

## Something is Happening

We have been working hard to keep up with the wave after wave of energy shifts, downloads and purgings...so much has been going on that after Aug. 25th, some people hadn't realized that something happened...or better yet – something is happening.

Some experienced it in the "in your face" manner and some experienced in "what the heck?" moments.

### What Happened?

For those of you who didn't realize what happened...I'd like you to take a moment and explore how you are feeling\*.

- Do you feel lighter or not so weighed down?
- Do you feel not as tired?
- Do you feel an almost excited feeling in the air around you?
- Are you feeling less prickly – especially around others?

If you are not sure, please pay attention to yourself this week.

### 25th to Now

Many are beginning to feel (and see) their efforts starting to pay off. I am not saying we are done (completely) with healing/clearing our pasts/lifetimes. Nor are we finished with:

- working on accepting responsibility for every aspect of self.
- minding/paying attention to our constant mind chatter/thoughts (remember, our thoughts create...what is your mind chatter creating?)

But we have made some wonderful progress, and we are beginning to see, feel or otherwise experience the effects of the higher energy frequencies.

### How Can We Tell?

This is not all inclusive; you may be experiencing some, all or none of what I share here. We each grow as per our own soul's plan. If you do not "fit" here, don't worry – just pay attention to yourself and keep moving forward. The following are just some examples – you may manifest in a unique to you way.

For those who are beginning to experience the difference – you may be feeling or experiencing\*:

- A feeling of a lighter body (not necessarily physical weight).
- Thoughts / head feel more clear – not so foggy or heavy.
- Not so tired as have been in the past months.
- Feeling others emotions / more empathic
- Possibly requiring less sleep time.
- Spontaneous manifestations
- Glimpsing, or experiencing, the 3rd dimensional illusions losing cohesion.

### And My Favorite...

Starting to feel comfortable with the energy on this planet.

Many who had felt that Earth was not their home and/or didn't belong here are now experiencing the more welcoming and more

readily known/remembered higher energy vibrations...and are breathing more easily (figuratively) because of it.

To quote a familiar tv commercial, "Oh what a relief it is!"

### Beginning to Remember

And more people are beginning to remember...this veil is no longer needed; it's okay to remember beyond the limited third dimension; it is okay to start tapping into the 88 – 90% unused brain potential. It is time to start removing those barriers put in place so long ago.

Many are remembering their connection (which still exists!) to the Source; the many layers we each are between the physical body all the way back to the Source.

Remembering that we are each

- energy
- a spiritual being
- I AM
- One

*"The spirit of man communes with Heaven; the omnipotence of Heaven resides in man. Is the distance between Heaven and man very great?" ~ Hung Tzu-Ch'eng*

*\*(Baring any medical/emotional imbalances.)*

by Jan Toomer

Sometimes you can't see yourself clearly until you see yourself through the eyes of others.

Ellen DeGeneres



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# A Dream

by Mary C. Smith

For a time we rode the crest of plump, acid green hills, that curved and rolled like the sway of a tired old horse, free at last from his heavy plow. Above us, to the north, rising through mottled vegetation, smelling of ginger, cinnamon and primal earth, appeared the regal, hooked nose, black volcano, known as The Angry One. A grey collar of ash mixed with a perpetual mantle of clouds, just above his imagined eyebrows, gave the Angry One a cloak of age as well as his name. Native tales claim The Angry One to be the Father of their island; not always a benevolent father either. To the south we occasionally caught sight, through holes in the writhing vegetation, of the breathtaking azure ocean, breaking onto the wide swale of beach, black sand stolen piece by piece away from The Angry One. Perhaps that accounted for his mood.

Before we completely tired of the rippling dips and humps of bare backbone roadway we plunged from the cloud-studded heights, flying down an undulating hip of narrow pavement, gaining speed as we skirted wide flanks of forest then nose-dived deeper into the neon tropics.

A vacuum of light and sound consumed us as we rushed through wormholes carefully excised from dense foliage. Fear gripped us as we imagined ourselves swallowed by this thriving vegetation, so thick you could not discern where one plant stopped and another began. Pinned to the seat in sweaty, mortal fear of the darkness, like children on a scary carnival ride, we emerged from the gloom, spilling out onto a sunny plateau with a momentary glimpse of the wide expanse of the bay.

The vegetation receded and immaculately manicured grounds materialized hosting colossal bulbous shapes sculpted from native red and black marble. Exceptional houses appeared on either side of the narrow pavement, separated but connected by extraordinary skywalks overhanging the roadway. These bridges, mostly appearing to be of wooden construction, elegant in their geometric simplicity, served as aerial decks, some adorned with patio furniture and others with banners snapping in the ocean breeze, but purposely devoid of vegetation. It was easy to imagine sitting atop a bridge taking in sweeping views of the ocean, the mountains and the occasional traveler passing underneath.

The road rose and fell as we rushed along and I bobbed like a top trying hard to maintain a level position in my seat, while my

travelling companion, a small terrier, clung to me as we plummeted between stately manses. We dove, like swallows, swooping under the bridges at hard right angles. The tires screeching, trying to maintain contact with the pavement, the smell of burning rubber assaulting our noses, causing the terrier to sneeze loudly for such a small fellow.

I wanted the driver to slow down as I had never seen anything like the landscape nor the construction, let alone the contours of roadway we were now experiencing. Great trees in colors I had never imagined, adorned with globular flowers or vivid seed-pods grew alongside the houses. The flowers complimented the exterior colors of the individual abodes but as hard as I studied I could not place what varieties of plants they might be. A chartreuse two-storied house with a triangle roof verily piercing the clouds was adorned with pink leaved trees, hosting plate sized, drooping bouquets of vibrant carnelian reds and oranges. While on the other side the road, flanking a turquoise colored tetrahedron shaped villa were the most unusual, stately, rust colored trees, bearing large copper colored flowers, hanging like ropes of bells used by Bhutanesse monks.

By now the terrier was nearly on the top of my head, hanging on for dear life. I yelled up to the driver over the high seat but received no reply. When I raised myself over the mutton-covered seatback I was shocked to see the driver was not there, the car was somehow engaged on a track imbedded in the pavement. My former partners in tourism had vanished. Had I only imagined our conversations?

I somehow knew without instruction I should alert the car through speech to slow down and it would obey my commands. I did so and thankfully the car did as I wished and slowed down to a more comfortable speed. My obvious inclination to panic overwhelmed me, but I choked it back, clutched the terrier under my arm and clambered into the driver's seat. I reasoned I may be able to overcome the controls if necessary and the view from the front seat was much more expansive anyway.

We neared what appeared to be the largest estate on the hillside and I instructed the car to slow even further so I might enjoy, at my leisure, the aspects of architecture so new to my senses. As the bridge between what appeared to be two halves of the great estate came into view I heard a party. Happy voices, like a flock of feasting water birds heralded our arrival. I "knew" of the legend

associated with The Angry One but did not recall meeting anyone from the island. In fact, how did I know it was an island? Perhaps I might meet someone who could tell me where I might be.

The car followed a gentle arc in the roadway momentarily obscuring my view. When next the party came into sight there were no people to greet me, instead a great flock of storks lifted from the deck, long legs tucking under their massive bodies and for all their girth they glided effortlessly into the pure, fading light of evening. One chaste white feather floated into the seat next to me while the terrier maintained a constant siege of barking.

There was so much beauty compressed in these new surroundings, so much to occupy me, that it seemed a shame not to focus on that, at least for a short while. The terrier agreed wholeheartedly, licking my arm and rooting his head under my elbow for me to pet him while we admired the ocean, glittering gold and blue like a holograph, in the sunset. I asked the car to find a safe place to come to a stop where we might enjoy the full view of the coastline. At once there appeared a parking overlook where the terrier and I spent a good while inspecting the expanse of ocean, the setting sun painting gold and pink streaks atop the water, then the moon rising and stars abounding in their own colorful auras. As night blanketed us in a perfect temperature, the terrier settled in closer next to me, which was more reassuring to me, I am certain, than it was to him.

Try as I might I could not follow a thread back to anything known in my past. I reasoned I must be dead, but found it did not seem to matter, so my little companion and I fully enjoyed the evening, wanting for nothing, when we spotted car lights approaching us from the east.

Soon the car, which as far as I could tell was a pearl white Rolls-Royce sedan with an open drivers compartment, pulled alongside us.

When I saw the enclosed sedan I realized the car I was in was a convertible, a red convertible at that! I had always dreamed of having a red convertible!

"This must be the GREAT RECKONING!" I told the terrier.

The dog looked at me with perfectly soulful terrier eyes and snuggled closer.

I was not fearful. I was certainly curious, but neither fearful nor nervous.

(Cont'd Page 4)

## A Dream

It just "WAS".

It was all "OKAY"!

In fact, I searched my mind for memories, for regrets, for failures, for shames. I felt nothing

## The Buck Stops Here

I watched a video of teenaged bullying recently. It turned my stomach. Some people are killing themselves because they feel they are alone and/or worthless; no one stood up for them.

Bullying and intimidation in any form, at any age, is *not* okay.

Schools, neighborhoods, work places, towns, cities, etc. – *no where* is bullying acceptable!

### What If?

What if every person on Earth had to experience, within moments, anything negative they said or did to another?

What if those bullying or intimidating words you slung towards someone today would almost instantly hit you the way it hit the intended victim?

What if every physical or emotional harmful action was immediately felt by the one who just hurt another?

What if you were "just doing my job" and

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that I had done had been done in vain.

"IT WAS ALL AS IT SHOULD BE".

I resigned myself and sighed. The terrier sighed.

both you, and your boss(es) immediately felt what you had just done to another while "doing your job"?

Past articles on this blog spoke about taking responsibility for one's own words, actions and deeds.

The buck stops here.

### Survive and Thrive

I am no saint. I get cranky. I will happily swat the mosquito trying to bite me and I will slap myself silly while trying to squash the "see-me-not" bugs flitting around me.

I even try to "tame" or remove the overgrowth of weeds.

But it all bugs me (no pun intended).

As I was driving towards town I "tuned in" to the desert plant life. I could feel their desire to survive and thrive...they want to live.

We each have the desire – and the right – to survive and thrive.

(search *Las Cruces Spiritual Meetings* - 88012)

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## Cont'd

But, just as the window lowered on the Rolls Royce a terrible thought slammed me headlong; HAD I TURNED OFF THAT COFFEE POT?!

We have the right to *not* be bullied or intimidated in any way, shape or form.

We have the responsibility to stand up for those who cannot stand up for themselves, and not wait for someone else to do it; and it is our responsibility to do so without more violence or bullying.

And we have the responsibility to stand up against those who only care to hurt others so that they themselves can feel more powerful.

At least until they begin to physically and almost immediately experience their own actions coming back to them; that is what the Golden Rule is all about - don't do to anyone what you don't want done to you.

And that time, my friends, I feel is not too far away.

Let the bullying and intimidation end now.

by Jan Toomer

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# Conspiracy Theory

I was doing some research recently which involved delving into some heavier (energy-wise) topics and some of the topics were on conspiracy theories.

I am not saying that all conspiracy theories are nonsense; that would be naïve and unrealistic. I believe *every* story originated from somewhere; as to whether or not they were each born to this dimension or another; this world or a parallel; or purely fantasy “what ifs” ... I do not know.

Anyway, in the past I would pull away – abruptly – from conspiracy theories. I was uncomfortable with the energy surrounding the theory as well as the confusion, anger and fear these theories have a tendency to evoke (perhaps that is their purpose? Again, I do not have that answer).

A theory is an assumption or a guess; not very tangible.

I know, this coming from me, right? The one

who deals with the intangibles of faith, the Source, and the energy world.

I have seen what some conspiracy theorists have lived through – their fear ruling their lives; a seemingly simple theory became deeper, more menacing and all encompassing.

## Grabbed One by the Horns

This time I grabbed one conspiracy theory by the horns and looked deep into its eyes. I sensed no fear and no confusion within me and received no revelations about it.

I didn't try to confirm nor deny the conspiracy theory, nor was I afraid of it or what it stood for.

I hadn't accepted that particular belief into my reality; therefore it had no control over – or effect on – me.

I realized I was merely an observer to that

belief. I felt nothing; it held no power over me. Its energy is not accepted into my frequency.

It's not about ignoring it and I am sure one or more individuals have accepted one or more of them into their lives – but as of now, that one is not in mine.

It's not about denial; it is about accepting responsibility for what you will or will not accept into your reality; and accepting that responsibility allows you to create a more powerful reality of love and grace instead of fear and doubt.

I think it all goes back to:

- Everything is either love or fear.

Yep, I opt for love and grace.

by Jan Toomer

# Super Psychic Kids

By Sulana Stone

## Amazing Powers of the New Children

In increasing numbers every year, “New Children” are being born around the world who have “x-ray” vision, move objects through the air with their minds, and know the future. And these abilities are just the tip of the iceberg!

“The New Kids on the Block” are able to move solid objects through solid materials, read balls of papers placed in their ears, bend spoons solely through intention, communicate telepathically, and “read” with parts of their bodies other than their eyes! These innocent children are demonstrating natural spiritual abilities that are relegated by most people to the realms of fantasy and movie special effects.

## China's Wonder Youth

Since 1974 the Chinese government has discovered over 100,000 children who have extraordinary psychic powers. These children, when blindfolded, can “see” with either their ears, nose, mouth, tongue, armpits, hands or feet. In one test conducted by *Omni* magazine, researchers randomly ripped a page from a stack of books. The page was then crumpled into a small ball and placed in the armpit of a Chinese child who then read perfectly every word on the balled up piece of paper. Chinese kids can also read the wadded up ball under their feet, in their

ears, and even by chewing it up!

Another remarkable feat that over 5,000 young Chinese have demonstrated publicly is the passing of solid objects through another solid object. A child randomly selects a glass bottle of pills which is sealed in its original plastic wrap and then placed on a large bare table. Suddenly the pills inside the sealed bottle pass through the glass and appear on the table. The child can also take a coin, put it on the table, and the coin will pass into the sealed bottle. A young girl named Yong Li can remove cigarettes from inside a cardboard box without touching the box. One boy can control mechanical watches, making them run fast or slow. Another can make watch hands move quickly around the watch face without touching them.

## Natural X-ray Vision

A 12-year-old girl, Hu Lian, can see inside a person's body. Hu saw a piece of shrapnel left inside a man's body and accurately drew its shape. Other children were tested in hospitals on their accuracy in medical diagnoses. Out of 75 cases, the children were completely accurate in 80% of the cases. In trials viewing fetal positions, they were correct 84% of the time.

## Invoking Roses to Bloom

A young Chinese girl has demonstrated her ability to influence live rosebuds that over

1,000 audience members were holding in their own hands. With a silent wave of her hand, the thousand rosebuds would slowly open into fully blossomed roses before the eyes of the astonished audience. And under the strict discipline of scientific research controls, the Chinese government has observed these same children changing human DNA molecules in a petri dish.

## Kids Activate Other Kids' Power

The Chinese government has set up training schools to assist these children to develop, and pass on to others, their psychic abilities. The officials discovered that when they have children who aren't psychic socialize with the psychic children, the non-psychic children quickly absorb the ability to perform the same astounding feats as the psychic kids.

## Mexican Miracles

Over 1,000 children were found in Mexico City who were able to “see” using the exact same body parts as the kids in China. Blindfolded, an 18-year-old Mexican girl, Inge Bardor, can accurately know everything about the people or place in a photo simply by touching the photo. Inge can also describe the person who took the picture and what the photographer was wearing that day. In one photo of the inside of a house, Inge psychically went into the house describing exactly what was down a hallway that was not shown in the photo! Testing

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## Super Psychic Kids

Cont'd

her ability to read with her feet, she stood blindfolded on a newspaper and read it perfectly.

### Spoon Bending by Osmosis

In the '70's, Uri Geller could bend metal object just by looking at them, which was substantiated by scientists at Stanford University Research Institute. Demonstrating his psychic power on TV all over Europe, Geller once asked people to place knives, spoons and forks in front of their television sets. With millions of witnesses, Geller bent tableware in the studio before their eyes on TV—and he bent the tableware in the homes of Europeans watching the show. This single act had an interesting side effect. From phone calls after the show, it was discovered that over 1,500 children were able to absorb the same spoon bending ability just by watching it happen one time on TV!

### New Children Here to Wake Us Up

The "New Children" have come to Earth with a clear purpose. These kids know who they are and why they are here. They carry a new vibration and have come to transform the consciousness of humanity. They are here to vibrate an energy of peace and love for Earth. As they vibrate and visualize light in places that are dark, they are changing Human Consciousness. Their energy provides a fresh, innocent, powerful perspective and tone for people who are searching for new, more viable solutions to society's problems and challenges.

### Kids Remember Past Lives

The University of Virginia has been doing studies on children who remember past lives. These children say things like: "I have another daddy", "When I was big, I used to have a car", "That happened before I was in mommy's tummy." Just like their counterparts around the world, some of these children can see into the future and move objects with their focused intention.

### Near-death Experiences Awaken Powers

P.M.H. Atwater, author of "Children of the New Millennium," writes about the after affects of children who have near-death experiences. These children foretell the future, possess heightened sensory and empathic abilities, have no fear of death, and see and talk to people who have died. Atwater is not alone in her feeling that these children are the beginnings of a new race of people on Earth.

### Worldwide Telepathic Children's Network

James Twyman, author of "Emissary of Love: The Psychic Children Speak to the World," shares profound telepathic communications with many psychic children. One kid, Thomas, talks about a worldwide network of psychic children who remember their "soul purpose"—which is to teach people how to bring love and peace to the world. These telepathic children are technologically oriented while at the same time highly intuitive and creative. They are confident, strong and non-attached-with quick, sharp

minds.

### "New Children" Are Very Smart

Newsweek magazine reports that the rise in IQ scores throughout the developed world "is so sharp that it implies that the average school child today is as bright as the near-geniuses of yesteryear." One ability that especially stands out is the kids' rise in "non-verbal intelligence"—the ability to know or intuit information. The New Children are natural creative problem solvers.

Medical researchers at UCLA are discovering some youngsters with a unique DNA pattern no one else has. They have 24 active DNA codons. People normally have only 20 active codons. These children have a remarkable resistance to illness and seem to be immune to every disease.

[http://www.thedream.com/index.php?option=com\\_content&view=article&id=252](http://www.thedream.com/index.php?option=com_content&view=article&id=252)

*Drawing from the wisdom of native cultures and ancient spiritual traditions, Keith Varnum shares his practical approach to healing and transformation as a Certified Matrix Energetics Practitioner, life strategy coach, author, acupuncturist, filmmaker, radio host, vision quest guide and international seminar leader with his free, fun Prosperity Ezine, free Empowerment CD and free Coaching at [www.TheDream.com](http://www.TheDream.com)*

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# Pardon Me... Your Past is Showing

VINTAGE.....

August 4th, 2009

I know I have touched on this previously, but it is now becoming 'in-your-face'.

Many are facing something – or someone – from their past. It's time to take care of unfinished business.

Some are having the feeling that they may have forgotten something, but can't remember...all that remains is that slight nagging feeling in the back of the brain. This may be the unfinished past is attempting to resurface.

Some are being confronted with a scenario similar (or in some cases, identical, including the same person/people) to one you experienced when you were younger.

It may be any unresolved issue. Below are just a few examples:

**Learning to set boundaries in your life.** For example: you may have left a friendship/relationship that was unhealthy for you, or you were taken advantage of...now it's time to face that circumstance again and create your boundary or boundaries – ("I no longer accept that drama / an unhealthy relationship in my life.") – and stick to it. It doesn't have to be in anger; just decide what kind of energies you want in your life.

**An illness or imbalance that you previously**

**applied a 'band-aid fix'.** Example: I recently had some dental work done (deteriorating/damaged metal fillings were removed) that I have put off for two years.

**An unresolved anger or fear towards a person and/or circumstance.** (I am in no way suggesting you put yourself in physical or mental danger!) Example: My mother and I had unresolved issues from the past (touched on in a previous post) – and we were unable to physically work it out, so I went to the non-physical and we worked on it there.

Metaphysically-speaking (and chances are you are not going to want to 'hear' what I am getting ready to 'say') – you set up those experiences from your past to help you grow; learn to forgive others and yourself; and take something positive from the experiences. Yes, there are horrific incidents/experiences out there. I am not downplaying or reducing your experiences. I am saying that we have a choice on how we respond to those incidents. Each individual has the ability to take something positive from each incident – or not.

We are coming full circle – the past meets the present, and must heal those rifts now.

"So just how are we supposed to do that Jan?"

**Take care of your physical body.**

**Begin on healing your past.** Counseling and/or getting together with the person/people to work it out amicably. I do, however, highly recommend seeing a board certified counselor/therapist though. It is very easy to slip back into the old energy patterns associated with the incident and/or people.

For those issues revolving around someone else who is deceased, incapacitated, or whereabouts unknown, you can do the following:

Counseling. It really is good to have an objective, trained counselor to help guide you. I am partial to certified counselors who also have acceptance of the metaphysical.

After shielding, ask your guide how you can accomplish the healing.

An energy healing technique, such as Ho'oponopono (brief article here).

It really is time to have closure on the past – we cannot be lugging that around anymore.

I wish you each a healing of your past.

by Jan Toomer

Unknown

"I love people I can  
be weird with."  
-PowerPlug!

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## "Healing Requests" on Facebook

A "Healing Requests" page has been set up on Facebook.

### Healers

Healers/energy workers, etc. can check in on this page when their schedule allows to see who needs assistance and offer prayers / energy work.

Healers do not prescribe or diagnose.

Thank you very much for donating your time and energy for these people.

### Those Requesting Healings

You assume all responsibility.

This does not in anyway replace professional medical treatment; it is advised that you seek professional medical treatment.

Do not use last names or post email or phone numbers.

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There is never a fee for this through this Facebook page.

<https://www.facebook.com/HealingRequests>



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# Ascended Masters Newsletter #168

Dear Friends,

With the war drums sounding on our beautiful planet, Martin and I have been guided to listen to the Beings of Light for a greater understanding of how we can be of service during this time. Summer is waning and as we've sat in the beautiful woods near our home, surveying the peaceful surroundings of our world, we have wondered how we can share this peace with all of Mother Earth. The wisdom of *St. Germain* was very helpful to us. We hope it will be helpful to you as well.

Many Blessings of Love and Light,

Linda and Martin

## The Path to Peace

By the Ascended Master *St. Germain*

Dear Beloved Friends,

Once again we thank you for this opportunity for conscious communication. We are aware that many of you have increased your supplications to the Light of *Infinite Source* and to the Beings of Light to be of service to you at this time. With cries of war arising continuously from your Earth plane, pleas for peace are arising as well.

How can one find peace then on the third dimension that you call Mother Earth? It is an ancient question that was first raised when humanity developed into the denser forms. You see, initially, the human form was composed of higher-vibrational energies that did not necessitate the ingestion of food nor the act of copulation in order to thrive and evolve. But as humanity acquired the need for food and copulation in order to continue existence, fear of loss led to the creation of the emotional body within the human form. With the rise of fear came the loss of peace within. The need to fight for food and the right to copulate in order to continue the species are the two driving forces that have led to the fighting that has occurred on Mother Earth continuously ever since.

(At this point of our discourse Manalus [Martin] commented that the biblical story of Adam and Eve had it right, apparently: food and sex as the downfall of humanity.)

The Bible contains interesting allegories that have allowed part of modern humanity to understand how suffering began. Indeed,

all religious traditions have offered allegories to aid humanity in understanding how suffering became infused into life on Earth. But the accompanying material in the Judeo-Christian culture regarding sin and loss of the loving support of *Infinite Source* has led to a great deal of confusion for many.

For you see, these driving forces for food and propagation of the race are not in and of themselves sinful needs. Sin initially meant that one had turned away from God. The essence of God or, as we have designated, *Infinite Source*, in truth is a **loving, nurturing force that when allowed will supply all one's needs** as one resides in human form. What has created the fear and suffering for humanity has been derived internally by man when man forgot that simple truth. Suffering began with the **fear of lack**. Turning away from accepting the unconditionally loving and nurturing Light of *Infinite Source* has created the suffering that has led to a lack of peace on Earth: One must fight wars when one is afraid one will not have enough.

You see, when humans become afraid of losing what they believe they must have, suffering began. The emotional body that has formed in humans in response to fear has created the confusion that has infiltrated every aspect of your world.

How then does one relieve this inherent suffering? **It is a simple process** to consider and one that has been described throughout the centuries by great sages of every religious discipline: It begins with **trusting the unconditionally loving Light of *Infinite Source***.

This sounds quite simple, but has proved elusive to most, as the distractions of the illusory human plane continue to maintain a firm grip on the ego mind of most of humanity.

The disruptive energy of fear has infiltrated every aspect of human life. In recent days as the war drums have beat with even greater dissonance upon the human plane, a steady stream of reports have come to Leia and Manalus [Linda & Martin] of physical and emotional discomfort among those with whom they are connected.

Indeed, within their own home and within themselves they have noticed that they must increase their effort to maintain balance and harmony within themselves and in their interactions with others. For instance, a confrontation with her teenage

son caused Leia an intense sorrow and anger. She found she needed more time in solitude and meditation in order to regain her conscious connection to her Light.

You see, beloved friends, the Light is always within you and in everything you behold, but remembering this simple truth when one is suffering, or sees suffering all around, can be most difficult indeed. And so it was with Leia.

When Leia allowed us to speak through her, she was reminded once again that she cannot change others in her universe, but she can continue to heal self and in this process, as she returns to peace within, she can change how she perceives her universe.

Certainly, we encourage in all situations to invoke the Light of *Infinite Source* and the Beings of Light to aid humanity and all who dwell on Earth. But first and foremost, **inviting the Light into oneself must be the crucial action**. As one invites the Light in, having compassion for one's own confusion as well as the confusion one is observing in others is most useful.

But the act of compassionate healing must be accompanied by a **complete trust that the Light of *Infinite Source* is omniscient and requires only an invocation**.

The Light is functioning at a level of wisdom unobtainable by the ego mind. Therefore, **it is not at all useful to tell the Light how to heal you or your universe**. Simply **trust** that as you invoke the Light, the Light will know what to do and the healing will occur.

This healing may not be as you might have mandated it should be. This is where you must **let go** and know that how you think the world and your life should be may no longer be useful.

With the influx of the even more powerful frequencies of Light from *Infinite Source* filling your plane, relying on the past and planning your future as you think it should be may not be useful at all. For **with this rapid influx of higher frequencies life as you have known it to this time is not how life will continue to be**. But if you welcome these higher frequencies into your heart, soul, and spirit, what you will come to realize is that **suffering is no longer a necessary component in your life**. You can let go of the need to suffer if you so choose.

Beloved friends, what we are asking you to consider is to **let go, trust, and allow**. Af-

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■ The articles posted here and on the blog reflect 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 #168

Cont'd

ter you have made your invocations of the Golden-White Light of *Infinite Source*, after you have requested healing and welcomed the Light into your heart, soul, and spirit, know that this Light can fill you with an awareness that *Infinite Source* has always

loved, nurtured, and cared for you. For this is an absolute truth. Allow it to be truth within you.

And that is where peace begins.

*St. Germain*

Expansion Publishing - Newsletters

## Ascended Masters Newsletter #169

Dear Friends,

Each day we have received transcendent guidance in the messages from the Beings of Light. So much has come to us that we have had difficulty deciding what would be best to offer to you in our newsletter. This morning, however, *St. Germain* came to us with a message that has distilled what we have learned in our most recent messages. We hope the message will be as useful for you as it has been for us.

Many Blessings of Love and Light,

Linda and Martin

### There Are NO Limitations

By the Ascended Master *St. Germain*

Dear Beloved Friends,

We are most grateful for this opportunity to share our message with you. You have come to a time in the creation you call Earth to realize that your ego consciousness has greatly limited what is the true nature of reality.

Your ego mind has as its goal to preserve who you are in human form. And this has served you well through many embodiments of your recent existence in your universe.

However, because of the vast expansive opening to all of creation that is now accessible to the human form in which you currently reside, you have available to you a greater awareness of who you truly are. This awareness far exceeds what you know of self from the limitations of the ego mind that is currently guiding your form.

We speak of limitations because your ego consciousness that is "protecting" you from greater conscious awareness is not allowing you to know that you have existed **forever** and that Earth time as you know it is an illusion that keeps you from realizing that **forever exists now!**

What do we mean by such an amazing statement? Imagine, if you will, that the hu-

man form in which you reside is a minute portion of all of who you actually are. We have termed such a grand concept your "Totality." We propose this term to denote all you have ever been or ever will be.

If you can accept the concept of your Totality, then we ask you to allow this concept to include not only the limitations of the time and space that you call Earth plane, but also all creation beyond the Earth plane as you can conceptualize this with your ego mind. Then go beyond the ego consciousness and **realize that there is more to creation than you can possibly conceptualize with this consciousness.**

Then we would ask you to open your heart and allow the wisdom and omniscience found in your heart chakra to carry you into the "unknowable" and to realize that this is where you can now reside.

You see, dear friends, **there is NO limitation on who you actually are and what is possible in your universe.** The only limitations you are struggling with exist in your ego consciousness, and this is no longer serving you well.

What you are finding on your Earth plane is that each human's heart is endeavoring to open to the true nature and sovereignty within, but that the ego consciousness wants to remain the supreme focus of your life on Earth.

This has led to the stress and suffering that has increased for so many upon the Earth plane at this time.

There has also been an increase in addictive behaviors and medicating for so many because the human mind wishes to ignore as best it can the longing of the heart to break free and acknowledge your true nature and sovereignty as a being of Light in human form.

Trying to remain in the limitations of the ego mind is proving less and less viable for each one of you at this time. But moving to the "unknowable" of the Light that is flowing through each and every one is proving even more challenging.

How does one open one's heart and embrace the beauty of the loving, omniscient Light that can be discovered there? How can one **let go of the fears** that have limited one and been the primal motivation to this time?

How does one open and allow a new knowledge to fill one's soul, heart, and spirit? This knowledge is without words. It is a **knowing**, an accepting of one's sovereignty as a being of dignity and grace, wisdom and compassion.

**Who you really are transcends all time and space. Who you really are transcends the concepts available in the ego mind.**

**You have existed eternally. You have been to every portion of creation. You possess a power and beauty within you that knows no limitation. You are Light in human form.**

Open your hearts to the golden-white Light of Infinite Source, dear friends. Quiet your minds. Let go of the need to be addicted to anything that distracts you from allowing this Light to tell who you really are.

Let a conscious awareness of your Light fill your heart, soul, and spirit. Then open your hearts and know who you are.

Let this Light in your heart guide you to a new way of being. Your life will unfold in wondrous ways. Allow this to happen without deciding how this must be. Your ego mind cannot fathom what is possible. But the Light flowing through your heart does know. And it will guide you with great love and care. Simply trust that this is so. Allow the expansion to begin. Affirm that you are open to trusting and allowing the wisdom of the Light flowing through your heart to guide you.

Your true life is just beginning. The time is **now** to know who you are.

*St. Germain*

Expansion Publishing - Newsletters

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# 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!*

