

AA Metatron- Transmute Human History – Illuminate the Way for Peace, Love, Patience & Understanding

By AnnaMerkaba

July 23, 2013

Early in the morning when I woke up I set down to meditate and began to see strange visions, brutal visions, airplanes flying above and dropping bombs, people dressed in military uniforms marching down the streets, military vehicles passing by and I realized that I have been pulled into the past, pulled into WWII. I watched all of this horrid violence unfold before my eyes, once again, just like I saw it on TV when I was a kid watching documentaries about what this earth has been through. I was not thinking about any of this at all lately, but got pulled into it all.

As painful as it was to watch all of this happen again and experience it firsthand (because when I get pulled into something, or when I channel, or when I heal, I experience EVERYTHING myself, this is done in order for me to completely understand the other person and be able to fully align with their higher self in order to bring the necessary healing to them), I heard AA Metatron tell me "Change the course of history".. and just like that.. I saw myself begin to spread the violet flame to all of these crowds of people standing there cheering this madness on. As I poured the violet flame over this crowd and over these vehicles to my amazement, I began seeing that the vision started to change from violence to unity.. and if by magic one by one those that received the violet flame turned to the person standing next to them and smiled..the uniforms faded and turned into everyday clothes.. and what they were all greeting in the street (military vehicles).. turned into a celebration parade of freedom, love and light.

It is then that I have received the following channeling. It seems the closer we are moving to Grand Celestial Event the more important it becomes for all of us to activate out light and begin cleansing the earth from all the remnants of the horror that took place here, and is still taking place. All we need to do is use the intention of our thoughts, join together in our purpose and vigorously proceed to spread the violet flame around the earth in those places where most of brutality took place.

AA Metatron : – Dear Children of light, it is now time to change the course of history as you know it. What we are about to ask all of you to do is quite simple, but with all of your energies combined we will have the outmost precise and far-reaching effect, which will explode the positive energy, the light energy, the divine energy throughout your world, and begin the necessary clearance and cleansing of the whole planet.

We ask you now, when you go into your meditative states to go back in time, go back in time to the moment of human history that has bothered you the most as you were reading about it in your history books. Go back into that time and watch as the story unfolds, allow the brutality of the situation to come to the forefront and as the situations is about to completely get out of control.. Spread your violet light over all the people and the place that is involved in such brutality.

That is all that we ask you to do. Go back in time in your minds. Go back in time in your Merkabas. Go back in time in your ascension vehicles and SPREAD THE VIOLET FLAME OF LIGHT, LOVE, UNDERSTANDING AND FORGIVENESS.

For forgiveness is the KEY essence, dear children of light. For as you forgive all that took place on this planet and UNDERSTAND the reasons behind such occurrences, and as you SPREAD your violet flame, it is then that the energies of these times will begin to change and clear and evaporate off of this planet and be sent into the light where they will be transformed and sent back to earth in as rainbow frequencies.

We love you. We are with you. Goodbye for now.

Channeled by Anna Merkaba – Energy Healer-Channeler – Lightworker. To book a Healing or Psychic Session with Anna and for more channeled messages to help you on your journey to self discovery visit : Sacred Ascension – Key of Life – DISCOVER YOUR TRUE SELF THROUGH THE VIBRATIONAL MESSAGES FROM BEHIND THE VEIL –

<http://sacredascensionmerkaba.wordpress.com/>



*I always wondered why somebody doesn't do something about that.
Then I realized I was somebody.*

Lily Tomlin

Why I Share with You

I have been writing articles and sharing with you since 2008. I write about my experiences, perceptions, understandings and beliefs - all of which are not concreted; they change and grow as I change and grow.

Sharing my experiences with the world is not so easy for me - I feel exposed...but I want those who are seeking and experiencing to know that they aren't alone. I am not perfect - and I do not have all of the answers.

I also don't believe that we - the human race - are limited in what we can do energy-wise (as per each soul plan). I am constantly experimenting (safely) with what can be accomplished with energy; manifesting one's thoughts into reality.

I am not sharing to brag; and again, sharing in public is not something I am always comfortable with. I share because I believe that if I can do it, then why can't you?

As I was growing up, I didn't have the books, groups, teachers, articles, or even the web (yes, now I am showing my age) for me to learn from or share experiences with.

I had my team of guides to teach me; don't get me wrong, I am very grateful to have them in my life! They did not squelch the desire to learn and explore (on the side of Light); they had so much patience with me and my endless questions; they never said to me that I couldn't do something and they encouraged me. If I could think of it, I could give it a whirl. If it didn't work one way, look

at it more closely and come at it from a different angle.

I also learned that someone sending negative/bad thoughts or energy to another was harmful to both sender and receiver; and that the sender would have to deal with the consequences of his/her actions.

But I also missed having another physical human being to share with; I had felt alone, and that is a feeling I wish on no one.

This is why I share with you.

by Jan Toomer

Trust Yourself

As some of you know, I had an unusual experience this past week. I was in the office working on my paper (for hypnosis certification) and heard the front door open, heard footsteps enter the house and then... nothing. I looked at the clock and realized it couldn't be my hubby. I grabbed my knife and worked my way through the house looking for the intruder. I could feel a man in the house.

I went to open our closet door and heard - in my head - "Jan! It's Harry!" He said it like I should know him, like we are long lost friends or something...except I don't recall knowing anyone named Harry.

A mental visual was of a male, hefty (but not fat) approx 6 foot 2 - wearing a long sleeve shirt (flannel dark blue and black) blue jeans and cowboy boots.

I (energetically) pushed him out of the house and told him I would talk to my hubby to see if he, or we, knew a Harry (thought maybe the stroke erased him from my memory).

Hubby said he cannot remember us knowing a Harry.

I asked for assistance from "seers" and received a few theories. I couldn't explore any of it until I had slept and refreshed myself.

In the early morning, I called my team in - reinforced my property shields and personal shield and (visualization) walked to the property/shield edge. Harry stood outside of the shield.

Before I go any further - please remember that I initially acted aggressively to his en-

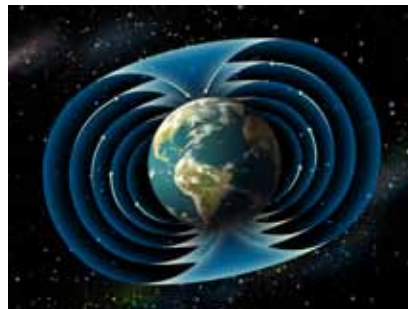
ergy presence! This means that something was not right with all of this! This also means that I wouldn't "approach" him without being shielded and call my team and/or angels to keep me protected in his presence. All of this meant there was something off enough to warrant my inner alarms to go off.

This also means that I could not take anything he said or did as truth; and that he may have been harmful for me.

I asked him who he was. He said that I called him; that I was ready for the message he carried.

He told me that my shields were stagnant (older, heavier energy) and needed to be updated to the newer energy.

He showed me something along the lines of:



and said that my shields should look like that around my body - that the shield should be alive and moving.

My team confirmed that last sentence - but modified it. My team explained that the bubble shield was what helped me keep the nasties away from me. They explained that

we all have that type of field around us (as pictured), and that I should put my shield on over that...in essence, my team told me to keep doing what I had been doing.

Harry was talking half-truths; if I had followed what Harry was talking about, I would have dropped my shields and left myself exposed and vulnerable; fodder for anything to step into my body or attach to my energy body.

Harry is what is also known as a "trickster" and his energy signifies deception.

Unbeknownst to me while I was "talking" with Harry, a friend had texted me about Harry and his intentions. He let me know that he felt the situation wasn't good, so he had already picked up on the deceptive energy.

I do not know how or when our paths had crossed before, but I believe that he spoke truth there because he waltzed right through my home shield without it alerting me of his approach.

My shields have been modified to exclude Harry's energy, and reinforced that anyone with mal intent, deception, or any negative energy be banned from entering my space.

This experience is a reminder to trust self; if your actions (or reactions) or words are not of love, then something is wrong!

Trust yourself.

by Jan Toomer

Body Changes - Part Three & Final

28 Feb, 2013

From The House of David Teaching Center

This file is a montage speaking on the changes that will occur within our bodies during the upcoming tribulation Earth Changes. These are organized into 22 different areas within the body. The sources of prophetic information for this montage are listed at the end of the file. This montage is broken down into the following:

Note: You can find Part One:
June's Reality Undefined Newsletter

Part Two:
July's Reality Undefined Newsletter

VII. ENERGY FLOW in the BODY

During cellular transformation in your body, there will be increased energy flow felt mainly in the parasympathetic system of the body (i.e. lower limbs, legs, junctions along the spinal column, and especially the ganglia where the lower lumbar are positioned) and in the shoulders. Electrical sensations will move up and down the limbs of the body. Some people will also experience sweats and migraine headaches. You will notice increased energies when manifesting a thought. It is good to be cautious with these energies and your thoughts because they will become magnified during the time of transition during cellular transformation.

VII. EXERCISE HABITS

We have mentioned the importance of drinking lots of water during cellular transformation. It is also important to do more physical exercises (i.e. walking, jogging, running, hiking, swimming) which will be extremely supportive during the changes. The exercise from dancing also is particularly powerful because many energetic pathways can be cut short and integrated throughout the body with the movement involved in dancing.

IX. EYES

The white portion of the eyes may gradually change color, may become bloodshot and may become slightly darker. In some cases, this may create a slight tinge of rosiness in the eyes or a slight tinge of brown or green, but in most cases the color will be rosiness. This change relates to the increased velocity of blood near the surface of the eyes that can be viewed. The visual field of the eyes will alter and you will begin to view dimensions differently as your physical sight is adjusted as it interacts with the opening of the third inner eye, between your present outer

eye positions.

X. FINGERNAILS

More ridges may appear in the fingernails at the smooth light half-moon line at the base of the fingernail. This part of the fingernail may begin to vary and may become rippled.

XI. HAIR

A change in the hair may occur where the hair is on the body and in the thickness of the hair which will gradually become thicker over several years. This change will be sufficient so that it will be measurable.

XII. HEAD

As you begin to reformat, things have broken loose, pieces coming out of the tissues in your bodies. In your heads, in your skulls, those who are mutating and even those who are considering preparing for this, there are many mineral structures that are being sloughed off into the cerebrospinal fluid. This material moves into the spinal column, through the nerves and out into the tissue, so that if you recycle this discarded material, you will become very uncomfortable. There may be disturbance sensations within the head, eyes, spine and nerves (i.e. dizziness, headaches, pressures in the head (usually from back to front and may also be from side to side).

The primary place where mutation occurs is in the DNA of the brain. What this means is that certain brain functions are going to be a bit difficult. Your vision will be affected; you're most certainly going to be affected in terms of headaches; to some extent your hearing will be altered; and, most of all, your ability to feel that you have a sharp focus all time will be affected. Your heads are literally beginning to contain material that is capable of electrically short-circuiting. If you have a sense that you are losing your mental clarity, that certain things are happening in your head, including headaches, that make you feel that you have short circuits within your brain, that is due to the sloughing off of this material.

Mood swings are also symptomatic of the body's attempts to integrate more Light. There may be moments when you feel wonderful and have a great deal of energy, followed by a sudden crash and depression as you experience the pull of the old world.

XIII. HEARING

The auditory range of the ears will expand so that you will be able to hear the presently inaudible sounds of God's creation within you and which surrounds you. This change

will enable you to have faith in God from hearing the sounds in your ears. Ringing or tones in the ears can also be transmissions from spiritual entities from other dimensions. Information from these sources makes itself known to you at the appropriate time in your particular spiritual walk.

XIV. HEART

Heart palpitations may be felt at times as your heart becomes in synch with the rhythm of the Earth's heartbeat. Changes may also be experienced in the heart muscle tissue and striations in the heart muscle tissue will begin to show more variations. The tissue will seem to be spreading out as the heart muscle becomes denser. This change will allow the heart to last longer and to create a normal life span of 150 years for an individual. The normal pulse rate will increase about three to four beats over the next ten to twelve years.

You may see a greater constriction around the heart as many people react to the energy of love and light that is coming in greater magnification. More heart attacks or various illnesses will occur where there is restrictive flow of energy around the heart center. This can be avoided with a greater awareness of that energy and a greater openness to the emotions, letting go, not having so much of the emotions held into the body but finding ways for the emotions to be harmonically experienced. The emotions are to be felt, not denied and the emotions can then create more of a flow and less of a closing of the life force.

XV. HOT AND COLD FLASHES

These will be felt more by many people as cellular transformation occurs in the body. It is like your engines are being rebuilt and the temperature gauge is being replaced. It is similar to an engine in a car and this temperature gauge, as it is in an engine, is outdated. So in a way, you are finding that as you are building new information into the body, into the cells, you are redesigning the different aspects of the physical body through this transformation. So as this is happening, there is a greater gap in what is being experienced, a greater experience up and down, a greater experience of upheaval. Much is being tossed around, much that is no longer working and that is outdated. It is being tossed out as new data and new equipment is being gradually introduced and built into the body.

This is happening for all beings, whether they are conscious or not. That those who are choosing not to stay on the planet, although they may not be conscious of their

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choice at all, have decided not to undergo this level of acceleration and change in the body. Those who are choosing to be here at this time during this rapid acceleration and shifting of the physical body, of the physical mind and of the emotional system, are going to make those choices either consciously for many and unconsciously for many. But all will definitely be affected by the energies. All will experience, on some level, a shifting in the body as the body moves naturally to a higher level of receptivity and alignment with its source.

XVI. MEMORY CHANGES

More people are now able to tune their consciousness to receive unseen forces or wavelengths from the universe and to use this new consciousness to transform themselves into a new way of being. This new incoming impulses of energy is affecting the cells that compose the mental, emotional and spiritual bodies. People are manifesting, on every level, this incoming light with your whole being. There will be times when you will be inspired with flashing memories, recall of past situations and lives and other realizations. Insights that are eternal and cosmic are beginning to infiltrate your body and to illuminate the human mind in a way that inner body cells will activate. The mental capacity of people will increase considerably during cellular transformation.

You may find yourself in the middle of a sentence when suddenly you completely forget what you were going to say next. You may be thinking about something that happened when you have difficulty accessing the memory of the event. As you move into a state of grace during cellular transformation, the harder it will be to reference your past through your memory system. All useless data is being taken from your memory files. In mastering limitation, past referencing of data was useful because of your acceptance as reality based on your beliefs and prior experiences. Referencing of data from the past is falling away and people will not have to keep the memory alive.

XVII. MENSTRUAL CRAMPS

Women may notice a lightening of blood flow during menstruation with less flow and less cramping. Some pregnant women will have easier and shorter childbirth with less pain and labor.

XVII. OUT-OF-BODY EXPERIENCES

There will be more out-of-body experiences as cellular transformation occurs. This experience will also be accepted more by the public in general. It will be accomplished by more people and the experience will become more popular and will become more fun as more people experience it. More out-of-body experiences have already been increasing for many as there is a thinning in the veil. When a being has decided to take on physical form there was a veiling. As many go consciously on their path and open to receive the greater frequencies of the true multi-dimensional self, there is greater wholeness and alignment with the soul. The body is going through a process of this effacing of the veil and a thinning and a gradual release of this protective device is occurring.

As this veil is thinning, you will realize that there are no boundaries between your physical self, your higher self or soul self and your multi-dimensional being. Many are beginning to experience greater contact with, not only beings from other realms, but with beings of themselves as they are pure energy. For many, this is quite a challenge to begin to experience connection with themselves as they exist beyond time and space as pure energy. But as the veil thins, this is one of the experiences that occurs greater amplification and occurs more often as the veil beings to thin.

Now as far as the out-of-body experience, the spiritual entities are challenging many to include their body awareness and not to leave it behind whenever they travel out-of-body and wherever the consciousness creates a focal point in their awareness. This may include another dimension such as inter-dimensional traveling or traveling beyond time and space with the consciousness. It seems now to you that you are not going anywhere. But the consciousness truly does experience and enters into this realm and dimension. It may thereby access that energy and those frequency sets and the patterns and information you wish to seek from beings living in that dimension.

This is really not quite so difficult as it may seem. It is a natural skill that again has been shielded against and many are not quite ready to move into that level of multi-dimensionality. Many are becoming more interested in going into the consciousness of the earth because there has been a call put out by the earth. Many are unconsciously or consciously responding to the call to begin

to work consciously and directly in direct alignment with the earth energy.

This will assist both the individual, the mass human experience and will assist in the transformation and balancing of the earth's transformation or mutation. It is very beneficial for those who are feeling a type of curiosity or interest or a type of draw to this call, to begin to explore how it is that they may travel into and align with the consciousness of the earth. It begins much by a prayer of intent that you truly intend to move into this level of assistance. This is the first doorway that one would go through. And from there, you would need to be open to many surprises for it can happen and it can happen quickly for some. They will find themselves in a very deep awareness, in a very deep alignment with the consciousness of the earth. From there, the choices are infinite.

XIX. SINUS and EAR DISTURBANCES

Disturbances in these areas are one of the primary signs of cellular transformation. More people are experiencing sinus conditions (i.e. discomforts, drainage, and headaches). These increased disturbances will continue to occur during cellular transformation. Major changes will occur in the sinus since they function in the body primarily to create balance. These changes relate mainly to the fact that the body has been thrown out of balance during cellular transformation. Your physical body responds to the changes by over reacting to slight stimulation by biologicals, such as pollens, not originating from itself.

Flu-like symptoms, sinusitis and congestion, specific aches and pains, and feelings of toxicity may be other reactions you will experience from the increased intensity of incoming energy. When these disturbances happen, the body is reaching a threshold. It will pass beyond this threshold as the body's capacity to handle more light increases. During these times, it will be especially useful to take more baths and to drink lots of water. This will help your body to facilitate these changes more easily. Swimming will also be helpful in this respect since water is very soothing and relaxing as well as being useful in balancing your energy.

XX. SLEEP AND DREAMS

We are moving into the higher dimensions at the present. This is creating a temporary

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Body Changes - Part Three & Final

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confusion of time. You will have dreams that are erratic and strange sometimes. You will wake up and feel emotionally confused. Your sleep patterns might be totally disrupted. Perhaps you have slept eight hours a night until recent times. Now you are struggling to get six hours of sleep and don't know why. What we would want you to know is that sleep patterns are going to be very different. You might find yourself sleeping many more hours than usual and having to take naps during the day, then needing very little sleep at all and having an abundance of energy. What you are going to find is that the more Light you bring into your body, the less time you are going to need for sleep.

What will be happening is that it is not for you to replace this sleep time with third-dimensional busy living. It is important for you to be able to use this extra time for a higher aspect. You will start to see an conscious of what you are doing but your unconscious will begin to use this time for greater enlightenment.

This is happening because you are moving into higher dimensions. In this new dimension the experience of night and day is totally reversed. Most people are used to being up and around in the daytime and

asleep at night. You are in a power struggle within yourself. It's as if part of you is anchoring into the fourth dimension and is trying to live in one way while the rest of you is here in the third dimension attempting to continue as in the past. Your dreams might seem so jumbled at times because the dream life usually makes the movement in between dimensions before the physical life. Your consciousness is shifting back and forth. You are having a glimmer of that experience in your dreams. Sometime your dreams are not just great but they are also sequential. Then at other times you wake up and they feel more jumbled than ever.

You are going to need to cut down on television and radio usage and you are going to find that even your electric lights are going to start to handicap you, so we would expect that you would start to cut down on those as well. Part of what is going to happen in your world is that there is going to be a lessening of the need for so much electricity and you will want to spend more time in spiritual development.

XXI. SWEAT and TEAR GLANDS

Changes in the tear ducts and sweat glands of the body will take place during cellular transformation. As to the sweat glands,

most people now sweat less than they did about five years ago. Most people during cellular transformation will sweat less than they formerly did, but it will be a minor change which will be observable and measurable. As to the tear glands, your tear solution will be slightly denser, thicker and will be composed of more mineral compounds. This change will also be measurable. See also ENERGY FLOW in the BODY.

XXII. VIBRATIONS in the BODY

Some people are experiencing a vibration in their solar plexus from time to time. They have noticed this vibration increasingly for the past several months. This is part of the changes occurring during cellular transformation. The earth also is experiencing a vibration from time to time. These vibrations are designed to change the very matter of the earth's and your substance. The changes are going to slowly add certain etheric components that exist in possibility and probability and that exist within the encompassed objectives of your soul's journey through this planet which is God's playing field. These changes are going to mix these etheric components in and out of your physical body in the same way that you would dunk a tea bag into hot water to achieve a final refreshing drink.

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Lit from Within



After the Rain

You can find more of Jan's (aka JD's) photos at:

<http://www.redbubble.com/people/jdtoomer/portfolio>

The vibration of your entire body is shifting to a higher frequency during cellular transformation. Some are experiencing many different physical symptoms which can be strong at times or can be very subtle. Within this lifetime, there is more evolution taking place in your body than in the total of all previous lifetimes on this planet. A transformation change is taking place in your body as well as in the earth. The very cell structure of your body is changing which will allow you to withstand and integrate these higher frequencies of energy. Your body needs to know that this is happening and that it is okay since it has never experienced being in a Light Body before on this dimension. As a result, body vibrations may be experienced and many people may think that an earthquake is occurring during these periods. These body vibrations will occur through a process of induction as the Earth's force couples with the body. One way to balance and move this energy through the body is with physical exercise (i.e. walking at least several miles a day).

SUMMARY

As the process of cellular transformation progresses, you will be weighted down by an erroneous feeling of unworthiness. All the darkness contained within yourself in your head, you regard as your own little sins. These feelings are not your sins but they are the heritage of all species that you represent. Because of the heaviness and darkness you brought with you when you incarnated to this planet, you could not imagine that you were pure and divine enough. You could not imagine that you were good enough and clear enough as well as bright enough to hold the Christ light in your bodies. You dealing with immense biological changes and you also have all the psychological, mental/conceptual and emotional issues that you inherited when you arrived to deal with as well. You have to deal with many complicated issues in your life, some of which you are not aware of at the present time and are all contained within your body.

As you mutate, all of these things are being thrown up by your DNA. You do not have them inside of you because you did something wrong. When things have been coming up from the deep places within you and have not felt good, it is not because you are doing anything wrong. It is because you are the right thing and the old things inside your bodies have to surface. You have to pull them out and they will come out of the

DNA of your bodies. They will be sloughed off in your body and at the etheric levels also. Past civilizations have made repeated attempts to regulate their conduct, to deal with the issues of conflict and separation and destructive behavior. They developed rules, laws and ways of dealing with the destructive aspect of the conflict developing within their civilizations. They set up laws and lawgivers. Sometimes they also set up a divine force that was capable of evaluating the performance of the people and then dishing out punishments. Sometimes this was considered to be a very mundane part of the society, much like your legal system where you have a judge that judges you. Sometimes it was elevated through a divine force priestly group or a religious Deity.

Religion has told you that The Deity wants you to behave this way. You were told that The Deity required you to do this and if you did not do this, the Deity will require punish you in various ways. When you arrived here, you brought with you a sense that some things were right and some things were wrong. You also brought with you a sense that some things could be good and some things could be evil. Judgment of your self is not helpful anymore.

So you have within you, a kind of a Father/Mother/God figure, an old extraterrestrial one. You may even have an extraterrestrial lawgiver, as opposed to a mother of Father/God. This is one that evaluates because it knows everything, and it knows what is right because it has seen it all before. It is operating out of the past. It's actually woven into your DNA structure. It's part of this material that you need to release, this judgment.

You've got a genetic scorecard, and you've got a scorekeeper that keeps ticking off whether you're getting it right or not. Every time you don't get it right, you clench at every level of your being. Every time you get it right, you kind of bloom, except that there's always FEAR that you won't be able to hold on to this rightness. So you can see that it is time to release that idea of divinity. Judgment is not useful to you.

To be joined to the Christ child, you must relinquish the keeper. There is a price for the Christ child, you have to trade in your keeper. But there is another price that you have to pay. You have to give up evaluating your every act, your every thought, your every

feeling, your every sensation. Do you think it would be possible that you could have a headache and that would be good? Do you think you could have indigestion or dizziness and that would be fine? Do you think you could hurt someone else and it would still be right?

There is constant fluxation in your energy system that registers when you have done well and when you have done badly. The feelings of being judged causes a certain clenching in your biochemistry and a knotting-up occurs within you. That clenching causes a clustering of the material you're trying to release because of the mutation process. Clenching interferes with the sloughing off process and with the rebuilding process going on within you.

Therefore, every time you make a judgment of yourself, you sour the Ph balance in your body. This Ph change interferes with the electrical flow within the body. You also cluster into lumps the disposable garbage in your body and these are harder to pass out of your bodies. Judgment therefore, interferes with comfortable mutation which will creates FEAR. If you plan for self-improvement and you keep catching yourself repeatedly failing in your self improvement plan, actual FEAR will occur. This FEAR may take the following forms:

- a. You will never get it right.
- b. You will never measure up.
- c. You will never be worthy.
- d. You are never going to get a grip on this process of being good.
- e. You are never going to get a grip on this process of being right.
- f. You are never going to get a grip on this process of being spiritual.

Each person, in your uniqueness, will be more attuned to certain energies than other persons. The analogy could be made of having an antenna calibrated to receive a particular radio station. Many people will resonate with different wavelengths at different vibrational frequencies than other people. Whatever wavelengths your particular design is calibrated to, these wavelengths are pathways cut in your consciousness. Once you have begun to transmute (change), the energies of those particular frequencies of the universe will take advantage of these pathways to transmute more and more of the same energies to you.

It may appear that issues you thought you had dealt with and resolved, have suddenly

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Body Changes - Part Three - Final Part

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re-emerged in your life, bigger than ever, with even more intensity and drama than before. It is useful not to identify these issues as being your personal stuff. You need to recognize only that these energies are present and then let them move through you. Know that you are transmuting them for the many who are not yet conscious enough to do it for themselves.

You need to understand clearly about the painful acts and the things you have called «bad and wicked». If you knew what was really going on and if you understood the essence of the actions, you would understand that they were necessary and appropriate for you to grow and to change. The religion Deity tells you there are many things that you must not do and should you do them, this is sin or a karmic burden on you. I say to you that I have never seen a sin upon this planet. I have seen many things such as:

1. Beings acting out their heritage
2. Beings trying to understand their heritage
3. Beings reenacting their battles
4. Beings reenacting their murders
5. Beings reenacting their betrayals
6. Beings studying the energy of those things
7. Beings trying to see a way out all of the above

I do not see these as sins. I see them as an attempt to understand your task on earth and to work through this task by experiencing what you have come here to change. It is a very frightening idea that there will be no keeper to protect others from you. There will be no keeper to protect you from yourself and there will be no keeper to protect you from others. Judgments will destroy

your physical structure. In the coming magnetic polar axis shift, judgments will destroy your body such as the judgments that you have made against yourself and all the ones you have made daily in little things.

All judgments on anything such as on food, body aches and pains, clothing, your dealings with others, etc., will affect your body and the mutation process going on within your bodies. These judgments are destroying the balance within your bodies. They are making the mutation process difficult, painful and very depressing as you continue to judge not only yourself but others as well.

This is something that you will have to quit doing. You will have to move into self-acceptance of yourself as well as of others in order to create a biochemical and an electromagnetic environment in your bodies that will optimize the opportunity for the body to mutate easily. This then will occur with some balance and with some stability and sometimes with an emotional sense of well-being.

This is nothing which is being taken from you during cellular transformation (mutation) without your consent. It is something that is being purged from your system because you are desiring to increase the frequency of your vibration. This is referred to by some teachers as «Ascension» which is simply increasing the frequency of your vibration. There is greater perception and a greater desire for love and harmony and peace among many people.

As their vibrations increase, then the people of the Earth must take into their own hands how they wish to construct this peace and harmony as well as this love and this truth.

It will soon become evident that in the negotiations between nations and between individuals (in a business sense and in an economic sense) there will be no longer the possibility of one hiding from another. For where they lie, the other will detect it. The people of the Earth are becoming far too alert. This is what is meant by increasing the vibration of the Earth.

There is a Divine Order to everything in life. It is for this reason that exactly where you are at any given time in life, is exactly where you should be according to the Divine unfolding of your consciousness and life.

Compiled by House of David Teaching Centre

Note: I have included this content on our website as it may be helpful and supportive for many people undergoing physical changes as ascension symptoms. I have found very little well written information available on this subject. Thank you to those who wrote this material, many years ago, of which many of these items are still very current in the ascension process. I did not write this material, and do not know where the compilation was sourced, however, my appreciation towards the House of David Teaching Centre.

Written by Karen AnTara . Posted in **Light-body/Ascension symptoms**

<http://www.becomingconscious.com.au/2013/02/body-changes/>



Unknown

Graceful Ongoing Dance

Some people are once again finding themselves alone; friends pulling away or moving away; or some of you are pulling away from your own friends. A lot of lightworkers/energy workers see this pattern again and again in their lives.

It's okay.

Well, not really – it kind of sucks crunchy peanut butter. However, these “alone” times are for us to work on self. They are not a punishment; they are a self-growth opportunity.

If you look back, you may have noticed that when you found yourself alone, you probably began on working on one or more of the following:

- Physical imbalances; correcting issues

- with the physical body.
- Emotional self; clearing up old emotional baggage that has been weighing you down.
- Spiritual self; re-addressing beliefs; expanding.

Never Really Alone

Please remember, though, that you are never really alone. Aside from those you live and work with, your team (Source, guides, guardian angels, etc.) are always with you – and if you ask them, they will aid or assist you any way they can (they cannot aid or assist unless you ask them – this is one aspect of free will).

These self-growth alone times have no set time limit or duration.

As you begin to wrap up the current self-growth time, you may notice new people begin to enter your life. With each energy shift you make towards being more balanced, you call to your life people who may resonate with the cleaner and/or more balanced (than before) energy you've worked to create.

It's like a graceful ongoing dance; people weaving in and out of your space. As you are working on self, those who just left your space are working on themselves as well... like you, they will continue the dance with others; touching their lives as they had touched yours.

by Jan Toomer

Energy Shifts Continue

For the past two weeks, I have heard from others about the discomfort they've been experiencing.

- Extremely exhausted
- Feeling like this (whatever “this” is) is never going to end
- Easily annoyed or irritated
- Unusual dreams
- Feeling weary

I – myself – am still working on things from the past. Some things have surfaced which initially surprised me and some that surfaced threw me for a loop (I didn't “get” it; asked friends for insights on this one and the input was very helpful).

I know we have discussed clearing up the past, but this process is not a one time deal. We were/are very good at not dealing with everything that came our way; we may have thought it was resolved or no big deal, but it wasn't.

We stuff the energy tied to the emotions that we hadn't faced and resolved. Some of that may have resurfaced and manifested into a physical imbalance; some are surfacing and we sit and stew in it until we address it, resolve (heal) it and release it.

Some things we experienced in this lifetime – which we didn't think of as being traumatic – did affect us. It may have been a disappointment, fear, confusion or something we just couldn't grasp or understand at the time.

Anything that upset our balance...that's what also needs to be addressed. Again, it may not have seemed to be a big deal or traumatic, but, not knowing what to do with the situation, the energy was shoved somewhere within.

And it's working its way up to be healed, cleansed, and released.

These energy shifts are affording us the opportunity to shake this energy loose; *but*, we cannot just let it go without rebalancing (healing) the energy first.

- Forgiveness
- Ho'oponopono
- Reiki
- EFT (Emotional Freedom Technique)
- Counseling

These are some options to help heal the energy that is now surfacing.

Shaking it Loose – Cycles

These are heavier, weighty energies *that we no longer need*; it's time to lighten the load.

Our energy shifts are cyclical – and not everyone experiences them at the same time. This means we may experience the exhaustion, etc. – that was listed at the beginning of this article – in cycles. We do get a bit of a breather or break in between these shifts and adjustments. There is no longer a time limit on how many or how long each cycle is - it will take as long as it needs.

Hang In There

I ask that we all hang in there as these energy shifts continue. It may not feel like it right now, but this process is helping us to heal, and to release third dimension weights.

Remember, we are spiritual beings in a human suit. Now we are working on emptying the suit pockets of the “stuff” we've collected over this lifetime which has weighed us down.

by Jan Toomer

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Are You an Old Soul?

By Gregg Prescott - in5d.com

How can you tell if you are an old soul? Are there differences in traits or behaviors? What signs can I look for that can help me differentiate the difference?

Generally speaking, we are all old souls, but some of us have been here longer than others.

The word "old" is only relative to time. Because time is linear and our souls are eternal, 10,000 years would be the blink of an eye.

Dolores Cannon believes that we need to incarnate many, many times as inanimate objects, plants and animals before we can become human. Then, as humans, we still need to incarnate many, many times to learn all of the lessons we came here for. For example, according to Cannon, we all had to be an air molecule and a drop of water to learn what it's like to work together as ONE.

So, how can you tell if you have an old soul?

-You understand many of life's deeper lessons.

For some people, it is hard to fathom that the soul of a child may be much older than the soul of his or her parents. For these particular people, this is a sign that their soul might be younger than yours. When you begin to understand why you keep incarnating to this 3rd dimensional reality, it becomes similar to the movie, Groundhog Day, where Phil wakes up each day to find out that it's still February 2nd until he learns how to remove his ego and starts doing kind deeds for others.

Once you realize that time, space, energy and matter are 3rd dimensional products, the theory of time becomes irrelevant, thus the theory of how old your soul is also becomes irrelevant.

But for the sake of understanding how old your soul may be, we'll continue!

-You are in touch with your natural abilities or have an extreme interest in these abilities.

Some people are born with innate gifts, such as special healing abilities or psychic abilities. The truth is that we all possess these abilities, but an older soul is more in tune with how to access and implement these abilities in the name of humanity. If you don't have any particular ability, but have a strong interest in them, this is simply your soul trying to recall these abilities that

you may have had in a previous lifetime.

-You become spiritually aware.

Everyone is pure consciousness, but many people have a difficult time understanding what this means. Your soul is pure consciousness and love. It has a unique understanding of how the matrix is being played on this planet and understands that everything we do as a collective will help to facilitate the awakening of others.

-You understand the importance of forgiveness.

Some people are old souls who still have much to learn because they are trapped inside the box with their ideologies, are stubborn or have not learned the importance of forgiveness. By forgiving yourself and others, we can release any karma between these people.

-You're able to transcend ego.

It's nearly impossible for anyone to completely transcend ego 100% of the time but simply being aware of our ego and how it plays against unity consciousness is a definite sign on an old soul. On the other side, there is no ego. During your life review, you will re-live your ego and will see how it affected others, as well as yourself. At this point in "time", you will probably make a soul contract with the hopes of overcoming ego and atoning for whatever ego issues you had in your previous incarnation.

-You're able to transcend materialism.

Money and materialism are products of this 3rd dimensional reality and it's easy to succumb to materialism, especially when it's in your face through advertising, programming and peer pressure. An older soul realizes that money is non-existent on the other side and it generally takes away from who we truly are as spiritual beings. Those who are older souls will generally use money as a tool to either help facilitate their spiritual progression through spiritual retreats or by possibly creating a lavish feng shui home decorated with spiritual meaning versus the most luxurious furnishings. They may also use their money to help others who are less fortunate.

-You are able to understand the concept that your body is a shell for your soul.

Before you were born, you not only chose your parents, you also chose your life situations and challenges that would help to facilitate your spiritual growth while atoning for any previous karma. The body that you

are currently in is simply a vessel for your soul. Your name is what your soul currently refers itself as, but in previous lifetimes, you had many different names and you have lived many previous lives as either a male or a female. Your name and title are both associated with ego because ultimately, you are infinite consciousness and we are all on the same team.

-You seem to have a special connection to eras long before you were born.

Did you ever watch an old movie or see some artwork from a specific era in time and have a connection to that era? Chances are, you lived a previous life during that time period and this is your cellular memory letting you know!

-You have an understanding of what you need to do to complete your spiritual progression.

Just by making it this far, you are more awakened than most people on this planet. You have an understanding of Universal laws and what is left to do on your soul contract. Even if you are not specifically sure of either, your higher self and spirit guides will continue lead you in the right direction.

-You have a strong feeling that home isn't Earth.

Did you ever look at a random area of the sky and star at an unknown star for no particular reason? Do you have a special connection with specific star systems such as the Pleiades or Orion's Belt? Do wars and corruption make you feel uneasy, as if they didn't exist where you originally came from? Are you one of the souls who volunteered to come here at this specific point in time to help with the Earth's ascension? If you answered yes to any of these questions, then chances are, Earth is not your home planet.

-You tend to be a loner.

The stigma on the word loner is often condescending, but those who are old souls are merely looking for other fragments of themselves and will often distance themselves from younger souls who need more incarnations into a 3rd dimensional planet. Older souls will seek out other like-minded people because there's a comfort and familiarity with these types of people who will help to facilitate each others spiritual progression.

-You have a rebellious nature.

Whether you rebel from religion, laws or anything else, this is a sign that your soul

(Cont'd Page 10)

Are You an Old Soul?

Cont'd

knows the only true laws... the Laws of the Universe. While you respect the reasoning and intention behind laws and religion, you might not be compelled to use these as absolute laws when you know there are a set of higher laws that are intended to facilitate our spiritual progressions.

-You have a burning desire to attain truth and inner wisdom.

Many older souls can easily see through the lies we've been taught through religion, politics and through our educational facilities. While they realize they are all one with the universe, they also want the truth exposed to help other people's awakening process. They also continue to seek knowledge in the spiritual, metaphysical and esoteric fields and will absorb this information much easier than anything they were taught in school.

-You are not controlling of others.

Older souls are more accepting, not just of other people, but of circumstances as well. For example, while you don't approve of the corruption within politics, you understand

how the corruption will help to awaken other people to the truth. You respect the free will of others and are more likely to use tact than verbal demands of others. You tend to be more of a team player than anything else.

-You sense a separation between yourself and the "real world".

As you transcend ego and materialism, you find yourself living a different lifestyle. While this lifestyle is unique to your current incarnation, there also seems to be a familiarity of the direction you're heading.

-You are curious whether you're an old soul or not.

Many young souls wouldn't ask this question or much less be concerned about it. While many older souls aren't concerned either, for different reasons, they simply "know" they're old souls, but it's nice to have affirmations that coincide with your spiritual progression.

There are many lessons we have learned throughout our lifetimes, all of which has culminated into this particular incarnation.

All of your previous life incarnations are embedded into your cellular memory and can be recalled through past life regressions. Most of the people on this planet are old souls, yet many remain unawakened and still have a lot more to learn and will need several more incarnations to a 3rd dimensional planet.

Many of those who are awakened will probably move on to their next level of spiritual progression. It's important to remember that this is not a race because in the end, we all win. Enjoy every millisecond in this incarnation because this may be the last time you'll ever experience a 3rd dimensional reality!

Source - in5d.com

<http://www.dolorescannon.com/about>

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We can easily forgive a child who is afraid of the dark; the real tragedy is when men are afraid of the light.

Plato

JD's Reiki Rocks Are Back!



I have brought back the Reiki Rocks.

<http://jdsreikirocks.blogspot.com/>

I smoothed each rock with my rotary tool, and tried to retain the shape that the mineral was when it came to me.

Each rock has a coating of mineral oil on it. It was simply coated with mineral oil, rinsed,



and towel buffed.

I placed the Reiki symbols in each rock and asked each rock to self-maintain its Reiki energy.

I make no claim as to what the mineral/rock is; nor any claims as to what the mineral/rock may or may not do. This does not replace, nor is a substitute for, any medical assistance.



Rocks and/or minerals are fragile and can break or shatter. This does not diminish the Reiki.

External use only - keep away from children and pets.

Click the link and see the pictures!

<http://jdsreikirocks.blogspot.com/>

Milagro Animal Rescue

Please help out a friend ~ Milagro Animal Rescue relies on your donations to keep the dogs fed and for any treatment needed. Please donate today.

It is featured here:

<http://meetlascruces.com/Milagro-Animal-Rescue.html>

and **Donations** can be made here:

<http://milagroanimalrescue.com/donations.html>

They do wonderful work and could use your support.

Thank you all!



Unknown