably not. Not that your name is bad, but you probably wouldn't have called yourself that.

So you're starting this whole transformation. These energies that came in this last month – huge – are what I would call separation energies. Separation energies.

Separation Energies

Now, there's going to appear to be a contradiction in what I say today – if you stay awake through the whole thing – because later on you're going to say, *"But you just said it was about separation and now you're saying it's about integration. Which one is it?"* It's both. Both. *Why?* Oftentimes, when opposing energies, brought forth by fractured consciousness – mostly fractured mind thought, but sometimes consciousness – opposing energies are brought together in.

They're brought together in the same vessel, in your same body. It can be very opposing energies, your mind. They're almost melded, linked or fused together, even though they are opposing. The characteristics – your desires versus what's manifesting in your life – very opposing or very different.

The amazing thing is that humans have been able to do this – to grab some concepts and energy here, to grab constructs and thoughts over there – totally what would appear to be, in its simple form, very opposing, but you've been able to bring these in, roll them all together, compress them together and fuse them together, and they don't necessarily belong together, ultimately.

What you're going through right now is a period of separation. Separation from things that don't really serve you anymore, from concepts that really lay in the past – not necessarily yours anymore – by manifestations that definitely really aren't yours. But some of the manifestations, some of the things that are happening in your life right now, are simply because of old routines and patterns that were started a long time ago. They were put into autopilot and they continue. They continue to play out. They continue to reproduce the same results, even though your mind, your beliefs, your consciousness says, *"No, I want something different."*

So you've called in these amazing massive energies, basically said, *"I need something to pull this stuff apart. To unravel it."* And the fact is that so many of you did it gracefully. So many of you did it without massive body aches, because that's the first thing that generally happens – massive body aches during this time – because you're going to feel things in your body first. As the old constructs are unraveled, you're going to feel aches and pains.

Your spine, your shoulders, your head – these type of things.

The good news is that you were able to breathe through it. You didn't get all into the mind about it. You didn't panic about it. And even as we're sitting right here, right now, there's a tremendous amount of continual transformation in your body.

And I brought up the point about your ancestral karma. It's one of the big ones, one of the big glues that you have to your body, one of the things that binds you to it. It's not that the ancestors had bad genes or bad attributes, although there are some disease characteristics that are woven into all of it. It's not that it was bad, it's just not yours. Just not yours.

And the question becomes, *"What is?"* The question that I have right here for you is let's say that the body can be transformed. *What do you choose? What do you want?* Well, the first thing should be a release of some of these ancestral diseases – heart disease, diabetes, cancer. So many of these things literally are flowing in through the ancestral line, flowing right into your body. Your body is filled with potential diseases right now that were flowed through.

And it's not just the disease, it's the root of the very disease that comes through as well. *What causes cancer?* Hatred. So hatred starts the process and then this energy of cancer flows through, it goes into the ancestral karma, into your blood, into your DNA, and it's there. It's not really yours. Doesn't belong to you. So many of the other things.

So now, right now – I mean, right now here at this wonderful moment – is a great time to let those go. They're really not yours.

Things like aging, of course. Everybody wants to be younger. But even the attributes of aging – you can track it on a chart how long your ancestors have lived or when they died – that really doesn't belong to you anymore either. It doesn't belong to you anymore either, so you can let that one go. *Does that mean you're suddenly going to get younger?* Eh, maybe. Possibly. You're going to start acting a little bit younger, because you don't have that overlay of the clock ticking, of *"My mother only lived to be 74; my father died when he was 58."* So you feel that clocking ticking within you. Well, it is. It's programmed right in there. You let that go. It doesn't necessarily mean you're going to get younger, but you're no longer on somebody else's biological death clock.

Other attributes, your physical attributes. Carrying weight can be very much something from your ancestors. So you inherit that. You bring that in.

My dear friends, this energy that just came in is here to support you in loving separation from the things that are not yours. *And guess what?* You can't do this from your mind. You've tried. It doesn't work. You've tried to say, *"I'm going to force myself to change in these ways. I'm going to force myself to be slimmer, to be younger."* Doesn't work. That's very mental. The mind cannot stimulate enough energy to pull it off.

Energy comes from passion and clarity. The mind can think all it wants, but it's never going to get you to drop 10, 20, 30 pounds. Matter of fact, just the opposite. You'll fool yourself – your mind will fool you – for a short period of time, thinking that you're losing weight, and you get on the scale and you might be.

Guess what? All the time you've got this other energy at work, built in, that's really not yours, that's actually already putting the pounds back on, and even more. Even more. Notice *when you go on a diet?* As soon as you go off, you gain even more.

These energies that just came in, if you breathe them in and if you trust yourself and you can enjoy life, stop worrying about things, they actually support the release of many, many, many old systems, stinky systems, things that really weren't yours. In the mind – that's where it comes next – in the mind. These are absorbing in. It's going to start going into mind constructs. Not just belief systems, but literally the way the mind works and processes energy and cranks out your thoughts.

How many of your thoughts are not yours? Take a guess. Somewhere between 90, 95 percent really aren't yours. Really aren't yours. They come from aspects. They come from mass consciousness. They're coming from the person sitting right next to you. They come from historical recordings or the memory banks of the mind. And when I say the memory banks of the mind really aren't yours. Really aren't yours. It's a separation. Separation. *Why?* Because those mind thoughts that are stored in there, particularly the ones in the categories of belief systems, fears, concerns, those type of things, those were developed when you were very young, for the most part – the basis of them – or even in another lifetime. They were developed in a previous lifetime even if it was in the same biological period that you're in now. In other words, you were 10 years old, 20 years, 30 years old, doesn't matter. That was a different lifetime. That was a different lifetime. Truly it was, and it's not necessarily yours.

So these energies of separation are coming in to facilitate removing that. *What can you do?* Well, the best thing is to watch a good movie and laugh. The best thing is not to worry about it, because you called them here. You asked for these intense energies, and they have to be intense to pull off this sort of thing. You called for them to be here. Now you don't need to do anything, really, other than a little breathing, a little remembering your choices, a little going back to the very reason why you're still here on this planet, the very core question that I ask – *do you want to stay or do you want to go?* But, like some of you, it can be a joy ride. It doesn't have to be the old way of doing it – going through mental breakdown. Some will. Some will.

You know, there was, I'd say a part of you, the true essence of you, basically said, *"I don't care!"* Most of you actually said that – *"I don't care what it takes. I just want to get it done. I don't care what it takes to get out of this pattern, out of the old human process."*

So I truly understand. And then you try to punch your way out. You try to believe your way out. You try to connive your way out, lie your way out, anything it takes until you finally, finally let go and say, *"I don't care."* Then the energies can come in, and then they actually do it for you. You can ride this incredible wave of separation.

But why separation? Haven't you gone through enough of that? No. Why separation right now?

Sure, it unglues some of the things that you've been stuck to. It unglues energies that really shouldn't be together anymore – into belief systems, into your biology, your ancestral karma, your relationships with your past lives and all the rest of that – it unglues that. *But what's it really doing?* Freedom. Absolutely. Absolutely. Setting it free. Setting you free. *And isn't that what you really asked for?*

~ **Freedom.** Freedom from the past. Freedom from mass consciousness. Freedom from old ideas. Freedom from old patterns. That's really what you asked for is freedom. Freedom for yourself.

Oh, how so many of you just want to sing out, literally or figuratively. How many want to soar, want to break free. You can almost feel it. You're almost there. It's like, *"Oh, just that one last push and I'll be out,"* and that last push was actually these incoming energies. And they do set you free. They will put some people out and down. Some people who have not been around the block like you have been. Truly. Truly. Some people particularly who are full of makyo.

What's makyo? (audience says "Bullshit") See, I don't have to say it anymore. [Makyo](#) is your spiritual distractions. Makyo ... it comes in when the awakening process starts. It's like just when you really feel good, you're going to do

this awakening thing, you're going to be spiritual, that's when the makyo really comes in. I mean, in spades, in multipliers of makyo. You've all seen it. You've all done it. You've all experienced it. But that makyo comes in and these energies of separation are going to pull the makyo out.

There's a lot of people that are invested in their makyo. Deeply invested in makyo. I mean, literally, on a business. Makyo business, makyo spiritual business, makyo spiritual books. They're deeply invested in their makyo, so it's very hard for them to let go. I give you a lot of credit, all of you, for first of all understanding what makyo is, and then releasing it. Getting down with yourself.

So these energies, an amazing thing. But they are about separation. *Why?* Because separation gives you freedom. Separation frees a lot of energy. Frees a tremendous amount of energy.

Imagine going into the insane asylum and unlocking all the doors and letting everybody out. (laughter)

That's better for the insane asylum. Doesn't take so much to keep the place going. Everybody's gone. And the beings that were there weren't yours to begin with. Maybe you could turn the insane asylum into a true spiritual center now. It has been a crazy house. It had everybody locked up. But really they had you locked up until you brought that master key in and said, *"I'm going to let them all out. I can't handle them anymore. Can't manage them. They're not getting any better. They're getting worse, and on top of that I'm going to be within this place myself."*

So you walk in, turn the key, let them all out, releasing a tremendous amount of energy. And once they're let out, they actually get better. Once they're let out, you are relieved of a lot of responsibility and obligation for trying to treat the lunatics. And you can't. You can't treat yourself like that, you see.

So it's a tremendous time of wonderment, absolute wonderment going on.

Next, you're going to feel it more in the redoing of the mind patterning. It's going to come in, it's going to clear out a lot of old things that really don't belong to you. The housecleaning – literally going through reorganizing. It's going to change also the way energies are taken in by the mind and used for processing.

The biggest factor is what we've talked about the last two months: the melding now, or bringing back into harmony, of mental and creative.

The mental has been the lunatic locked in the bin. You let that out, discover that it's really not lunatic after all. The lunatic thing was putting it in the bin, in this insane asylum. You let it out and now it can mingle with creative – amazing creative – creative that is going to be profound, and I'll talk about that in just a minute.

And I'm going to talk about what to do to really get that grounded.

~ **New ideas.** Ideas that are going to come from your brain, from yourself, so grand, so dynamic, you're going to think that they're crazy. You're going to hold back on some of the things that you are starting to realize.

You're going to say, *"I can't talk to people about this. They're going to think I'm nuts."* And when you do, I'm going to be right there to say, *"No. Talk, speak. Arf! Get those ideas out! Speak them! Do them!"*

Why? Well, if you don't, you're going to be really disappointed in yourself, and you're going to go back into the insane asylum. If you don't, the world's not going to have the benefit of these grand insights.

So this time will be a very, very interesting period from the mind standpoint. The rest of the world is going to be going to hell, but you're going to be riding the wave.

Merabh

What does [merabh](#) mean? It means, actually, literally in some of the ancient languages, it means completeness, bringing together. Bringing together. Completeness. And that's why I say there's a bit of a contradiction, because I'm talking about separation and now I'm talking about completeness. But to be complete, you have to be separate.

In other words, to separate out, to sift through, to untie, to undo. The unnatural bringing together of certain forces.

-It is unnatural to have your body based on somebody else that's been long dead.

-It's unnatural to have thoughts that are solidified and trapped and not fluid.

-It is unnatural not to know who the hell you are. It's very unnatural.

-It's unnatural to not really understand how you got here in the first place and how you're going to get out.

These are unnatural things. Very strange and unnatural. I have to often ask myself why you pick such unnatural things, but I guess you're Shaumbra ... and human. A merabh means completeness.

Once the energies that have been bound together, glued and fused together are torn apart or released, now you can come back to completeness, which is a merabh. My definition or my experience with a merabh is working with you and saying, *"If you just let it happen."* You take three minutes. *Is that too much for your enlightenment?* If you just take three minutes and do some breathing. Three minutes of listening to some nice music.

The merabh. Three minutes to shift consciousness, to shift the way you are attracting energy, to shift something in your body, something in your mind, something in your spirit. Three minutes just to take a deep breath and don't think about it. Stop struggling with it. Stop trying to use your mental constructs to get out of mental constructs. You see, it will never work. It will never, ever work at all.

So three minutes to say *"I'm going to do a merabh and let the energies shift, and I'm just going to sit back. I promise – dear God, I promise – I'm not going to mess with anything during this precious sacred three minutes. I'm not going to chant. I'm not going to light any incense. I'm not going to confuse myself with a bunch of makyo. I'm not going to do anything – even try to go in myself. I'm just going to breathe and let it be."* That's a merabh.

We've been doing them at the schools lately with musical accompaniment. You can do it without music. Music is kind of nice. It's a little bit distracting. It's not about repeating something, an affirmation. It's not about trying to implant new mental concepts into old mental concepts, because then you just end up with a bunch of garbage. It's about saying, *"I am a natural being, and I'm going to let go of my unnatural ways,"* you see.

So let's do a merabh right now. *What will we do it about?* Let's do it about just shifting. Let's do it about using, allowing these incredible, amazing energies that have come in, that are still here, to facilitate the shift, the separation. You see, and that's all. You don't even think about it.

Take a deep breath and *"Oh! They're here."*

You take a deep breath. This is a merabh. Effortless shift. Graceful.

And you say, *"I am in the moment. I am natural. I am natural. I am spirit. I Am that I Am. I'm going to let these energies serve me now. I'm going to let them come in to do what I have been trying to do in my little brain all this time. I'm going to let them do it, because they are serving me."*

You don't beg. You don't pray.

It's a natural process, my dear friends. All natural. Only a human who trusts themselves and their divinity can really understand what I'm saying. It's a natural process.

It doesn't come from God.

It doesn't come from space aliens.

It doesn't come from Gaia. She doesn't care.

It's yours.

Oh, stop meditating and just enjoy the music. Good. That was a merabh. *You see how simple?* It's natural. It's natural. Now your mind wonders what just happened. *"Did anything happen? Is there a sign, a lightning bolt, something?"* No! No. Just a shift. Just getting back to your natural state. That's a merabh.

Mirage

Next is something very similar. It's a cousin to the merabh – cousin, because it is also effortless. It glides. It's in its natural form. But here is a little bit different, because this is really a ceremony. It's an acknowledgement and it's a grounding of something that you will experience. Some of you have already had this recently and quite profound, and you'll have a lot more. And when you do, it's an important time to do this exercise that I call – it's the cousin of a merabh – it's called a mirage.

Mirage. You're familiar with the word 'mirage.' Mirage. It's a mirage. *What's a mirage?* Well, you think it's an illusion. Ah! Is it an illusion really, *when you see a mirage?*

Mirage means "wondering inside." Wondering. Mirage also means the mirror or the reflection. A mirage means the inner look.

Over the years it's been associated with the person without any water in the desert and starts hallucinating and seeing things. But the original definition of mirage was actually that of going within, the inner vision.

The inner vision.

So the experience with the mirage is wonderful. It's a ceremony. We can't necessarily try to experience it here. It has to come in that moment where what was previously a mental idea or thought or hopeful belief suddenly starts to become real. Well, actually Tobias explained many years ago when he talked about Ah, the *"Ah moment."*

You've had some; probably not enough. You're going to be getting a lot more. When suddenly you hear me, for instance – here's an example – I say the words, *"I Am that I Am,"* and you say the words, *"I Am that I Am,"* and something deep inside you says, *"What the hell does that mean?"* Then you start your typical mental chattering back and forth on your message...mental boards, that you have – mental boards! – message boards and talking about what does it mean and what was the biblical meaning of *"I Am that I Am,"* and should it actually be *"I Am that I Am"* or *"I Am who I Am?"* Is it *"I Am that I Am that I Am who I am?"* And you do it!

So a mirage is that moment when suddenly *"I Am that I Am"* is no longer just a string of nice makyo words, but suddenly you go, *"I get it. I'm not thinking about it anymore. It's here. It's arrived. I'm not just saying it to impress somebody or saying it because Adamus told me I had to say it. I understand what it ... I get it. I get it."* Ta da!

Do a mirage. Oh, that is a mirage, but take it to the next level. This is where you ground it. This is where you break out the candles and the incense, truly, and say *"This is the time for a ceremony."* Neither Tobias or I were ever fans of ceremony, because there's a lot of makyo ceremonies out there. A lot of them. Everybody did ceremony and didn't know what the hell they were doing ceremony about. And usually ceremony was about something not within them. It was about something within everybody else, and it didn't serve a purpose. It was a vicious circle.

In that moment when you suddenly get it, you suddenly get *"I know now why Adamus has been talking about ancestral karma so much. Not because he doesn't like families; he doesn't like the way family energy is built. I get it. I'm so ready to release my family, not because I don't love them, but actually because I do love them."*

When you suddenly get it and it's not just a thought anymore, it's here (in the body).

You're *"Oh! Ah! I get it!"* It's a feeling and a sense now. It's a new consciousness. That's when you do a mirage. That's when you do the ceremony of the mirage. You stop. No matter what you're doing, other than perhaps using the toilet, you stop. You break out a candle. You get down on your knees. You do something to acknowledge that moment. *Why?* Because it grounds it. It solidifies it. Otherwise, there is a tendency to have a moment like that, a fleeting moment of a little enlightenment, because enlightenment comes in small doses. That ... *why? Somebody just asked, why does it only come in small doses?* Otherwise you blow up. Yes. Boom!

So it tends to come now to you in palatable doses, nice small doses, and then once you get used to those small enlightenments, then they start to get a little bit big bigger and a little bit bigger until you're just one big walking piece of enlightenment. That's what enlightenment sounds like, *"Yeahhh!"* Actually, that's pretty good. Yeah, I like that.

So you stop for a moment to ground it, because otherwise what's going to happen – and you've had this experience – is suddenly you've had this great little experience and then pretty soon you're wondering, you're doubting, you're out of trust. *"Well, what was that all about? Well, that just happened, but now I've got to go back to my shitty world."* No! That's when you stop for a moment and you do something – sing a song, light a candle, eat a cookie, whatever it is. It's your ceremony of the mirage.

And the mirage is not just some hallucination. Hallucinations are real, by the way. The mirage is saying that *"I've wondered inside. I've gotten that 'aha.' This is living ascension. I'm going to live it now. It's not going to go back up into some other ethereal plane. It's not going to cause some of my old aspects and constructs to come up and torment me now,"* as you have had happen in the past. You have a little enlightenment; so often, then, those bad aspects have come up and haunted you and said, *"You're making this up" or "It's not real" or "You're just a nut job" or "Get back, do your work. You have things that are important. Take care of other people. You're so selfish to have these little enlightenments for yourself,"* you see.

That's what happened so often in the past with your enlightenments, with your *"aha's,"* with the mirage. You put it back in that basket of delusion, and they're not. None of them ever were. Maybe perhaps misunderstood within your reality by yourself, but they were never delusions. They weren't even illusions. They're little breakthroughs.

So when that happens now, and I say this because you will experience this in this next period. Concepts that you held in a mental state of being, but that were never really felt. Things that, you say, *"Well, that sounds good,"* but you never really experience. When I say something like *"combining mental and creative energy,"* the mind takes a look at that and says, *"Oh, okay. Whatever. I'm going to be in charge anyway, so it doesn't matter."* But when you suddenly get it and feel it, what that is really like, you have that *"Oh my god, Adamus is a prince, is a Master. Is a Master. So benevolent."* But when you have that moment and you say, *"I get it now, what this is like having mental and creative. It's not up here (head) anymore. It's in here (heart)."* That is a mirage. Ground it. Balance it. Do ceremony on it.

Why? Because that, first of all, acknowledges it. Acknowledges it for you. Please, don't call all your friends and say, *"Come over for a mirage. We're serving white wine."* No, no, no. This is a very, very personal thing. Very personal. Even before you start to journal on it – for the few of you that do journaling – do the ceremony, the mirage.

Oh, then what happens is that literally will invite the next mirage and the next mirage and the next. They'll feel welcome in that house of I Am. They'll feel suddenly that it is appropriate and that it is natural.

You have no clue what enlightenment is, which is okay. The mind cannot understand enlightenment. It tries to. You can possibly feel a little bit of it – or the word ascension, when we talk about that – but basically it's a big question mark. It sounds good, but quite truthfully, when we've been out with Shaumbra around the world, they have no clue what enlightenment is.

Ask them, "What is enlightenment?" Uh. *What is ascension? "When I die and I go up in a poof of smoke? Meet Jesus?"* No. I talk about total integration. *What is that? "Uhhhh... don't know."* They're honest about it at least, but I say to them, This is what you came back here for – enlightenment, ascension, whatever you want to call it – Nirvana on Earth. This is the prime motivating factor in your entire life. This is probably the only passion that you have left. This is what you live and work and breathe for. You don't know what it is??!

"Awareness and awakening. And consciousness and understanding and knowing who we are."

Those are all mental constructs. Otherwise, you wouldn't have said a word.

Absolutely, those are all mental constructs, and I want them to become such deep understandings and simple understandings. I want them to be so real, not a goal.

Not something you're aspiring to, but I want it to be living ascension within your body.

I don't want to tell you. We use this word so we have some sort of reference point for discussion, but I don't want to tell you. I can't tell you.

What is enlightenment? Well, there is a typical thing that "If I'm enlightened, I'm really smart. I kind of hover over water." You saw last month how I walk on water. Yeah! That, you're peaceful; you're going to vibrate; you wear white robes and you walk down the street and you kind of glow. That's makyo. That's old. There was a few Masters that did it, but look what happened to them. One got nailed to the cross; the other got really fat and had bad breath. It's just ... we're going to do it a bit different. A bit different.

So that's why I say a mirage is one of the most beautiful things you're going to experience. It's that "aha."

Suddenly getting out of mental construct. Nothing wrong with being in a kind of an odd unnatural frame of consciousness, mind-thought, limitation, fear, hope and desire. Nothing wrong with that, because that does at least bring in the energies that are going to support all of this.

But ultimately, ultimately, when you have this major mirage, you're going to understand what I'm talking about. And remember, when you get that sudden enlightenment, that sudden breakthrough, it gets you out of the unnatural way, into your natural state of being. Take a deep breath.

Remember Tobias, the great master, said a long time ago, "**You're already ascended. Now you're just experiencing what it is like to get there.**" You're already there. Now you literally go back through time, through space, through experience. *How did you get there?*

End of the Line

Interesting concept, perhaps sad concept – perhaps one that will get a few of you upset and that will be a contradiction to what I said earlier. But that's life.

You've come to the end of the line on something. You've come to the end of the line. I'm going to draw a line so you understand. You've come to the end of the line. (he draws a line) Good. And that line is – and this is going to sound strange for a bit, but breathe it in – evolution. Evolution. You've come to the end of evolution. *Ah! Huh, scary? Does that mean you die now, or you go backwards?* No. Not at all.

You've been programmed and you bought into evolution. Constant evolution. You believe in evolution of, certainly, the mind – learning more, getting wiser, having more problem solving abilities – so you've been conditioned for that, programmed for it. And that's what you basically have lived for. That's what you have, you know, "I'm becoming an evolving being." To a certain degree, there's an evolution overlay of the biology. So you come to a point where there's no more evolution of the body. You think you're a part of this evolution of biology. You look at the Darwin pictures. You look at the apes from a long time ago and say, "Well, I'm just one little stepping stone in the evolution of the physical biology." No, you're at the end of the line on that too. Literally, with what we talked about before, you no longer evolve your ancestral biology. You create your own. So it's no longer evolving along the old line. Evolution stops. When you get to this point of awakening, it stops.



Even the concepts of spirituality stop evolving. Hm, yeah. Because that indicates that there is something yet to learn. That indicates that there is almost a required growth that comes next. That indicates that the spiral keeps spiraling. And

it does for a long time, for a long, long time until it comes back into itself. (he draws a spiral) We've talked about this before. That stops the cycle of evolution.

Makes a dramatic change also in the concept of your livelihood, your living. You will no longer evolve when you come to a certain point on the spiritual path. *Maybe frightening?* The common reaction should be *"This is it??! This is it?! I'm not going to get any smarter? I'm not going to get any healthier? I'm not going to get any wiser?"* That's correct, and that's a good thing.

First of all, it relieves you from a tremendous, tremendous amount of responsibility – burden, I should say. Lack of freedom. There was a program inside you that said *"Evolve, evolve, evolve, evolve. Every day I'm supposed to get better. Every day I'm supposed to get wiser. Evolve thyself."* Done with that. I'm not saying all humans. I'm saying you. If you're listening, if you're here, done with that. Very strange concept and uncomfortable also. The evolving tends to be, again, a mental construct, an idea, literally an implant that has kept you spinning on this spiral, growing and growing and growing. You even think that, well, no, the spirit evolves. The divine evolves. No it doesn't.

What happens is that ... let me get this through clearly. When you stop evolving, or stop trying to evolve, which I contend is somewhat of an unnatural process – somewhat; not totally, but somewhat unnatural – when you're no longer trying to force or push the evolution of yourself, you come into one of these big *"aha's."* Big *"aha's."* And in that *"aha"* you realize there's nothing more to gain, there's nothing more to lose; there's nothing more to acquire or to aspire to. **In that moment in which you may suddenly get the *"aha,"* at some point you suddenly realize that now, with no more evolution, it is about the living ascension.**

Now all of the wisdom that has been in the soul, all the wisdom that you have been, let's say, sharing with the soul – the soul, the consciousness – from everything you've been doing... and, by the way, it is not the details about what you did; it is about the outcome of what you did. There's no Akashic Record in the soul, and I would beg to differ with those who say there's one floating around out there like a great big giant Borg. The details the universe doesn't give a crap about. Those are mental, and they are going to be flushed away. All the details – what you did at a certain time and a certain place – they're just going to get flushed down the crapper, because they don't matter. They really don't matter.

They're mental! They're irrelevant! It's what was felt and what was experienced during that period. That's what the soul remembers and that's what the cosmos will remember.

Thank God – and yourself – that you're not going to have to remember all the details, and it's not stored in some big cosmic hard drive. No, that was all wiped out. Thank God all the details were wiped out – what you wore on a certain day and what you said to someone and what you thought as you drive past a bar and wanted to go in and have a drink. Those are all wiped out, and the only thing that remains is the essence, the wisdom and the experience. That's all that's left.

Living Your Essence

Now, you've got this being wonderful consciousness, and it is dripping – dripping (he draws a drop) – with this wisdom. It is like bees building their honeycomb, building their hive. They just keep putting this beautiful nectar in there, so much of it, can't even handle it anymore, and it's just wanting to drip out. But it really wants to just drip right down onto something relevant – onto a nice cracker or a biscuit or into a cup of tea – rather than just splatter on the ground. It is the same with you. You've been evolving and evolving and evolving, growing and growing and growing. Time to stop that.

Now is the time to take this – this essence, this wisdom – and live it. Stop putting honey in the hive and start eating it, my friends. That is truly what it's about right now. When you stop evolving, then you start living. When you stop doing your mental attempts at evolving,

(a) you'll realize how unnatural it was;

(b) you'll realize how incomplete it was; and

(c) you'll realize that the real joy – you and Spirit now – being that wisdom, living it.

Living it. Your consciousness, your Spirit wants to share that wisdom. Wants it to go into experience now.

The nectar, the essence, was basically put there in the beehive, in the honeycomb, based on the input of experience; distilled into wisdom, distilled into beautiful essence – soul essence – and now it wants to come back into experience. Kind of an interesting evolution, kind of an interesting cycle, you would say. But in order to do so, it requires the end of the evolution as you have known it. No more mental evolution.

It doesn't mean you're never going to read another book or go to another class or do something. Not at all. But it means that there is no more reason to try to evolve the Self. Now it is about living the Self. A huge difference, because if you're dedicating all your resources and your energy and everything else towards evolution, there is nothing left for living. Now is when you bring it all together.

Part of the mind is going to scream out and say, *"Well, no, I want to be really, really evolved and really a lot of this stuff, and I want to go for it. I want to continue to evolve, evolve, evolve."* My friends, it is like a dog chasing its tail, at a certain point. You're going to get nowhere. *What does a dog do if it catches its tail?*

Actually, if a dog catches its tail, it totally destroys the dog's aspirations, dreams, pursuits, passions and everything else. The dog basically is going to crumble apart when it catches its tail. So we have a situation here where there's no need for evolution. Now it's about living.

Now the question that some of you are asking is like *"But isn't this a trick question that Adamus is putting to us? Aren't you going to say that by living the essence, by being the essence, by having the mirage as part of the living experience, doesn't that continue the evolution?"* You smart-ass philosophers, I say to you.

Stop thinking that way. No really. I mean it. I mean it. Stop thinking that way. That is philosophical makyo bullshit, and the only way you're going to know the answer to that question is to do it, is to live it, is to be it. Stop thinking about it. Stop constructing it.

Let these energies that are coming in right now rip you apart – in a loving way. Oh no, it can be fun. It can be amazing. It can be joyful. It can be so liberating, and they're here to do it. They're here to do it. They're here to separate you so that you can come back to yourself whole and complete, without all these fragments, without all these parts and pieces, but come back to the natural state.

Being Natural

You're in an unnatural – interesting, odd, unique – but unnatural state of being right now. This is not you.

You think it is. That's why I say *"stop evolving,"* because all you're trying to do is evolve the human construct. You're trying to evolve something that was artificial to begin with in the first place. An interesting experience. I'm not saying it's a lie. There's a lot of lies embedded in it, but by itself it's not a lie. It was just a really weird experience. But right now you're getting back to the natural state of you, of the I Am, and it's not the one that's sitting in the chair. It's not the identity that you have now. Your natural state is ... a part of that identity is in there, but there's so much more. So much more.

Imagine for a moment, imagine living unraveled. Imagine living unraveled for a moment. I mean, not all bound up in things. Imagine being unraveled. Imagine not going through the guessing games of what you should do next. Imagine not going through this constriction when the fear comes in. Right when you've had a good idea, right when you're feeling good, suddenly – swisst! – fear comes in. Imagine not having to try at life anymore. Really! Not trying to evolve yourself based on a lot of old crappy input from teachers, parents, your aspects, past lives and everything else. Trying to, *"Well, you have to evolve."* They said it in different words. *"You have to do the right thing. You have to be better. You have to achieve."* That's all about evolving.

Even your spiritual teachers, my dear friends, even your spiritual teachers have told you that you have been evolved. Oh, it was a big thing – going to a spiritual gathering and kind of doing an *"I'm more evolved than you are."* Now you can walk in and say, *"I don't give a damn about evolution. I do not care. You go on your merry path to hell. I am at the end of the line. No more evolution for me."* They're going to look at you rather strange. Ah yes. You'll have the opportunity next week to do this. They're looking at you rather strange, like *"Huh, where are they coming from?"* That's when you say, *"Because I am living breathing essence. I'm living, not evolving."* Hm, absolutely.

So imagine for a moment what a grand relief it comes where you're not evolving anymore. Ah, there's still part of you that's saying, *"No, but a little evolution now and then? I don't want this to be ..."* You're going to discover that evolution served a purpose. It got you spinning. It got you experiencing. But when you start this (pointing to the center of the spiral), when you come back into yourself.

End of the line. Come back into yourself, where living biology that you now own, where a mind that has been cleared of its baggage and its details, suddenly meet essence. Suddenly meet this wisdom of the soul.

And the two now embrace each other, having thought for ages that they were separated. After having the delusion of separation, now realize they never truly were. They come back together.

It is about trust. It is about allowing integration.

Trust is being able to sit here in a three-minute merabh and say, (he takes a deep breath) *"I shifted some energies. I shifted consciousness. Whew! I didn't have to work at it."* That's trust. That's trust. And it also allows it to happen. It's about trust, and it is, my dear friends, about being natural. Being natural. Forcing things is not natural.

Thinking about things is not natural. Trying to win at living is not natural. Goals are not natural. Spiritual studies are not natural. None of it. It's an unnatural state. It's unnatural to have a mind that is different or operates in a different frequency level than the body. That is unnatural. It's not natural to talk about your body and your mind like they're separate parts and pieces, and your spirit.

That's why I call it the [Body of Consciousness](#). It is, all of them.

It's not natural – this whole incarnation and reincarnation cycle. It's not natural. Those were interesting experiences, but let's get back to your natural state of being. Let's get back to natural flows of energy. **Let's get back to living without suffering, living without thinking about how to live, living without worrying about the next moment, living where you're absolutely breathing in the essence of yourself.** It's always been there.

***Let's get back to living without suffering, living without thinking about how to live,
living without worrying about the next moment,
living where you're absolutely breathing in the essence of yourself.***

I want to remind you, in this next period when you start feeling these enlightenments, get out of your mind. Stop thinking about them. Just let them happen. Do the mirage, the honoring, the ceremony. And when you start doubting about what really just happened to you, when you start doubting if you – you personally – can really live within your life, whether you can really allow yourself to experience, you take a deep breath and you remember, no matter what the news reporter says, that ***all is well in all of creation.***

11 – Radiant Presence

To learn about radiant presence. That's the next step. That's the next thing we're going to work on – being present. Enlightenment. **Enlightenment – it's about being present. It's about being aware, and there is a huge difference in being in the mind and being aware.** Truly is. Aware – actually you really don't have to use much of the mind.

Enlightenment is about allowing a natural flow to take place. The minute you start messing with it, the minute you start tampering with it, the minute you think the human – just the human alone – knows how to do this thing and you don't invite the soul, you don't invite the aspects, you don't invite your self in, it's not going to work very well.

The Joust

A jousting match. The horses, the long poles, the one dressed in the dark, the one dressed in the light, taking off after each other, going down against each other – boom! – and one gets knocked off the horse. And they laugh, and they applaud and they cheer when you're on the ground wondering what the hell just hit you.

Why? They can laugh and applaud because they know you're going to get back up. They know it's not going to destroy you. They know that for some strange reason you like to keep getting back on that horse, grabbing that pole and going after it again. *But who are you jousting with?* Yourself. Absolutely.

Why are you jousting with yourself? Why?

Entertainment. Drama. Boredom. Good answer. Habit – best answer. Habit. You just get in the habit of hopping on that horse, putting on your suit of armor and opposing yourself. Dark against light. Force into force. Oh, it's thrilling for others to watch. Thrilling, because they always want to know, first of all, how passionate you are about this: how you get into your suit of armor; how you suit up with it; how you grab your weapon; how you get on that horse; how you have so much determination and energy, and then how you go take off after yourself! How you get knocked off the horse, knocked onto the ground, but you get up and try it again.

How about tomorrow morning when you wake up, no suit of armor. Go bare naked, meaning without that energy protection that you put on every day. It makes sense, because it is tough out there. There are days when you feel you have to put up that guard.

Why not tomorrow, not putting it up, just to see what happens? What about tomorrow you don't get out your lance and polish it up, get the blood off of it from yesterday? What about you leave that lance on the ground where it last fell? What about you forget the horse? The horse is just indicative of the power that you use sometimes to go into life, go into your day. *What about you just be in your own radiant presence? Is that not the only suit that you need? Is that not truly the only tool? Is that not the only thing that you need to carry you through a day?*

Now, what's going to happen to that dark self? The opposing self, that part that you've been battling with every day, *what's going to happen to it?* It's going to hop on its horse, it's going to grab its lance, and it's going to come after you! *Why?* Habit. Habit. It's been trained *by who?* "Me".

It's been trained. It's part of the habit, part of the program, the daily duel with you. But after a while, it's going to get a little tired of getting suited up, getting the lance out, getting on the horse and chasing after you. It's going to finally learn that it can integrate. You don't have to do battle with the day.

Now, in that opposing dark warrior, there are elements of mass consciousness. There are elements of other people – friends, family, coworkers. **There are elements, but they're all attracted into that opposing force by you.**

Kind of like your own personal Higgs boson (*Higgs particle is an elementary particle predicted almost 50 years ago to exist*), it attracts that energy. Turns it into something real. It turns it into matter and an experience.

So tomorrow, you just take that deep breath. Don't suit up. Don't grab the lance. Don't get on the horse. Don't do battle. There's nothing at all to do battle with. Nothing at all. The sooner you realize that, the more fun you're going to have with your enlightenment.

What's Happening Now

You're halfway through 12-12-12. Yes. *"Just halfway?"* you say. Half way. But it doesn't necessarily end at 12-21. It doesn't necessarily end at the end of the year or on December 21st. There's going a lot of residual. *What happens on December 21st?* Basically another day, but it's been implanted in consciousness that this a special day. Even those who are not of the same consciousness, they have that little implant, that little wondering whether it's the end of the world, the end of an era, or just another – oddly enough – lost hope.

Do you realize there's going to be a lot of people that wake up on December 22nd and feel a lost hope? "It's just another day." That is probably more difficult than to see some sort of big world disaster, some drama, because there are a lot of people that are going to wake up on December 22nd and say, "This is as good as it gets. They talk about the changes. They talk about the new world. They talk about the end of the old world, whatever. It's just another day."

That's perhaps one of the toughest things, because in that there is such a loss of hope, or a loss of rescue, let's call it. A loss of something coming in to make a significant change. For you, at the end of this year, it doesn't really matter, because what is happening right now – particularly with all of these wild energies, all the energy influxes that have come in and all of the ways that humans have been handling it – what really is happening is a whole new set of potentials is being revealed. Potentials that have always been there – always, always been there – but they've been masked. They've been behind the cloud or the veil, unseen or unaware by humans.

What is happening right now is some of those are coming to the forefront. For you, it's been years now since you've felt these, and they've been basically available to you. For humanity, they're just going to start becoming aware of it, in a large part because of the very work that you've done in your own consciousness. So there will not be a dramatic event on December 21st or within weeks or necessarily within months. It won't be dramatic. It will be gradual opening, and there will be times of great intensity.

But all this time, right now, tremendous energies coming in. Shifts taking place. You can see it. It ends up in the news, sometimes months and months later. We went through a huge energy influx the last few months. Huge energy influx. It takes a while for it then to affect the humans, get into reality, and make it into the news. You've had tremendous weather events going on, and those will continue. Right here in your own back yards, the fires. In other parts of the world, floods. All of this is part of this whole energy manifestation process. So that will continue. We're at the halfway point right now.

Phenomenal, phenomenal changes. (Please also read: [Addendum D: The Creative Energy Spike](#))

And that letting go of old stuff. Layers and layers and layers. You thought when Tobias left that *that was the end of letting go*? But it continues. There are so many layers.

But it doesn't happen in a linear fashion necessarily. It's not like you have to go along a timeline. Or it's not like you can only let so much go at a time. There are tremendous movements that are occurring behind the scenes, and it's not just letting go. It becomes an integration, because when you let something go, it frees it from its energy structure or belief system. It opens it up, but then that comes back to you in integration.

It's kind of like 'release, clear, bring back in,' but in a very new way, with the wisdom of what you learned. You see, when it's held in ... thank you. When it's held in its old beliefs or old energy structures, the soul cannot get to the wisdom of it. It's still locked up. It's still trying to either resolve itself or hide itself. But as soon as the issues are released in love, in trust, it frees it up. The soul then distills that beautiful experience into the wisdom.

Natural Enlightenment

We're here for enlightenment. One and only reason. You're here for enlightenment. Enlightenment is about awareness. **Enlightenment is about, you could say in an odd way, about fulfillment or completion.**

Enlightenment is about simplification. Enlightenment is about integration. Integration with all these parts and pieces floating around out there. Integration, and you can't really do integration if you're trying to make it complex. Enlightenment is a natural process, my dear friends. A natural process. That is perhaps my biggest point and will be until I leave.

Oh, I can hear you asking, "When? When? What's the date?"

Enlightenment is a natural process, and I will keep talking about that over and over, because first of all this state of human limited consciousness is unnatural. Having a separate body, a separate mind is unnatural.

Not knowing or not feeling when I say "I Am that I Am," trying to figure it out – that is unnatural. Being separate from yourself, what you call Spirit, from your soul – unnatural. Suffering – unnatural. Lack of abundance – unnatural. All of these things – unnatural. Loneliness – unnatural. Unnatural.

All of these things were created by you, put there by you as part of some glorious experience. There's got to be a better way to do it.

They're unnatural, because natural is simple, it's integrated, and it is, well, you would say, self-contained. Within self. That is natural. It is unnatural to be unhappy. Absolutely unnatural to be lacking in abundance. It is unnatural to be unhappy. It is totally unnatural to be lacking in abundance.

You have to work at not to being abundant. *Do you realize that?* And I know some of you are saying, “*But Adamus, I really put my intent out there.*” Ptt! (he spits) on intent.

It is unnatural to be lacking. You really have to work on it. You’re actually quite the magi to be able to be un-abundant. *I sometimes wonder how do you do that?*

Physical, biological problems – totally unnatural. *How do you do that? How do you make your body so out of balance?!*

So one of the things that we’re going to do, my dear friends, is to move beyond some of this, but it’s difficult. *Why?* Because you hold onto it so tight.

And there are times ... Well, first of all, let me say, you hold onto it so tight so your soul lets you. It really does. I mean, you turn your back on your soul, it will turn its back on you. *Why?* It loves you so much. It’s compassion. Monkey see, monkey do. Very true. So, there are times also when you insist on your lack or your physical imbalances or your damn depression – oh, it’s so sad – your other issues, you don’t have relationships – we can make a long ... we have made long lists – but you hold onto them! And then you tell me that they’re not yours. You tell me that you’re a just a victim, and we go through this time after time. You hold onto them.

Just – please – just imagine for a moment here. Let’s let’s pretend. Let’s do a fairy tale sprinkling dust thing.

Just imagine an existence, **a life, living, where all the abundance is there. You never even have to think about it.**

Where the health is just there. Eh, a couple of times a year you get puking sick, but that’s like a cleansing out of the toxins that are just in the air.

Imagine **a relationship that is not a challenge. It is a support.** Where, you know, it’s not a battle. You’re not looking for anything out of it. It is simply a great way to enjoy life, share life with someone else.

So just take a deep breath and imagine these things.

Imagine, for a moment, this thing we call enlightenment, which is just really simplification. That’s all it is, and integration. Imagine where you weren’t pursuing it anymore; you were actually living it. What a concept! Yeah, just breathe that in for a moment. You just are it. We never even talk about enlightenment anymore. We gather like this. We play poker. We have some wine. We have a good time. We just get away from the outside world for a little bit. Imagine that. Yeah.

So, and I know we’ve talked about this before, but why do we keep coming back to issues of **health, abundance, relationship, aspects**, and all of these other things. You love it!

if you just let go tomorrow morning when you woke up? You just let go. What would happen?

“I don’t know”

It works! It works. You see, with all the hooks into things, into the doing-ness and the keeping busy, these are all Old Energy attributes. You realize *you can get a lot done without doing anything?* You really can. I mean you don’t have to really exert. That’s actually kind of going out of fashion. Yes. It truly is. It’s like ... I know some of you like to think you’re spiritual fashionists. Spiritual designers. And sometimes what you have is so yesterday, you know, in regards to having to do. You don’t have to do anything. Now, your mind says you’re going to go broke and everybody is going to think you’ve, you know, joined some cult, and ... You don’t have to do anything.

“Then I’m not doing enough. That’s ...”

Then you’re not doing enough. *Do you realize true creation has nothing to do with doing?* True creation – and we’re going to talk about it here in just a moment – **is simply about radiant presence. That’s all. And then all the shit happens for you.** That was a technical term. I’m just distracting you here. Truly radiant presence makes it happen. You don’t have to do anything.

Now, you’re going to run into a conflict – others like you – because you’re so used to doing. And if you’re not doing, if you’re not doing something, things aren’t moving – so you believe. And so there’s that constant pushing, pushing, pushing, the daily grind. Pushing, pushing, pushing at things. Like pushing a rock up the hill. Hasn’t it occurred to you, first of all, there really is no rock, and there really is no a hill. *And haven’t you stopped to think for a moment, what are you pushing it for? Where are you going with it? What happens when you get to the top of the hill? What are you going to do with that damn rock you’ve been pushing up the hill?* There’s just another hill! That’s all. Yes. Or it rolls down the other side and now you’ve got to push it back up.

So, my point in all of this is that there are huge shifts occurring beyond what you have thought about.

I love the mind. It’s a beautiful creation, but its time has come, and it’s telling you that. It’s telling you that.

It’s saying please “*Free me*”.

My point is simple. The huge shift that you're going through right now is regarding, well, you could call them paradigms, but it's consciousness. It's been difficult to even imagine what comes next. Almost impossible. Or let me rephrase that. It's difficult to even think about it, and that's been part of the problem. You've been thinking about what's coming next, and when you think about it, it actually keeps you in the everyday grind, in the old consciousness, and it keeps you from really feeling into exploring what comes next.

What comes next is so beyond the mind, but the mind would like to know, the mind would like to participate. It's so beyond the daily grind. It does involve trust. It is a lot of fun. It changes the perspective of everything. Really everything. And it's natural. That's the best part. It's so natural, it's going to happen. It's inevitable. You actually – you, your soul, all of your stuff, your junk – you've chosen this time for it to happen.

What comes next is so beyond the mind, but the mind would like to know, the mind would like to participate.

Why? More energy on Earth, higher consciousness and you're tired of the daily grind. So it's going to happen. *Could you let it happen? Please? "Yes".* Well, you say that now, but tomorrow morning when you hit the freeway and you go to your office, you're going to get back into it. And just remember what we talked about here. **Stop doing things. Your own enlightenment – your own enlightenment – the best thing is to leave it alone.**

Letting It Happen

It's so distressing, I guess you would call it. It's so disheartening to watch some of you working on your enlightenment. *Why?* Because you have no idea really what it is. Really. We've played this game in workshops – *what is enlightenment? "I don't know, but I think I'm going to maybe be a little younger, and I think my DNA's going to be a little better and I'll have a little bit more money."* That's not enlightenment. Those are results of enlightenment. That is not enlightenment.

It's happening! Stop thinking about it, stop planning it and just experience it.

How do you go to sleep at night? (several answers). Why did I ask the question "how do you go to sleep?"

First of all, quite a bit of it is really tiring to listen to before you fall asleep. That you would have to go through a ritual, that you would have to think your way to sleep, that you would have to even tell yourself what the hell you're going to dream about. Don't you know you're going to dream good things, *whether you tell yourself that or not?* Yes, you can tell yourself, for instance, the human can say, *"I'm a bit exhausted. I need to really sleep,"* because a lot of times you go into these dream states, they're truly amazing, but you're still going there. You're just not remembering. So you're really just fooling yourself.

How do you go to sleep? You watch Ancient Aliens on TV. You play the headsets and do all these things.

It's a little unnatural! It's a little, well, quirky. Let's call it down right perverted that you have to do these things.

Here is my point. Sleep is natural. It was designed that way. You designed it that way. Dreams are very, very natural. You have ... right now you're really existing in about a dozen or more dreams. You just think you're just here, but there's all of these dream states going on, which you will have access to soon. That'll really confuse you while you're trying to drive to work.

But this whole thing of having to do something to go into sleep state, very unnatural, because sleep state by itself is natural. You designed it. It's a little thing to keep you from getting totally lost. You nod off to sleep and you really allow the natural reconnections to come back into place. The natural what you would call journeying or experiencing into the other realms. The natural interface with your past life and your future potential.

The natural interaction – silent interaction – with your soul all takes place. If it wasn't for sleep, the chances of getting lost here were really, really high. So you had this clever thing. You said, *"I'll give part of my life to just keeping intact."* But now the human is having trouble sleeping – falling asleep – interferes with the natural state of sleep. Doesn't even understand how you – it – goes to sleep.

I make this point today for a very simple reason. Falling asleep, to the human, should be the scariest thing that you ever do. It should be. The most frightening thing. *Why?* Because you're giving up control. You are literally going off the edge. You're letting go. And sometimes you have to do it from absolute exhaustion, otherwise that mind is going to keep churning away and going to try to keep resolving things. But finally, out of exhaustion, you will fall asleep. When you cross over, my friends, it should be the scariest thing that the human ever does. But it's not.

Why? You've done it about 18,000 times or more, depending how old you are, in this lifetime alone. That's a lot. You've come to trust it. You've come to realize that you're probably going to wake up. Probably. Not always. You don't even think about falling asleep, you just have to work at getting to sleep.

And my point, **is that it's the same with ascension. It's just falling asleep, but it's actually waking up.** It's the same principle. It's natural. You shouldn't have to work at it. *Do you ever notice when you have to work a falling asleep, it makes it tougher to really sleep?* When you just let it happen – turn off Angels and Aliens and listen to me – oh, Ancient Aliens – it's as natural as falling asleep. It truly is.

But there's something that mind is working away – *“What if? What's going to happen next?”* *Why?* Well, because you've never really experienced it in this realm. You never experienced it right here. So there's all of this concern and consternation, a lot of programming, hypnosis, overlays and habits that have you doing this.

Consider it for a moment. Consider this thing about falling to sleep.

It's totally letting go. It's totally releasing and trusting. It's totally taking a deep breath and ahhh, just letting go. Going into other realms. Going into your dreams. You feel comfortable enough doing it. You let it happen almost every night.

Enlightenment is really about the same. You don't have to work at it. You don't have to take a ... you shouldn't take a pill for it. You don't have to study. *Do you study “How am I going to fall asleep tonight?”*

That would make me tired and want to go to sleep. No, you just let it happen. Each night you go into the experience of falling asleep.

You know how beautiful it is when you're in that halfway, you kind of realize, *“Ah, I'm letting go of the structures. I'm letting go of the controls,”* and you start slipping into that early dream state, and sometimes you kind of let yourself slip back in. It's the same way with enlightenment, but instead of falling asleep you're really waking up.

Let's take a deep breath with that. It is a natural process. There is actually nothing that you could or should do other than to let yourself experience it. But for some reason there's still that mind wanting to jump in with its what ifs – *“What if I go broke? What if I get sick?”* – so you're truly procrastinating the inevitable. And it's also preventing you from joyfully experiencing this whole falling asleep into your awakening. There's not a pill. There's not a water. There's not a prayer. There's not anything other than you experiencing it. That's it. Period.

Now, there are what you would call your experiences with it. The experience of letting go of the humanness, this kind of quantum shift. There are the transitions of going out of human limitations into your fullness.

Yes! And it's good to share about those. Good to get together here and talk about them. Good to laugh about them. Good to realize and laugh about some of the crazy things that you were hanging onto. But it's not good to intellectualize about it. Not good to say, *“This is how you do enlightenment. And it has to be this way, and it has to be with certain rocks,”* and God knows what other accoutrements. It's good to just get together and let yourself feel and experience and be radiant in your enlightenment.

There's nothing to worry about. It's not about what I'm saying. It's about can you trust yourself, just like you trust yourself every night to go into that thing called sleep, which is a great big unknown. Ask your own mind about it later. *“Mind, what about that sleep thing? You're not really there. You're not controlling things are you? You're just back there kind of being lazy. But yet, you can let go.”* Let's take a deep breath with that.

It's easy. It really is amazingly easy, and you're going to one day come to me and say, *“Adamus, it was so easy, how come you didn't tell me that?”* (Please also read: [Addendum F: Natural Enlightenment](#))

About the “Higgs Boson”

I want to make a brief mention here about the breakthroughs that are occurring. First, the external breakthroughs; secondly, the internal.

There was this great scientific discovery on July 4th, Independence Day. *Don't you know it was planned that way by my Mason friends?* Yes. True. Great announcement. Oh, and not 100 percent sure, but 99.9 percent sure. That is a statement that is going to come back to haunt them. This thing called the *Higgs boson*, which is basically the particle – which it's not at all, I don't want to tell them that though – this particle that basically puts energy into matter. And after ten billion dollars of investment into this research just with CERN, not to mention others, they had to come up with a press release that said something, because they're looking for more funding. They said, *“We think we've discovered it.”* They're actually partly right. They've discovered half of it. I'm talking about this “God particle.” Yes. So they made the big announcement that this boson, this particle had been discovered. Partly correct. Interesting. Interesting.

First of all, I have to give you a lot of credit. You know this stuff before it even comes out in the news. You actually understand it energetically, and then the scientists use billions of dollars to try to verify. I don't know why they just don't come and talk to you. Because you have an innate understanding that there is something – there is energy, of course – there is something that literally attracts energies to go into certain directions. What they're calling this boson, actually, is an attractant, and it attracts certain particles of energies to go into matter, to form physical reality.

Well, the question is, first of all, *why do only certain energies then go into matter? Why not all? What is it about certain energies that attracts them to matter? How does the boson or the energy determine whether it's going to go into matter? What happens to the energies that do not go to matter?*

What happens to energies that go into matter because they do not stay there forever? So what's the back door to let them out? Interesting.

What is going to happen with this big announcement about this particle – it's really an element – but what is going to happen in the coming months as they continue to research, somebody is going to realize that it's actually not working according to scientific method. They saw it work for a while, and now it's not working.

What are they going to do? Keep their mouth shut if they're smart and they want to keep their job!

"Oh yeah! The old particle! It's doing really good, boss! Yes sir – 99.9 percent." Ohh.

So what's going to happen is they're going to ... suddenly the scientific principles that they're using and the standard models that they're basing this all on are suddenly not going to work. It's really going to throw them. It's going to cause some of them to go crazy, because they think about it too much, and they shouldn't. But they're going to realize it doesn't work the same all the time. And for scientific validation it needs to, but it's not going to, because, first of all, they're not considering that for every element, for every energy, for every particle, for every everything – with one little exception – everything has its counterpart, its shadow that exists in a different realm. They do not come together, for the most part, in the same realm. So if there is this Higgs boson in, let's say, this realm that they can identify, they're not seeing the other half of it – its dark side, its shadow side or its opposite. Not 'dark' as in 'bad.'

That's at work all the time. Sometimes it's an opposing force, sometimes it is a complementary, but it has to have that, for the most part, and they're not seeing it. So it's going to confuse and perplex them about what's really happening. But that is good, because it's also going to motivate them to say *"What is really going on here?"* And they're going to start to come to understand things are not linear, that scientific method is actually valid in some cases, but you have to go beyond the old scientific methods in other cases. You have to understand a whole new way of thinking, a new math for the universe, a new way of understanding energy and its movements. And they're talking about this Higgs is in some field. No, it's not. It's everywhere. It's all around. It's right here. It's in your belly right now. It's everywhere.

What is motivating this boson? What is causing it to be there in the first place? What's it doing? It's like a traffic cop, actually. It's slowing things down at the appropriate times. It's speeding or letting other traffic pass by. But why? Why? And until they really ask themselves the question they're just wasting another ten billion dollars.

Consciousness is the answer.

So, dear friends, it's like a traffic cop and it's directing energies, *but what created it? What determines what energies are put into matter, what energies go somewhere else? Where do they go?* It is consciousness. But what has the biggest effect on the consciousness is the passion behind it. The passion behind it.

And it's not energy. Not at all, and it's not thinking, because thinking is not passionate. And that's where so many of you run into a problem. You really think your way, and you just exhaust yourself. And there's very little direct result of it.

It is passion. Passion is not from the mind, but it can inspire the mind. **Passion is actually not really creativity, but it can bring the creativity forth. Passion is simple. It is expressive. It is open. It is free.**

So I ask you right now to just take a moment to sense your own passion. It's like so many of the variables out there, so many of the energies in the Fields, like love itself. *Where is the passion? Is it in your ear? Your toe? Really. Your heart? Or is it everywhere? Is it just you? Is it just your immense desire, your soul desire just to experience?* Just for the sake of experiencing, without worrying about the end result of it, unless you don't like where it's going and you want to change it. Just for the experience.

I mention this because the scientists are quite literal in their work, very literal, and to a degree they have to be. You are quite literal about yourself and where you're going. You're coming to small breakthroughs right now. Small openings. We talked about them in or last gathering. It's called a mirage. I said when you have that *"aha,"* that little

inspire, that you finally stop thinking about it and you just understand it. You don't have to think about 'I Am that I Am.' It's just there. And you don't have to think about abundance. *"How do I get abundance? What is abundance?"* It's just there. It's suddenly – *what is it?* It is integrated.

When you're thinking about it, it's not integrated. It's a concept. It's floating out there somewhere.

When you just ... when it's integrated, it just ... Ah! That's it. And I say at that moment, when that happens, I told you last month, do a mirage. A mirage. Just a brief – *"Oooh! I just had that enlightenment. I felt it. I promise I'm not going to think about it, I'm just going to experience it."* Do something. Have a glass of wine. Dance down the street. Take a bubble bath or whatever it happens to be, just to acknowledge the moment so that the next breakthrough and the next breakthrough and the next breakthrough come.

Life – just like the scientists tend to be very linear in their thinking, and if somebody could just go out of the box, maybe do a little, what you call, remote viewing or projecting into potentials, they'd suddenly get it – and for you it's kind of similar. It's about ... you go through the daily grind. You get up in the morning. You go through the routine. You get dressed, and there's part of you – I know, because I've been with you – that's like, *"Here we go, another day. God, when, oh when, Adamus, when, oh when, , when, oh when, is this going to happen?"* And you go through the daily grind, following the same routine, wondering when it's going to happen.

It's going to happen the moment you get up in the morning, you don't put on that suit of armor, you don't get ready for battle, and you say, *"I'm going to do it different. I'm not going to think about it today. I'm not going to try to plan my enlightenment today."* And so often that's really a bunch of makyō. You're planning how to get a little bit more abundant and not to die so young.

So when you say, *"I'm just going to get up today and it's going to be natural,"* you're letting the natural processes happen, letting it come to you.

My point in this is I can sense it in most of you – a breakthrough. Not the big breakthrough, but a breakthrough.

That breakthrough, done in nice steps, is going to keep you from frying or melting having that one big one.

But then they're going to keep coming, not in a linear fashion, not one a day or anything like that, and you're going to have the tendency, when you get this breakthrough that's coming – coming soon to a human body near you! – *you're going to do what?* You're going to be like a scientist working for CERN.

You're going to try to replicate it. You're going to say, *"Oh god, that was great! Woo! Best two seconds I ever had in my life! Total feeling of connectedness,"* and you're going to also understand, when you get that, my dear friends, you're not going to have the *"Kumbaya, we are all one."* You're going to have, *"Ah! I Am that I Am!"* There's a huge difference when you have that breakthrough.

You're going to be like the scientists. You're going to say, *"I'm 99 percent sure I had a breakthrough today. I think I did. I'm pretty sure. But I'll publicize it, because I've invested many lifetimes in this path to enlightenment, so I'm going to tell everybody who's wondering about me, 'ah, I had my enlightenment today.'" And then you're going to try to replicate it.*

And that daily grind is going to start grinding at you again. It's going to start wearing you down. And that's when you're going to try to say, *"Okay, now what was I thinking when I had this breakthrough? What was I doing? I'll go back there. I'll go to that same spot. That was it. I was walking along the lake and I saw a sailboat, and it was a sunny day, and the numerology ended up in nine, so it had to be good. I'll wait for the next sunny day, numerology nine, and oh, what am I going to do about that sailboat. It sunk."*

You're going to try to recreate the same situation, and it's not going to work. I'll tell you right now. *Why?* You just went mental. You're controlling. You're planning. You're trying to replicate something that:

(a) doesn't necessarily want to be replicated;

(b) you could have an even bigger breakthrough if you'd just let it be.

If you do that mirage for a moment and acknowledge, *"Oh! I just had this wonderful breakthrough. Great! Woo! Ah! I'll let more come,"* and then just be on your way, just enjoying life. *Does that make sense?* No. Good.

So what I'm saying here again is there are some quantum things that will happen right now. *Why?* Because you've got a lot of passion for it, and you're also tired of the daily grind. And *why not?* Why not, just for the sake of it, let's have some big breakthroughs here. Next couple of months. Next couple of months. And when it happens, just stop for a moment. Breathe it in.

I am talking about amazing, amazing levels of – it's hard to even put into words – trust, and a shift in the way you've been going. I'm not just talking the road getting a little bit wider, I'm talking about the road going away and truly

absolute changes in your perception of things. Absolute. I don't want to go into details, because I want you to experience it.

So let's do this. Let's do just a very short ... here you are having a grand time in life, I hope. This, what you would call, a breakthrough, a suddenly opening, lifting of this veil, suddenly just "aha" moment. You're so ready for it. So ready for it. If you choose – I'm just posing the question – but if you choose that, it will come your way. You will create it, if you choose it.

So take a moment in this safe space. In this safe space. It's your personal thing, if you choose it ... if you choose it.

And I know with that passion you have, it's definitely going to happen. When it does, please don't go out and make any stupid public relations efforts about it. In other words, don't start posting it all over Facebook and YouTube and making videos of it and turning it into a class. It is a personal thing for you in that moment. Be with it. Be with it, because there are some scientists who are going to have egg on their face for a while about their discovery. They discovered part of it. That's the problem.

Being Present

The next thing, and really my true message of this day. As you allow yourself to experience life in a whole new way, free yourself of some of the bonds and some of the limitations, one of the key suggestions I have for you, for many, many reasons, is to allow your presence into this reality. Oh, it's kind of old stuff, in a way, being in the Now moment; maybe spiritually unfashionable now. Let's state it in a different way – to be present.

Why? Because so often you're not. So often thinking about other things, which is old. We've talked about it before. But right now it becomes more important than ever to be present. It means to be embodied in your physical body, in your mind, in yourself to be here.

It's the meeting point for the breakthrough I just talked about. It's the meeting point for the energies that are coming in. You are, in a way, your own boson. You are your own point of gathering energy and putting it into whether its matter, putting it into abundance, putting it into health. You become that point of reception.

It's important to be totally present, and, well, I give you good marks on so many other areas. Being present is not one that most of you would receive an "A" in. No, no. Or a "B" or a "C." *Why?* Because the energies are strange. It's difficult. Outside energies are very challenging. But as these breakthroughs occur, you're going to want them grounded. You're going to want to be in your body.

So what is presence? What is presence? Being here. Being aware right now. Keeping it simple.

So you take a deep breath. Take a deep breath into your body. Take a deep breath in your presence. That means in your body, in your self, in this room, in this dimension.

Now, I did not say limit yourself only to this dimension, because the fact is, you can be in many dimensions. You can be in many realities at the same time and be aware of all of them. But it starts with being present right here. This is the point that you receive the energies. This is the point where you receive your soul. This is the point where you receive your I Am-ness.

When you're not here, when you're off into your own little dream world or daydreaming, no matter how much you had passion for this thing of enlightenment, it's not going to find its way to you. You're not going to receive the abundance that's right here. So, you take a deep breath, get into your body.

Now, easy enough said. The next part – and that was old hat – the next part is to radiate. To be radiant in that. You're in your body. You're kind of here. At least for the next five, six minutes, you're here. Now, *can you be radiant?* And before you do, think about this, consider this: There's been every reason for not being radiant.

You don't want to stand out. You don't want to inflict on other people. You're afraid that your brilliance, your radiance is just going to overwhelm them. You're actually more afraid that somebody's going to notice you. Aha! They're going to see that look in your eyes. So you keep the eyes down. You get in your little voice and nobody can hear you, nobody can see you. So now you get in your radiance.

In your radiance, you take a deep breath. You leave that battle armor behind and you just simply let the energies, the light, whatever you want to call it – your I Am-ness – radiate. You don't do any hand movements.

You just take a deep breath. Ahh! Let it open up. Let it radiate. You don't force it. No, it doesn't need to be forced. You allow it. You don't manipulate it with color therapy. You don't have anybody else do your radiating for you.

You do not go through a radiating logarithm. You don't look in the handbook for "*How to Radiate: Step One.*" Oh – and you laugh, but this is typical – this would be a typical one, "*How exactly do I radiate?*"

You take a deep breath, and you just let it be, because that energy field that you are – at least you're the point of convergence for energy – is natural. It has been unnatural to hold it in.

So you take a deep breath. Oooh! You radiate. You open it up. No controls. No holding back. No worrying if your energy field is three meters or 20 meters. It doesn't matter. It's letting yourself shine, first for you to behold. For you to behold. So when you look in the mirror ... you don't see anything, if you know what I mean. You're not feeling anything. You're seeing something, but you're not feeling anything. A little critical, "*Oh, got to comb the hair a little different, put on the make-up.*" But you should be able to look in the mirror and feel something. That's because you've been holding back on that radiance. You don't even see yourself, even in a mirror. Others don't see you either.

Guess who else doesn't see you? Your soul! You hide; it plays hide and seek with you. It's a great game. How about radiating now. How about opening it up.

Well, you worry. But don't mind if you get your energy on somebody else. "*Well, what if I inflict it on somebody?*" Tell you what, your radiance is only going to do one thing, well, two things maybe. First of all, they'll run away. Secondly, the other thing it's going to do is illuminate some of their potentials. It's not going to inflict anything on them; it will illuminate some of their potentials.

Isn't that a wonderful thing to do? It's like walking around with a candle. You're not making them pick anything. You're just maybe illuminating some things they never saw. And you don't give a damn if they do or don't. You just like holding that candle up. Maybe that's my job.

"Don't put on that suit of armor. You're not going to go into battle." You're going to find that it's going to be a little uncomfortable at first, because you're so used to holding it back. You're so used to ... you're don't even feel it within yourself, it's just so little.

So I'm going to be asking you to get it out, to bring it forth. People are going to start noticing you. Oh yes. They're going to start seeing you.

Now, your eyes are going to light up. That'll be one of the first things. And you're going to have a smile on your face. You'll get rid of that stinking frown that you have when you have to put on your battle clothes. You're just radiating your presence. It feels good. It feels like you're alive.

When you have this breakthrough that I just talked about coming up soon, you're going to be present to receive it. It's going to be an amazing experience. You're going to wonder about why and how you've made everything so complex and so difficult and so unnatural.

You don't have to work at it and that's the point. You don't have to create it. It's already there. You just bring it here into your presence, into this moment. Everything else is a piece of cake. Unless you like drama, unless you like struggling, unless you like challenges, making yourself miserable, getting yourself sick, going broke and getting depressed. That's probably not the thing for you, but otherwise, my dear friends, we're at that point now where we talk about bringing yourself into your world for the world. For the world, absolutely.

Welcoming Jonette and White Eagle - Questions and Answers

"I would like to hear what White Eagle has to say about the Higgs boson particle."

They will find that it is not so much a particle as a portal, and it is a multidimensional portal, and that's why it does not act the same every time. And they will find that it's not just a portal, but a zillion portals that acts like one portal. And so it is impossible for them to delineate it. It is impossible for them to find it with scientific measurement. It is a consciousness Adamantine particle, but it is not a particle at all so much as it is an opening to a space. And the space is multidimensional. Thank you.

"What are your thoughts on the Sexual Energy School?"

"What does it bring to the attendees that no other workshop in creation brings to attendees?"

Sexual Energy School – Tobias' of course – was really to help people understand energy feeding. We're talking about energy today with this Higgs boson. We're talking about how energy works and for eons, not just here on Earth, but in the angelic realms, has been battles for energy, but more so for power. The original battles began when the angelic beings, who were no longer in the oneness of Source, found themselves out on the void, tried to get back Home. They thought that the way to do this was to gather energy, kind of like rocket fuel, to bring them back Home. But actually in all of this trying to steal energy from outside of themselves, they got further and further from Home.

There is still an energy crisis within. There are energy crises in this world, energy crisis all over the universe. So what we're talking about here with energy feeding, with energy stealing, isn't just about humans. It's truly everywhere in creation. Still power struggles all throughout all the dimensions.

A lot of it is being resolved right here with the understandings, not just with the Sexual Energy School, but other things that their power is an illusion. And if power is an illusion, there's no need to steal, to gather, or to hold energy. Energy is open and free. It's for the purpose of experiencing.

There is no real power. Most everybody still operates under the illusion that there is duality. And in most places there still is, but this whole concept of duality has been resolved near the, basically, the core of all things. In other words, no reason anymore to have opposing forces. No reason to get on your horse every morning with your lance and go out and joust. Why? Why have you been doing it? Because that's the way it was always done. Maybe, just maybe, you're the ones to change that. (Please also read: [Addendum A: Awareness – Sexual Energy Virus](#))

"For those of us who choose ascension and taking our bodies with us, are there things that we need to do to enable the body to move along? Or do we just choose it and allow it to happen?"

In ascension, there's total integration into the Body of Consciousness. That's not just a physical attribute, but it's the mind, the body, the spirit, the aspects and all the rest of them that join together. Then in that ascension, when you basically leave this living planet, leave the physical body, the physical body actually accompanies you. It can be done in one of two ways. It can literally disintegrate. It can go with you into the other dimension, as I did, as many of the other Ascended Masters did. We don't want to leave our bones behind. You know, don't litter the Earth. You know, bring it with you. At other times, some of the Ascended Masters, the physical biology stayed, but they brought all of the attributes of their biology with them. Why? Well, because it was part of your experience. It remains forever in the essence or the memory of your soul. So you bring all ... because being in physical reality is amazing. You can have sex and eat food and drink wine and feel the air and take a shower, touch another person, do all of these other things in the physical body. Why would you not want to at least bring the attributes? And those who are truly integrated and choosing will also bring the flesh and the bones. Not so that they can literally create them, but just the illusion of their reality disappears and with it all of the ingredients that went along with it.

"There's a reason I can't get to sleep at night. I just keep thinking and thinking and thinking, and I feel like I've lost my direction. And I've always had some kind of connection or direction, kind of knowing in general where I might be going or what I should be doing. And I have nothing, and I try and try and try and figure it out, and I can't seem to get any kind of answers or I just don't know what I'm doing, and I'm finding it very difficult."

So when there is no clear direction, then the clear direction is to enjoy the void. Many of you are jumping into huge consciousness shifts. You can't do it from going from one step to the next and be in a different world. Sometimes you have to traverse the void, and the void is directionless by its very nature. It is unanchored. It is uncomfortable. And all the parts of your aspects that dislike it go crazy. And if you can just appreciate and embrace the void for its qualities of nothingness and not feel that you must be doing something wrong because you don't have a decision here, embrace the void, because it is the best teacher of the new consciousness, and most of you hate it.

No, very true. You go through this void, as White Eagle said. You go through the releasing of the old linear path, and it is very uncomfortable. So your mind, having been programmed to think through everything, keeps scanning. "What should I be doing next? What will make me worthy?" As I said before, actually, if nothing works, do nothing, because then it's working. Enjoy the ... you release old passions. You release old patterns. Can you just be with the fact that it's okay to sit up late and watch Ancient Aliens? And can you be alright with the fact that you don't have to do anything, you don't have to have direction. Actually, better. See, you're absolutely wise, because that other part of you says, "I don't need direction." On top of that, get rid of all your goals.

All of them. All of your plans for what things are supposed to be like. Goals are mental and they're limiting. There might have been a time when goals worked. But where you're going now, where all of you are going, goals are laughable. They're an absolute joke. So let go of it. And the best thing, as White Eagle said, let yourself have fun in the void. Yeah.

"So I've been working a lot lately with really focusing on integrating my aspects, and sometimes I am a little bit confused about whether ... my aspects have a lot of ideas about things that I want to do.

And I have trouble discerning if it's an idea that one of my unintegrated aspects is coming up with or if it's coming from my soul. So I'd like a little bit of clarity on that."

Can you feel the quality of the ideas? Because an idea that's coming from an unintegrated aspect does not have a radiance about it. It does not have an energy to propel it forward. It's just an idea, a flat idea. If the idea has a feeling, where there's a flow, where it actually is a spring – a wellspring or a fountain – then that idea is of your soul. You can always feel the difference in quality before you make a decision. And you can't feel it from your head. You feel it from your heart. Can you see what we're saying?

A lot of thought has gone into Aspectology now, and that's probably part of the problem. You can get to the point where you get so caught up with the aspects – "Is this my aspect?" Or "Why is the aspect a growling dog?" Well, because you haven't fed it, and because it doesn't like you. I mean, these things are quite simple.

So there comes a point with your aspects is "You either get on with the program," you tell them, "Or get off right now." It comes to the point where you say, "Aspects, I am in charge, not you. I command you to serve me."

Now, this is going to lead to all sorts of discussion on the Message Board, because, well, they like to discuss it there. "I thought we were supposed to love our aspects. I thought we were supposed to integrate them."

Well, you kind of have overdone it and now you're coddling them, and now they're actually working against you one more time. So maybe it's time that you stood up, you took a deep breath, you got in your presence and in your radiance, and commanded them to serve you. You're getting all caught up in the head about "Was it an aspect? And what should I do? And how should I handle it? I'm not sure what to do with my aspects." They're running the house again.

Take a deep breath – "I command you to serve me." Make it very clear to them. They actually want that. They actually want you to stop being a spiritual wimp, and they actually want you to stop thinking about them as aspects anymore. They want you to be the boss, you see.

You've done an interesting thing. You've exploded your life – kind of interesting, a fun game to do – so that you could reevaluate, you could rebalance. But now that you're starting to put it together, the aspects are all coming and kind of vying for position again as you reconstruct yourself. You just make it very clear to them that you, the I Am, is the boss, and that they will not have their old place in the new house. Make it very clear. They'll get into shape pretty quickly.

Let's take a deep breath with that, and when in doubt, when you start wondering and thinking and 'what if' and all the rest of that, you just stop and take a deep breath and remember it's all natural. It really is. Don't put on the suit of war. Don't hop on the horse. Don't power your way through life.

12 – Crossing the Atlantean Line

Maybe less than a million humans on this planet who have chosen enlightenment, who even have a clue what enlightenment is. Oh, a lot of humans think they want to go to heaven; they're actually afraid of going to hell. A lot of humans just want to have a little better human life.

Why Enlightenment?

"It's just the only way I'm going. It's the only path. It's the only thing I know or want at this moment in time. It just is. It just is. It's been there. I can't tell you mentally when it began. It began with a very odd lifetime knowing there is something more."

"Why enlightenment." It just is?

"There are no words. Ooooh ah!!"

"Why not? That's all that matters. There is nothing else."

Enlightenment, why? Why? Why?

"As said before, it's a passion. I'd say seeking the thrill."

The thrill! Good. Thrill of enlightenment, wow.

"And off the bat, it's time, it's the road. It's just closing..."

No. Just the way to get there is the silly part."

Okay. "Just where I happen to be going."

"It's one breath away, and there is a breath.

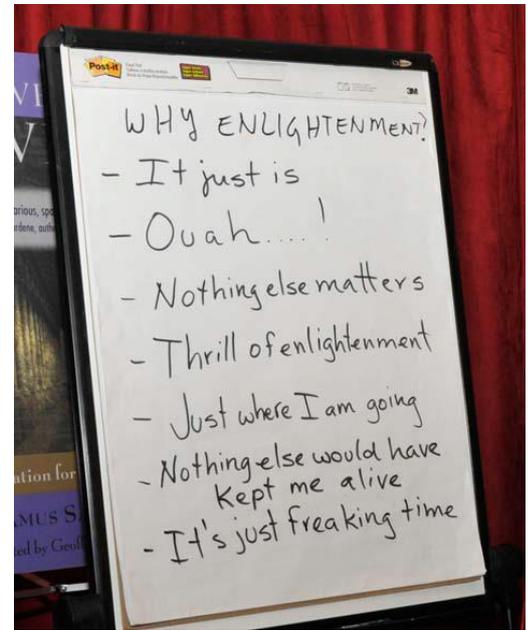
Well, it's what keeps me here on the planet.

It's what keeps me alive."

There is nothing else that would have kept me alive.

"Because it's time. Because it's been long enough. Finding who I am, who I'm not. And it's just freaking time."

"Enlightenment. It's just freaking time." It's beautiful.



Enlightenment. It's why I'm here, why you're here. Enlightenment. It's a feeling. Difficult to describe. Difficult to put in words. *Why?* Because it's really not a mental thing, and it's not a goal, and it's not just the next human adventure, and it's not just to entertain yourself. Quite the opposite. It's not just to take up time. Enlightenment is something that is the fire within you, a passion within you, a desire.

And the interesting thing about enlightenment, it didn't come from the human mind. That's why it's difficult to describe. It wasn't something you thought up here (head), "*Hey! I'm going to try enlightenment. Why not?*" It's something that came from here (heart) and here (all around) and everywhere, and the mind is still trying to understand it, define it, push it away maybe, wonder how serious you are about it. But the enlightenment is a natural, natural part of yourself. The answer to the question "*Who am I?*"

Enlightenment, as I've said so many times, is going to happen anyway. It's natural. Sooner or later – probably later – the rest of the humans on Earth are going to go through an awakening, when they're ready, in their appropriate time. For some reason, you, my dear friends, have chosen it now, and it's happening.

Enlightenment is a natural process that is happening

It's happening every day. Difficult sometimes to get through it, because there is not a book – a valid book – on enlightenment, and there almost cannot be. There can be stories of people and their lives and their identities who have gone through this or into it, but it's not a step-by-step process. One cannot say, "*Here is how you become enlightened.*" One can tell stories, and others who read their stories can feel into that passion, into the human tragedy portion, into the eventual melding and integration. But enlightenment is a natural process that is happening.

Crossing the Atlantean Line

I've heard a lot of talk in this year of 2013 about the Mayans and the Mayan calendar – very true, by the way, up to a point; up to a point of human commercialism, drama and everything else – but there were cycles in the Mayan calendar. But ... but there were also cycles of the Atlantean imagination. It wasn't so much a calendar, it was a projection or an understanding of cycles.

The [Atlanteans](#) – of whom all of you were – the Atlanteans, particularly in the [Temples of Tien](#), understood there would be thirteen cycles that would occur. It doesn't matter how long they were because these weren't calendar years. You can't pin it down to years, but thirteen cycles of human development, of spiritual development that would occur on the planet, the last being crossing the line of the Atlantean mental consciousness.

No coincidence that you're in your 13th year as Shaumbra. No coincidence that if you add up the month and the year you come up with a 13. Thirteen is a very, very sacred number.

I know a lot of people are afraid of 13. A lot of buildings around the world do not have a 13th floor. It's like *"We're going to pretend it's not there."* In a way it's kind of appropriate, because 13 is also called the invisible sacred power number – 'power' is not quite the right word – but the potential number.

Thirteen, if you take a look at the apostles, 12 apostles plus Yeshua, 13. *How many knights at the Round Table?* Twelve plus Arthur is thirteen. Friday the 13th, that scary number. Actually, it wasn't at all. It was a sacred number until someone, some organization suddenly went on a witch hunt on Friday the 13th killing many, many who were into the Mystery Schools, parts of the Knights Templar, parts of the work that so many of you did. But 13 – very, very sacred, interesting number of shift. Of shift.

Time to Go Beyond

Dear Shaumbra, the journey began for all of us, all of us, in the [Temples of Tien](#) in [Atlantis](#). In the Temples of Tien we brought ourselves together. We envisioned a time just like this, thirteen cycles later, a time of change and a time of evolution for all of us. It began there.

We did not know what twists and turns would occur on the path. We had no idea, no concept of the hardships and the challenges, the tears and the laughter. We could not even possibly imagine at that point how there would days and lifetimes that we would become completely lost, completely filled with loss of hope, loss of vision, loss of identity. But we imagined, back in the Temples of Tien, a time that would come that we could speak the word 'enlightenment,' where we could accept it within ourselves, where we could literally bring that consciousness into this reality – a reality that we knew would be dense and harsh, a reality that would almost try to drive it from us. But with a deep passion that we all brought in back in Atlantis, we knew that it would sustain and we knew that it would blossom here on Earth.

Atlantis was a time of mental, the development of the mind, the standardizing of ourselves as human beings on this planet that we love so much. It was a time to think, it was a time to structure, it was a time to design, and that we did. We designed the entire template of the human that we now see on the planet.

And in Atlantis we also envisioned a time where we would step over that line of the mental – the mental that kept us in place, held us together, brought us together, allowed us to see our world through mental and human eyes. But we said to ourselves, *"There will come a time when we cross that line, when we go beyond the mental era, when we go into the next era of New Energy,"* and here we are. Here we are today.

***"There will come a time when we cross that line, when we go beyond the mental era,
when we go into the next era of New Energy,"
and here we are. Here we are today.***

After Atlantis, we came back from underneath the ground where we lived for protection, but also symbolic of our own inner look, going to the inner vision, connecting with our souls and our divine that would have been difficult to do while still being engaged in all the activities of the outside or the upper world.

And from there we went into the times of Egypt, coming up, literally, from the ground into what are the temples, the pyramids all over the world. We emerged. So many of you in the times of Egypt, in the great pyramids, in the Kings Chamber, breathing in our divinity, breathing in the potentials for this era of humanity.

Later, joining together in body or in spirit in the time of Yeshua as [Essenes](#), as the ones bringing in the mysteries into this planet and the one heralding in what many thought would be the beginning of a new time and a new age, but all of you knew that it had already begun. Walking with the great Master Yeshua, the lands of Israel, bringing in those energies, seeding this Earth with the Christ energy, the Christos energy.

Not to forget the times of [Tobias](#). Yes, Tobias. Dear Tobias, and so many of you were in those times as well. Tobias, Sr., also called Tobit – Tovius. Tobias, Jr., Sarah, Archangel Raphael. A beautiful story and a time when, again, we were all together, all brought together for this purpose of realizing what we had imagined back in the Atlantean temples.

And then on to the Mystery Schools – ah, the Mystery Schools – all throughout Europe. A place of fun and study, a place of really understanding how to bring in the divine. But, as you know, the world wasn't quite ready at that time. The Mystery Schools were like islands, like islands unto themselves, very much celebration, but the moment you – we – walked into the outside world, it was a shock. It was traumatic, going from the beautiful energies in the Mystery School into the very, very dense, dense consciousness of the human world.

And now, this time. Thirteen years ago the true energy of Shaumbra started to manifest. Over the years many of you brought together this new call of Archangel Gabriel, this new call to come together, saying, "**It is time for your enlightenment.**" It is time. That call that has brought us together, month after month, over these years. A call that has brought up something within you, given you the courage, given you the hope for your own enlightenment. Not for the world, not for your family, not for anyone except you. It's given you the potential brought to this Earth to be in your enlightenment.

On this day we go beyond. We cross over the Atlantean Line, cross over out of the mental, the mental that you've been in, been almost trapped in. We've talked about it so often during our gatherings, but today you could say that the energies are right. They're here for you to go beyond. Beyond.

The Atlantean Line

Now, the Atlantean Line that I'm talking about is the mental, and it's perhaps the biggest challenge that any of you have right now. We were talking about the biggest shift taking place right now of all for you. Biggest shift. Actually, it's perhaps the biggest planetary shift right now, but the biggest shift that you're going through.

The biggest shift that you're going through is freedom. It's what ... if you summarize everything that the planet is going through right now – the strife and turmoil and everything else – it's all about freedom. All about freedom. And we've talked about this.

I've irritated some of you before, because I said I wasn't really sure humans are ready for freedom. Really! They've gotten used to not having it. They've gotten complacent. They've allowed somebody to kind of take care of them, and then they got used to complaining about it.

***You, with your passion for enlightenment, with your passion for sovereignty,
you are going through a shift into freedom.
Into true freedom. Sovereignty, the I Am, not dependent on any other beings,
not caught in the workings of mass consciousness.***

But what's happening right now, if you take a look at some of the wars, some of the things happening on this planet, the real strife, it's about freedom, and there's still a huge question. *Are humans ready for freedom?*

Yes, it'd be nice to say absolutely humans are beautiful, wonderful beings, but they're still in the Atlantean mental consciousness, a consciousness that's been programmed, that's been trained to not have freedom. To think they have freedom, pretend they have freedom, but actually not have it.

You, with your passion for enlightenment, with your passion for sovereignty, you are going through a shift into freedom. Into true freedom. Sovereignty, the I Am, not dependent on any other beings, not caught in the workings of mass consciousness. That's a difficult one. Setting yourself free of spiritual families, your angelic families. Setting yourself free of your biological family. God love them. Leave them. Leave them in terms of your own freedom so you're not tied into the ancestral karma, the ancestral biology. Love them for the I Am, for the God within, but not just because they're your family. Freedom of your own expression, for your own expression. Freedom from the mind.

Now, it's not to say that the mind doesn't have a place, but actually, if you really feel into it, the mind doesn't want the place it's been in any longer. It really doesn't. It's the thing that makes you ... kind of the thing that makes you doubt. **Actually, your mind really doesn't make you doubt, but the mind processes all of the consciousness about doubt.** It's you that are doubting yourself, but the mind then goes to work in service to you, processing all of it, coming up with remembrances of the past, times when you've been hurt, times when you've been thrown to the lions and the wolves and everything else. So the mind is kind of a cooperator in this whole thing.

We come to this point here of freedom, today, right now, in this room with all of the Shaumbra from all around the world, and I pose the question to you, once again: Are you individually – don't answer to it right away, feel into, because there's some fine print – *are you ready for this shift into freedom?* The fine print is, well, **you'll have freedom. You'll have sovereignty. But when you shift into freedom, you release the attachments on all of the things that have kept you in a type of prison or away from freedom.**

And you say, *"Well, isn't that a good thing?"* I don't know. I don't know, because *what are the things that you're still holding onto? Money – or your old concepts of money? Friends and family? Afraid of being alone in the world?* Sovereignty is being alone, by the way, but many of you are afraid ...

So are you ready for this freedom? Because it will mean letting go of attachments on a wide variety of things. *What if you lost your job tomorrow? "Aah! What did I do wrong?"* you're going to say. No, it's freedom. It is truly freedom. Relationships, everything else, we won't go into that because I don't want to depress you, but it's releasing into your sovereignty, into your freedom. But the thing that we're really going to take a look at today is the freedom beyond the mind. Freedom beyond the mind.

Again, the mind has limited your ability to see the potentials, and the potentials are grand. Our next series starting in October (2012) will be about potentials. We'll title it *"The New Potentials"* or something more clever than that.*

The potentials that are beyond the mind are phenomenal, breathtaking, exciting, but they are so quantum, quantumly different than the way you've been thinking up until now.

The mind has been keeping you ... you have allowed the mind to keep you from seeing potentials, therefore, you really haven't been free. The potentials that are beyond the mind are phenomenal, breathtaking, exciting, but they are so quantum, quantumly different than the way you've been thinking up until now.

So quantumly different.

It is almost without being able to explain it right now, the potentials that are coming up for you to realize, that are in your life – they're not coming from me, they're coming from you.

The potentials are beyond the mind. Things that you would consider yourself crazy to even imagine right now, say, "That's just crazy. That's just absolutely crazy," but actually it's not. But there will be shifts in your life. There will be shifts.

*(2012-2013 – *The Freedom series*)

Shifts

I want to talk about shifts for a moment. We had a very high energy conference at our recent DreamWalker Life and I said, *"The energies are already moving. They're already flowing."* And I said *"They're going to continue. You're going to bring them to new levels. You're going to bring them to amazing new levels, but ..."* and nobody heard the but. Hm. Maybe I forgot to say it. But I did say when you go back to your life, back to your old identity – your house, your car, your job and everything else – it's going to be difficult for a period of time, a little period of time. *Why?* Because you're going through a quantum shift.

So, my dear friends, *how do you shift? How do you go through that? How do you keep it from totally crushing you?* Well, first of all, you realize it's not going to crush you. Secondly, you realize that you are going to have effects. You're going to feel them in your body, because your body is changing drastically right now. You're going to have changes in your lifestyle when you go through a shift like that. It's rough and bumpy at first. You're going to find out – you will find out – if you're in need of rest, getting away from others. The mind creates activities to justify itself, to keep itself busy, and so many of you – busy all the time. Activity after activity, project after project, and not really along the paths of enlightenment; just to keep yourself busy. When you go through a big shift, things will happen. It might put you down. You might get ill. You might go out of your mind, crazy. Truly. And that's a good thing. It's a good thing. Don't feel bad.

I bring up this point – and I'm going to have to bring it up again later to remind you – we're going to go through ... you have been going through shifts, but we're going to be going through quantum shifts this next Series and beyond. Allow these shifts to occur in your life. When something happens, don't get into the panic of thinking what you've done wrong. You cannot do wrong in enlightenment! As a matter of fact, you can't even go back. You can't. You can't say, *"I'm not so sure about this enlightenment. I'm going to go back."* You can't at all. You cannot either do wrong in enlightenment. So let's take a deep breath with that.

Many of you went through huge shifts over the last few weeks of time – huge shifts – and you went through them rather gracefully. You allowed these changes. You listened to yourself. When you felt tired, you slept. You did the things you should. You did breathing when you started to get in trouble, in other words, too much mental activity. These shifts are going to continue to happen.

In order to really understand the shifts, what's happening, it's important to understand the relationship between what we would call the human self, the Body of Consciousness, and your soul, your divine.

Imagine for a moment a brilliant book. This book contains several different elements. Paper. Paper, which comes generally from trees. Paper. And if you really look at the paper, if you look at it closely, there are fibers in here. They're made up of a lot of fibers that have been pressed together to create paper. There's ink on the pages. Ink on the pages that form words. They're just funny little squiggles, but when you read it, it means a lot. And there is glue that holds it together. Kind of in a rough analogy, this is like your human self. You're the ink. You're the words on the paper. You're the story that's being written on the paper. Paper, you could say, would be your spirit, your essence. And the glue, the glue is the energy and the consciousness that keeps it all together. So the words are separate from the paper, up to a point. They're on the paper, but they're separate, and in a way, that's how you view yourself. You're not the paper, you're the words. You're the ink on the page, and the paper has been separate. And the glue – not always even aware of it.

What happens in understanding the relationship of all of these elements is suddenly there's really not a paper anymore. There's really not an ink. They start melding together. Even the fibers in the paper itself no longer are just held in place as fibers.

They start moving, changing, melding together, creating a whole different type of fiber to the point where there's really no separation between the paper, the words, the ink, the glue. That's what's happening. You're no longer just the human. You've cross over the Atlantean Line of the mind. There's no longer this distinction or separation between Spirit, human, mental, or any of the energy, any of these things. It melds together. That is the transformation process that each and every one of you are going through. There are shifts that take place that are going to feel at times like bumps on the road or crashes on the road, and they're not. They're not. **Where we go from here is into quantum potentials, quantum changes beyond the mind.** You will feel at times like you're going crazy. There are times when your mind will shut down or will disengage itself, or times even when your body feels like it's going through tremendous pain or upheaval. There's going to be times, at times, even when you feel like you're just going to die. But actually you're really just coming to life.

Allowing the Shift

How do we do shifts? Take a deep breath. It always helps. Helps quiet the mind, helps bring in some energies, helps facilitate the shifts that you're going through.

You can also do a [merabh](#). So why not do one right now. Let's do a merabh of crossing the Atlantean Line, the mental line. A merabh is really allowing. Allow. No forcing. That's one of the quantum, quantum changes that we're going to be discussing – no forcing anymore.

Can you imagine – before the music plays – *can you imagine this new potential where you just don't even have to try anymore? No trying?* Trying is a mental energy. Where you don't have to force anything. You don't have to force a shift with a merabh, it simply does it. *Why?* Because you imagined it. You brought it in.

Where we're going with this, there's no figuring out any of it. There's no figuring it out. You can't. You don't want to. Figuring things out is very mental, and it's actually going to be uncomfortable to try to figure things out. It's going to be uncomfortable to not figure things out also, because people are going to ask you questions.

They're going to come up to you and say, *"Why enlightenment?"* and you're not going to be able to figure it out. You're not going to have the answer, and for a brief moment you're going to feel stupid, like, *"Ah! That's all I do is enlightenment and I can't even answer the question of somebody on the street."* And then suddenly, because your mind is no longer limiting you or controlling the thought, suddenly you'll just get it and it won't come from the mind, but you'll get it. And when they ask that question *"Why enlightenment?"* and you're stuck for words, you're just going to do this (he gently touches someone). You're just going to touch them on the shoulder or on the face or anywhere – they're going to get it. Not a word needs to be said – Whooh! – right into them. Ah! That's where we're going Shaumbra. That's where we're going.

It's not magic. Not magic at all. Matter of act, I have to laugh. Ha, ha, ha. There are no secrets. There are no mysteries. There is no magic. This is the natural state of being. Natural state of being. Everything else has been unnatural. So let's do a merabh, crossing the Atlantean Line, moving beyond just the mind. Oh, bring the mind with you, because it's going to change. Just like the relationship between the ink and the paper and the glue changes, the relationship with the mind changes. You don't have to figure it out any more, thank god. You don't have to work at it anymore. So a merabh.

A few minutes of beautiful music and just allowing. Allowing. It's a word that we're going to come back to again and again – allowing.

We're going to do a special Quantum Allowing experience – not a workshop, but an experience – for those who want five days of intense allowing, coming up early next year. And we'll be talking about allowing often. That's what it is about. Freedom is allowing. Allowing is freedom. So ... With the music, with the merabh, a shift. A shift.

A graceful shift. I don't want to catch any of you thinking your way through this.

And if the music is playing and you're wondering *"Is this working? Is this working?"* stop, please. *Aren't you tired of that old way?* Yes, it's working! Obviously. *Why?* Because you're allowing it. You're allowing it. It's working. You could question yourself all day long. *Is that the way you want to continue living?* Or say *"It's working."*

The graceful shift. Rebalancing in the body, mind, spirit. It's working. That's a merabh. Ah! You don't have to do anything.

(pause)

A time that you envisioned. Oh, you didn't know the date, didn't matter.

(pause)

It was more about the potential.

(pause)

Gracefully gliding over that line ...

(pause)

... into real feeling, the type of feeling that was expressed earlier today about enlightenment.

(pause)

You didn't have to go mental. You expressed through your feelings.

(pause)

Crossing the line ...

(pause)

Potential of freedom ... Ah, freedom – returning back to your natural state.

(pause)

Nice to know that there's nothing you have to obtain or achieve. Freedom back into your natural state.

(pause)

The mind would want one to try to achieve enlightenment.

(pause)

It's already here. It's already your natural state.

(pause)

In the freedom, it's also the opportunity to live your dreams. We talked about that with many of you before, not just dreaming your dreams, but actually living them. Being in them. Bringing them here. Experiencing the dream. No longer a separation between this thing you know as a human and your dreams; they come together.

(Please also read: [Addendum G: Farewell to Dreams](#))

(pause)

It's quantum. It's total allowing ... and there's nothing you have to do to get there other than to allow it. That's the best thing. No secrets, no mysteries, no \$1,000. It's coming back to you. Coming back to who you are.

(pause)

I love watching some of you right now starting to get it. Some of you still saying, "Am I doing this right?"

It's an interesting thing. Some of you are wondering if you are really ready for it or worthy – worthy – and that's very interesting. Well, of course you're ready if you want to be. And of course you're never going to be worthy if you keep thinking like that.

Cross the Atlantean Line. Cross the Atlantean Line. You don't have to ask yourself if you're worthy. That question is absolutely irrelevant. Absolutely irrelevant. It's simply a matter of is this something you're choosing. That's it.

So listen, as the music of the merabhs plays on.

(long pause as music continues)

So, crossing the Atlantean Line, beyond the mind, vast new potentials awaiting. You don't have to think about them or wonder what's really there or if you're ready. No. We're going to go exploring. We're going to go experiencing. There will be shifts. There will be times when you're going to feel awkward or odd, because you're shifting from one level to the other. You're changing. And as we go into this in our next series, just take a deep breath, do some merabhs from time to time, but allow these shifts to take place. Good.

Archangel Michael

Now, with that, it is time for the blessings, the love of *Archangel Michael*, to come with us, to be with us here.

(Archangel Michael channeled by Robert Theiss)

But with this group, after all the teachings, all the dancing and all the celebration, *can we really finally make this real – the energy, the dimension, the experience, the love for life itself – to become the new lovers of life?*

Do you have that love for yourself to be that?

Indeed, as Adamus has been sharing with you, to stop thinking about it. Stop thinking about love.

I am absolutely in love with you or I wouldn't be here, *for is this not a rather boring type of experience if you're not in love with life?* Stop dragging me along. This is the time, and you are the group.

It is my joy then to serve the new creators, for that is who I look at. Those that had the courage to go into a journey, an adventure, an experience to discover something that no one else has discovered, minus all the Ascended Masters. But they, too, are absolutely in love with you. They can't help but be in love with you just as you are, and it would break their heart, as it would break my heart, if you chose to turn your back to this type of freedom – a freedom that places you always at the forefront of your own creations. Always. How bold of a step. How bold of a step. *Is there such a love in this room for that boldness?*

We see it. We see it. And we understand in the blink of an eye you would wish it all to be true, and yet your body would not be able to integrate. Your mind would, indeed, become even crazier. But you have the wisdom and the love to allow for this to integrate. *But is there tomorrow to make this choice truly real? Does tomorrow exist for this experience? Are you going to wait for tomorrow? "No" Indeed. Indeed. And are you going to stop asking me to fight the creatures that you created? Hm.*

With this group, I lay my sword down. *Why?* Hm. Not because, as my partner suspects, I might be developing carpal tunnel. Indeed. I lay my sword down out of the deepest respect to now co-create with you consciously. Not above you, for you gave birth to me as an archangel. All that I am, you are. Now own it. Own it. Breathe that potential in as if it was real, even if your mind questions "How could I be this? For all the books and all the teachings have suggested otherwise." Look up above you and there you will find something greater than yourself. But we look down upon you and see the greatness. We see it. Now stop hiding from it.

Now, my question – truly, my question – *how do you want me to serve you, creators?* The sword is down. No more battles. It's not about light and dark. There's nothing out there we need fear. *How can I serve you?*

You must want this freedom! *Who else is clinging to you? Who else are you allowing to cling to you in the name of what?* You must take it, and say no to those who are uncomfortable, or, as Adamus has been speaking, it is simply not their time. Perhaps in your lifetime those that your heart is so deeply connected to from a place of compassion, they'll never get it. *Are you willing to compromise your freedom for their timing? But are you willing to be a living example for all of humanity that wants to know "Is there something that's outside all the dogma that's been stuffed down our throats?"* Indeed.

So, you are the new Spirit freedom walkers, the new living creators, the new shamans, the priestess reborn, the priest without a sermon. Ah! *Doesn't that feel wonderful?* No offense (to Adamus). The priest without a sermon. Just walking freedom. Just the consciousness to be *that* alive. This is the time, today, in this moment. This is the time to own this. *Does the freedom have to become channeled for it to be real?* (audience says "No") *Can you speak on behalf of your own divinity?* (audience says "Yes") *And own it?* (audience says "Yes") *And remember it?* (audience says "Yes") Indeed.

Questions & Answers

(Some significant remarks)

ARCHANGEL MICHAEL: Adamus is demonstrating a freedom that you deny yourself. He's demonstrating a freedom that is your birthright.

He's demonstrating it from both a place of comedy and grace, and he's offering you the opportunity to fall in love with what he has already fallen in love with.

Now. It begins now, with the next breath, and then it's done. You're done. And then come together to celebrate. What you choose consciously to breathe. The potential – the potential without knowing what that becomes.

Do you want that freedom to have that kind of clarity? He's got it (pointing to Adamus).

He's demonstrating a freedom that very, very few have chosen to really embody, that you can have your cake and eat it too. You can be here in physical and enjoy the etherics. *Or were the etherics truly that boring that you had to come here?*

(Questions)

"I would like to hear both of you to talk to the difference in the empowerment or the disempowerment between caretaking and compassioning."

ARCHANGEL MICHAEL: Yes. If you're willing to caretake for yourself, that is a profound state of compassion. If you're caretaking for others who are using your life as a support system, then *what do you call that?*

"Feeding."

ADAMUS: Exactly. It is very easy to get caught in this whole feeding trap. There are others who simply want your energy, they want to take that, so it really depends on why you're doing it. *And why would you choose to do this caretaking? Compassion? Sorrow? Healing? Having been in the same role perhaps in the past as the one needed to be taken care of and now coming back to caretake? So what is it that brings this out in you?*

When don't you enjoy it? When you feel tired, exhausted, wondering if it's really helping?

"When the effect is that it interferes with other people's simplicity and empowerment rather than giving them back themselves."

Yes. And there's a time when all of you have been caretakers in one form or the other – your families, perhaps your profession – but when you've taken care of others. One of the difficult things was going from being the energy holder and the caretaker to the energy pioneer and pirate.

Very difficult, because there is still part of you that feels very compassionate about that role and loves that, part of you that feels a little selfish about doing this enlightenment thing all for yourself. But I would have to say that any of you who are actively involved in caretaking, there'll come a point when you need to move out of that.. to take care of yourself.

"My question would be I am not remembering all the other realms. I know they are there. Is that important in my enlightenment?"

ARCHANGEL MICHAEL: It's only important for you to remember how it feels to be connected to the other realms, and as you trust the feeling of that connection, the information, without any clue to your mind, will seem to

download into your own awareness as becoming then real. But if you trust the feeling, trust the feeling. The connection here between Cauldre and Adamus would not have developed if Cauldre simply didn't trust eventually the feeling of this relationship so that Adamus could tell you about the other realms. And so the gift that's being demonstrated is a gift that's being shared with you. It is also your birthright. We want all of you up here (in front) so that we can sit here (as the audience) to listen to your wisdom. After a while, we don't have any more words to tell you. We're going to run out of stories.

ADAMUS: And the other thing to bear in mind is let's do a little shift in that whole concept of 'other realms.' There really are not other realms. There is this realm, whether it is perceived with a very narrow focus or a very broad focus. It's really all the same realm. Always was, always will be. So it's about taking the deep breath and feeling free to perceive into the greater areas of this realm. Let's not think about them about being up there and down here or anything like that. Definitely, I don't know about you, Mike, but I am not a fan of dimensions 1, 2, 3, 4, like that. It's kind of all the same. *It's what are you allowing yourself to boldly perceive?*

Now, because humans have been limited or contained within a certain level of perception when they open up, it feels uncomfortable. They get vertigo. They feel they're going out of their mind. Their body starts puking and crapping and doing all these other things, and they feel very uncomfortable, but that's just an adjustment into the broadness of this realm. Yeah.

I don't like when we get into all these other dimensions and realms. It creates even more separation. *It's how big are you willing to breathe into this realm?*

(Some significant closing remarks)

ADAMUS: Imagine again ... we're going to focus, we're going to be the potentials that could not necessarily have been imagined in the Atlantean mind. That's why today we're crossing that Line.

You're not going to need channels like this, as we do it now, because you're going to be in a group and you're either ... you're going to be at the lectern sharing with each other and laughing with each other, or an entity will appear and you're going to be able to see it. And right now you say, *"But I don't know how to do that and how does that happen? Don't we need somebody to facilitate it?"* No, an entity will appear, perhaps not in physical form but in their energy form, and you'll be able to see that entity and hear it. And that entity is not necessarily going to be here to tell you how to do it, but will share some of the ways that they are doing things and listening to how you are doing them. So let's clear all of the old ways of thinking out of the table. Let's not think like Atlanteans anymore.

So let's take a deep breath. Yes! The hour has come, the minute has come, the time has come for us to take a walk over that Atlantean Line, beyond the mental. I'll be probing you. I'll be prodding you to stop thinking like an Atlantean, to open up to dreams and potentials. What maybe today in that mind you might think is crazy, well you're going to come to realize is not at all.

You want to do it – this thing enlightenment – because it is a grand challenge, very rewarding, highly stimulating, breaks out of the old human mold, because you can, because you've spent 1,000 or more lifetimes on Earth.

You want to do it just to do it. And as you do, **it will make a tremendous difference in the consciousness of this planet.** All of the consciousness and the energy that you're putting out will go and be made available for the potential of others.

Let's take a deep breath together as we cross that Atlantean Line, as we go into the new potentials that aren't linear, that aren't limited.

Let's take a deep breath for all of the entities, and for you.

And, when you walk out of here, when you leave this energy and you wonder what it's all about, if you're doing it right, when it will come to be and any of those other questions, you take a deep breath and you say to yourself

All is well in all of creation.

"All is well in all of creation."

Addendum A: Awareness – Sexual Energy Virus

Sexuality and its drive, the seduction of it. Just digging a bit deeper and getting a feel of what's going on in the invisible areas of that particular influence. I find it powerful to look without shame what the sexual dynamics are and how this influences everything in life, the decision makings, the subconscious move when encountering others, power and control, it's all there. And more to its independence, sovereignty.

An opportunity to form cooperations and communities with this insight. Important.

Not new, this information, but timely.

Integrating feminine and masculine in the new energy.

This article tells about the sexual energy virus, how it steals joy out of your life, causes different kinds of abuse and an imbalance between feminine and masculine. Finally it shows how to make the virus disappear and how to reintegrate your feminine and masculine in a whole new way.

New roles for men and women: Women as leaders, men participating equally in raising the children and doing the housework, acknowledgement of soft and feminine values; all of this has been going on for decades. It mirrors what is going on inside many people. This brings us to a point, where we are able to take the next step of integration of feminine and masculine energies – if we so choose. The feminine energy still holds deep, deep wounds that need to be released and healed, before the new integration can take place.

To understand the reason for these wounds I invite you on a journey way back in time. I will also ask you, to read with your heart just as much as with your mind.

Leaving Home.

We go back to the time when we as angels first left the divine unity, our original Home. The purpose of leaving was the desire to explore something new.

The feminine energy, called *Isis*, was the dominating. It was one of birthing, creativity, expansion and strength. The masculine energy, called *Adam*, was supporting and loving *Isis*, bringing forth her wishes. Quite the opposite to how we now consider male and female energies.

Although it was a free choice to leave Home, the unity, all the angels having left home immediately wanted to go back.

But somehow they had forgotten how. Then the angels thought, if only they could get more energy, they would be able to go back. So they started to take energy from each other. And it accelerated. At a certain point, this led to a slowing down of energies; expansion as before was no longer possible. *Isis*, the feminine energy, took on the blame and the guilt, feeling she had failed as a leader. She handed over the power to *Adam*, who accepted it because of his love for *Isis*. This was the first wound of *Isis*.

Creation of Earth.

Later on Earth was created. The purpose of this was that some angels would voluntarily descend and live in this dense, slow energy. In this way they hoped to gain better understanding of creation and its consequences, because of the slower manifestation and reaction in matter. Finally it could bring a solution to the problems in the other dimensions.

At this point *Adam*, the masculine energy, was still the dominating one. This continued on Earth, and with a few exceptions, it has done so up until now. It has suppressed the feminine energy - and women – often in a very brutal way. These causing new wounds in the feminine.

You can ask, why has it been so? Why has *Isis* not come forward before? Why has *Adam* not supported her in doing so when he loved her?

The sexual energy virus.

Well, you can say that the unbalance between *Isis* and *Adam* that occurred when she withdrew, gave a virus an opportunity to come in. Just as we know it when we are tired or out of balance, it is much easier to catch a cold for example.

But this virus is an *energy virus*, infecting consciousness. Like all viruses it wants to perpetuate, and I will show some of the ways it works. At first it lay dormant, until at a certain time on Earth it saw an opportunity to come forth. The virus works in the mind, and as the male energy was more in the mind, the feminine more in the spiritual, the perfect place for the virus to start operating was in the masculine mind. The virus feeding on power and control, in a way seduced the male energy to suppress the feminine energy. Saying, you couldn't trust the feminine energy, it had once given up (the first wound of *Isis*), it was dark, and it was evil. It – and women - had to be controlled and punished, if they did not obey.

The masculine energy got high on all this power and control, and did as the virus said. In this way they were actually feeding the virus!

The Victim and the Abuser.

The virus also needs the victims: It steals joy out of your life, so every time you are sad or depressed, you are feeding the virus. It operates in your feelings just as well as in your mind. It causes you to feel unworthy, and loves to keep you on a low energy level.

As I said, the virus feeds on sucking out joy of your life. One of the things in life that was meant to be the most pleasurable and sacred: two people making love, that was a target for the virus! Instead of being an act of love and sharing, it too often becomes a way of stealing energy from another person, of control and of feeding.

Think of all the guilt and shame connected with sex. Think of all the ways sex is twisted in pornography, prostitution and even in advertising. Telling you indirectly, if you buy their product you will be so attractive that you will get a wonderful man/woman. Of course we know it isn't true, but in a subconscious level we buy into it, because of the virus. The virus makes you feel you are not worthy; you don't deserve the good things in life, unless you have a lot of money, power and control, are good looking or are on top in another way. Even if you get this, there will always be the fear underneath that you might lose it.

Back to prostitution: It couldn't exist without the virus. It is a game of feeding that goes both ways, the customer of the prostitute, and the prostitute of the customer. But why, you might ask, why does a person become a prostitute? Surely it will have started in the childhood. The child will have experienced sexual abuse, perhaps not rape or inappropriate touching of the body, but the whole energy of a sexual desire pointed at the child is enough to create the feeling of being abused. 'It is not safe to be me.' Fear comes in, and that is also a way the abuser feeds off of the victim. It becomes a pattern to be abused, and as an adult being promiscuous or perhaps eventually a prostitute becomes the only known way to get some energy back.

In war, for instance, you always see rape and torture. The reason? It keeps a victim in bondage, and the abuser can keep feeding off of them. Emotional abuse is also an aspect of the sexual energy virus. When a parent is always feeling bad and complaining, playing 'poor me' or running the whole family with his or her emotion, and in that way stealing energy from the others – that is sexual abuse as well.

It occurs in the family, at work and everywhere in society.

It's important to notice, it's not men against women – that is also the game of the virus wanting us to believe that. But it's masculine energy suppressing feminine, and we all have both sides!

How to stop the sexual virus.

The game can only exist as long as you have two parts playing it. You can look at your own life and see, where are you a victim, and where are you an abuser? Don't judge yourself (or others). Just take a deep breath and find the loving, compassionate place within you, where you can look at everything.

It's your choice, if you want to end the game or not.

In a way it is 'safe' to be a victim. You know your role and it is not your fault, what has happened. The other one did it to you, you are not to blame. You don't risk anything, like you might if you step out of the role. Because how will people meet you? Will they think you are selfish? And how can you get energy, if you don't want to be an abuser? Very few will think of it in this way, but nevertheless that's what is going on in a subconscious level.

The solution is simple: **Start loving yourself!** Instead of seeking love, acceptance and energy outside of you, **go inside!**

Everything is within.

Begin loving you self, just as you are. All sides of you, also the ones you don't like! They are also part of you, and need to be loved and accepted, so they can evolve. Fill you self with the most unconditional love and compassion!

This is not a new concept. All the great masters have talked about it. With the words of Jesus: `Thou shalt love thy neighbour as thyself!`. But we often forget the last part and think we have to love others, and then they will hopefully love us back.

What a game of the virus! There is no freedom in that. That is bargain! Try loving you self first. That will make the virus disappear and create the possibility for your inner masculine and feminine to reintegrate on a totally new level! *Love you self, and see how your life changes. Do you dare?*

(Written by Anne Maribo Andersen, certified Sexual Energy Teacher.)

Addendum B: Living Ascension

We had done the workshop one time earlier in the year in Sedona, Arizona. It is a unique class because it deals with life as enlightened beings, in the New Energy. Adamus talks about both the ease as well as the challenges of living simultaneously in the old and new energy worlds. Adamus' Living Ascension class is humorous, insightful, aggravating, challenging, and consciousness-shifting.

It brings up as many questions as it answers, but the real value is that it gets us contemplating a new way of living.

As Shaumbra, we are now talking about "how," instead of "when." The time has come.... No more waiting. I think this is the biggest issue facing us right now. We are living in both the old mass consciousness and the new energy worlds. We didn't wake up one morning and suddenly find ourselves in the New Times. We've been easing into it, step-by-step, day-by-day.

Now we're partly in it, and partly still in the traditional consciousness.

Living Ascension is an appropriate title for the workshop, if not a little ironic. It's the antithesis of Dead Ascension, or the way the Ascended Masters used to do it. They would usually leave the physical body at the moment of enlightenment because it was too difficult to stay. The new Masters are choosing to live an enlightened life while staying embodied.

According to Adamus, one of the most noticeable attributes of enlightened living is that there is a natural ease and grace. The struggle of survival is replaced by the ease of everything coming to you naturally, in the Now moment, without having to think about it, wish for it or stress about it. This **includes abundance, new opportunities, relationships and personal insights**. We no longer worry about what the future will bring, because there is a knowingness that everything will be there.

Can you imagine how much energy and mental efforting is freed up because there is no worry about the future?

And, according to Adamus, one of the biggest challenges of enlightened living is feeling disconnected from other people and mass consciousness. It is harder to be in the midst of human drama, limited thinking, and lack of sovereignty. Energy-feeding games are immediately apparent and nearly intolerable. Our energy will come from within, so it could be physically painful to be in close proximity to humans who still feed like vampires.

As enlightened beings we will embrace simplicity. The mind creates complexity and perceives chaos, but now we will naturally distill life into its essence. We'll strip off the clutter and confusion that used to surround our awareness, and by doing so we will see the true beauty and joy of life. This is where colors become more colorful, music has more depth and richness, food is more flavorful, and you can actually feel the heartbeat of nature.

But also, as enlightened beings, we will ask ourselves, "Why should I stay?" The contrast between your inner peace and the harshness of the outer world can be arduous at times.

You'll need plenty of time to yourself, away from the energetic noise and seduction of mass consciousness.

Enlightenment comes in degrees. We are now living in both worlds, some days a little more in our sovereign consciousness, some days more in the old mass consciousness. It's no wonder that we get confused, disoriented and exhausted! I could see the "ah ha!" lights go on at the Living Ascension workshop as Adamus discussed the joys and challenges of embodied enlightenment, especially as we are living in both worlds simultaneously, tethered to neither and feeling the pull of both.

Adamus said it's like floating through a wide tunnel. The sides of the tunnel appear soft and luminous as we gracefully allow ourselves to experience the transition from one state of consciousness to another. But the moment we start worrying or doubting or manipulating, we are drawn into the side of the tunnel only to discover that the surface is highly abrasive and very sticky.

If you're wondering what's going on and why you're feeling the way you do, there's a good chance that you're in between the two worlds.

Take a good deep breath and give thanks to your Living Ascension.

(Geoffrey Hoppe, Shaumbra Monthly Magazine, December 2012)

Addendum C: It Wasn't Me

During the October Shoud (2012 – *The Freedom Series*), Adamus sounded a call to freedom, and at the end of his message dropped the hint that the secret to true freedom is forgiveness. This, of course, set off a cascade of discussion among Shaumbra on the message board, Facebook, and elsewhere. *"Haven't they said there is no sin? What's to forgive if we can't really do anything wrong? Isn't it all just about experience?"* and so on. Then, returning to the topic in November, Adamus gave his own eyebrow-raising definition of forgiveness: It is being able to look at your past deeds and say, *"That wasn't me."*

That hit a nerve, and the question was asked, *"But what about responsibility?"* Well, *what about it? "Shouldn't we be responsible for our actions?"* So, he asked, is it really responsible to carry around "a backpack full of yesterday?"

It began to dawn on me that realizing *"It wasn't me"* is actually a brilliant step into freedom, if we choose it. First of all, there's the obvious level – dealing with the issues many of us still have that began in other lifetimes. *Who among us hasn't felt the fear of speaking out? Or feeling not quite ready for our authentic selves to be heard and seen?* Keeping quiet may feel like staying safe, but it's also a self-imposed limit on our freedom. Perhaps a reminder that *"it wasn't me"* who suffered the last time I spoke up will help me find my voice.

And what about the ones who imposed their censure on that expression of my soul? Can I forgive them? Even if the mantle of "power" is worn just well enough by someone to trigger that old fear and even hold me back, I still can step toward freedom by declaring *"It wasn't you that hurt the one who isn't me."*

It's actually a choice that offers everyone the freedom to be fully in this moment, to make our choices based on here and now and sovereignty, instead of fearing both the future and the past.

Now bring it just a little closer, into this lifetime. Maybe there was something I did a couple years ago that hurt someone or humiliated myself, and it still haunts me. Using the standard version of forgiveness, I might "forgive" myself but still feel a debt to somehow pay, a lesson still to learn, a wrong still waiting to be set right. After all, *shouldn't I take responsibility for what "I" did?* But you see, it wasn't me. And that is where the key to freedom lies.

As long as I feel "responsible" for deeds and misadventures of the past, I'm securely bound to it and by it. Like an account that cannot be closed until the balance is zero, I will constantly try to add or subtract "karma" (guilt, remorse, revenge, hunger for fairness) until it is balanced. But it will also remain an *i m p o s s i b l e* dream because the perception of "balance" depends on the one perceiving it. Do you ever hear the victim of a crime say, *"Now, because the perpetrator has finally served his time, I am free to love and trust again?"* When a rocket is fired, *does the one fired back in "remittance" stop the conflict?* It isn't the "payment" for a wrong that sets one free, because that is not forgiveness. (Which, by the way, is why Christianity never made sense to me. If the debt of sin required payment, whether by me or someone else, it was never actually forgiven, *was it?*) What truly sets me free is finally knowing, *"That wasn't me, and that wasn't you."*

Imagine yourself as an aviator, a fighter pilot assigned to an aircraft carrier on the endless sea. You've trained for years to be a flyer and you're finally ready, just itching for that long awaited freedom. But even in the final preparations for takeoff, your vehicle is still tethered to the deck. It's for safety of course, for you don't want it washed away to sea when things get rough. You need to keep your bearings at all times, and these bonds have been very important. But now the moment comes for finally letting go.

Your engines rev, and your plane begins to strain against the bonds that, until now, have kept it safe. Facing into the wind, the wild blue yonder beckons. Now is the time to let go of the past, to drop every reference to how things used to be, because up there the rules are different. The freedom that would spell your doom on deck becomes your only choice once you go beyond the edges of the safety that you've known. It's time to shout, *"That wasn't me!"* and release the ties that have bound you to the limits of the past.

No matter how much we try to keep our lives secure, the time will always come when the rules must change. The jet that's tied securely to the heaving deck of the past just isn't you. **The real you is a pilot of new energy, new consciousness and freedom.** Holding onto the guilt, pain or "responsibility" of the past will not let you launch. And, no matter how much you love or hate the crew, no matter what unfinished business there may be with them, you cannot take them with you. This flight is for you alone – unbound, unlimited, and finally free. By letting go and taking off, you prove it can be done for those who follow.

Dear Shaumbra, it is time. Your jets are fueled up and ready, you've trained and prepared, the ground crew has stepped back, the flag is going down. All those arguments and tussles and squabbles and stumbles on your way to the cockpit – it wasn't you. YOU are here – goggles on, shield down, engines roaring – ready to soar. The ground crew – the ones you've hurt and who have hurt you – they don't want you to turn back now. They've been there to prod you forward and help you soar, to watch you prove it can be done. There's no time now to waste on old regrets.

A most amazing thing that happens when *"it isn't you."* The future is no longer an extension of the past, because tomorrow in the sky looks nothing like yesterday on deck.

We go from the same old thing to something new, from linear to quantum. And that's what we enlisted for.

(By Jean Tinder, Shaumbra Monthly editor, Advanced Studies Teacher - Shaumbra Monthly, November 2012)

Addendum D: The Creative Energy Spike

In case you're missing it, this is the most creative time of your life. It's easy to miss it if you get caught up in all of the other intense abundance energies. I'm sure you've experienced just a few days of feeling like you're bouncing off the wall. And days when you wonder... *WTF?* It may appear that things make less sense than ever before. Few of the old ways seem to work any more but there's no clue about the new ways. It's all true, and you're not going crazy. You're just living in the Bewildering Now Moment.

But there are more creative energies floating around right now than ever before. At times it's mixed in with all of the energies of the 2012 chaos and doubt, but it's there. Big time. The creative energies are there to support your highest aspirations and desires. It's free. It's potent. It's ready to serve you. But if you're focused on the WTF moments and ducking behind the sofa every time an energy bolt shoots by, you might just miss it.

Creative energy is different than most other types of energy. It doesn't have the same duality dynamic as conventional energy. It's not harsh and rigid like mental energies. It doesn't tire you out like survival energy. It makes the day-today routine energies look dull and lifeless.

Creative energy is like a multi-faceted jewel. It has brilliance and clarity, depth and vibrancy. It sparkles and dances, whereas regular energy tends to have set patterns and boundaries. Creative energy sees a wall as something it can flow through. Regular energy sees it as a barrier.

Many people are confused by creative energy because they associate it with things like painting or dancing, or with people like graphic designers and musicians. In other words, you either have it or you don't. This is not true at all. Nobody is born with more creative energy than another, and you don't have to be a creative type to use creative energy. Some people are more comfortable with its free-form characteristics while others need more structured and grounded energy. But there's no law that says you can't have both.

You could argue that energy is just energy, and it is actually our consciousness that allows the creative use of energy. Or more specifically, that our gnost makes creative use of available energies. I largely agree with this, but in recent months I have noticed new layers of incoming energy with frequencies that make them more easily adaptable to creative applications. And JFYI, Adamus verified this for me. But let's not get all caught up with where these are coming from or what their frequency range is. That would be kind of mental, and we're here to talk about applying this in your life.

So how can you use this creative energy in your life? In literally every aspect. *Do you have some old stuck issues?* The creative energies will provide new insights and solutions. *Are you having some abundance issues?* The creative energies will open new doors. *Are you having challenges with integration?* The creative energies show you new ways of allowing. If you want to get off your old path but can't imagine what that would look like, the creative energies will show you new potentials. *Are you tired of living a mental-oriented life?* Creative energies will take you into new realms beyond the limitations of the mind.

The bottom line is that these creative energies are here to show you "new." We all know what the "old" looks like and if I'm not mistaken, many of us want to go beyond "old." That's why the creative energies are here. We called them in because we want something new, but we didn't know how to imagine "new" with the "old" mind. The in-flow of creative energies is our own brilliant solution to going beyond. And now they're here to serve us. Here are a few simple steps to activate creative energies in your life. First, acknowledge that creative energies are freely available to you. Second, take a deep breath and allow them into your reality. Third, release your expectations. You can't think your way into creativity (or enlightenment). You can only experience it. And fourth, do something. Anything. Cook a special dinner, clean out a closet, start a business, write a song or dance naked in the moonlight. Just do something outside of your normal routine. This will activate the creative energies in your life.

The key to getting the creative energies flowing in your life is to apply and experience them. Once you've opened the doors to creative energies you'll find that they flow into other parts of your life, without having to push or plan or manipulate. Oh, we're such good energy manipulators because that's how we've learned to work with regular duality energies. But you don't need to do that with creative energies. They have a way of birthing and flowing on their own.

I know it works because I see it within the Crimson Circle organization. In the past few months we've launched many new products including Adamus' new Merabhs and Kuthumi's Studio K CD, new events and workshops, an entirely new website coming next month, new technology solutions, the new Shaumbra Theatre... and the list goes on and on. This doesn't happen just with hard work because everyone would get burned out along the way. It happens because the Crimson Circle team allows creative energies into every project, meeting, challenge and process. Therefore a small group of people, or even a single person, can create a tremendous amount of "new."

Adamus has said it many times before: There is more energy available for you now than ever before. I'll add that there is an abundance of creative energies right now, in late 2012, waiting to be activated by you. Stop for a moment before you finish reading this article.

Take a good deep breath. Let those creative energies into your life.

Now go do something!

(Geoffrey Hoppe, Shaumbra Monthly Magazine, October 2012)

Addendum E: Letting Go

As time goes by, it's becoming more and more clear to me that enlightenment is really an ongoing process of elimination – that, and the profound experience of learning to love self.

A few years ago [Kuthumi](#) told an angelic joke: *“A funny thing happened on the way to ascension. I lost everything.”* As I recall, most of the listeners didn't find it all that funny. We immediately thought of all the stuff we didn't want to lose – homes, cars, belongings, relationships, sanity, etc. In fact, some of us had already lost a lot and hadn't found the experience all that funny.

Even now, it can still be a challenge to not hang onto the things and people that we love.

However, since Adamus has been around, I've begun to realize that losing all that outer stuff was actually rather insignificant. It's what's on the inside that we really need to let go of, and that can be way more challenging to release than anything on the outside.

I can think of a few things that feel pretty valuable to many of us:

- The importance of making the right choice
- The dream of a better tomorrow
- Hope for salvation from suffering (both our own and other's)
- We must keep learning and growing, and one day it will all pay off
- Our all-important spiritual journey (and surely one day we'll finally arrive)
- Somebody, somewhere out there (God, soul, etc.) knows what it's all about, even if we don't have a clue

A lot of those beliefs have defined our existence for eons of time. Some of them are why we came to Earth in the first place. But like a child who must finally grow up and move out on his own, letting go of them is inevitable, albeit challenging.

Bit by bit over the years Tobias, Adamus and Kuthumi have been helping us let go of some of our most cherished internal possessions, and recently Adamus has invited us to let go in rather profound ways. For instance, when we can really say, *“That wasn't me”* about a choice or experience, it releases the cords that have tied us to the past – and that have kept us recreating it. Like letting go of our own kite string, *“That wasn't me”* allows us to soar far beyond the limitations of what has been. (Please also read: [Addendum C: It Wasn't Me](#))

It is also time, if we so choose, to let go of the spiritual examples we've looked up to for so long. When humans want to know what something's like or how it's done, they find someone who's done it before and try to repeat the process. That's the basis for religion, science, fashion, education, and pretty much everything else we do. *“Follow the right example and you'll be okay.”* But the spiritual masters we've been trying to emulate and follow into heaven for centuries just don't serve any more. The fundamental principles might be timeless, but trying to do it how they did is like trying to see the world from the perspective of our ancestors. It's just not relevant.

Then, in his January (2013) message, Adamus invited us to let go of our dreams. For eons of time we've cast out into the future, hitching ourselves to a star of hope, of “maybe someday,” and using it to pull ourselves forward. Our dreams have been a way to get ourselves through the mud and rubble of everyday challenges and disappointments, and as long as they are out there in front of us, we can somehow keep going forward.

“Just get through today, and maybe tomorrow I can do what I really want to do.”

Yes, our dreams have been the carrot we've dangled in front of ourselves to keep us moving.

What happens if they disappear too...? (Please also read: [Addendum G: Farewell to Dreams](#))

The more we let go of all these anchor points, the more we feel adrift in space, lost in consciousness, and disconnected from reality. But that is what freedom really means. Perhaps it's a bit like waking up on the other side of the [Wall of Fire](#), alone in the Void, nothing here except our own Self. *Will we take a glimpse into that Void and quickly retreat back to something familiar?* At least in our usual “reality” the limitations are known, and they do help us keep our bearings. *What's left when all reference points are gone? Do we really want that much freedom? Will we panic when our intelligence seems to evaporate? Will we hold onto the corner of our favorite dream, just in case it might still come true? Couldn't we just have limitations that are a little looser, dreams that are a little closer?*

Dear Shaumbra, *what are you still holding onto – on the inside – because it just feels a little better? Because of course getting it right is what you should do? Because working toward a better world is important? Because you just shouldn't be rude or pushy or assertive or clear or...? Because, if you keep on keeping on, one day you'll finally find the answer?*

Freedom's just another word for nothing left to lose, and it's not the path for everyone right now.
Are you ready to go there?

I recently had the experience of walking a small labyrinth that someone had marked out with stones. It was "just for fun" but soon I began to slow down, putting one foot in front of the other very deliberately, my attention fully focused on walking between the boundaries. Through every twist and turn I was careful not to step over the line and do it wrong, and even though my others were waiting it felt very important to finish it properly.

Then I felt waves of gentle laughter. What a perfect example of our hesitance to accept Adamus' invitation and just "step over the line" into enlightenment! I could step out of the labyrinth at any time, return to my waiting friends, and get on with the day. But something inside compelled me to keep going, one foot in front of the other, walking the path.

What if I stepped into the next corridor and ended up going the wrong way? That would take even longer and mess everything up. Better to just keep going; eventually I would find my way out. *Right?* It didn't matter that "out" was already right there, just a step away.

What a metaphor for our journey. We've gotten so focused on the path that it's all we can see. We've learned to navigate the twists and turns with relative grace, trusting that one day we'll find our way out, that the path will lead us home. We've forgotten that with just one step we could be free.

You see, Home – as in being happily nestled back in the arms of Spirit – isn't the goal; Home is a return to absolute freedom, unfettered and alone in our own embrace.

The thing about this labyrinth we're all walking is that it actually doesn't end.

It's an evolving creation, and our choice to keep walking it is what creates the next turn in the path. This labyrinth wasn't created by some wise, all-knowing God to teach us some lessons, and She isn't patiently waiting for us at the non-existent finish line. The path unfolds beneath our feet as long as we keep walking it, outlined by the stones of our beliefs and precious things, and it's our focus on each step that keeps us from seeing how close our freedom is. The journey of enlightenment can be as long as we want to walk it, or as short as stepping over that line.

Lift your eyes, Shaumbra. See the vast expanse of creation, where the rules of the labyrinth don't apply, where magic happens, where you are free. It's only one step, one breath away.
And You are waiting for there for you with open arms.

(By Jean Tinder, Shaumbra Monthly editor, Advanced Studies Teacher - Shaumbra Monthly, February 2013)

Addendum F: Natural Enlightenment

Tobias' last words to me when he left three years ago were simple and profound. We had just finished his last channel at the Tobias Farewell Celebration in Breckenridge, Colorado. The date was July 19, 2009. After he said his last, "And so it was" to the audience of nearly 500 Shaumbra, he walked down the aisle and out the ballroom doors. It was a stunning, poignant moment. Tobias and I walked out into the sunshine on this gorgeous Colorado afternoon. Nobody else was around, just my angel friend and me. We paused for a moment to take a deep breath, and Tobias said, "Your enlightenment is natural." Then he thanked me for our times together and departed. I haven't heard from him since.

I've thought about his message many, many times since then. *My enlightenment is natural?* I understood this in a philosophical way, as in "I am already ascended blah, blah, blah" but I was challenged to feel the truth in it. All I needed to do was take a look inside and outside myself to know that I hadn't yet integrated this wonderful concept.

Adamus has been talking about natural enlightenment in many recent workshops. I think it took the audience – mostly non-Shaumbra – by surprise. After all, we've all been searching for enlightenment for a long time and we've gone through many challenges in our pursuit. Now Adamus says it's natural, until we make it unnatural.

Does that mean we don't have to do anything, think anything or pay anything for enlightenment? What if we only needed to be here, in the sacred Now moment, to receive and experience it?

Adamus says that once you make the choice for enlightenment, it will unfold. *Could it be that simple?* Just thinking about it, I have the tendency to study how to make it natural. I want to ask Adamus for all of the natural guidelines and natural things I should do to make it natural. I wonder if there is a Natural Guru to help me with my natural enlightenment. I like the sound of it – Natural Enlightenment – but I'm not sure where to start because I was always a jacket and tie guy. *Maybe I need a hemp robe and beige sandals?*

Adamus claims that we find nearly every way possible to make enlightenment unnatural. Through our human mind we plan it, structure it and make it into a goal rather than an experience. Spiritual teachers who are not enlightened teach classes about enlightenment. The moment we don't think our enlightenment is unfolding properly, we slap ointment on our bodies and drink an enlightenment-enhancing energy concoction.

Allowing enlightenment as a natural process is a huge paradigm shift. In times past the consciousness wasn't as expanded as it is now so few opened to it and even fewer realized it. There is more information available now than ever before, so it's easy to share information and experiences with others who are going the way of natural enlightenment.

We have more opportunities to gather together in person in order to create the safe space for enlightenment.

In the June Shoud (2012) Adamus said that we now come to [the end of evolution](#). It's time to stop the effort of evolving our selves and start living. It's all part of the natural enlightenment process.

I have come to learn that "natural" doesn't necessarily mean easy. There are still everyday challenges – when I view them as challenges. On my good days I know that everything happening in my life is part of the natural unfolding of enlightenment. A lot of this has to do with releasing because there is a lot to be released with from the old human constructs as part of enlightenment. Many inner energies shift, which in turn cause changes in our lives. If these changes are viewed with resistance it makes natural enlightenment very difficult, whereas if the changes are viewed as a part of enlightenment one comes to understand the blessings of the experience.

Adamus has explained that the [Body of Consciousness](#) will have natural enlightenment because it has already been chosen by the soul. Now it is up to the human to allow it, and experience it.

Let's celebrate our natural enlightenment by not interfering, and having peace within, knowing that everything in our lives is now about this natural gift.

(Geoffrey Hoppe, Shaumbra Monthly Magazine, July 2012)

Addendum G: Farewell to Dreams.

We dream. We dream at night and during the day. We dream to escape from the ordinary world of traffic jams, dead-end jobs and bills. We dream in our sleep to release ourselves from the physical body and earthly dimensions in order to explore the cosmos, only to return with the sunrise to our human lives.

We dream during the day of all of the things we wish to do the next day. We dream of great accomplishments, or of writing the perfect book, or of composing a heart-moving song. We dream of traveling the world, encountering fairies in the woods, building a healing center, or creating a school for the New Energy children.

We dream. And then we dream some more. The dreams separate our reality from our grand soul desires. Our dreams exist in another place, far, far away from the tedium of our everyday lives. We have become masters of living two lives, one of our dreams and one of our reality. The two rarely, if ever, converge.

It wasn't always that way. In our Lemurian incarnations we dreamt in chorus with learning to adjust to our new physical surroundings. The dream state kept us connected to our angelic origins as we descended deep into dense matter.

The dream and the emerging human lived together as one. But as we settled into the corporeal world a distance grew between human and divine, between man and his dreams. The dreams were relegated to the ethereal, while the human was housed in the flesh and bone.

Now we spend our lives searching for the very dreams we intentionally hid, as though we buried a treasure, threw away the map and now wander the earth in a relentless pursuit of its discovery. It is perhaps the greatest lie of all: *"I don't know my dreams any more, I don't know my passion, I don't know my soul."*

Adamus pulled the carpet out from underneath our dreams at the latest Shoud (*Beyond Your Dream... Into Freedom, January 5, 2013*). He said to LIVE your dreams or let them go. They've become a distraction, he noted, because we've become so adept at the fantasy of our dreams rather than the reality. If you've ever heard yourself say, *"I'm going to work on it tomorrow,"* or *"Maybe when the right person or opportunity comes along I'll be able to (fill in the blank)..."* This leads to Unfulfilled Dreams, one more time, one more lifetime.

Adamus points out the cruel fact that, for most people, tomorrow will be pretty much like today, and today is pretty much like yesterday. The dreams are off in dreamland, while the reality stays in its ancient patterns. He has annoyed me as well as many others when he's said this, but I have to admit it's largely true. **We're creatures of habit, and dreamers of tomorrow.**

After the Shoud I took inventory of my own fantasy/dreams. I won't bore you with the details (or expose myself so easily) but the list was.... notable. On one hand I felt like I've experienced and accomplished a lot in my 57 short years on the planet. On the other hand, very few of these accomplishments are terribly important in the grand scheme of things. I had to fess up to myself and say, *"Live the dream or let it go."* I immediately felt how much energy was tied up with these distant and unrealized dreams. I was also aware of how I used them for the sake of distraction. Er, maybe *"deceiving myself"* is a better choice of words.

The hardest part was letting go of the dreams I am not willing to live. These hazy, fluffy dreams were so cozy and comforting. Best of all these old dreams weren't dangerous or threatening because part of me knew they would never come to be. No matter how desirable a dream is, it can be very frightening when it comes time to live it. Suddenly it's brought from the warm, fuzzy ethers into the harsh reality of Planet Earth where it has to coexist with not only my makyo but everyone else's makyo as well. It's very tempting to put that blissy dream back in la-la land.

Adamus' *"Beyond Your Dream"* message was very timely with the start of the New Era. It's time to start living. It's time to live our divinity, live our dreams, live our truth, live our words.... The list goes on and on. In short, it's time to live. And it's hard to really LIVE if our dreams are in one place and our reality is in another.

I wrestled with this whole subject of either Living or Releasing My Dreams. I understood what Adamus was saying but applying it in my life was another story. I was afraid to release some of my old dreams because even though I

kept these dreams in a faraway place, there was always a little tiny bit of hope they would come true. I feared that if I released them they would be gone forever.

Or perhaps they would come true, along with all of the responsibility of the new reality.

Then I saw an image that made me chuckle. The image was that of a New Energy Master. He was just standing there, being all Masterly. He had a big content smile on his face, not a real care in the world, living totally in the moment. He was living his dream, not dreaming it.

Then the words came to me: "*Grasshopper.... **The Master has no dreams, only sensual experiences.***"

Whew!

Goodbye old dreams, farewell.

(Geoffrey Hoppe, Shaumbra Monthly Magazine, February 2013)

Shaumbra Symptoms

Symptoms

~ **Body aches and pains, especially in the neck, shoulder and back.**

This is the result of intense changes at your DNA level as the 'Christ seed' awakens within. This too shall pass.

~ **Feeling of deep inner sadness for no apparent reason.**

You are releasing your past (this lifetime and others) and this causes the feeling of sadness.

This is similar to the experience of moving from a house where you lived in for many, many years into a new house. As much as you want to move into the new house, there is a sadness of leaving behind the memories, energy and experiences of the old house. This too shall pass.

~ **Crying for no apparent reason.** Similar to #2 above. It's good and healthy to let the tears flow. It helps to release the old energy within. This too shall pass.

~ **Sudden change in job or career.** A very common symptom. As you change, things around you will change as well. Do not worry about finding the 'perfect' job or career right now. This too shall pass.

You're in transition and you may make several job changes before you settle into one that fits your passion.

~ **Withdrawal from family relationships.** You are connected to your biological family via old karma. When you get off the karmic cycle, the bonds of the old relationships are released. It will appear as though you are drifting away from your family and friends. This too shall pass.

After a period of time, you may develop a new relationship with them if it is appropriate. However, the relationship will be based in the new energy without the karmic attachments.

~ **Unusual sleep patterns.** It's likely that you'll awaken many nights between 2:00 and 4:00 AM. There is a lot of work going on within you, and it often causes you to wake up for a 'breather.'

Not to worry. If you cannot go back to sleep, get up and do something rather than lay in bed and worry about humanly things. This too shall pass.

~ **Intense dreams.** These might include war and battle dreams, chase dreams or monster dreams. You are literally releasing the old energy within, and these energies of the past are often symbolized as wars, running to escape and boogiemens. This too shall pass.

~ **Physical disorientation.** At times you will feel very ungrounded. You will be 'spatially challenged' with the feeling like you cannot put two feet on the ground, or that you are walking between two worlds.

As your consciousness transitions into the new energy, your body sometimes lags behind. Spend more time in nature to help ground the new energy within. This too shall pass.

~ **Increased 'self talk'.** You will find yourself talking to your Self more often. You will suddenly realize you have been chattering away with yourself for the past 30 minutes.

There is a new level of communication taking place within your being, and you are experiencing the tip of the iceberg with the self talk. The conversations will increase, and they will become more fluid, more coherent and more insightful. You are not going crazy, you are just Shaumbra moving into the new energy.

~ **Feelings of loneliness,** even when in the company of others. You may feel alone and removed from others. You may feel the desire to 'flee' groups and crowds.

As Shaumbra, you are walking a sacred and lonely path. As much as the feelings of loneliness cause you anxiety, it is difficult to relate to others at this time.

The feelings of loneliness are also associated with the fact that your Guides have departed. They have been with you on all of your journeys in all of your lifetimes. It was time for them to back away so you could fill your space with your own divinity. This too shall pass.

The void within will be filled with the love and energy of your own Christ consciousness.

~ **Loss of passion.** You may feel totally disimpassioned, with little or no desire to do anything. That is OK, and it is just part of the process. Take this time to 'do no-thing.' Do not fight yourself on this, because this too shall pass. It is similar to rebooting a computer. You need to shut down for a brief period of time in order to load the sophisticated new software, or in this case, the new Christ-seed energy.

~ **A deep longing to go Home.** This is perhaps the most difficult and challenging of any of the conditions. You may experience a deep and overwhelming desire to leave the planet and return to Home. This is not a 'suicidal' feeling. It is not based in anger or frustration. You do not want to make a big deal of it or cause drama for yourself or other. There is a quiet part of you that wants to go Home. The root cause for this is quite simple. You have completed your karmic cycles. You have completed your contract for this lifetime. You are ready to begin a new lifetime while still in this physical body.

During this transition process, you have an inner remembrance of what it is like to be on the other side. *Are you ready to enlist for another tour of duty here on Earth? Are you ready to take on the challenges of moving into the New Energy?* Yes, indeed you could go Home right now. But you have come this far, and after many, many lifetimes it would be a shame to leave before the end of the movie.

Besides, Spirit needs you here to help others transition into the new energy. They will need a human guide, just like you, who has taken the journey from the old energy into the new. The path you are walking right now provides the experiences to enable you to become a Teacher of the New Divine Human. As lonely and dark as your journey can be at times, remember that you are never alone.

Glossary

These are terms that will be helpful to understand as you read this document and the official website.

Ahmyo - Absolute and pure trust in self, the realization of the I Am.

Anayatron - The communication network that all energy particles use to communicate with all other energy particles, particularly within the Body of Consciousness.

Anost - The state of imbalance to the light. "The imbalance to the light, or anost, is a denial of the dark. It is a denial of half of yourself, if not more." ~ Tobias(pronounced uh-nahst)

Ascension - The state of being wholly and completely in acceptance and love for yourself without reservation, having let go of all limitations of the human existence and being fully integrated with every part of Self.

Adamus Saint-Germain - A Master, an angel, a professor and a teacher from the Crimson Council who delivers messages and curriculum through Geoffrey Hoppe.

Angel - A souled being, birthed from the original Oneness, created by the love of Spirit.

Aspects - Different roles or identities we as Creator Beings have used to answer the question: Who Am I? We create aspects of ourselves to meet situations in this lifetime (e.g. the child, the parent, the business owner, the healer, etc). We also have many other aspects from past lives, from dreams and from the multidimensional realms. When aspects become "stuck" they can cause chaos and confusion as they move in and out of consciousness. However, through conscious choice we can welcome these aspects back home within ourselves and become fully integrated.

Atlantis - The second era of Earth experience, coming after the Lemurian era. Atlanteans were very communal by nature and did extensive work to standardize the human mind and body.

Body of Consciousness - A human's fully integrated physical body, mind, intelligence, awareness, feelings and spirit.

Cauldre - The name Tobias and Adamus call Geoffrey Hoppe. This is not his "spirit name," rather a nickname used. (pronounced Ka-ool'-dra)

Channeling - When a non-physical entity or angel speaks through a human. The human translates the entity's "thought/energy packets" into words for others to hear or read.

Conscious Breathing - The acknowledgment and full acceptance of life, consciously choosing to bring life force energies into one's human reality.

Consciousness - Awareness or expansiveness. Consciousness activates energy and energy potentials all around you.

Crimson Circle - The group of humans involved in this spiritual journey, who are also here as teachers to others on the journey.

Crimson Council - A celestial teaching order that includes [Tobias](#), Adamus Saint-Germain, [Kuthumi](#) Lal Singh, and other angels who are assisting us on our journey.

Dei Un Gnost - See "Gnost" (pronounced day-oon-nost)

Dimensions - Unique particles of consciousness created by souled beings that can have nearly any variation of properties. They can intersect and interact with other dimensions and are not linear, hierarchical or numbered.

Ego - "Derived from your Latin word meaning "I". I-go. The ego was developed when you crossed through the [Wall of Fire](#). It created a sense of identity for you. You spend so much time battling your ego, but it is an integral part of you. It is your one connection back to Home. The ego is transforming and changing. Instead of "I go" you are becoming "I Am." ~ Tobias

First Circle - Home, the original existence of God or Oneness, also referred to as the First Creation. It is where we came from before embarking on this journey for Spirit.

Fruit of the Rose - A term used to describe the reminder we left for ourselves along our path or journey to Awakening. Ultimately we will find or stumble upon this reminder and rediscover the need to wake up, to remember that we are a Master. The Fruit of the Rose reminds us that we're just playing this game of being a human, that "human" is only a small part of who we really are.

Gnost - Our "creative solution," gnost is the part of us that solves problems beyond the capabilities of the mind. Gnost is reawakening now after being dormant for a long time. (variant of "Dei Un Gnost")

God - Spirit or Source from which we came and which is also within us at the core; the divine creative essence within.

Home - The First Circle of creation; the original Oneness from which we came.

I Am - Your full sovereign Self, the You that you have always been which originated directly from the original Oneness of Home.

Imagination - The essence of creation energy, the beginning of all manifestation, imagination is not mental "visualization" but rather creative feeling and sensing.

'It doesn't Matter' - A phrase introduced by Tobias indicating that one already is whatever one desires and is now just going through the experience of getting there.

Keahak - Meaning energy in action (kea) and spirit in experience (hak), keahak is the ancient word representing the part of you that connects to and brings in the energies.

Kuthumi Lal Singh - An ascended master in the non-physical realms who has had many lifetimes on Earth and delivers messages through Geoffrey Hoppe and many others.

Lemuria - The first era of Earth experience when angels first learned how to descend their energy and embody into matter.

Makyo - Spiritual verbiage and platitudes that distract from the true experience of Self. Adamus also describes this as spiritual bullshit.

Merabh - A non-linear and non-mental energy movement that combines words, music and perhaps physical movement to create a quantum consciousness change.

Namaste - An acknowledgment of the God within one to the God within another.

Near Earth Realms - The non-physical realms surrounding Earth where the essence of many beings goes between lifetimes. It is a layer of consciousness closely related to Earth.

New Energy - The next evolution of energy that allows the integration of duality, including our divine nature and our human nature. While the current energy is vibrational, new energy is expansional in all directions at the same time.

Nhahyu - A particular element of consciousness; used to describe consciousness, awareness, sensitivity and feelings. Nhahyu also means to dive into feelings, to experience them fully, and then let them go; wholly-embodied-and-fully-released. (pronounced nah-you)

Oh-Be-Ahn - An ancient greeting and blessing between time travelers as they encounter one another on their journeys. It means "I honor you for the journey, no matter where you are."

Oneness - The original Home, All That Was.

Order of the Arc (Archangels) - ?Created as a unified consensus of all energies and all angels, including ones considered both light and dark. All angels created this Order of the Arc to move to the next level of understanding and energy resolution.

Pakauwah - A totem or spirit animal created by you as an extension of your own essence to support your human experience.

Point of Separation - A moment when reality shifts from one cycle or spiral of experience to the next.

Quantum Leap - Tobias said that on September 18, 2007 humanity experienced a quantum leap in consciousness, a time where everything moves at such a fast rate that consciousness no longer follows the old linear path. Instead, the quantum leap in consciousness allows for a new level of creativity, invention, scientific discovery and personal transformation.

Sam - A pseudonym for the current Earthly incarnation of Tobias, which he fully embodied on July 19, 2009.

Second Circle - All of creation, everything outside of the First Circle, both physical and non-physical, including the human realms. Also referred to as the Second Creation.

Sensual - Using all the senses to savor and relish the experience of life.

Sha-dhar - To infuse or breathe life into life. Also to infuse yourself into your life.

Shaumbra - The name used by Tobias and others for the group of humans going through the awakening process. Tobias claims the term originated during the times of Yeshua ben Joseph (Jesus), when people – many of them Essenes – would gather for secret spiritual meetings. Loosely translated in old Hebrew, the first portion of the word Shaumbra is pronounced "shau-home." "Shau-home" means home or family. The second portion of the term is "ba-rah," which means journey and mission. When these terms are put together, it is "shau-home-ba-rah" which means family that is on a journey and experiencing together. Tobias says that in the biblical times, a "shaumbra" was also a scarf or shawl that was worn by either male or female. It was a distinctive crimson color that let the others know it was time to meet. (pronounced Shom-bra)

Shoud - During a Shoud, the spiritual essence of the group of listeners is gathered together by a human or a non-physical being such as Tobias or Adamus. The collective message of the group is then communicated back to the group via the channeler. In simplified terms, the audience is really listening to their own inner selves.

Souled Beings - When Spirit burst forth into expression, all souls came into being. Every souled being contains within itself the creative essence and sovereign energy of the Source in a unique and personal expression.

Source - Spirit, the source of life within you, the divine energy.

Spirit - Also called God, Source or the Eternal One, the divine spark that is within each souled being.

Standard - A Standard, as in "being a Standard of the New Energy," is a guiding light, one who illuminates potentials for others. A Standard is also a teacher who shares what they have learned through their own experiences. By their own example, a Standard inspires others to see what can be done.

Temples of Tien - A special place in Atlantis where Shaumbra first gathered to study energy. Many Shaumbra know each other from their times of working together in the temples.

Third Circle - The energy or essence of the totally sovereign self, complete unto itself with need of nothing from the outside. Your own Third Circle is your state of ascension, your full and complete sovereignty.

Tobias - Featured in the apocryphal (biblical) Book of Tobit, Tobias is an angelic being from the spiritual teaching group called the Crimson Council. Tobias channeled public messages from August 21, 1999 through July 19, 2009, and is now incarnate in physical body on Earth. Tobias' messages through Mr. Hoppe were lovingly given to encourage humans to accept their inner divine essence.

True Self or Higher Self - Our divine essence which is now awakening within us. The "divine angel within."

Void - The nothingness outside of Home. After leaving Home, angels found themselves in the Void where nothing existed, not even darkness. Using consciousness and energy, the angelic beings created many physical and non-physical realms out of the Void.

Wall of Fire - The expansion of consciousness or knowingness beyond itself; a metaphor for the "doorway" leading from Home into the Void. The zone we crossed through going from the First Circle to the Second Circle.

Yeshua ben Joseph - Also known as Jesus; a human manifestation of the collective Christ Consciousness, brought to Earth by those who understood that it was time for the divine to meld with the human on Earth.

Index

Note: Page numbers in **bold** and *italic* denote more significance or a definition or explanation, either formally or informally.

Breath: Well the word 'breath' is almost on every page.. and it is very important and the only thing you 'must' and have to do is 'breathe'.

So take a deep breath on every page you read...

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