



Trusting In Yourself

Trust In Yourself!

As I have developed my spirituality I have gone through some trials which has led me to trust in only myself. Now of course I still go talk seek advice from others, but I take it in and discern what fits me and what does not.

I have had people in my life in which I thought they knew everything. I believed every word they told me. Well I came to the conclusion that there is not one person on earth who knows everything about ME.

We all come to earth and have our different gifts and abilities. There are those of us here to help people along their path. None of us were sent here to be the ONE person who knows everything for you.

YOU are the only person that can do that.

Now I am not saying that you should not go and seek help from others. What I am saying is go get the information, take it in and see what feels right to you.

In the past this is something I have really struggled with. I did not trust myself. I doubted what I was feeling when things did not feel right. Well guess what I can look back now and those doubts I had were right.

There is a saying that I have heard it in almost every class and I use it in my classes also "take what feels right to you and leave the rest." If we can really listen to what this means and really take what feels right to US and leave what does not the whole plan would work very well.

Nobody was sent here to have all the answers for you. We are here on earth to learn. How can we learn if we give someone else outside of ourselves all the power with their answers? Spiritual leaders can give you guidance and tell you some things but not all things.

So go seek help and get advice but take it, feel it, and then decide what to keep and what to leave.

Written by Tracy Gohrick

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Appreciate the Journey

by Linda Aragon

The physical is not a smooth environment. There are moments in every life that are disruptive. It is easy to become over involved with the dramas, and thus forgetting the relationship with one's own soul. Realize that no matter what the circumstance your soul will seek the value of the experience. The most dire events can create the most growth. Take a look back and think about some of your most difficult challenges. Did they not offer substantial growth...lessons perhaps in boundaries, strength you didn't know you had, compassion, separating out what's really important, and so on. Attempt to find clarity and think through each day. Step back from the dramas and see what's being presented. Stop for a moment and just breathe deeply. Find that calm place within, even if you feel the grip upon you is taking you out of control. Summon your innermost strength; center your energy with determination. You do have the power to change chaos to calm. Those that wish to partner with you in negativ-

ity will have to find someone else to exchange with.

You did not incarnate to fail. You came to this place to prosper and grow. Take a good look at your life. Are you fulfilled or perhaps just going through the motions to get through the day? Tasks before you were often pre-planned by you (Soul Contracts). It is important to appreciate the journey. Each moment offers choice that has the capacity to lead to happiness and harmony. Every decision, every thought, every error, has brought you to where you are today. Decide to look at it as a positive. You may well have a secret destination of which you are unaware. The times in life when things don't work out, can be the most powerful. Try to embrace the experience with the attitude that they are opportunities to learn, grow, and evolve. Have you ever had an instance where the "challenge" resulted in your seeing things differently? That's growth, that's change. Take the awareness you have now as proof of the value of this walk through life. Give yourself a break. Like who you are, just as

you are, and where you have evolved to. Use this opportunity for self-evaluation and as the saying goes, keep what you like and change what you don't. Perhaps now is a good time to write out a new definition for your life. Make each step a positive approach to your own advancement. Who would you be if you were living your dreams?

- You are alive.
- You are here now.
- You have another day.
- That is a blessing.

Enjoy the everyday ordinary miracles that make up your life.

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Want to participate, join us at Meetup.com-Las Cruces Spiritual Meetings, "Courageous Souls"

Reality is merely an illusion, albeit a very persistent one.

Albert Einstein

Upcoming with Jan Toomer

Please Note:

I am going to semi-retire near the end of December...and will no longer have an office.

I will still be available for distant Reiki and New Dimension Energy Sessions as well as hospice or hospitalization Reiki -- I will also still be available for consultations and (in Las Cruces area) may be available to hold intensives, classes guest speaking or Meta-Day/Night at your place in 2013. I can refer those who wish table work.

I will be doing some presentations/classes at Linda Aragon's in 2013.

I will continue the blog and newsletter for now (and still encourage volunteers to write and share their experiences and insights!).

A heartfelt "Thank you!" to all the wonderful people I have met since I have moved to Las Cruces, and am grateful for the chance to have shared a bit of your life journey with you.

Overcoming The Emotional Part Of Challenges

By Naseret Bemient

I recently did an exercise in my coaching class that made a huge difference in helping me feel better about a challenge I was facing. The exercise is to think of a challenge you're facing currently in your life. The challenge can be in any aspect of your life.

Now start thinking about this challenge and pay attention to the feelings it brings. If it is a big challenge in your life it most likely will bring overwhelming feelings of anger, betrayal, frustration, fear and so on. Stay with the feeling and feel it. Notice any changes it brings in your body.

For me thinking about the challenge I was facing the dominant feeling that came through was fear. Fear of the unknown, and fear of failure, and fear of being separated from people I cared about. When I sat with these feelings I noticed a pit in my stomach, a lump in my throat and tears swelling up.

Everyone is different so pay attention to your feelings and bodily reactions. Now here is the tough part - stay with the feelings. Sit with them. What happened the first time I did this was that I felt extremely overwhelmed. However, doing this each and every day for a week I noticed that the

intensity of the emotions lessened.

Sure the challenges were still there and the problems didn't go away. You'll still need to work through whatever challenges you're facing. Action will still be required to overcome your challenges however it won't feel like a daunting task. It is easier to get clarity and inspired action when you're not plagued with intense emotions like frustration, anger, and fear. Realize that challenges are part of life. We all get our share of challenges. What matters is how we look at challenges and what we do with them. Many people are paralyzed by the emotional part of challenges. They either avoid feeling their feelings, pretend there is no problem or become paralyzed with fear.

Taking the time to really think about the feelings and emotions that a challenge brings with it is an important step. It is usually very uncomfortable to do this. No wonder many people would rather choose to ignore it or numb themselves with alcohol or drugs or just simply not deal with it at all. This causes more problems and the challenge is still remains unsolved.

What I have learned is that when you have the courage to even sit with the feelings for a brief moment as scary and uncomfortable it maybe you are taking a step

forward. The intensity of the feeling and discomfort will decrease overtime and will bring with it some clarity. It will allow you to take the necessary steps toward overcoming your challenge.

Know you're not alone. You're never alone. Understand that if you're willing to face the emotional part of your challenge you can overcome your challenge. The emotional part is typically the hardest part. Please take time now to share a challenge you faced in the past and how you overcame the emotional part of it. If you're currently facing a challenge please take the time to go through this exercise and come back and tell us how you feel.

Blessings and Peace,
Naseret

Naseret Bemient is a Personal Health and Wellness coach, speaker, author. She helps women and mothers on their journey to healing, health and wholeness. If you would like to learn more about Naseret and her work follow this link <http://www.NaseretBemient.com>

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Your Meta-Question: Heaviness and Helplessness

Q: Recently, my filter towards the animals, earth and now added oceanic creatures including the water have become very very strong, too strong for comfort. What to do with it?

I have been meditating and sending love & healing requesting help from my guides their guides, where I feel sadness, fear, and the these uncomfortable feelings, with some relief however brief. I have requested not to have these strong of connections to no avail, I have shielded, just been with it, UGH.

I just don't know anything further to handle what's coming in, to find relief for the heaviness and helplessness that is brewing in my heart for these animals and the earth.

A: I offer up this...if it fits, please use it - if not, please release it:

Sometimes when we go through a metaphysical growth spurt (MGS), we can become over sensitized; kind of like when someone turns the rock music a bit too loud and we can't tune it out, and it grates on us. This can affect our physical senses (hearing, smell, touch, etc.) and/or our energy aspects.

Perceptions

Many people are working on breaking away from – or in some cases rebelling against – the perceptions others have of you.

Each person has a perception of who you are, and they hold that perception-mask up between themselves and you. When you (dare to!) step outside of those perceptions, it oftentimes angers and/or alienates the other person.

What is the purpose of people projecting their own perceptions onto you? An attempt to control - and most of us have been doing this for a long time.

Think About It

As parents we try to mold our children into what we perceive FOR them and their lives.

We learned that from our parents; we tried it on our kids...and the cycle continues.

And what happens when the children reach the age of creating themselves?

This can also be seen as your energy/frequency has risen, and you are experiencing less tolerance with any lower or negative third dimension behavior.

One way I used to deal with any MGS's was, once I figured out I had become over sensitized, I shielded, centered myself, and visualized a "volume" knob. I visualized the highest setting to be where I currently was experiencing being overwhelmed, and told my self that I could turn down the "volume" and make it not feel so strong. I also programmed that if I needed it that "loud" again, I had the ability to turn up the volume.

In addition I had to learn acceptance.

I am not saying to become desensitized to what is happening - but rather acceptance. (Acceptance does not mean we approve of what is happening or that one shouldn't do anything!) ~ Acceptance is understanding that every being on this planet has agreed to be here at this time, to go through what each is going through ~ all in the name of spiritual growth and learning. It does not mean I condone what is happening, and I work on my end to balance it out (sending love and light to all land, air, earth beings - not polluting, etc.)

including the wonderful being Mother Earth.

In a large, general earth-wide sense: I send love and supportive energies - to thank every being that is trying to help us (humans) with our spiritual growth and ask the Power That Be to balance everything for each beings' highest and best; and if I can, I follow what is written under "In a more personal sense -" below.

In a more personal sense - a puppy in the neighborhood being abused or neglected: after acceptance, I will "clear a path" for this to be remedied in a safe and loving manner ~ and I will call the local authorities to report the abuse. It's not about my comfort or not wanting to make waves; it is about that being in distress or harmed.

Turning it over to the PTB (who, by the way, have a much bigger picture than we could have in a human/physical body) to take it from there. Bless and release.

I hope this helps.

by Jan Toomer

They often rebel against the parents perceptions of how they think their children should be.

This can create issues with self – perhaps a subconscious feeling or need to fit the various masks presented to you. Yet, you're not so happy when others try to make you fit into the molds they've created based on their perception of you.

And it's not just a parent/child thing. There are also teachers, friends, spouses, acquaintances, co-workers, bosses, etc. – each has a unique perspective of you.

Example

When you moved from the family home and have grown, then you return for a visit, you may find yourself instantly back into playing the role (aka perception-mask or energy pattern) you had while growing up there.

The family unit goes back to the old energy patterns/roles of when you were a youth.

When the Mold Breaks

Others can hold the energy of their perception-mask...but it's up to you as to whether or not you will step into that role/mask/energy pattern.

When you step out/away from someone's perspective-mask of you, the other person may become shocked, angry, hurt, disappointed, etc. – even if you never pretended to be anything or anyone other than you. You have shattered an illusion of another's creation; you have shattered their illusion of control.

Discovering Who You Are

If you haven't done so yet, perhaps it's time to break the molds you had conformed to; release/let go the perception-masks others created for you. Step away and discover who YOU ARE; not how others think you should be.

by Jan Toomer

Looking for Happiness

Are you happy, or are you looking for happiness?

Do you think happiness is "just around the corner"? Or do you think you'll finally be happy when (fill in the blanks where appropriate):

- I accomplish/reach _____
- I have enough money to _____
- Somebody finally recognizes the sacrifices I made for _____
- So & so gets out of my life
- So & so finally "gets" (understands) me
- I get that promotion
- So & so accepts me into their group/clique/team/inner circle
- So & so has _____ and they are happy; maybe if I get _____ also, I will be happy.
- Etc.

How many of you are looking for happiness outside of self?

How many are making their happiness dependent on others?

How many blame their unhappiness on others?

These are common mistakes we – the human race – sometimes make...looking for happiness externally.

Happiness is not something we find elsewhere. Oh sure, the new car, job, shoes, etc. can give us a temporary feeling of happiness but it is an illusion; it is materialistic and temporary.

Happiness, and peace, comes from within. No one can hand it to you...it's not "just around the corner".

It is a state of mind.*

* (Possibly baring health/mental health issues.)

PMA

Doom & Gloom attitude creates a doom and gloom, misery-lade life.

Positive Mental Attitude (PMA) is when you work to find the positive in your life.

Life is not all rosy all the time; there are bumps on the road, hurdles to jump, tasks to master...but one can always find a positive in any situation.

What good came out of an incident? Be honest, and try to not keep marinating in misery...what silver lining was there? What had you learned?

I believe that by working PMA, it becomes a stepping stone to finding happiness within.

Other Stepping Stones

Other stepping stones may be:

- Finding at least one thing a day to be grateful for; a flower, a friend, a poem...
- Looking beyond self. Is there someone you could help (but don't become a doormat)? Perhaps volunteering once a week at a soup kitchen, battered shelter, dog pound, or maybe sit and read for an elderly person, etc.

Looking for happiness within means you have to be an active participant in your search...within.

I wish you all happiness within.

by Jan Toomer

I Can Feel the Darkness

Some Lightworkers, energy workers, etc. have been feeling uncomfortable for a while now.

We have – in a previous post – talked about how some workers are having problems trusting people because of their words and/or actions are not the same as their energy and thoughts...they are lying or being deceptive.

We also previously discussed pulling away from some friends and family.

Isolation

The pulling away from some friends and family has now extended to include some people within one's own energy/spiritual support group.

Someone had asked me if it is the dark/negative energies trying to isolate energy and Lightworkers to make us feel alone.

I don't believe this is the case – I do believe, however, that while we are isolated, the darker energies will try to move in.

I also think that the dark energies are pan-

icking now, so are working hard to encourage or prompt others to turn away from, or forget about, the Light / Source.

I feel this isolation is so that we each, individually, have to go within and work with self, higher self, teams and our connection to Source.

This is a time for self. I am not saying no one else matters, but I am saying that you need to take care of self first...then others.

Learn to know, and trust, your own energy and your connection to the Source.

I Can Feel the Darkness

Many workers have said that their connection to the Source feels muffled or a long distance away; others have described feeling the darkness, or an oppressive dark cloud, bearing down on them or crowding in on them.

I too have felt this.

First, please be assured your guides/team have not left you.

Secondly, you are never cut off from the Source. You may choose to accept an illusion of losing the connection, but it is not gone.

Third, fear is an illusion.

So, What Can We Do?

I woke up cranky one day with this whole darkness intimidation crap.

I visualized pulling down the Source Light (white, golden or blue/white) and filled myself up to the overflow point...then I blasted this energy from me, radiating every direction outward (a "pulse" on steroids).

And watched the darkness scurrying away.

We Each Are of the Light/Source

Dark energy/beings are also of the Light/Source – they just forgot and the piled up darkness within them keeps the forgotten knowledge buried or hidden.

Dark energy is heavier and more dense. Light energy is..well...lighter and less

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LAS CRUCES PARANORMAL INVESTIGATORS

With the increase of paranormal activity, people are looking for assistance with their experiences. Las Cruces Paranormal Investigators are here to help while keeping your experience confidential. Not only may an investigation be done, but Las Cruces Paranormal Investigators may assist in clearing your home or property. Done case by case basis.

575-513-7417

Donations are very much appreciated!

I Can Feel the Darkness

Cont'd

dense.

The more dense energy, for planet Earth, is heavily tied to duality to the third dimension.

We are here to raise the energy of both planet Earth and its inhabitants – out of the third dimension - for those who will eventually move on to the 5th dimension.

No wonder the dark energies are panicking – without duality, they do not need to exist.

I don't anticipate these feelings/experiences to last forever, but we each need to work on self and work on strengthening connection to Source/Light.

And feel free to tell the darkness "No thank you – I am not accepting your gift of darkness" and push it away.

By Jan Toomer

***Happy
Holidays to
Everyone!***

An Illusion

As I watch, I see my third dimensional world crumbling around me.

*Many deaths
Severed connections
Distancing friends*

I feel alone; I feel lonely

I panic in the Silence around me.

I grieve the loss of my third dimensional world.

Within, I see such bright beauty becoming my new reality.

*Many rebirths
New connections
Friends close*

The feeling of being alone was but an illusion.

In the Silence is the Truth.

I welcome my joining with the fifth dimension...

I am ready.

I Am.

by Jan Toomer
24NOV12

I tried to put into prose what I and others have been feeling and/or experiencing lately.

■ The articles and advertisements posted here and on the blog reflects the thoughts, opinions and experiences of the individual authors. The reader accepts full responsibility to explore what they feel is appropriate for them and at their own risk - and no one else's.

Ascended Masters Newsletter #158

Dear Friends,

This is the third in a series of newsletters entitled "The Seven Major Stages of Awakening" based on channeled information from the Ascended Master *El Morya Khan*. The first two newsletters have been posted to our [website](#) in case you missed them or would like to re-read them; just click the link.

Of course, more in-depth information on the topics of chakras and the awakening process can be found in all of our books, e.g., *Balancing the Light Within and Angels and Other Beings of Light*.

The first newsletter addressed the concept of "Chakras," the wheels of Light that connect our physical form to the Light of Infinite Source. *El Morya Khan* stated that our awakening to our sovereignty as Beings of Light can be accomplished by fully opening each of the seven major chakras. This can be achieved through a process of healing and transforming any energies that may be blocking the flow of radiant Light through each chakra.

During this time of rapid transformation and awakening for all of Mother Earth, we have been counseled to return to this inner focus and heal ourselves first so that we may participate as fully as possible in the awakening process for all and everything in creation.

In addition to addressing the concept of Chakras, the first newsletter offered guidance as to how to aid in the complete opening of the root, or first, chakra at the tip of the spine. Our most recent newsletter then focused on the second chakra near the navel and the third chakra at the region of the solar plexus. If you have not already done so, we encourage you to read these newsletters on our website in preparation for today's newsletter that will address the heart and throat chakras.

Martin and I are both well aware in our healing work that each major chakra region is important in the awakening process. I have been receiving information regarding the heart and throat chakra regions for days now and I can attest to the effectiveness of the guidance that has come through in my meditations regarding these chakras. I personally believe that the throat and heart region "wins hands down" as far as creating powerful healing.

As always, we welcome your comments and questions. It is a privilege to share what we are receiving with so many other like-minded souls. We are very grateful

that we have chosen this path in this lifetime and thank you for taking the journey with us.

Many Blessings of Love and Light,

Linda and Martin

The Seven Major Stages of Awakening: Fourth & Fifth Chakra

By the Ascended Master El Morya Khan

Open your hearts, beloved friends. You have heard this advice repeatedly from many sources upon your plane and on the higher planes, have you not? And yet, we repeat these words for you here. Because, indeed, an open heart is the most powerful path to awakening that one can have while in human form. We have often counseled Manalus and Leia [Martin & Linda] to notice that whenever they are experiencing any uncomfortable human emotion they can go within, open their heart chakras, and listen to the Light of their Totalities to know what would aid them in healing the suffering they are choosing to experience. **It is often thought by humans that the brain holds all the answers to any challenge, and yet although the brain is eager to give you an answer, it is the heart that will speak the truth.**

The Fourth Chakra

And so we begin our message today with what has been called the fourth chakra or heart chakra which is located in the center of your chest. We have stated many times that your form contains hundreds of entry points for the Light of Infinite Source. Focusing at the heart, however, can be most beneficial, for when one's heart stops beating, life in a human form will cease. You will be choosing to disembodify and leave your form in that moment. Every other chakra region may close as fully as possible to the Light; as long as the heart chakra remains even partially open, life will continue.

Why is the heart chakra such a powerful region for the human form? There are many reasons, but most crucial for you to comprehend is that this chakra can directly link you to the Light of your Totality, or as some have termed this, the Light of your Higher Self, or the Atman.

The term you prefer matters little, what is important to comprehend is that your Totality is the sum of all you have ever been or ever will be, and that it directly links you

to the Light of Infinite Source.

Because of this connection, your Totality is all-knowing and capable of wisdom that far surpasses the machinations of the human mind which claims as its major function to keep your human form alive the best way it sees fit. The human mind, however, will most frequently rely on the sensory perceptions of the human body to achieve this goal. **Your Totality has no such limitation. It can directly access all the wisdom and knowledge of Infinite Source**, thereby enabling you to challenge the precepts of the ego mind and move past confusion that may be causing you difficult circumstances in your life.

These circumstances can be ill health, difficulties in relationships, haunting memories from this life or other lives, re-creations for what you might deem poor choices, or difficulties meeting your physical needs in a comfortable manner. **All these issues can be directly related to whether you are allowing your heart chakra a free flow of Light from your Totality.** When there is not a free flow of Light, this is because you are seeking to continue to unravel the knotty ball of your "problems" with your ego mind. And the ego mind can be very distracting in this regard. It wishes to be listened to first.

If listening to the ego mind is your choice, then you are most likely not finding the solutions that you seek because ego-based answers will no longer suffice to help with the challenges of the higher vibrations that are filling your plane at this time - and which are creating rapid change throughout all Creation.

We do not intend to judge or desire to be disharmonious in giving our perspective. You see, we hear and watch all that occurs on the human plane. You have drawn us to you by your invocations and requests for help. We simply observe and report what we've observed when you request this information. Also understand that you have never made a "mistake" in choosing to listen to your ego mind rather than your Light. All those choices were karmically correct for the growth you were seeking at that particular time.

But now that you can be aware that your Light has more to offer, perhaps you will choose to open your heart chakra so that you may heal what has created disharmony within and allow your Light to show you how you can transcend your karma and move into an awakened state now.

This opening and healing would be most
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effectively accomplished in a meditative state. As you open to your Light, allow the mind to speak first. This will show you what is creating the upset within. Then ask the Golden-White Light and Violet Light to fill your heart as you breathe through this chakra. Other luminous colors such as green, blue, and sunshine-yellow may come to you as well. Once again, you may find great emotion arising within you as you allow the healing Light in. Acknowledge and release this. The heart has been blocked from acknowledging the pain within. Most believe that feeling the pain will cause even greater suffering. This is not true.

Blocking the access to the deep emotion buried in one's heart is what creates the suffering. Releasing the pain and then breathing the Light will ultimately create healing. It requires great bravery to "take heart" and to face what has been blocked for so long. The word "courage" has at its root another word for heart, *cœur*. Allow the courage to rise within you. Feel your heart open and the Light of Infinite Source to pour through. Then you can listen and know. Your Totality will flood your being with loving radiance through your heart. **You can be healed.** Once the opening has occurred, you can listen to your Light and know what will aid you in moving toward greater awakening.

The Fifth Chakra

The fifth chakra is located at the region of the throat. It is the seat of personal power and also has the role of evaluation in one's life setting. Some have called this the ability to judge self and others, and indeed this is one way the throat chakra can be used. As the seat of personal power, one

can voice one's position, state one's truth, and stay true to one's sense of self. As a unique Being of Light in human form, this chakra region holds a great deal of power in forcefully allowing one to gain control over one's personal universe through the ability to communicate. As with all chakra regions, however, if one chooses to allow disharmonic frequencies to guide one's speaking, then one may be choosing to continue karmic cycles that may no longer be useful and may actually be dissonant with the powerful Light that is now filling the Earth plane.

This is why we suggest that you consider the **profound connection between your heart and throat chakra.** For if your heart is open, and you are listening to the Light of your Totality before choosing to speak your truth, you may find that the words you choose may be very different than what you might have spoken from fear or anger.

You see, dear friend, fear and anger are illusions that come from regrets regarding one's past or worries about one's future. As long as your heart is (partially) closed the throat chakra will be more than delighted to "judge" these issues based on your ego mind and aid you in speaking from these illusions rather than from the truth that your Totality might offer through your heart.

And what is that truth, beloved friends? When you open your heart chakra to the Light of Infinite Source and allow it to guide you, you will find this truth.

You will know and recognize that all you observe in the beautiful creation that you call Mother Earth comes from the Light of

Infinite Source; that this Light is all-knowing and only has as its goal to nurture and love all of Creation unconditionally. And that you, indeed, are a part of Creation and therefore can be loved and nurtured as well when your heart is open and you allow the Light to fill you.

The Light does not judge your past, nor worry about your future. It only resides in every moment as a beacon to guide you within to a full radiance of being. Once you allow this true nature to fill you, all worries and fears dissolve. **You know** who you are. You can then radiate this luminous Light throughout your being and be ONE with the Light of Infinite Source.

That is why you have all chosen to be on Earth at this time: To be part of the Awakening of All and Everything.

Many Blessings of Love and Light,

El Morya Khan

This is a free newsletter with channeled information from the Ascended Masters and other beings of Light. The Ascended Masters are benevolent beings of Light who are not currently embodied (but once were and may choose to embody again at some point). They have committed themselves to aiding humanity in reaching its fullest potential. They offer their perspective freely and without any expectation of a return, veneration, or acceptance of a belief system.

Expansion Publishing - Newsletters

Ascended Masters Newsletter # 159

Dear Friends,

We have had quite a week. Many messages from the Beings of Light came to us as hurricane "Sandy" was devastating the islands in the Caribbean and then moving on to cause incredible damage to the Atlantic coast and many parts of the U.S. and Canada.

Our children and grandchildren in the U.S. live near Washington, D.C., so we were deeply connected to the events as they unfolded. I spent many sleepless nights meditating and invoking for all involved and we are still doing a great deal of Light work in this regard. Our family is fine. We are very fortunate and very grateful.

In addition to the Earth changes, we have

been questioned as to how we view the political events in the U.S. We have voted by absentee ballot and are definitely attuned to this process as well.

Because of all the events and the messages we have been receiving, we have felt guided to suspend the series on the seven stages of awakening and instead to share the insights we are hearing from the Beings of Light.

We know all continues to be in perfect order and we are also aware that this past week and the week to come are affecting many in the chakra regions that had been addressed in the last two newsletters. We know that none of us can move to the final opening to the Light until we heal the difficult issues that are arising for us now.

Many of us are attuned to Mother Earth and understand that the plan is to continue to transmute and transform all that is causing harm to the delicate balance that keeps the planet alive. For some, this creates fear. For others this knowledge is a comfort. For all of us it requires clearing and healing of our karmic history that is echoing through these current events. Now we need to understand even more fully how we can do this so we can continue to be part of what helps the Earth heal.

Many Blessings of Light and Love,

Linda and Martin

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Dispelling the Illusion of Separation

By Archangel Michael

We are here to help you. We have communicated with many of you frequently in this most recent time on your Earth plane and have offered this message repeatedly. Because of the constant distractions that many are experiencing, however, this message has not always been heard and accepted. But we reiterate. The Beings of Light in every portion of Creation have drawn ever closer to the third dimension as you travel this new road to awakening, and we are here to help you, one and all.

We see no differentiation between one soul and the next. Between one manifestation of Creation and another. We see all and everything as the Light of Infinite Source caught in the world of material illusion. All is an expression of Light.

We understand that humanity often sees itself as categorized in many different ways. Some live in one country. Some live in another. Some have suffered devastation. Some have been spared. Some have a belief system that others cannot accept as their truth. And so forth and so on.

We see none of these separations. And so, when we are asked why one human is choosing a devastating experience and another is in safety we can only answer that when one suffers, all suffer.

When we are asked why one person would choose a particular belief system that may

cause harm to another, we can only answer we see that whatever appears to be a separation between one soul and another is totally illusory. All is ONE. All is AUM.

We understand that this may be a difficult message to accept and comprehend.

In the world of illusion, in which you reside, separation and distance seem safe and comforting. You may wish to be better than, more exceptional than, and certainly safer in your world than what you see that surrounds you on Mother Earth. But it is this very desire, guided by your ego self that is distracting you from being truly safe and sovereign as a Being of Light in human form.

For you see, once you let go of the illusion of separation and open your being fully to the Light of Infinite Source that flows through all of Creation, then you have no reason to fear.

All of Creation that is not confused by the ego mind knows that the Light of Infinite Source is infinite and has as its only agenda to nurture all that it has created. Therefore, when a human soul has awakened and is able to accept this loving, nurturing Light unconditionally, then all reason to fear vanishes. As a great poet has said, you may "walk through the valley of the shadow of death and fear no evil." You know in every moment that you are cared for by this loving Light. And you can even face the illusion of death without fear. You know you will shed your physical form. All life on Earth will do this. But what remains

is eternal. Your Light that is the very same as the Light of Infinite Source; it is infinite, not finite.

Therefore, when you gaze upon another soul in human form, and you wish to see this soul as separate from you, we urge you to adjust your gaze to allow yourself to see the true nature of reality which is: There is no separation. This thought of separation is the grandest illusion of all.

And further, what you "own" does not belong to you. All you "own" belongs to, and is part of, the Light of Infinite Source and is to be shared, given freely until all who dwell upon your plane understand this truth and want and lack truly disappear.

Mother Earth is healing herself, and in so doing is helping all conscious beings to realize this truth. Give freely of your Light. Give freely of your hearts. Love all you observe with a compassionate heart, and all your fears will dissolve. As you release your fears and confusion, you will finally awaken into the true nature of reality. You are ONE. You are AUM.

Allow us to help you. Call on us. We are here.

Archangel Michael

Thank you Linda Stein-Luthke & Martin F. Luthke, Ph.D., DCEP

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The Pledge - - -

This came to me suddenly and unexpectedly while taking a shower, ... I had to hurry out and dry myself quickly to be able to write down the message - Downloading "information" and "soul-blueprint messages," "Insights" can come to you through Pure Intent...and usually can show up in a time of and during simple casual activities.

"I'm who believe I'm. I can be anything and everything I choose to Be...!

I'm the essence of Purity and Authenticity .

You want to be with me you better be all of that.

I no longer accompany people with corrupt and hurtful approaches towards life, people or any other living creatures of Mother Earth.

I'll either be able to guide you, purify youand be able to show what life is about by being the authentic living example myself ... and you have the willingness to change your approaches - or I'll withdraw from your presence.

I do not want to change you - this isn't my job. It is your job to better yourself and this World - by acting out with your highest integrity at all times toward anyone and toward Mother Earth in Harmony and

Love.

My identity is no longer depending on other people's approval, likes or dislikes, neither the way they treat me or value me.

It depends only on healthy self love and self respect.

Do you want respect from others? Respect yourself first...and all Life, based on that others will respect you.

Do not try to please others over your own well being and by hurting yourself or completely disregarding your own interest for the sake of others.

Self-sacrifice isn't taking you closer to the goal of your Soul....it will only put you into a role of a "victim" and eventually it takes you further and further away from your Higher - GodSelf.

Please yourself first - but never with the intent of hurting anyone.

Remember to create Win-Win situations at all times.

If it isn't possible - 'cause the other party do not have the same intention, integrity, honesty, nor high ethical and moral standards - then Withdraw !!!!

You can't change "anyone" and this isn't you job. You only can change yourself and your approach toward others and the World in general.

Give 100% of your Trust to everyone and anyone, at any time - but also learn to distinguish when you see the signs in others abusing your "kindness" or "trust".

Then with "Clear and Constructive communication" let them know how you feel. Never blame. Forgive: "They just don't know what they're doing" - and remember to Forgive yourself FIRST.

My healthy love for myself enables me to love others.

The more I love myself, the more I can love and share love with the World and all its creatures.

Written: by Stella

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LY with reference to this website: <http://www.bolcseletorzok.hupont.hu/28/the-pledge-angol>

I'm Falling Apart

The past few weeks have been...well...bizarre with a twist of uncomfortable weird.

What I will be sharing is not being shared to get sympathy, it is to let you know what I have experienced and also to let you know that I have been hearing similar incidents from others as well. (None of the following is to substitute or replace any necessary medical attention.)

I have had rashes show up and disappear; a bug bite on my eyelid (drove me nuts for a week); and (still) an infection of unknown (to me and the doctors) origin.

At one point I looked at my husband and said, "I feel like I'm falling apart."

I sat and "talked" with my guides/team to



<http://failblog.cheezburger.com/tag/oddy-specific>

find out what was happening.

I "saw" my physical shell disintegrating - and my true self showing through.



The explanation was that I was shedding my third dimensional-ness; purging even deeper and pushing out what is not needed.

I was asked to hang in there; though un-

comfortable, it was helping me to release heavier stuff.

I had others tell me that they are experiencing bizarre - or "out of nowhere" - multiple health related incidents.

I recommend you aid your body through this; seek medical attention when needed and perhaps drink plenty of water to aid in flushing the body.

And allow the true self to start shining through.

By Jan Toomer

He that yearns the truth to know, still
further inwardly must go

Lewis Carroll