

***CONSTANTINE & ELOPHYNY***

***Extraterrestrial Communication: Volume Two***

By

Alexander Zielinski

Copyright @ 2014

## INTRODUCTION

*Alexander Zielinski is a Clairvoyant Medium who Channels 'CONSTANTINE' (a higher evolved spirit being) and 'ELOPHYNY' (a Collective of light beings from another Star plane). He is also a Reiki Master who utilizes 'Energy' Healing.*

*Alexander and his guides are providing the following information, with the hope and desire, that the knowledge provided will assist those in the human form to grow and evolve spiritually; to truly come to understand their connection to each other as they seek truth and peaceful awareness of who they are, where they come from and what they seek to accomplish in their life through service to humanity.*

*This is 'volume two' of this series.*

*Further information can be viewed at: **LotPatrol.com***

## **Topics Discussed**

71. Atlantis
72. Pres. John F. Kennedy
73. Will Mankind become Extinct in the Future?
74. Alzheimer's
75. Seizures
76. Heartburn & Acid Reflux
77. Chakras
78. Lawn Care/Maintenance
79. Is a group needed to develop Mediumship?
80. Healing types: Difference
81. Spirit's who 'Haunt'
82. Homosexuality & Bisexuality
83. Sadism for Sex Gratification
84. Masochism for Sex Gratification
85. Possession
86. 'Shadow' People
87. Development Class: Daydreaming
88. Weather Control: Government
89. Mass Shootings/Bombings
90. Police: Consequences of Abolishing Them
91. Raising Children without Rules
92. World Militaries: Transformed into Peaceful Units?
93. Easter and Jesus
94. Anti-Christ: Mabus/Obama
95. Addiction/Dependency: Causes
96. Sylvia Brown
97. Maintain Individuality as Energy Being
98. Star/Indigo Children
99. Abortion
100. Space Shuttle's last Mission
101. Role of EMT/Paramedic during a Heart Attack
102. Population Control
103. Euthanasia
104. National Rifle Assoc: Agenda/Powerful Politics
105. Law of Attraction
106. Marriage
107. Leaving/Returning to one's Body

108. Is Sex just for Procreation?
109. Focusing the Mind for non-physical Work
110. What causes Allergies to Domestic Pets?
111. Possible to Overdo Psychic Development?
112. Perception of the Afterlife
113. Harm from Cell Phones/Electronic Devices
114. Big Tobacco: Any Danger to Society?
115. Mad Cow Disease: Does it Exist?
116. Pharmaceutical Companies: Holding out on Cures?
117. Religion: Can it Work?
118. Lessons: Why come to Earth to Experience Them?
119. Higher Education
120. Walk-ins
121. HIV in Africa
122. U.S. Dollar: Will it remain as world Reserve Currency?
123. Bipolar & Manic Disorders
124. Traits & Attributes: Before & After Birth
125. Fantasies
126. Where do new Energy Beings come from?
127. Ocean Water
128. Water: World Pollution
129. Healing Methods: Which is Better?
130. Seasonal Allergies
131. NDE: Seeing Image of Jesus
132. Heel Pain/Tendonitis
133. Poison Ivy
134. ESP: Mood/Emotions Experienced
135. Paul McCartney
136. Polio in today's world
137. What is Ectoplasm?
138. Energy and its Physical Structure
139. Benefit of Mediums/Psychics
140. Time Travel
141. Memories/Past Lives
142. Cold Sore/Fever Blister

71.

(Q) Atlantis?

(A) There is much to say about Atlantis before any questions are answered. Many believe this is a mystical place full of space travel and special powers. And on many levels this is true. But simply because it was a different time with different ideas; this does not make it superior to that of other societies and other people. The fallacy is to place them above or below present or other civilizations. The fallacy is to place them superior because of technology. There are many errors in all humanity and civilization due to free will and the direction it chooses to pursue. The goals of the self and preplanned issues shall always stand and the majority of them be met and achieved no matter the circumstance; but because of free will, the ability of others to join a group, the ability to remain an individual or take on the identity of a group, this is what causes change in direction. There were many more souls living adequately, that is to say they were achieving something consciously, they were actively engaged in their world on many levels; not many distractions as you might see today in your lifetime. While not always beneficial to the self or to the society or to any of us at any time, they were part of groups, they were connected, they knew and acknowledged this unlike today; where most would consider each and every living thing, action, and thought, a separate compartmentalized thing that does not impact any other. So, they were aware of many things that it would seem only a few know now, many others now feel this but they do not readily know what it is. Simply because they knew what they knew did not mean that they necessarily used it in protective or positive ways. Just as many now use things negatively or simply differently from their positive or true purpose. Also it should be said that positive is not always the true purpose of many things. While uplifting, loving, peaceful and positive shall always be the desired result, the desired attention, the desired feeling that all things in nature and existence shall want to express or receive; these things do not always occur and they are not always negative to experience them. You are here, all civilizations, are here to learn and educate.

71.a

(Q) What type of technology did they have at the height of their civilization?

(A) There was much in Atlantis that was technologically advanced compared to other civilizations of the time and those that immediately

followed. They would be considered advanced by today's standards, some would view them as archaic but it is because they used different methods for achieving the same results in many areas. There were many crystal and mineral based technologies that powered their civilization. They had the ability for long distance transport by ground and air. There were limited abilities to be transported from place to place without the use of some device such as a vehicle. This would be some type of device similar to the science fiction transporters. You could be in one place and be sent to another place without the need to self travel hundreds of miles. The importance of all of this, what it hinged upon, was that many were capable of using more of their mind, and by measurement, if they were not using more they were very much able to use their mind in a way more than simply as a storage device for information. They were aware of what their minds could produce. The ability of the mind to impact physical objects; the power of their thoughts. It is very real and possible to produce an outcome based solely on the energy that you emanate from your being and into the world. Many were aware of these and many things became possible because all energy was directed upon it. All had independent lives outside the group but there was much more done as a group, as a whole, for the benefit of all of mankind as you could say. The ability to direct energy as many show you in science fiction fantasy, these things were not fantasy, power came from the power of all. There were many destructive things that occurred, such as your researchers who created weapons out of initially good and true and medical discoveries; many things, nearly all things can be weaponized if that is the intention of a few. Healing was done so by internalizing the force of nature and by the use of minerals. There was not so much outside synthetic medicines. The body was treated with high regard in terms of what was placed into it and what was done to honor and protect it. There were still daredevils, there were still accidents but the methods used to treat them were less barbaric than even the most civilized standard practices today. There are many on this plane who feel this way now, there is a knowing that something else could be done in medicine, some practice it, but major revolutions in terms of treatment and prevention will be coming to your plane as these individuals increase in numbers and varied research begins. The ability to transfer energy was important, from being to being, from place to place; there was a greater understanding that the force behind all things; thoughts, actions, solid objects, all was energy. The ability to transport extrapolated energy from an individual to be combined with the energy of others to be used to create solid objects or to impart the energy into another for the benefit of health was afforded to them

by many who researched this area. There was a greater emphasis and understanding of the body that is not directly physical. Many on your plane now in this existence wish to work in medicine but ignore this part of the body, if they cannot touch it, it does not exist. This will change for many. Small at first, than many. The ability to communicate over vast distance without the use of an intermediary. There are some who knowingly and unknowingly accomplish this now, in full conversation and in small snippets of feelings and thoughts. There was no telephone per se, there were devices which could amplify intention and messages but that was all initiated and received by others through the self. There was higher regard for the self, there was more unity within the group. Destruction came because there was less balance. The group shifted. The group became centered on power while smaller factions attempted to retain their old ways. Earth based power, science, and medicine will slowly start to mimic what was achieved then, there was less negative impact when you live as they did, promoting cohesion through all life systems in the body and those that occur on the plant and in the solar system. There is much done to control externally all things that occur; much more can be achieved when life is conducted in conjunction with these elements, rather than seeing them as resources alone.

71.b

(Q) What type of spirituality did they have?

(A) There were many who worshiped beings which they believed controlled many of the natural elements. There were many who were aware of the true nature of things and looked only at nature, its methods and its actions, and were thankful. There was not extreme focus on a supreme being. They were aware of outside guidance, of the ability to take what they have and to make it into something more; they were able to regard others with the same morality and highness as they did themselves. There was a decline and many were doubtful of themselves and of the necessity to also see themselves within a group, as part of a connection. There is truth in independence at all levels but it is true to also so that even if you never speak to another human being, your actions directly impact the rest of the energy on the planet. There was a decline and more worshiped things and directed energy onto other things that really offered no control on to life or onto the lives of others. The ability to worship is the sense of putting one's self lower than another, there is no need for a king or a prince to be superior to those that he is supposed to aid, many problems arose when there was the necessity from the group to have a ruler who then spoke with or seemed to

confer with a higher power that was not necessarily communicating with anyone. It is important to say that not all religion is spirituality; though much of it was fractured from and split from and rewritten from the true ideals first imposed, by the self, and through true knowledge, in Atlantis. These were not imposed in the sense of law, but they were expressed by all and were so able to accomplish much more. If a road need be built, there was not the hiring of laborers to accomplish it; there was not the need of many government actions to achieve it. Many things were done simply with the mind. Many knew this, it was welcomed, and it was accepted. It was not written into law. You did not have to believe. You could choose freely to express yourself how you wanted. It was ideal for the time.

71.c

(Q) Were they totally in human form or spiritual form or somewhere in between?

(A) There were many who had forms similar to that of your natural representation now, of a spirit or soul, your true self, which was also attached to a physical form. There was greater ability to live the physical form to accomplish energy work, healing ability, the formation of energy into solid matter. There was not such focus on accomplishing it, the leaving of the body and learning how to do it, it was not ignored from birth. Now there is a discovery process to achieve these, the leaving the physical body. You are essentially in the same form at all times no matter where you are on the path of education and learning. You are your true self, you are simply operating these bodies and the trappings it entails, and you are free to leave it to conduct business. There was not a since of a higher being in terms of one who could cross planes from learning life to true life, but the ability to recognize the physical self and the true self, the spirit being, this is what was known. There are many who could travel dimensions. In this time period there was more access for beings to briefly return to spiritual and learning centers from the source of creation. Less of this is accomplished now. Often it was unnecessary for them to return at all, it provided a sense of comfort. Often the doubt and worry such as you experience would cause them to seek refuge rather than to find the resources and experience the action as they wished to do in the physical form. It is not a higher power to be able to leave the body, you can do this now. Many can do this now if they choose it. There is a sense of evolution in the self, progress does not make you better than another individual who is unaware or new, you may be

wiser, and you only have more experience. Helping them is ideal; we will all succeed when we all succeed.

72.

(Q) What group or groups had President John F. Kennedy assassinated?

(A) President Kennedy was not assassinated in the sense that he was terminated from life without some sort of prior knowledge or input. He was warned in the physical plane that this attempt would be made. In that time he was not overly concerned. Up to that time such a bold action had been removed from the American psych in terms of successful attempts and bold acts being carried out in such a public manner against such a person. There would be assassination attempts prior to and after this but it was the nature of this attempt and success that made such a notorious mark in history. John F. Kennedy was assassinated due to the figure that he held for many. He was an idea and a belief that without him many things would not succeed. While many who fought him would have found other means, there are many others who were silenced out of fear because of this action. It is not to worry for him, in a sense; an act such as this was readily planned, though it would have liked to prevent the acts that precipitated his demise. It was not for him to control at the time. The groups who fought so hard to keep him and elect him and promote him were not nearly, nowhere near, not even singularly holding a thought of violence in terms of using it to perpetuate their ideas. Those against him were many in politics but as they say to "follow the money" today, such was the case previously. There are many interests controlling your government and therefore the people. It is not a matter of which part a member associates with; the true parties are divided by the purse strings. Donations can be monitored and tracked, they are very transparent about this, but Bank 'A' is not necessarily donating by that same name. This is true today as it was previously. There was a rise in need for control, there were families who were seeking power, and with an attempt such as this, their threat of deceit and terror ran deep within the government, they would not be able to be stopped. It was not an extraterrestrial or Russian influence. It was not to be an outside company or agency not from this government. The ability of others near him was very limited in order to cease his actions or his martyrdom. It is important that many take up his claim, it has taken much time but there are many slowly returning to the ideas that he once carried with him so vigorously. Within your government there are many who use power, deceit, control, and money, only to gain more power and money by deception. There is no real power another

human can hold over another human, it is only done so when the human allows this to occur. It is important to know that his ideas were not ceased, stopped, or any manner conducted and released from their importance simply because he vanished from your plane. It was not for you or anyone else to be concerned with the assassination in the manner in which it was conducted. The assassination had many villains, many who were carrying out the plot, if not by method A than by method B. It was to be completed by any means necessary. Russians are not someone who would have, at that time, been a group who would have had any part of assassinating the American president. It is very much those from within who sought to do him harm. This was a stage in government when there was less falsehood in actions and votes, fewer backdoor dealings. The government was public and conducted themselves accordingly, but there was a slow rise in a darker presence. Money, simply for money's sake is what drives many lines that are still present within the government today. They are not earning rights and possessions that will carry with them into new realms but they do not focus on this. They are very short-sighted in their thought and ambition. It is needed to say at this time that John F. Kennedy would have been assassinated in this manner. There are many who sought control by any means and they were doing so by eliminating those who were, in a very simple way, giving hope to those who were less fortunate. It may sound very much like the story of Robin Hood, that there was a victor rising from the people to help them, and this was very much true with other figure heads of the time. People were very much connected to them. This was a very much time for change. It was the method of several forces releasing pressure from the earth. Many who have repeated these similar actions among the earth plane; it is not important the; who or how, but the why. It was important for those who were present then and those who are present now to actively seek out new forms of government and new methods, knowing that control simply for foolish gains with no lasting effect, are serving no part of your true self. Giving unto others is the most valuable form of currency. Knowledge and material goods; not simply to amass more wealth and power. Moderation, this should be sought by all. It is important to say that not all who have wealth, or more wealth than a particular person, they are not evil or living incorrectly. There is a very certain group who seeks power and control and continues to do so in order to perpetuate their position on top of the ladder in society. Only their family's benefit from these actions, and to an end, they are not helping any succeeding member of the physical family in the process. It is very important that many release the anger they share over this incident and

realize that the actions that were carried out are still present in the machinations of today's government. Do not turn a blind eye to the government, but also realize that many of the party line arguments are meant to hold your attention, meant to draw lines, meant to give meaning to other arguments they are presenting. It is important to say that at this time there are many seeking a new way, a peaceful way; not in terms of sharing flowers, but in terms of recognizing the self by honoring the group. Recognizing the group and honoring the self. It is important to know the role of politics and the part it plays in your life in the sense that it is a control mechanism if you allow it to become that, as it is currently intended. This is not worse at any point in the world through the various names and types of governments. There are special groups that seek more power, they are attracted to power, and will fill the purses and bank account of those who are most likely to obtain the position and keep them close to it. There is no other way to describe it. There is more done to your countrymen by the hand of their brother, the same brother who is swearing to protect them and their land.

72.a

(Q) What was the reason these groups needed to remove him from office?

(A) To perpetuate their sovereignty as an independent controlling group above the remainder of society. No more are nations speaking to nations in terms of aid, and in many cases there are no cold war spy games being played. Force is often used for gain, but this is not the gain of the nation as a whole, there is control and benefit to only a few to enact new laws and control more citizens. Poverty will continue to be a problem; it will not be solved, because there is only blame placed between classes. Rich blame poor, poor blame rich and the same for all in between. Many are not happy but rather than look within they are being manipulated and blaming others. Much idle identification of alleged problems but the blame they place on others is often incorrect and done so only because some controlling authority has specified the other group as the problem. There is not much independent thinking. Those that do are slowly leaving the system. The system will slowly collapse as more become aware and the current state of government disintegrates slowly only because the fear they wield becomes effective on fewer and fewer and smaller numbers of citizens. The time to make a book is correct, to share history as the people have seen it, not as the pirates of the world wish to have it restated in their favor.

Mankind

73.

(Q) Will there be a future time when mankind will become extinct, like the dinosaurs, on this planet?

(A) There will be a time when this planet may no longer be the seat of human interest and existence. What is more probably to occur through natural evolution on this plane is a return to the knowing of two bodies within your possession. Your physical body which is a temporary body, and your true self, which many would say is non-physical, a light being, nonphysical. It is important to know that this is a training ground in which you interact, potentially, with many other beings, so far, not many have done so. The point at which human life ceases to exist would mean that this training ground, in these forms, is no longer necessary. It would be important to say that if this were the case, there is much training to be done in other areas. There are others who need this place, there are others that you will not communicate readily with on this plane in this lifetime but many who do not cross communicate once you return to your true home. This place is only temporary. It is essentially a hologram. There are other beings here that are capable of transporting themselves in their one body between the two places, but these do not entirely act with you when you return home. There will be a time when a new kind of evolution takes place. There will be a time when even the least experienced soul is the most experienced and it will be a new time for new experiences. Each time man progresses in this physical place there become new changes and challenges as those wishing to learn here require new tools and methods to accomplish it. If there were a time of extinction completely there would be a new form. There will be times when the Earth is not the most hospitable place to reside; there will be other planets, moons, and other locations that will be inhabited by the human form. A change of form is quite some time away and nearly immeasurable accurately by numbers and ideology. There are not many on your plane who can conceive this but it is more important for them, as they read this, to know that all things require change, change is the permanent thing. Conflict arises in the self and with others, in actions, in thinking, in focus when we do not realize that change is the only permanence. Permanent is not permanent, all things are temporary. When you cease to change and adapt you are essentially stopping your own education, your own development as a being. There was a time when there was not much experience on this plane and fewer experiences were had because beings were equipped in that way. It is less so now for beings to

remain in one or two experiences in their entire life. Time by your clock is not picking up, your clock is not moving faster, but the rate at which knowledge is acquired is moving faster. It is not necessarily a short attention span that moves focus so quickly between subjects and study matter and interests. The ability to overcome or quickly become well-versed in a subject is what many are here to do, to gain valuable insight in a quick time. That is no way to indicate that you must rush, but if you feel that you have moved through many different fads, phases, interests, or periods, it is most entirely true, simply because you have gained from those things what you needed. There may be an interest for you later in your years and possibly later in lifetimes but there is no need for many things to be dwelled upon or within for an entire lifetime. As with all things these are not concrete rules, you may have an interest or a hobby, or a way of thinking that continues through an entire life, many lifetimes, or is part of your true being. As with learning the sense and presence of constant change, so should the ability to critically discern be taken upon yourself. It is important to know that learning is taking place at all times, and learning about the self is taking place; failures are failures, not life ending abruptions, they are opportunities for change. For many, the thought of life ceasing on this planet is unbearable, but when you consider the purpose of this place, the purpose of your presence, the purpose of learning change and learning all of its experiences, there is nothing to fear. There will be greater experiences elsewhere. It is not important for you at this moment. The future now, and in the long-term, is a bright one. New challenges. New experiences. New forms to possess with your being and new forms to interact with in conversation, mentalism, and communication. Touch. It is all for you. You can experience new forms and other communication with other beings or forms with your true being while still connected to your physical body. Understand change and you will understand the universe. It is not to be controlled, it is to be symbiotically understood and cohabited with in a mutually beneficial and educational experience.

74.

(Q) Alzheimer's: What is the basic cause of this disease?

(A) There is a need for knowing on your plane, the cause of many things, but there are many who seek answers outside the root cause realm. All things that manifest as physical are not physical in nature. Only treating the physical does not cure the problem, does not improve it, and does not prevent it from recurring. It is necessary to examine the whole self, the full

being as it exists on many layers, levels, and even planes of existence. There is a call for many to focus on these things, examine that which currently exist to major medicinal outlets. There is more in sunshine, water, and air, than in all of the medicine bottles combined as produced by your pharmaceutical industries. Alzheimer's is a call to self, it is necessary to focus much attention on the self, many diseases are this way, while all do not call attention to the same area in each person they occur within, it is important to state that all disease is not universal, some basic elements are universal, some attributes do manifest universally. It is important to know also, specifically in diseases of the mind, that many are present on this plane with this presentation in order to call the attention of the groups or individuals they are coming in contact with as they live their life day to day. While all are learning lessons, this soul often has subjected themselves to this particular set of protocols for the specific operation that is at hand for those they will come into contact with. This is not true for all diseases, but know, we are all connected, there are no lost moments, but many diseases of the mind are through the testing and trials of those they come into contact with, such as medical personnel, family, many others. The mind does not disappear; it is possible for these individuals to express themselves in this true nature, their true identity, out off their physical plane. You may reside in this plane without the physical, though you may not yet easily interact with it, they appear trapped when the mind becomes lost and unable to identify; it would appear as a system overload. These beings should be taught the ability to express, communicate, and exist as their true self without the attachment to their physical self. Many do this without knowing, through their dreams; they are naturally leaving their physical being and visiting various places, learning lessons, living in classrooms as you may call it. There is often nothing that can be done because this is something that is chosen prior to entering into the particular lifetime. The individual is not at a loss. Even years into the process they can communicate without, it is the process of learning beyond the physical self that it important. Even in this physical existence it is necessary to learning of your true being and true self and learn to express and use it. Simply being in a physical existence does not require you to use only physical means and methods. Learning your true identity, learning your ability, please know that simply forgetting things, a lack of memory, is not cause for concern in these areas. It is not a punishment. No disease is punishment. This particular set of circumstances presents itself as a learning tool and aid; it is often not presented as a set of preventable circumstances. When used in this way it is a stepping stone to learning the true identity of all involved. There

are many who view the extrasensory abilities of communication as science fiction or only of divine intervention, these situations are not the case. When you receive communication, even after years of ignoring it has taken place, you can return the sender's call, as you might say. If you can remember back to childhood when you may have done this regularly, and a being in their 40s may now receive the same information or communicate with seemingly unseen beings, you can return their call, return their message. There is no punishment in this phase of learning. Diseases of the mind often associate with self identity; this is the area to focus. Often what is heard or discussed by the receiver as hallucinations are not hallucinations or incorrect by any means, but physical terms it may seem incorrect, but they are true experiences. Often times these experiences, even under the medication that may induce them, are used as learning and classroom sessions where education on previous, present, and future is taking place. Often times when a person is exiting such a medically induced state, it is not easy to return to physical thought and being and perception, this is why many types of odd comments and experiences are reported from your dentist's office. They are finally completely able to exist for moments without sense of physical self and returning to it is as if the infant has returned and requires self educating time in order to learn how to operate again in the physical body. It is not necessary to understand all things but know that those things which you do not understand are all often related and not as different as your medicine would have you believe. Each disease is not as different as the definition. Often diseases that impact a specific area, but by seemingly different means, these are all related, they are all the same, and are all caused or occurring for the same reason. It is necessary to have a belief of your self and focus less on the physical, this is true for those who have never before accepted the thought of life beyond the self in physical existence and how it exists simultaneously with the nonphysical, for many it would be as if the current life and their manifestation of heaven are concurrently existing. Probably the simplest of existence terms in relation to the self is the tremor or deficiency of the mind. It is important to use certain areas, or like muscle they will atrophy. Complications of the mind or what appear as disorders are by this manner, they are underused, they are not used correctly, or they are a call to these deficiencies. It is not a matter of use it or lose it as you might say, it is a matter of you using it for the great destiny which you can achieve, no matter what life returns to this physical plane for lessons, all can achieve monumental accomplishments in line with their ultimate goals, and achieve more than planned, they can change their life course, if they wished to do so. If they wished to grow beyond.

74.a

(Q) What can be done to treat this disease?

(A) Learning the true identity of the self. Learning and using your ability and harnessing the ability that your physical and non-physical self provides you. Many use this plane simply to exist, to experience physical sensations, but they are limiting themselves by routine. Expect more of similar nature problems to exist for mankind. Many are on a learning path themselves, they are aware on various levels, and even without conscious knowledge, achieve lessons and goals, and learning that is carried forward. Many are stuck, literally, in a rut or whirlpool that will not let them escape. Even when considered advanced by your physical measurements a person can learn new things. There is a group thing acceptance of many ideas and the acceptance that they are true. Age does not limit, indicate, prevent, achieve, allow, or deny any type of action. There are many who are less than five years of age who have greater understanding than those in their 40s, even 80s, 90s, and so on. There are many who are in rest and nursing homes that are left by the side of society's road simply because that's what they have believed will occur at such an age or at such a juncture in their life. They are simply fulfilling what the mind has dwelt upon for so long. Even now, even after much damage may have occurred to the physical container, even after much manifestation has occurred by the limits placed on the mind through various acceptance of ideas, there is still much they can do. Speaking to them about these things, speaking and communicating in non-physical terms and methods can achieve these things. They are not lost simply because their physical is in what appears to be a downward spiral. Lost is nothing. Time will be the investment and the return is the true lifetime lesson and achievement by all parties involved.

75.

(Q) Are all forms of seizures caused in the same way?

(A) The form of seizure is often dependent on the nature of the being and what physical and energetic deficiency is at hand. Many times a seizure disorder cannot be corrected in a lifetime because it is due to an agreement prior to entering a lifetime; many things are created in a life for the lifetime of the being, other situations and circumstances are temporary and by your terms can be corrected or altered. Even long-term situations can be corrected or maintained if a person chooses to alter their plan or that is, the circumstances which were set in place that must be experienced; they have

progressed beyond them to a new state of understanding. There are many different types of seizures, but as with all things considered out of balance or incorrect in the physical, there is an attachment to or a clinging to some unhealthy idea or physical manifestation. That is not to say that all things are done so in this manner but it is the seizure which is calling attention specifically to the person experiencing it, they are the cause of their problem, as with many who experience disease, they are responsible, but a seizure is a fault in the self by the self's own judgment and estimation. They are aware of the fault and are choosing to ignore it. It may be a chemical imbalance that shows in the physical which causes the problem, and it may be temporarily or even long-term corrected by physical means, but the fault still exists. This is not to say that anyone should view a seizure as the fault of the receiver nor that they are in any better situation since they are not experiencing them. Many choose to enter this life with a marker, or a signal, something that should happen, something that should occur if they are not achieving their correct purpose or specific set of goals in this particular lifetime. This is not true for all, nothing occurs universally in every sense. All things ever known to existence may experience a situation in exactly the same manner in exactly the same situation and there may be a being at the bottom of the ocean, unknown to the rest, who experiences it for an entirely new reason. It should also be said that there have been many times in the course of the human for existence that many problems have presented for certain reasons in a specific generation only to appear for a new reason many generations later. There is creative ingenuity used to provide an educational format and the ability for the self to grow but often time's history is genuinely repeating itself, often for the same reason, but quite possibly for different reasons that the new generation must overcome. Generation A may have problem X, if problem X is overcome there will be a new problem for the same generation or for the generation that appears later. This is not a time to look at this as if it were a never ending test and there is no time to relax, know that this is simply a training ground, if you were looking for a vacation you would have never decided to enter into this place. That is not to say that you should not take vacation in this plane, as in all things there is a need to balance outside demand with personal care, by what means you deem necessary.

75.a

(Q) What is the purpose of a seizure?

(A) A call to action. As with most disease, it is necessary to make changes. Often it is demonstrated by the person experiencing a seizure that what appears as a disability is able to be coped with and dealt with in a manner that does not interrupt life. This is not the case for all illnesses or all seizures. A person does not leave the physical body during a seizure; there is an overload, this time quite literally, as all senses are firing beyond the normal coping potential of the body systems. They are unable to control the seizure, though they may audibly hear you, it will pass, after some time, but it is dependent on the individual and the reasons for which it manifests.

76.

(Q) What is the cause of heartburn or acid reflux?

(A) There is a direct need of the self, the true self, to be inline, or in tune with the physical self. When this alignment needs attention, or when there is a direct physical pain that is not necessary for development, unfoldment, or education in this lifetime, is the specifically this heartburn or acid reflux in the body. This is not specifically related to the heart or cardiac problems. As we have said before, areas of the body can be impacted many different ways and it is important that they are in pain or out of balance in any way, not specifically the method or manner in which the pain or imbalance is produced. It is important to say that the cardiac problems and chest pain are not caused in the same manner or always for the same reason, but problems ignored, areas misaligned that are not addressed by this burning sensation, this acidic feeling, can lead to legitimate chest pain and cardiac problems. You feel this pain in your heart, there are many connection points between the physical and non-physical body, this area is one of them, the gut and the heart are directly responsible for many emotions and the manifestation of the non-physical into the physical once presented in the mind or received by the mind. The direct problem occurs when you are ignoring your physical or non-physical body regularly, this can be simply by poor diet. You will see it as poor diet, but poor diet is the foods that cause it, may not be the same for everyone, the importance of the diet is not so much what you are eating but the care you take with your body. The food and the amount you ingest directly relates to your care for the body. It is a temporary shell, but you should no more ignore its care and well-being no more than you would ignore the well-being and health of a human being in your care. Often beings protect others, protect physical objects, and protect living and non-living objects, more than they protect their own beings. You must protect yourself and balance yourself. It is not necessary to carry yourself as a

doormat for others in terms of physical or emotional pain and stress. Many have a desire to help but not even Mother Teresa ignored her own needs and time for personal care and relaxation. Many have the ability to withstand longer than others, this can also be increased willingly, by subjecting yourself to these negative emotions and situations for greater periods of time, or by insulating yourself because there is some greater lesson to be achieved or help that you are rendering, much as in the case of Mother Teresa. She was not alone in her ability to do this, it is the reason and method in which you conduct yourself that makes the most difference. Simply carrying on as though it must be done simply to be done is no more important than saying thank you for someone holding a door open, simply because you both feel obligated to complete the task and niceties that have been introduced by society into these circumstances.

76.a

(Q) What can an individual do to prevent heartburn or acid reflux long-term?

(A) There is a voice, in the self, in the true self and it can be heard by the physical self. When you feel that some attention is needed, or some action is not truly for yourself, for your highest good, it is important to stop this action, to cease this method, to find a new way, or to let go of your current routine or method. Your desires are not always based on your own true desires and your highest pathway, while this course can be altered; many signs and symptoms will manifest themselves as you stray farther from a course that is beneficial, your highest course, or one that is more inline with the nature of being. Listen to the self, this is you, this is who you are. There is a vast knowledge and connectedness that is available to you that cannot be opened to you by books and this lifetime alone. Disconnecting momentarily from the physical existence you can hear it and the messages it sends. There are also guides, each being shall have one voice that is their own and one that is of another being. No matter to what extent you ignore these things they will continue to repeat themselves. Your true nature does not disappear because you ignore it, and the being which many of you may call a guardian angel, though no harp and wings are present; this being will not stop looking forward to assisting you, to helping you, to providing assistance, to watching over you and aiding you in this lifetime. The extent to which you listen and are open to the messages is entirely of your own doing, but there is much benefit, not always less strife, but more achievement when it is done.

76.b

(Q) What can an individual do to stop heartburn or acid reflux in the moment it is occurring?

(A) Learn what foods cause this harm to occur. As you notice these foods, you may associate it with a specific ingredient, this is not always the case, what is more important is the type of foods in which they are found. Many of the foods in which they can be found are from the same family, the same type, they are not always fruits, vegetables, in those terms of food, but they are from the same family of foods in terms of how they impact the body, the impact they have on health, and the ability to cause positive or negative change in the body. It is equally important to understand that these properties are unique to each individual and that the method in which your mind considers or views the food is more important than what the physical impact is on your body. How do you feel when you eat it? Why do you feel this way about the food? Why do you view it this way? What guilt is associated with this food? What emotions are associated with it? Why do you eat this food in the manner that you do? Just as critical thinking and being aware and conscious in every moment is important, you must do the same in terms of the physical that you put into your body.

77.

(Q) What is the nature and purpose of chakras?

(A) The chakra is an energy center. It is the connectedness between your physical body and your true spirit, your true self, your physically immeasurable energy body. The centers connect the two beings as they relate, they disperse energy among the two beings and control and regulate energy through the bodies, between the bodies, around the bodies, and that which comes into and exits the bodies. It is important that these centers remain open for energy reception; physical maladies will manifest if any energy blockage takes place. Energy blocks can occur through emotion and other actions of the mind. This is simply because the mind and non-physical body and the actions and thoughts create physical impact or create physical matter. They are the heart center of the body in terms relating to the dispersion and circulation and regulation of energy as it relates to the body.

77.a

(Q) How can we maintain the chakras in a healthy state while in the physical existence?

(A) The method for maintaining a healthy state in any part of the body, in any part of the existence is to be mindful of it, never neglect it, and do what is correct for right action and right health. It is important to say that over active energy centers can present themselves and this is directly related to the actions of the mind as they relate to each specific energy center. Each center operates and oversees the areas directly near it as well as regulates within the chakra system. If there is pain or malady in an area the chakra can be used as the focal point for correction; while it will not directly heal or correct the problem, it will circulate the focused energy or the new idea, or the new program into the area of the body in question. Focusing on the true self and keeping all areas of life in balance. Never too much of 'A' without an equal balance of 'B' would be an over simplified method of explaining this. If you are pouring out your cup of energy without refilling it, without taking time for yourself, you will create a deficit that will pose, first energetic problems, and secondly, physical manifestations as the physical evidence of the imbalance. Review your actions, your thoughts, your emotions, and regulate and promote the possibility of new and different actions due to the imbalance, you can create this.

77.b

(Q) Is there physical evidence of the chakras now?

(A) There is no more physical evidence of the chakras than there is of the true existence that resides independently of the human body. Much of this information is shared in your plane now but it resides outside the scope of your medical practitioners. The evidence will stand for itself and they can be seen, they can be felt, they can be interacted upon by energy, intention, focusing of the mind. They are as evident as is the true spirit form, though there is much work to be done before more of this is open and common knowledge. Working in these areas does not require special degree, learning from those who are experienced may be helpful but you alone are able to help your body, heal your body, and learn from your body. Your physical body will speak to you, it will give you the messages, and you need only to be aware of the signs and messages. This message is also true of the energetic body and that body of the true self. There are warnings, there are indications, and there are a multitude of messages. Indications are not simply expressed when there is some negative impact being had, equally important messages and indications are relayed to you, the true self, from your energy and physical body for positive and good actions in reference to

health, spirit, emotion, action, and so on. Many times now a pill or medication is taken to override or to quiet these messages. It is not important to treat these signs in such a manner. Listening to these messages before they become excruciating is helpful. Even when the message becomes unbearable your listening and changing direction or redirecting energy can be immediately evident.

77.c

(Q) Will there be more widely accepted physical evidence of the chakras that modern physical medicine will acknowledge?

(A) They are physically evident now. Those who are capable of feeling the flow of the natural energy of life with their physical body, with their spirit body, can sense these areas over and within the physical body and where they connect to the true self. Presently it is as though a person without the necessary tools is attempting to measure an amount of air though it cannot be seen by the human eye. You can demonstrate it exists and the action it takes and the movement and other impressions placed upon it, but you are not easily able to extract from evidence that air exists. Many in the medical community are in this particular dilemma now. There are no tools used to measure the non-physical self that are used that are widely accepted. Change will need to come from the humans on this plane in the focus of energy on this area before more research is conducted. It is important to be aware of these areas and use them and focus on them no matter the widespread research. The modern principles currently used in medicine are not acknowledging these areas and do more to squash the message and defeat the body's own mechanisms than to work in alignment with it.

78.

(Q) What can be done to replace or better manage lawns, so as to be less time consuming to maintain. The area put to better use and the area allowed to be more natural?

(A) This is an area of great concern for many. Though there are many without lawns, many who have nothing but dirt and filth and trash to clutter the areas where they live or work. It is important, as with all nature, to learn the natural mutually beneficial relationship between all forms and that which they can control in nature. It is not necessary to grind down the earth

until it can no longer be plowed, so that it is no longer a nuisance. The earth is here for you to protect it, for you to grow from it, for you to reap what you are able and give back all that you can so that it can do the same for others after your lifetime. It is necessary to know that there is much useable land for various projects that are left to the time consuming but aesthetically pleasing to the human eye for lawns and grasses. These are not the true form of this land, but it is not overly important. For the work to be useful it should make an impact on the land in a way similar in how the land impacts itself. To poison and murder is not the same as the care placed in careful and considered growing techniques and practices. It is for you to understand that not everyone is in a position to do something different but they are in a position to be educated and come to this in their own time. You are not able to completely understand their point of view but it is important to take the time to share with them the understanding and importance of reaching the understanding. So many do not concern themselves with actions and thoughts beyond the tip of their nose. This is not negativity, this is not some type of scoundrel behavior, they are not aware. They can come to the realization of the earth around them, the relationships in which they engage, and an entire existence beyond what they currently see, but again, many may not for several lifetimes. In terms of lawn care, and maintenance, and maintaining the status quo, it should be known that you can completely change the status quo. Once the new order of nature has taken place, though it is truly the same nature that would have been seen had man not ripped from the soil that which was in the way, the Jones' will follow. You should consider for yourself the importance in which any being changes their behavior. Is it important simply that they become more aware of their impact while in a human form or is it simply better to have them embrace a new fad or trend as a simple as any other form of group think. This is where many projects within humanity hinge. The ability to make it easy to accomplish for those who will not otherwise follow a new thinking or express their own ideas regarding it, and the ability to educate and allow the change to happen of their own free will, willingly, willingly they change. Not all is possible, but the subtle impact of a few will swell to outrageous numbers once any idea is begun, all that is needed is time. Your lawn consumes your time, the method in which it is cared for, in which any grass space is cared for could simply be left to nature's devices. It is possible to live within an area, your living space cut from it and surrounding area for living, and the rest left for natural habitat or food production. Many things conducted for aesthetics are purely wasted time for some; others enjoy the total production of achieving something they

believe to be worthwhile. There is not some deep and connected answer for why each being conducts themselves in the manner in which they do, it is their reasoning, their own methods. They should not be judged. There are other ways to view their behavior, methods in which you can lessen their impact, but do not judge those who do not change or grow in any area of life. Grass is always greener in oblivion, learning how to share that with those in your presence is important, it emphasizes the release of control, though it may present as sheer laziness in other cases. Importance is in the nature of life itself and your interaction with it.

79.

(Q) Is it possible to develop any and all forms of mediumship and spirit communication without sitting within a group of others?

(A) A group of others, a group of like-minded individuals, they will support the mission of the individual but still work within the confines and the limitations of the group so that all can be pleased to some moderate degree. The power and limitless expression of the self are boundless, they are your wonderland. An arena for you to express your self and relay information for others is where you will work best. It is important for all to know that development of the self takes place best when considering yourself on its own. Group development is useful when it achieves the needs of the individual within the group. Do not be swayed simply be more in line with the group. Find a group that is inline with you and your actions and your mind and your desires. There is only a difference, not a better means in either situation or scenario. What one can achieve so can many, what one hundred men can achieve so can one. Often times the difference in training is minute, it is what you set your mind to. Guides and spirit workers can multiply energy themselves, it is not always important in the group. This is done within a group but you are not limited if there is no group available to you. There are many who do not have it presented to them, they do not have such an outlet and are capable of such work.

79.a

(Q) Is it possible to work simultaneously on developing and strengthening different kinds of mediumship?

(A) It is possible, though as with any multitasking, the achievement of all goals is slowed because the light is spread between so many projects. It is more effortlessly achieved when you direct focus and attention on one project and reach it. This is not to say, as in the above situation, that it cannot be done nor achieved, also forms of communication and skill can be maintained, and are to be maintained in this way, through development class or preparing and maintaining yourself in the same way. Many things can be achieved, to not be limited by information you read and those who put constraints and boundaries. What works well for one does not work well for another in all cases. What cannot be achieved by some specific means for one does not make it impossible for another, nor does it make it impossible for the original one who started the trend in thinking. It is important to have goals, focus on your goals. When you are working on development of any kind, any skill in the world, focus on your goals and skills within that realm. Anything you wish to achieve can be done. You are not bound by any rules which another human being places on you. Achieve all things through great acts, make all acts great.

80.

(Q) Healing: any difference between the different types?

(A) There is no difference in this type of healing. Often there are other factors that create differing energy creations through various types of healing but this can have the same impact no matter what modality is selected for healing to begin or no matter what method is used to request it. More is done through the mind in these areas than what is currently acknowledged; that is not to imply that there is no energy that is being sent or that there is no direct influence when healing is being sent. A large factor in the healing or repair process of any situation or ailment is due in large part to the mindset that the receiver is currently residing. Healing can be sent to anyone but will not have the greatest impact on someone who is not already believing or manifesting their healing. To constantly say no will detract from any results because you are directly reversing the energy that is working within your body and that energy which is being created and delivered to you. There is work being done to share this into the world but there are many who only see what is tangible, this energy is tangible and the results are tangible, though because it is not necessarily the same physical action and process of taking a pill or directly intervening, they cannot see the process nor the energy nor the healing that is taking place. There is pain in the world and no matter what method is delivering it, they all express the

same love and desire to remedy a situation. This world is impacted by beings, even those who are idle physically, their minds still create. They have the potential to move mountains should they focus on their own minds on it for just a few moments per day. By this token, you can imagine the great power of many if they use several minutes of their day or several hours of their day focusing on a desired outcome. This is not hocus-pocus; there is no magic button that creates the thought into being. All things that exist or that have been or that will ever be, no matter how they are expressed, by thought, by physical production, or by any other means – all of these things are built from the same matter, pure energy, it is only the type of energy they focus on it that changes and creates it in the many different forms that you see and experience. There is no need to worry, all will be explained, there will be many more that will express this type of interest and come to this type of understanding in the near future. All is dependent on those that are here and have the ability or knowledge. Look to yourself to express these ideas into the world, they cannot all or cannot always happen by subtle spirit whisperings. You may face persecution but there is nothing less sacred by you sharing these ideas and facing pressure and scrutiny by those around you. Those that express this emotion to you are only doing so out of fear and ignorance, temporary ignorance. Those who are not part of your path will not reside in, on, or around it permanently. You can share this information and will share a new world with others. All is energy; the intention to heal is what is important. Many come during a healing session. Many who are capable. Those who practice this skill often will receive more assistance and more direction and more who can bring energy directly through their channel. It is not better or different, there is simply more work being done when there is not a human delivering this energy on behalf of spirit to another human. The healer, the channel, this person must have practice and skill, this is able to be delivered through them by focus and through the differing vibration that they may have acquired through mediation and the practice of healing. Anything you wish to practice or become better skilled in is achieved by returning to it often and allowing your body and energy to acclimate to it repeatedly as well as this gives practice and acclimation and balancing time for those in spirit who are coming to deliver the requested help, healing, or other balancing or information. Yes, it is quite possible to heal all ailments through healing; it is only the mind or repetitious detrimental acts that stand in the way. More hands on will allow more energy, more thought directed towards the positive outcome creates more energy. Skillful are those who practice and

attune their minds, thoughts, words to the healing and unconditional love the universe has to offer. There is no sadness, only differing views.

81.

(Q) Spirits who are stuck here, who 'haunt.' Can they move on?

(A) Yes, though not all choose to experience it. Some are here much later than we expected them and much later than they originally anticipated. It is of utmost importance that you return there is no gain in attachment to the physical plane. It can all be gone and lost in an instant. It is just a tool by which we all learn while in this phase of development. Many wish to increase their so-called power and the method in which they conduct themselves, is through the power of fear. All things are energy, energy and actions are combined and energy is how they survive. While not all are through attachment many will fear what comes next for them. This is not fear with true cause. This is fear by what has been gained and learned on your current plane. What you experience as fear in regards to these areas is man-made. Fear should prevent you from falling off a cliff but not from experiencing the majestic view it has to offer. Proper adjustment to all things in life, though what is proper for one is not proper for another. It is important to know that all things are temporary. Even those thoughts and ideals that you take with you to the next lifetime; they can be changed in an instant. It is possible for you to change your mind; it is possible for all to change their mind. What was once a conviction can be changed and new ideals held true for that spirit. All things are temporary. Fear is not a truly useful emotion in regards to what is unseen and what will be experienced later. Your future, what any one experiences beyond the present moment, it is an experience. It is not a frightening mystery.

81.a

(Q) Spirits that are here 'haunting' how can we help them to move on?

(A) There is no time for the entity to be concerned with what type of information you have to bring to it. There is no direct offer of assistance or energy that can be afforded in all cases and result in the ability to move the spirit forward. All in existence have the ability to change their mind but all must do so willingly of their own accord. It is important to understand that in all phases, on all levels, that which is similar seeks out similar. It is also true that if energy is produced into an area, that energy in some way or fashion, will be used. Remembering these things you can know what is

there with you in a specific case. If it is similar to you it may provide some insight to know that you are of no harm. If it is dissimilar you may be feeding the entity the very life-energy it needs. While nothing you do may guarantee anything move from one dimension to the next, you do not necessarily need to feed it. Any wild animal will return to you if you continue to supply a food source, if you remove a food source the animal will not return. It is important to know that you are very capable of changing your vibration, you are capable, all are capable of changing their vibration, and you can make yourself dissimilar. You can be of love and peace of your own accord, it does not always require the other party to change, and asking another soul to change is like telling the water to freeze without a true mechanism to do so, except in the case of the soul, you can not act upon it no matter your mechanism. Whatever you enact upon it will be experienced of its own accord. You know these things, many know these things. It is not the easy-way-out to say that you should simply change yourself, but no spirit, or person, or anything ever created in any space shall ever change unless it chooses to do so. No matter what their state of being, rocks shall not change they shall only experience the energy enacted upon them. You specifically can use your skill to gain insight into their mysteries and each specific situation will be unique and specific to that situation. It is not important to know when exactly these situations began, possibly each entity will give you an indication why it is present or what it desires. Some harbor so much hate and anger that they wish nothing for what once held them to this place. It would take much effort, passive and peaceful effort to return their thinking to what it once was at the time of their release from their physical body. Patience and protection on your part is necessary.

82.

(Q) What causes homosexuality/bisexuality on a mental/spiritual level?

(A) There is nothing specifically that causes this change to happen. Often there is an imbalance in the type of love that is given or possibly you would see it as an imbalance of the male and female attributes in a personality or raising; often there are many reasons cited for this on the physical plane when, no matter what religion or other reasons may cite, this was simply a part of that entities existence. On sexual differences and different orientations, it should be noted that there are many types and many that are in the public are simply a way for many to learn of compassion and understanding. To break their hard outer shell of thinking in an attempt to understand that there is no need for fighting or war, or persecution because

of differing beliefs. Once we can gain an understanding from one another from different backgrounds there will be less fighting and an eventual shift towards a more spiritual view from all walks of life. There is much time for this now but many will not accept it for fear and confusion. There are often higher entities engaged in this form of activity while the lesser beings, those with less experience and less progression in this area, are the ones who are often fearful and lacking understanding of differences and how, in most cases, they truly do not matter to the two seemingly different individuals. What one chooses as their sexual or gender preference has little bearing on what society may view as their duties in life. There is much persecution on this now because of fear. Fear brings hate and violence, there is much being done to attempt to control others. The entire world is not like this. There will be change. Change in a peaceful manner is better for the souls and environment than an eventual peace by attempting to control. There can be an imbalance in the need for attention, but love will come from where it is needed, it can be an imbalance in parental love, or it can simply be the curiosity. There can be love from many forms and love is important from all genders on your plane. Though understand that sexual acts are not needed for a loving relationship but often two comfortable individuals will experience this together as a form of and expression of their love and closeness. It is also undertaken because this act is not part of love but rather the individuals are experiencing it and engaged in this act because of the happiness and joy this physical act brings. Change will come when an expression of love is not assigned as acceptable based on the physical genders of any beings involved in that love or sexual preference, we have all been various genders in various forms and a balance is truly achieved when a soul engenders both sets of attributes of each gender type and possibility. Yin and yang, a perfect balance. Lesser advanced spirits who are experiencing this form of sexual preference may not have had the balance and are possibly working to understand it, they may have also persecuted in the past and are now experiencing the opposite side of the coin to better understand and appreciate. Though sexual gratification can be a driving force for many, please understand that there is no single specific reason for each individual but that love should emanate from you to all beings for some are higher and some are still working along the path, but there is no reason for you to discern this, as all life is important and precious no matter the differences from our own ways.

82.a

(Q) Does the soul choose to be Homosexual/Bisexual?

(A) It can be for many reasons. It can be an expression of feelings repressed; feelings not acknowledged by themselves or by outside important figures in this lifetime. Or because of previous actions this preference will engage them in the most pleasing situation in the physical plane in order to accomplish the experiences and lessons, and challenges for their developing soul. It is important to note that some are decided before they arrive, and others after by biological and mental and emotional development, or simply because they discern not the gender for love or sexual gratification but they only focus on where the greatest resonance is between themselves and another physical person or soul. Truly loving relationships depending nothing on specific genders and will be formed wherever the greatest resonance takes place, though again love is not always the goal, as sexual gratification is sometimes the goal. Understand that love is not 'typical' there are no set of normal circumstances in which it is engaged. The most fulfilling and loving relationships can be missed simply because there is a predisposition to love only taking place between a man and a woman. With love there does not have to be a sexual relationship. It is important to lose stereotypes, though the world must be populated, love can still be experienced by many beings and between many. On the spiritual plane, there are no genders, love is shared and expressed between all. There are no outward barriers or belief systems in place that prevent entities from loving each other being unconditionally.

83.

(Q) What mental/spiritual/emotional motivation requires one to seek to humiliate others through sadism for sexual gratification?

(A) There are many reasons, some physical, and some spiritual. It should be noted that some often experience this trauma and then it is perpetuated because once free from that relationship, now feel comfortable to dominate where they were once the subject of such a relationship. It is about power and control, though the person engaged as the dominant person in this act is often much more scared, easily humbled, and frightened than what their exterior beliefs may allow them to share. There is uneasiness with feelings often being masked by this behavior. Though, as with many circumstances, this is not always the case and depending on the individual they may be here to help others experience that sort of behavior. There is no negativity in it and should not be shunned. If this behavior is not acceptable to you simply move from it. If you enjoy this behavior continue it. In either situation understand your motivations and beliefs concerning it as they are only true

for you. Two people who enjoy this behavior will have very different reasons for it and very different outcomes and subtle underlying reasons for engaging in it. There is no universal answer since there are many factors that cause it in the physical world as well as those that are predetermined before your arrival. An absence can cause it, though gratification is gratification and their lifetime on this plane and others before it will factor into their state of arousal and what ultimately causes it, though there is no correct form of gratification since many beings are at different levels of progression and development and enjoy this activity. Though it should be considered that if it is positive and uplifting to both partners engaged in this act then it will be positive and uplifting. The degradation of one for the enjoyment of the other, without mutual gratification, should signal the need for change after a lesson is experienced. A change in thinking can be necessary if the circumstances surrounding it are not healthy. Many, many, many reasons. Love is often expressed in various ways depending on the understanding of the individual and the manner in which they were raised or from what lifetimes they have already experienced. Raising the vibration is important and this is not done, necessarily, through sexual gratification but through the love that often accompanies or precedes it.

84.

(Q) What mental/spiritual/emotional motivation requires one to seek humiliation from others in the form of masochism for sexual gratification?

(A) Attention of some kind is always important. There is a sense of value placed on the individual and the attention they receive, no matter positive or negative, is important and valued by them. These individuals, or any who enjoy being dominated, often dominate others or themselves and enjoy letting go, being out of control, and giving control to others. Those who wish to be humiliated possibly enjoy it because of an absence of true attention in their life. Focusing on their faults may have been the subject of their childhood years or previous lifetimes on this plane. There are many circumstances that lead to certain behaviors though many progress beyond them into a more mental and spiritual degree of love that can be physical, but the focus is less on the physical gratification. This act is shared by love or for only sexual gratification. The motivations are many. There should be a focus on the underlying reasons, taking an emotional inventory. There is not always a need for change in the ways of a person, but evolving beyond physical gratification can be an important step for any individual to undertake simply because of the evolution of soul development that is

taking or will take place. Control, the absence or presence of it is often the case for specific sexual pleasures.

85.

(Q) What is taking place for what is called possession?

(A) A wearing down of one's own personal defense system. There are many things that can contribute to this. Mostly outside factors that a person brings to themselves by actions and endeavors that are less than admirable. There are things you can do to prevent this. There are many things on your plane which people claim to not understand but all is within their grasp to change or experience. There are many who experience possession by actions of themselves or by actions of others. There are only so many ways to experience it but there are only certain ways to rid one's self of this experience. Positive thought, action, and energy must be applied and changes made to a person's path, by their own accord, so that this possession by other forces or by the energy of low energy experiences or objects on your lifetime can be realized. There is much that can be done to tare a person down if they begin down this path and experience things that they believe they cannot handle because their defense system is weakened or down in some manner. Experiencing certain things in life wears one down and can make them more susceptible to outside influence than others and this can be possession. There is not a Hollywood version of this that is accurate. There are many in churches that believe that they can undo this. They can, but their rite is only strong because of their energy associated with it, not necessarily because they are of a certain belief system. There is nothing that can harm a person that you are not already able to stop or prevent. Right action will accompany and attract right energy and similar energy. If you are available and open to negative impressions from outside forces or entities this is what you will experience. There are no demons to cast out, only influence to be broken.

86.

(Q) What are 'shadow' people?

(A) Shadow people are an extension of energy on your plane. There is much that they do to extract energy to allow their existence to take place. There is much that every entity does to absorb energy and this is most easily absorbed through energy of a heightened emotional state. It is important to know that any emotional state can express energy but that energy which in

some situations is most often or most easily expressed is of anger, hate, rage, and other forms of discord. It is also important to consider the types of energy you emanate and the energy of the entity that is manifesting as a dark figure. Simply because it appears as a shadow does not mean that it is negative. It only absorbs and gravitates to the energy in which it is in harmony with. There are some who are only able to manifest in your plane in the matter of apparition. They are not more or less skilled in their lifetimes but they can be found in areas where the energy and discord are great. Even where energy is not evident in a physical expression of discord they can be present because of discord of thought and mind. A person may experience great discomfort or confusion of the mind and not share it with the surroundings and those around him. There is much done to the body to alleviate these types of energy build ups but the repetitive nature or the inability to make change to allow a permanent shift is often too great and this energy is expressed into the environment because of their pattern of thought or behavior. Simply because it is dark it is not more dark in motives it is simply manifesting in the manner in which it is able. More will see them because of the mind shift that is taking place for many. Many are also slowly coming to their ability and using it, the ability to see what is not readily visible in the spectrum of light and color that most humans and physical forms can see. Though there is also much that they have simply chosen to ignore or even dismiss as trivial and nonexistent. It is important to know that those that emanate a shadow-like existence cannot ultimately control anything on the physical plane. They too can emanate energy and their presence can be seen but they do not contain the power to alter anything on the physical plane. Their purpose is often one personally set by them and many are not aware of their crossing over or that they should have. There are some areas where planes bend or energy from time is left in an area. These are also expressed in these ways because it is a form that is muted in energy and can only be expressed in this way. To remedy these energy areas, simply direct the attention of your guides to it. You may also send this entity and the energy the message that it is important to move from the area as their presence is not needed. Some will respect this information, though many will not receive it when they are only able to produce or exist in the shadowy form that is seen. It can interact with you but not in a detrimental way. Sending love to any entity or form of life has the greatest impact on the existence of the sender and the receiver. Important updates will come regarding the manifestations that can be seen. More figures of notoriety will acknowledge and examine them. There will be more information later concerning this.

87.

(Q) Is it okay to daydream during development class?

(A) There is nothing that can't be known by you. The energy that is manipulated during a development session is different than the process used during a communication or healing session. During those types of sessions your thoughts and the activity of the mind can have an impact, alter, or confuse the process. For those purposes it is important to have proper control of the mind through intentions and focusing on your task at hand. For development it aids in the development process for your mind to be free of distraction and that you are in an emotionally calm state. There is energy being delivered to you and manipulated within you but it is not highly dependent on distractions of the mind so long as these thoughts and distractions are not charged to an extreme, or to a high end, with energy of any sort for you. The goal of any process, the development or implementation of it, should be based on proper meditation techniques. While these techniques will emphasize the actions of the mind it is important to know that the thoughts are not as large of a factor as is the energy activity, the measurable waves, as you are concerned about. It is the overall intention of the body that is important. There is a need to be in a relaxed state free from worry; it is not the intention to relay to you that you should forget all of your problems, simply understand that when it is time for your development or your use of any skills it is imperative that you be relaxed and free from distraction. If you are in a heightened emotional state it is possible for you to sit calmly and relax yourself prior to your development or practicing of ability but it is also worth serious consideration that any energy development or practice be avoided until such time that the mind and body are in a calm and balanced state. The goal is to have a clear mind, work on this. There are messages that can be relayed to you at all times. It is also possible to meditate only for mediating to learn to clear your mind; this will give a greater sense of who is giving the message to you, your mind, versus the message or image from your higher guiding entities. Knowing the ability and status of your mind and being aware of them is important for any energy talents. Clearing the mind of chatter is important but it is not altering the outcome of the process. As you harness your ability to clear your mind, you specifically will be able to engage in deeper stages of trance. You may entertain your mind while this event is taking place, but to experience it, to engage and enter into it, it is important to have a clear mind and clear intention. We can do much for this but your assistance in mind and thought are needed. It is the ability of those around

you to have an impact on your environment that should also be considered before and after development or other communication or energy work. Not only is the state of your mind and body important but also those who are developing with you or, more importantly, those you wish to take on as the role of questioner so that you may contact your guide for answers and guidance for that specific person. No matter the type of question, it should not be asked in your presence if they are presently still traumatized by the heinous act. The question may pose a dire situation to you but so long as you and the questioner are in a balanced, calm, and relaxed state, there is much information that can be brought forward on their behalf through you. It is important to wait until such a time they are physically and mentally not altered to an extreme before questioning takes place in your immediate presence. Those asked via distance do not have an effect on you, the channel, but the questioner should still reserve any inquiry until they are in a state of mental, physical, and emotional well-being. Sickness or imbalance is not a factor for the questioner, the one seeking advice or guidance, or a new perspective; it is the physical manifestation of emotions that we are referring to at this time. Many can become so overcome with trauma in the mind or of emotions that it becomes physically evident of their status. Keep in mind, no matter the situation, we will not pull back from you as your guides, there may be subtle hints or methods given so that you may redirect until a future time, but no matter the status, there is always a connection, we can see the gravity of the situation for some, it is merely a much improved connection or development process when all levels of the body are engaged in a positive state. Quietly keep in mind and ask that you receive the highest information available. Keep this in mind. It is important so that anyone who is present with you will not simply relay information as it is known to them, most will take the time and effort to inquire to higher sources of information, simply keep this in mind. This will not affect you greatly, only be aware of this. No complex thoughts.

88.

(Q) Government control or altering of the weather; what impact does it have?

(A) There is no detriment to you personally, however, there is a harsh impact to the environment when it becomes super-heated or the deposition of foreign substances are inhaled by people, or are deposited into the environment. There is no clear need for this to happen. There is not a drawback to experiencing the process of the environment as it is designed to

take place. There is no merit in altering weather for no natural process involving the weather ever truly changes forms. There is the constant flow of energy and changing it or adapting it forcefully to your desires can have catastrophic affects on the environment surrounding it. There is a need to study further the reasons for this and if it is to continue, the energy and chemicals used to provide this. So long as there is not an impact that negatively alters the balance of other areas, this is possible to be acceptable. Creating suitable environments for food growth in starving areas can be acceptable, but remember, you are not dependent on these variables as you have established them. Should some level of government imbalance itself and stop these flights or methods, or society crumble, the environment will not sustain itself in this method. It is important to know that on a much grander scale; there is much that can alter patterns globally by continued use of rain generating material. Weather cannot simply be directed upon an isolated area. It is important to know that no matter how direct you attempt to control it, these actions still spill into many other areas. Other areas may not need this outcome, no matter how fruitful it may appear to be. There is much that the natural process of nature and the weather do to balance and regulate itself. It is not necessary for you, man, to alter the deserts to create farmland. The methods of farming should also be addressed, but creating that farmland in the Sahara desert, this is not always a positive outcome. There are other methods and means. Also remember that what your desired quality of living may be, it may not be true for those who live in that region. There is no need to alter environments to the standards of those in other countries. It is helpful to give the tools and resources for fresh water and other basic necessities, but it is not necessary to mechanically change the process by which food is grown on a global scale. Natural methods of all production of food and creating a suitable environment are best left untouched. It is important to maintain balance. There is no need for these alterations to take place. They are not benefiting your world on a global scale. Much of these actions are taken for global market and commercial reasons. Others are based on commercial reasons through military efforts, the ability to control resources and provide or negate security, etcetera. The trails in the sky are not falling in your area to infiltrate you negatively. In other areas they are because this process is not thoroughly monitored and maintained in all regions as it is in others. Some of these alterations are for what appears to be for the greatest good of all. Occasionally bringing rain, but there are others where the greatest good is not in mind, and these only serve as demonstrations of the power and ability of these programs. There have been catastrophic weather events that were the direct result of testing

such power or alterations, which has taken place that was not intended by their using the machine or chemicals. It is important to know that no major shift in the earth and its surface or substructures will be changed or halted by the spraying of any chemical. No matter what damage has been done it will be righted. Nature will fix all once it is left alone without man's interference or once the vibration is raised to such a level that immediate action is necessary. Patience, this will all meet the minds of many and more will observe these truths rather than seeing them as actions and stories of the fringe minority who they view should not be trusted. These stories, the true accuracies, will be known by many.

89.

(Q) What is the motivation behind mass shootings and bombings?

(A) When taken over the course of a lifetime, many will encounter these incidents. The causes are not bad parenting; they are not the neglect of society. These situations are built to occur in the manner in which they do so that all can experience the methods and practices of the recuperating process. In the death of many individuals it is necessary to know that not many have gone by free-will which brought them to this point, many go by predetermined time, method, and place. This offers an education experience for those who are directly involved in the chaos and the ensuing frenzy of recovery. There is much done to circumvent these processes, many actions taken to prevent such measures, but they shall always occur, by individual or seemingly natural causes, loss of life shall occur. The detriment to the self by ignoring them is not always obvious, but there is much here that should be reviewed, the detriment to the being who has experienced war, the person who has neglected themselves and is now suffering what your medicine deems a behavioral episode. Many who are involved in these actions or witnessing them, or those who observe and learn of them, simply cast judgment on those involved, many times the incident is not for anyone other than those directly impacted, your media will share it, it is no less a lesson for those involved than for those who observe it in the media. Do not cast doubt, many wish for a quick resolution, an eye for an eye, and some method of prevention instilled so that their safety can be ensured. There is no escaping the fate that men instill in themselves before entering into this human contract. This is not to cast fear, no moment should make you fearful, but no emotion should be ignored. If you are fearful you should observe the reasoning, the cause, the direct relation between actions and your emotions. Validate them and determine if they are true and accurate,

that they are exactly yours, not simply the cause of hysteria spreading through a population, being accepted by those who are receptive and not truly discerning for themselves what is real and true for their highest true form, and what is willingly accepted simply because others are experiencing it. It is necessary to know the safety of all beings is not as assured as all think. There can be many mechanisms in place, and not necessarily through human error, though it often presents as such, there is an occurrence that must be observed and experienced. There are businesses made out of protection and walls, and security, but no wall or fence will truly provide you security. Being secure with one's self is the only true security, living without fear, nothing should be feared, and nothing should be feared when it threatens to take from you. There is nothing that can be truly taken from you that is truly of your being. Nothing can be lost that is always for you, that is truly for your being. That which can be taken is never truly owned and is merely a temporary possession or state of being. These are true things. Do not fear, care for one another. Search for the cause of these episodes in society, not in a single parent flaw or nurturing absence, while this may pinpoint for comfort the cause of the episode, it is not something to dismiss, they should be addressed in terms of those who wish to change or should not be blindly entered into and that is a great deal of what occurs now. Wars are simply followed for reasons that the warriors do not understand. What the war's purpose is truly accomplishing is not for the individual who is the warrior. When they realize this many are conflicted, many are conflicted without some other knowing because of the loss of life. While many of these are lessons and experiences required, many are coming to this knowledge faster than anticipated and not requiring a full experience. Yes, even in the school of life there are those who pick up the lesson faster and slower than others, it does not mean that you are gifted in life, some learn to tie their shoes readily, some prefer Velcro and easy shoes, and others will learn when they are ready. You cannot change the thinking of a man, they must change it on their own, you can present facts, but forcing will accomplish nothing. Making information available and not seeing differing points of view as the enemy, on any level, will express the best chance for change. It is not something to be feared.

90.

(Q) What would happen if Police in Cities/Nations were abolished?

(A) There would, at first, be great chaos and disharmony. There are many who see them as oppressive, but they see them in this way in varying

reasons. There would be volunteer organizations that would take place. There would be many who would rise to power in small groups because they offer protection to many, but it is important to say that it is only the illusion of protection that anyone or any system provides. It is universal to want safety and comfort and protection from all things, natural and man made; but there are many things that external protection will not provide. The protection and safety and comfort shall come from within. From abolishing fears and doubts, small and great, within the mind, these shall afford you the greatest comfort and security. There are fears present, many who go with the fears of others as their first instinct, not the natural instinct they are born with in physical form, nor the instinct of their true self. There are many divisions of populations because of fear. Those labeled as different from one's self causes fear, because as you have heard, you fear what you do not understand. It takes time to learn from our neighbors, to understand them, to experience them, to learn that because they appear different, because they sound different, because they practice different customs or live in different homes, they are living no different lives from your own. The fear created by mass hysteria, group think, and those contributing to public uprising in the sense of the mind; use these ideas and inject them into life in order to exert further control over populations and use these thoughts and ideas as justifications for political actions such as wars, giving aid, not providing aid, trade agreements, creating hidden alliances and others.

The first step after no public or private law enforcement is for those experiencing it to realize that there is not a need for external justification for their actions. To learn that there is no need for some outside enforcement, nor is there the need to roll ideas onto other populations, other people, other beings, and other forms in nature, by force. Willful ignorance may describe the minds of many now, many are capable of living in harmony without a law enforcing agency, but it would take time, and there would need to be greater action and interjection by those who are for peace and for harmony or the world would descend into chaos in terms of rules and laws created by fear and hate and the method in which they were carried out.

Smaller areas, smaller groups of people could begin this process. They could, and now are quite capable, of living without a widespread established law enforcement system. In these areas there is much that is accepted as universal. The laws regarding murder, theft, deception – these things are true and the people understand them. Children are educated in them. There is much in the community that depends on the individual and much depends on the group. Each designation is able to care for itself in this manner both

dependent and independent of the other. There is not a need for a universal leader. There can be those who provide structure for establishing lists of projects that need to be completed once groups decide on group action. There is no need for supreme leadership of man over man. A structure, a simple framework can be devised, to establish a method for ideas and their acceptance. It is not necessary that wide sweeping laws be established across entire lands. Each state or providence or township can enact or follow or believe entirely different ideas. The conflict in many areas is that more and more ideas are regional but they are governed by much wider laws; laws that are enforced over a wider area, when it is not needed but for a few areas that law, specifically, be enforced by anyone. The justification of punishment is unnecessary and unfounded. The need to make the situation whole after an act has taken place is impossible. There are many who will not feel repentant after an act. There are many who will allow ego to control their public or group image. There are many who commit acts because of various circumstances or driving emotions that are later not in these states. It is important to know that punishment, in any form, is not necessary. In their own time, those who punish will see the invalidity of their actions and those who many believe should be punished will have their own mind's justification for or against the actions in which they conducted themselves. Punishment in one's own mind is often more severe than that of others. It is also possible that one can perceive no punishment for themselves because of circumstances or because they have lived a life outside of some group think or group rule. None of these are incorrect. It is important for others to have exposure to new ways, not by force, simply by knowing; allowing the information to flow to them as they seek it. It is not important to force it or indoctrinate them to prevent tragic or violent acts from taking place; they will always take place to some degree. There will be a time when they do not, when all beings have experienced this particular action, but there will be new actions and new methods. Learning and teaching is an ever changing and evolving process.

91.

(Q) Is it possible to raise children without rules?

(A) Yes this is possible. It is through teaching that this can be done. You cannot simply leave a child with no rules and no structure, but at the same time we do not mean that their time must be structured. To have no rules placed on them by others means that they are given the opportunity to learn the reason and cause and the implications of their actions. Not all children

will learn this at the same time or by the same method. For those that doubt, simply understand that you awoke this morning and did not murder someone. Did you not murder someone because it is a law? Did you not murder someone because of how it would impact the person and the other people in their life and possibly even you? There are many things that can be learned and understood with teaching that are often given no further explanation other than, "it is wrong," "it is bad," "it is illegal." To educate more deeply on these lessons will help those coming up through life no matter their progress and evolution. To simply take rules off of a child who has had so many applied to them will at first cause turmoil. For those that feel this cannot be done, or who have tried and believe they have failed, you may have a difficult child, yes this is true. Why are they difficult? Are you teaching them or have you left them to their own devices? A path is chosen prior to arriving here and many obstacles and challenges, but that does not mean that it cannot be altered and therefore should not be blamed immediately for action or inaction or the behavior of a child or parent or the parent/child relationship. Known to all is a method of understanding. With all things it requires patience. You cannot begin reading the dictionary and encyclopedia at age one because you do not comprehend complex sentences and areas and reading. You must start fundamentally and then build on to current knowledge. Free will is often best expressed as art because so much of your free will feels hampered by rules, laws, and the impressions of others and you worry of your acceptance. These are all rules and laws because most in the human form follow them all equally. To form your own impression is much more useful and beneficial than using the form and thought that has been created by someone else. Do not force your will onto others no matter if they are in your care or you in there's. It is important to understand, and the evidence is readily available on your plane, that imposing your will or your beliefs is not accepted in all cases of growing children. They will change and follow their own path of their own accord. Some may take life times to accomplish; some may venture out and form their own opinions once they are out from the shelter in which they were originally raised. All can be accomplished when learning is allowed to take place. It is imperative to not pass judgment. It is important to allow the fruit of their true nature to manifest. True correction of behavior or the ability to follow their own highest path is only accepted when they are ready. Give opportunities to learn and create learning, do not hinder it and do not resist permitting the child to know other beliefs or other experiences in life because you are fearful of the experience or because the belief or idea, or the science or any other thing, or any other aspect, is in conflict with

your beliefs. It is important for the child, and for anyone, to arrive at conclusions on their own. They may ask for guidance, they may ask opinions, and while they factor that into their decision, it is still truly for them to make this decision on their own. They will not be happy, no decision maker is happy and benefits, until they arrive at a conclusion on their own; though it does not mean that any decision is final and free from revision.

92.

(Q) Can the military be transitioned into a peaceful organization?

(A) It is possible. There are many who show regret for having taken part in this action later in life. There are many who feel them as they are taking place. Many feel regret and heartache for the actions they have taken, either on their own or by orders given to them. It is important for those who feel these emotions in the moment to be more comfortable in justifying their emotions and actions, acknowledging them, and acting upon them. No man can persecute you for following a higher path, peaceful means may not always be necessary, there was a time when Adolph Hitler could have been easily removed but there was no action. Due to this series of events, widespread impact and response was had, but these were the lessons for those involved. Grand scale events such as this serve as sign posts in the human time line but much of the reasoning and learning how to prevent is often lost. There is much focus on the military action rather than what steps could have been taken to prevent it. Many do not acknowledge their own voice, or their true self speaking to them. This is not a voice for many people, this is simply a feeling, an emotion, or a nudge; this is not necessarily some outside force for most people who do not seek it, it is your true self, your heart, your emotions. Guides and those with you in this lifetime may amplify that which you ignore but they do not necessarily invent emotions or actions that are external to you and in no way impress upon you that which is external to you and unnecessary for your lifetime and not agreed upon as part of your experience. Life is possible without violence on the scale that it is experienced but there is only much talk of peace, there is much reflection. These both are of sound investment of the mind and for humanity to take in terms of evolution in regards to these actions. As with all areas, the next step in evolution is to take the view of history, the historical record, and those feelings which we regret not acting upon, and use them in our NOW, in our present. There often will not be an order from a higher manager, officer, or supervisor to tell you to be your

true self, to show compassion, to show kindness, to cease violence. These emotions are of those carrying out the action and must learn to acknowledge them within themselves and then to express them into physical action. Simply knowing the true way is not beneficial unless you begin the act of following that new path, making that journey in that direction. There must be a time for some party involved some side of the conflict, to stop. You may see this in children where the expression is often, "How old are you? Who is the more mature one? I'm not going to sink to their level." It does not mean superiority to stop violence, it is not less superior to be the second person or party to stop violence and stop the mechanized seizure of land and people and property and profit. Know that when one party ceases such methods and activity it will take a great deal of time to have the other party and other areas of the world understand what is taking place. There has been a great deal of violence, and in many areas of the world, only violence and hate shared within it. It will take time for those who are seen as the opposing force to see the acts of non-violence, and to also see that this is not an opportunity to retaliate ten fold. You, and your neighbors, you are not different, you have the same needs. Know that it is not necessary to impose your needs on others, you can learn from others so that you may meet your needs in new ways. Important is nothing that prevents destruction or construction but the intention and the motivating cause are very important to the development of the individual. It is necessary for soldiers, warriors, supporters, to evaluate critically, determine your cause and your support. Do not simply follow any method of action which is held by the group until you have determined for yourself that this too is your idea or that it is not. There is much information left out of any argument. Two individuals will grab at bystanders, giving them pieces of the information in order to gather support. Often, there will be critical information removed from the story which may show them as also wrong and incorrect in some point. This ego of men must be harnessed in other ways rather than constantly in need of protection by flattening those who offend it. There is no need for fear; there is no need to follow blindly. Follow all that you follow because you have purposely and methodically established it as the path for you. Much is done based on simple ideas; simple ideas accomplish a great deal, but there is much methodology behind these ideas and they should be researched, investigated, studied, and pondered no less than grand schemes. An army is only as strong as the people willing to operate within it. New justifications should be sought and new dependent reasoning for all actions. The reason for so much conflict is the direct conflict that each being experiences within them. That which beings within will be expressed outwardly, but you must

not ignore any emotion or thought. Think critically, research and study; be fully present in your world in every thought, action, and energy.

93.

(Q) Easter and Jesus:

\* Constantine has stated that the spirit of Jesus, the being that is Jesus, cannot be contacted. This information comes from the true account of Jesus regarding the nature of Easter.

(A) Easter is a time of reflection. The time of rebirth. There were many holidays that before this day, events leading up to it were shared by millions. It is a time of rebirth, a time for changing, a time for celebrating the spring as nature comes into active being, freeing itself from its apparent dormant state. The time for Jesus was not that rising from the dead, there are many accounts of this. He was not dead. There were illnesses of the time, he was not susceptible to many of these but would infrequently succumb to one. Easter is rebirth. This should be shared with you and others as though it was the New Year. Many seek out the New Year as their purpose for starting fresh and beginning anew; Easter, and the energy associated with it through various religions holidays is more powerful for new beginnings than any other day. It is shared with many and shared on many dates. Typically May 1st, and the week leading to it, the energy is the strongest. This is energy associated with past acts and the intentions of those who focus on this time. Even in the modern Easter there are many representations of various religious traditions. It is not a time to segregate. Start new and fresh. The savior Jesus was not an immortal man. He was not an immortal man; he was a mortal man who was sent to deliver messages and show diverse populations the message of peace and love and that all that we seek externally are available internally. We humans are very literally, a representation of the universe. We can create; we literally, impact the universe and are creators of the world, the actions, and the physical and non-physical that take place within it. Jesus was not in a mysterious tomb only to be risen from the dead. He was to be moved to another location for medical treatment. It is important to say that no one was impervious to this disease; he was able to heal himself. It is also to be known that the length of one's life, the age, this was a different measurement than used today. It is important to know that recordings in the bible, those that have not been altered, and many are physical and accurate depictions of that which occurred, but there is much that has been destroyed and abolished for the sake of control. There was much added to include hate

and segregation. This was not in the true spirit of Jesus. This was not in a unifying and loving tone. These are not the messages that he would have wanted shared. It was his world to spread unity through honesty and caring between people no matter their station in life, no matter their money or position or education or sickness or health. Those who attempted to show their importance were only using money and their greed; these are not true things, these are not necessary things. These are not the willing gifts of the righteous who pursue their highest works. This Easter it is time to move beyond what is shared in a biblical text and honor the true feelings in your heart. Start yourself as a blank slate as you awaken, allow all that is near you to enter your mind and consider it a beneficial possibility before all else. Consider it carefully. Before passing judgment, determine how this idea, situation, determine how it directly impacts your life and your heart and your mission. There is much judgment on topics that do no impact but a few beings on your plane; but many will use this as a weapon for disaster among people. Include in your thinking one opposing thought per day. Examine this opposing thought to your thinking. If you consider it to be valid at present, determine what bearing it has on your true being. Determine what must be done so that it cannot impact you. Determine why it does. If it does not alter your true path, release it from your being. It is not for you to neither pass judgment nor carry judgment in your heart that is unnecessary. This is carrying unnecessary hatred. Honor those ideas and beliefs which are truly yours, which you feel truly impact your life, that which can change it positively. Share them, live fully in them, but be forever open to change. If you change nothing, consider yourself open to change. Open to new, you are not a book; you are an open journal that is open and willing to receive information on your blank pages. After reflection if the page does not speak to you, tear out this page. If the page is for you keep it with you, turn the page and experience more. At no time is it impossible to remove or add information. You are an open and growing being. You are living through various points, periods, and time frames of education throughout life. Do not maintain rigid thinking that you may have acquired at a younger age, open yourself to the vast possibilities. The reasons for many of these to manifest later in life is that we are typically less frightful, less worried, and have less concern for the status quo; often these may be through a series of events which have torn down the walls of what we know, and it now makes the being more accepting of new ideas. This does not mean you shall willingly take on the ideas and impressions of anyone you are with as if you are a puppet to be controlled. You are merely experiencing new possibilities that were before closed. No judgment in

your heart. See beings and the world as an opportunity for learning. Learn not from the poor actions; do not judge an action as poor. View the life of another and learn. Learn their perspective. Learn their purpose. Learn and be open. Be inquisitive. The more you are open to other beings the more you will grow and confront and grow within your own being.

94.

(Q) Anti-Christ: Mabus/Obama

(A) MABUS: There was a judgment by many that this eloquent speaking man, Obama, was going to pass unreasonable judgment on to many. In many cases he has done so, not because this is his wish. This is not his purpose: he did not assume power because he wishes to receive all those things that come with it. He has the intentions at his heart to do many good things for the country and for our involvement worldwide. It is difficult to remove oneself while in the presidency, from the controlling powers and considerations of those who wish to pad their pockets and make their backroom deals. It is possible that he will be considered by many to be the Anti-Christ because he has yet to enact the power of removing war, and he has the authority to take the country into war on a much broader scale. There is much he has done and there is much he has allowed to occur; turning a blind eye to the plight of others. Thus causing great divides in humanity that are imprisoned as well as those who are living with assumed freedoms in relation to America. There is much that is done with the attempt to free his mind, he attempts to do good but there is much fighting between political parties when these are not entirely part of the political plan. There is much done, much that is seen or much that is given as public information that is meant to sway the opinion of many people. There is not an accurate depiction within the media of the President, his actions, or the actions taken by those in government. It is important to know the Anti-Christ, the actions of that assumed title, will be the actions of many. These are not decisions of one single person or entity. There are many that pull strings; there are many who push buttons behind the curtains, though Mabus will be seen as the Anti-Christ because he is the figurehead leading the battle at the time. He is the person seen on the poster, the television, the person who is the spokesman for the ideal. It is more abundantly popular in thinking that there is a reason for mistrust of the government; these beliefs are not spread through public media because dissent will have those ostracized from information. There is much done to lean on those, as it were, to obtain the desired result. Those who subvert the desired ideal that

those in power wish you to hold, they will punish those who seek to obfuscate this information. It is important to realize that much work can be done to prevent this. Major uprisings will stop the masses from readily submitting to those in power, but there will be many clashes between those in power and their mercenaries, those who are hired or volunteered to maintain order. It is important to know that this information will take place, has taken place, and will take place on greater scales once more people become involved in the future. There will be fracturing reports; incidents will be isolated through public information or there will be attempts at first to not report these incidents across the country so that there is not fuel added to the flames of dissent. Control, in their eyes, must be maintained. A great upheaval will come when more will take their efforts to the streets, and see that when there are greater numbers there is safety, and there are accomplishments. It is important to know that all who are in these positions, the controlling government positions, the president, they are not evil. They are only being manipulated by those who seek power or those with intentions for only their personal interest. They too are good; they too will see the problematic system that is in place. Unfortunately, some will not make that judgment until they have crossed over from your physical lifetime. Many will feel powerless when there are uprisings because they feel that their voice cannot change the machine that has been created and called government, they too can join the streets. Many shakings, rumblings, and giant acts will take place to cause further fracturing of the society so that no one person maintains large control. Those who are not ready for this information will follow the widest held belief, but those who are dissenting will soon grow in numbers and become the widest held belief. Their attacks on these that stand for true freedom and peace will be attacked though these will not be permanent ways because the tyrants will fall. There is no need to worry at this time because of the ability of many to seek out truth on their own. There will be change, many will come to it, some by force, some by having their world, as they see it, turned upside-down. It is when they are fearful and their sense of reasoning and the basis has been shattered that they will begin to work in harmony. There is no reason to fear, protection will be with those who need it, changing the ways of the militant leaders is not a simple process but there will be an uplifting time of peace and tranquility once this shift takes place. It, in comparison, will be much different than what you know today. There is reason to believe that you are going to involve yourself in these actions directly. Peace will come to you by doing this. Strength on many levels is needed by you to do this. There is no reason to fear the president directly, he is not the one who is directly

responsible for the decisions, and he only appears to hold the keys to unlock these devastating beginnings from taking place. He is only the figurehead and there will be blame placed on him for his actions, which are only the true actions of 'many' for their own selfish reasons.

95.

(Q) Addiction/Dependency: Causes

(A) Addiction is a process of the mind to cope with the absence of another energy balance that is being expressed or released through the act, actions, or thoughts that the addiction is now fostering or creating. There are many reasons and many forms of addiction but there are many who do not seek to remedy the underlying issue, only the outward expression of the “problem” as evidenced by the addiction. There is a need to have mutual attention on the addiction and the reasons. To identify the reasons it may simply be a matter of asking yourself what it is you are attempting to avoid or escape from. Other areas may need focus on what energy is motivating them, where does this energy come from. Could the energy being expressed by the addiction have some positive release or more constructive release than what is being seen by the action? The area being neglected and ignored is the area that needs attention and should be sought for improvement as the addicting behavior is subsided. There can be new addictions come to involve the human person if one addicting behavior is stopped but nothing positive or constructive remedies the original cause. Many will find this in their path as a matter of learning to focus on the body and mind rather than external interests that serve only their physical enjoyment. The areas being ignored when an addiction is active are areas that benefit all people that specific person comes in contact with when they are in harmony and working properly. They may not see it this way and it does not need to be the driving factor for it to be ceased since there is still a direct source of gratification for the person who is addicted when they remove the addicting behavior and find their new direction. When there is something absent in ones life they may turn to the hobbies or entertainment sources that are found in their surroundings but may pursue this addiction even further, attempting to fill a void that no drug or past time can truly fill, this the addiction does not truly help in any way, more it serves to exacerbate the problem by ignoring it, allowing greater issues and areas to arise that need further attention than if those imbalances were present without the addiction. There can be no negative addiction, they all should be seen as a metaphor or signal of health of an area of the body or energy just as signs

and symptoms of a cold or other illness are viewed, they are indicators of a problem. Tracing back to the source will allow one, on their own, even without assistance, to develop a plan to further their own development and eliminate the addiction and replace it without the use of some helpful drug. There should be some sort of drive beyond that of societal pressure or other pressure from friends or family; this is so simply because doing so by these standards will not truly help the people come to see any true meaning in their error. It is possible that by this pressure it will relieve the addiction long enough so that the addicted person can begin thinking clearly and do this assessment work on their own. Though, most addicted persons will find some other tolerable means of addiction if there is not greater action taken to understand the reasons for the addiction. Just as a pain medication may mask the symptom so does the addiction, there is always more work to be done and greater assessment on every level of your being to reach a final outcome that is acceptable, not simply conformity by any external standard of measure.

96.

(Q) Sylvia Brown: Are her books accurate?

(A) Sylvia Brown is providing correct information though the manner in which she provides it is much through the use of metaphor and painting a picture with her words. This is much confusing for these certain individuals who are not like her, this method is confusing to most, but as with all language she is explaining much of the beliefs of many only using different terms for the same actions. There is much being done to attempt to clear her channel but there is a great deal of her own thought and emotion convoluting her messages. It is time for her to relax and calm her body and release herself from the pressure as she sees it. She may return to providing our message at a time when she is more relaxed and balanced in spirit and physical body. There is a time when she will be without the ability to provide assistance and this time will come soon should she continue to neglect her own spirit. Popularity feeds the ego and nothing more. You can remember this as you begin your work. Popularity means nothing, it is the actions that speak louder than any other measure of achievement. Sylvia Brown will go her own way in due time but this should not cause one to ignore her work. For many, even the slightest mention of her name provides emotional support and guidance towards a higher path than if she were to never have ever expressed the information given to her by Francine. These messages are not for you at this time.

96.a

(Q) Has she given correct information previously?

(A) Yes, though as with all cases, there is much that is done by her that may convolute the message with her own impressions or biases. There is a time for reflection and there should be a time for relaxing, for stepping away from working with spirit to pursue other physical endeavors. We are always near you, and you will return here one day, you cannot become so completely wrapped up in this work that you ignore the fact that you are in a physical existence. There is much that can be brought forth to advise the lives on the physical plane but not to the detriment of the messenger. All jobs require moderation and balance. There is often an excessive focus on what a person's ego views as giving value to their life. All in balance, as there is night there is day. What is she to do if she discontinues these messages, that is her concern. There should be a focus on one's self, she will see this at a later time, it does not seem as though she will come to it on her own without some degree of intervention. You cannot deliver messages and simply ignore the information as though you are above it simply because you are expressing it in the physical world.

96.b

(Q) Is she directly and clearly communicating with her spirit guides?

(A) There are many guides that communicate with her and only a few have a direct and clear connection to her. This is because of prearrangement or because of the energy beings clear and expressed duty to convey such messages to others. This can be problematic when there is no predetermined connection or ability by the energy being, or when the skill has not been perfected. There is much that is positive in her work and there is no evil in it. There is a time when it is ok to say you do not understand or that you do not know. For many this is the biggest lesson as many feel as though they are now dependent on your messages for every aspect of their life. You can deliver only what you are able and only what you receive. She is a source of inspiration that is propelled many to seek this information and research it further or to develop their own skills. However, she has neglected herself and should begin examining her information for the ways in which it applies to her own living. Much of her work here is simply to deliver the messages and experience the things in her personal life that she has, though there is a time at the end of her life when there is planned time for focus for herself, she should take this time in order to reflect and calm

her nervous system and relax the body from being at such a high connection with spirit at all times. Her body was not built to convey these messages and remain in a connected state for as long as it has, many can do this, but she cannot without focus on these areas of health by her. There will be an awakening for her.

97.

(Q) Do we always retain our individuality no matter how high we evolve?

(A) This form you are in now is a permanent form in terms of your true physical form. Your body that you are navigating this lifetime with is permanent self for this lifetime's purpose. You will discard it; 'you' will return to this place, your true place of residence and be in your true form. There will be, at times, when your sense of individuality is not what you sense it to be. As you have understood, all things are energy, you are currently energy, you will always be energy, and energy is in all things. There will be no change from this. It is important to know that there is no separation of spirit or soul from what is presently one complete being to another. They often act as mirrors for our own acts and thoughts. We easily identify that which is present in ourselves. This is because we are all energy and we are all the same group of energy; it is not a problem to understand that inference once you return to your true home. Through your incarnations in the physical world you inhabit now, you will always retain a few of your true traits and some of those other traits and ways of thinking that were acquired in that lifetime. It is important to say now that you will not always be separate. You will not always be an individual, you will experience a grouping, you are an energy that will maintain that sense of energy and identity but there is not always a complete separation, there is a conglomeration of energy, a greater sum when these are all combined. There is information presently not known about this on your plane and there is a great deal that would only confuse and would not be readily understood. You will always maintain your right of the self, to be only that which you desire; you are never forced to sacrifice your own ideas or sense of self and or your purpose for that of another. All that is done is done so at your will. You will not feel a sense of loss. It is to give freely and become something greater that you are evolving. It is knowing on this lifetime that you are not separate individuals but all part of the same energy type and the same accessible knowledge spread across all spirits in this world. You are not unique in that sense, all may know what there is to know, many simply are not interested or choose not to know it or because of the purpose of their

lifetime here now, will not come to know it because of the other areas of development that will take place. It is important to know that there will be many times of coming back to this plane for many so that there is an understanding of human life and emotions and actions that are eternal, that is to say, they are universal by your standard, they are true no matter what place or time you reside. These things will be true no matter what motivates them in most situations. It is important to know these and to understand them but we cannot force an individual to learn them, we cannot twist an arm. It is only done through your action as you are ready to involve yourself. You are not scorned when it takes you more or less time to progress; there is no measuring rod of comparison to others. It is better to reach higher levels than to maintain the same level of living. You are not alone in this endeavor; you are not left to solve progression and development on your own. You have teachers, you have guides, you have them in your incarnation and you have them in your existence once you leave the physical body. It is up to the individual to make progress but that is only the individual that will do this. Higher is achievement but will only present more necessary work, so it is not as though there is a relief, some stopping point at which you may say, 'now all my work is done.' Though you should also consider that by work, we do not mean that which is labor intensive and earns you a meager wage, this is not working for another entity, this is true work and spiritual living on yourself, that which benefits all entities. Trying to say that there is no self beyond a certain point is not accurate, though there is some sensation of being part of a greater being, it is no different than how each being is related now, you only have the illusion of being separated and isolated by your physical exterior impressions. You are all one.

98.

(Q) Are Star/Indigo children part of a root race?

(A) These are not a typical root race. These individuals are part of a separate wave of spirits that are involving themselves in the progress of the earth. These could be called a subset to the normal set of spirits that create the human populace. They have a mission all of their own that is in conjunction with the rest of humanity, but they will complete separate tasks with different energy, bringing about various conclusions to old ways that are still being held by many. Old ways need to change and serve as an example or even a building block for the future, but there are many dogmatic ways that should be dropped because they served only personal

interests and to fuel conflict on many levels. There is much to say on this right now if you are prepared. There is an interworking within this group that allows them, with greater ease and fashion, to communicate with our world, between each other, and to see within or experience the energy of another entity on your plane. Many are prepared for this before they enter your world, though through free will, they may not fully develop. They are no different from any other spirit coming to your plane in this respect. There is a time in which they will come to pass and will no longer be needed, look at them as a booster. They will not fully engulf humanity or overtake it, but they are a separate race, if you will, that will push the envelope as you would call it. They are more open by their physical design to experience many things and understand them on new levels and bring about change and motivate people to do the same. Though they may not take seemingly great actions, with all beings too, the example they set through interest and universal kindness, and other truths they bring, they will motivate by example. They will come to know many in their time though they are not all currently coming in such a great flux as they once were. There is a new wave already entering and a time for them to rise and increase in numbers is underway. There will be a great surge of energy that will sway the energy in, on, and around the earth in new ways, and though beings of higher energy contribute to this, special races, or classes of beings, like star children or indigo children you might call, have the ability to reawaken this dormant energy in others. You might equate them to a special team or special group coming in to assist those already involved; they will leave when their section of contribution is complete. They have already completed much and many who experience abrupt deaths can be concluded that they were of these special classes and have completed their work. Their work may not always be on a grand scale, only to motivate one person they come in contact with can become the greatest responsibility that one spirit coming to your plane may experience. There are no small tasks as they all culminate in greater activity and perception for and of the human race by comparison within themselves and by other forms of life existent on your plane and in others. The ability to communicate and interact with other planes and dimensions is coming very soon. The ability for people to openly acknowledge alleged aliens on your plane is not coming as soon as we will hope. Many will communicate with them and acknowledge them but there will still be many who refuse though the evidence is mounting and these beings will help in greater ways. There will come a time when many different races live together on one planet since all are for the highest good. Though many will still live on their respective planets as many subtle

differences in energy make it more harmonious to love among one's own kind. There is a great healing taking place and there are many spirits working towards this with many types of energy and beings. All can work towards this and many special classes of entities are being brought forth and are coming into age now to accept and produce it. Be watchful, some special classes may be easily swayed from their path because of the openness with which they experience the world. They may be easily rocked from their path and easily entangled in spiritual matters which do not matter or physical presence and materials which have no purpose for their life. Be watchful and you can see these beings. Often great conflict can come to a person because they are a special class who was brought into a specific area. There may be great conflict with one person compared to the mindset of an entire large group of people. This person's mere existence in this seemingly conflicted group is enough to bring the energy around of a few to new ideas and world thinking for the positive of everyone involved on any plane. Though this is not always true; much conflict can also be the result of ego clash. Many ideas in history have been thought of as ludicrous, but many of these have benefited the human race and may be brought about by those in special positions. It will take time, as it has in the past, but many new ideas will soon be accepted by many. There is not much openness with certain ideas now. Trust that there are far greater in favor of these new ideas than what is currently popularly believed or portrayed.

98.a

(Q) What is their mission for incarnating at this time?

(A) To bring about change, everlasting peace. Instruct those currently present on new practices and thought forms. To focus their energy on raising the world for good. They may experience greater physical or mental anguish because of their openness but they will also learn from this and be motivated to overcome this. While they may not complete this their example and lifetime is an example for many on this plane and others, and those in a lifetime with them. They can be helped but offer greater help in their actions, though they may not be direct. Indirect action is often greater as more people will accept it on their own terms rather than at first glance take something to be absolute truth. A song is born slowly, not epic pieces in great force at once.

99.

(Q) Abortion

(A) Abortion is not for you to understand completely. Know that it comes about as a lesson for many to learn to understand this great choice. There should be greater understanding and letting go because a spirit may need to undergo that lifetime in those circumstances with what may appear to those involved and already here, as unfavorable circumstances. There are no unfavorable circumstances. There is much that a human cannot currently see, though many are waking to it. It is about control, though many think that there is less control in allowing this spirit to be brought in on their own terms? There is no control, for this spirit will come when it is comfortable with the energy around it. There should be acceptance of this practice though the goal should be to overcome the fear associated with it by those who are wishing to carry it out. Overcome the worry and fear and selfishness. Your purpose may be to raise this soul into the earth and forgo some practice in which you are currently engaged. There is no growing up fast, because this may be your purpose. There are many reasons though and greater responsibility should be understood if one feels that they are not currently ready for such an engagement in the life of another. Understand that no matter how neglected a child may be it could be for the purpose of that child, there is much that people deem as negative or horrible on your plane when they see another being or a child experiencing them, though this may be the very reason that they have come into this life. For themselves, and for others, this can be a great experience. Learning compassion is never easy. Learning to be responsible with your thoughts and actions on those which bring about greater impact on future lifetimes is never easy but is important. Action has results and outcomes, learn to think beyond your next five minutes, do not worry on it, only know that your actions have ripples into the future.

100.

(Q) Space Shuttle's last mission: Other space travel, hidden agendas?

(A) There are methods and means that aren't openly being shared at this time. There are developments in these areas, as most areas, which are not shared or openly discussed for fear of secrecy between nations being violated. There is concern that other citizenry will not respond to capabilities and methods in the same manner as all should. There are some that wish to prosper from this financially. There is an opportunity for this to

be done by private companies and those with knowing. Their government will still have the method of reaching space without needing outside assistance from other agencies or other countries. It is important to know that the government space program can travel much farther than what it has shared in the past. There is no alternative intent outside of personal financial gain and the ability to maintain, what they consider, to be national security. It is in the interest to be established on the moon or other planets before other nations so that the areas can be secured on the controlling party's behalf. It is important to say that you should look to the stars and the planets and you will see evidence of this and so many other things that are attempting to be concealed. Take your mind away from that which is not lasting and look beyond the surface of the planet, there are many amazing things beyond your solar system and should be explored. Many beings have attempted to contact the populations of earth and many have contacted the governments in various forms. Many do not listen; many have only seen the request to stop violence as a method of control. We do not conspire to take your ability to control your individual self from you. We do however wish that your will not be imposed on the masses of your own kind or on that of others. It is important to practice autonomy. Practice faith in others. Patience is a virtue that is needed. Make small changes now and there will be others who receive the ideas at a later time. Not all will come forward; many will come forward once there is someone who makes their beliefs public. Once it is known in public that there are greater levels of secrecy being kept in all areas of government and bureaucracy there will be more who side with the true information and those who bring it. There is a method now for releasing information that is contrary to belief, that which the government releases in a method so that the true story, though contrary to many fabrications given early, does not upset or cause a stirring of emotions. There is a bombardment of information that causes one to look deeply and closely at nothing. An individual must clearly associate with the specific item in order to fully understand and appreciate it. There are not many who receive their information from outside popular outlets, which, through some intent, but also some political meandering, spread their news in such a manner that bombards a mind. Some do so to compete with other sources, some do so with pure intent that nothing be truly inspected. An individual inquest must be made to every story that an individual finds it important. There are seldom unbiased reports. There are seldom true stories. There is always a skewed vision that is placed over a story so that it is received better than before or so that news outlets can compete against themselves. The story of space is similar. There are future plans, there are

plans to go farther, and this will be achieved because a new drive will be developed. It is not possible by current calculations and methods to achieve any goal beyond your moon using current technological methods. The motive is to generate the resources to do so. Often there is nothing more than a denial of some area only to have outside funds come to the front so that others don't have to continue to bear the expense. This is true in this case but there are still government conditions that will be met and flights that will be manned and used without the public knowing of this information. Interest will be stirred. All revolutions in technology are driven by your dollar or the ability to market a new resource; this will drive this area too. There is a method to their madness but no truth is immediately evident because of their need for security. Peace will come at a greater advance if they should choose to remove those resource that are combative or ones that they consider to be for defense. All feel the pain of war, there is no need to create it or defend against it. Trial and error will lead to the creation of a new system of exploration beyond your solar system. It will take much time but there will be new fusion technology that will allow exploration into the immediate area from your current planet. It is important that these new developments be utilized with the good of all considered; no warring faction should be permitted to rule new areas. Unity through being human, through common ideas. It is not necessary to change the will of others, only allow those to come to it on their own time. Protect those who are unable to see the brutal nature of some no matter who they are.

101.

(Q) Paramedic/EMT:

What is the role of first responders during a cardiac arrest? Are they interfering with a soul's blueprint?

(A) There is a goal for everyone on this plane, to learn to trust your instinct, to learn to let go, but for many in these positions, in these jobs, in these volunteer rescue positions, there is not much room for debate. The individual is never recognized because a protocol or some governing rule is being used and dictates, with relatively small room for investigation and arbitrary work, though it is only considered arbitrary because currently you do not recognize anything but the physical. It is important that there are many who are aware when a case may seem to require different results or different actions from those who arrive on the scene, but there is not much presently being done to allow flexibility in this area. More effort should be focused on the family and transitioning them to a place of understanding

what has taken place. What needs to be explained is not anything relating to a religious point of view. You may keep a religion as a guiding principle, but you must grow beyond it. You must also know that no one wants to hear differing views or opinions until they are ready, but they have also the potential to have moved beyond your conversation content. Be willing and able to be a flexible person in conversation and report. It is not necessary for you to approach the surviving members as if they are now scared or broken and in need of permanent help to their psyche. Many are prepared for their loved one's departure, but more should be done to aid the family. That is not to say that they are unable to help themselves, but given the present socially acceptable ways of thinking, there is more harm and distrust present and taking place when there is transition from the true being, from the physical, and into the true world beyond the physical plane. Less hurt and damage could be done if the nature of things were not placed so much on realizing that god has a plan. You have a plan; you decided the majority of your plan independently and with the advice of your guides and teachers. What you experience is directly your responsibility, saving any act of free-will which imparts another action of another being into your life. It is merely the saving grace of many who would rather believe that some being sits high in the sky meting out justice and lessons in the form of life and death scenarios. This is not the case. Your true being is aware at all times what is real and true, but there is much work, often unintentionally to a certain degree, to dismiss what is real. Often others are so frightened of what is taking place because they have been taught to fear, they will dismiss and spew hatred onto those who are only attempting to help them down the path. In the case of any ambulance emergency, you will not save or bring back someone who is not already in the mode of not leaving. There are very few instances when there are deaths that were by free will and the being shall leave the body only to speak with their guides and teachers. Once this visit has concluded and it has been decided that the being is to return to the physical, then the physical body returns to action once the being has returned. Your action of a responder, when nothing can be reversed, is to follow your protocols at present but do not ignore the scene, do not ignore the family. Do not belittle or demean them; empower them with the knowledge and process that is taking place. Some will fear your words, some will address it as a relatively easily relatable idea, but it is for you, each and every one of you, to realize that there is no death. There is only transition, and the transition that takes place puts your physical family member or loved one from this plane no further from you than the length of your arm. There is not a separate location miles away in a fictitious castle in

the sky. All will come to you in time but you know that you must begin to view new methods and ways. Examine them. Allow your self to rescue more than the pulseless body in the room. Protocols will change when health and science address more than the physical. Individuals can do this now by taking the time to talk and discuss with the family. There is no urgency to be had on anything other than the aid of your spirit brothers and sisters. Do not act in haste simply because arbitrary constraints are placed on you for irrelevant reasons in your current situation. Promised to those that are dying is the ability of their loved ones to be made aware of the true nature of death. Many will take lifetimes to understand, but for those that take convincing, it is the first responder that has that role and ability in them. It is important to say that the need for a being to transition is important at various times and while they are so attached to the physical it is this promise that aids them also in their transition. You are not a medical professional only of the physical existence. There are many more dimensions to measure this physical reality, those shall be addressed and remedied by you with great skill, care, and expertise. Begin learning now.

102.

(Q) Population Control: Is population control a problem on earth or just an excuse used by some to further their agendas?

(A) Population control is not an issue in the sense that the earth is being overrun by rampant births with no room for them to cohabit successfully. There is much talked about this subject in terms of fear and security of each nation, as though the birthrate is going to continue to soar to rates that overrun the national food supply and medical authorities. It is important to know that specifically these two areas should be addressed for all people. Medication; that is the true evolution of medicine to incorporate the non-physical body, and the food supply brought in line with more traditional and historically used production methods. The current process of farming and medication administration is not sustainable without causing more harm and more damage. The detriment to those who eat this food and use these medical products is not aiding them in a manner which is sustaining to any level of their being. In the best cases they are merely putting neutral substances into their bodies which do not cause harm of any kind. There are vast sections of land that are uninhabited on your planet. It is not necessary to seek out other worlds simply to have more room to expand. It is important that the living, specifically the sheltering methods, how they are

currently conducted is also not sustainable. Many should not live in the manner in which they do. This does not mean the slum lords of large cities. This is the manner in which they are far removed from the earth and that which they take from it. To learn where and how to sustain yourself without dependence on another, that is to say some dependence is necessary, but the complete and total method of ignoring the processes involved in food production and acquisition, and the method by which homes are constructed and how the land is made to live around your homes, rather than all of these aspects being in harmony with each area of your existence. This must change. Many of these methods will not be readily followed because there is no commercial application to live in harmony with the tallest tree in the forest or in harmony with creatures that live in the deepest depths of the vast oceans. Daily, there is not consideration of these things but there are signs that make it available to all to know that they are not working in a proper direction. It is also true that no one will come to these terms unless they bring their own mind to it willingly. It is a challenge for many to live with the earth. It is not an extreme view to live in harmony, you will not revert to dirt floors and unsanitary conditions, but the method for many physical beings to be present on this plane at once, these new but old methods must be implemented or there will be greater health problems and fewer resources to sustain the population growth. It is also important to say that no matter the human impact on the earth, the earth will always survive, the earth will strike balance, and the earth is quite capable of purging and acquiring energy. The earth does not ignore its own signs such as beings in a physical body. You can do harm to your physical body, there will be signs that you need to change and repair can be made quickly if you follow these indications and your true self speaking to you. The earth can be harmed but is aware of the harm and will correct it. It may not be immediately evident the corrective action taking place, but there is always balance to the earth. Left to its own devices, without human interference, the earth will heal and repair and maintain balance. The earth can exist without you, but the earth is here for you, to live with and support one another. It is by harmony and balance, it is not a resource to always be bent to your will alone for the sake of profit. It can provide everything.

103.

(Q) Euthanasia

(A) There is a drive by many to end life and find the means to justify this action. There are just as many who willfully involve themselves in the life of another to prevent that life from ending. It is important that no life can be ended before the spirit has agreed to leave, if done at a predetermined time, or done so in line with a lesson to be completed, or done in line with your highest plan and good, only that you had agreed so previously. It is not important the means, but there should be a method for determining the level of happiness or mood of the being trapped within a physical body if they are otherwise able to communicate. There are many who will give up, but there are many who will fear this just as they fear the actions in their lives that precipitate other events which they fear. They will no more engage in ending their life by this method than by the hangman's noose if it were readily available for pain and suffering or for any other reason they saw fit. It is not important to justify an action that does not readily involve you but that if one chooses to end a life and is intent on it; there is nothing to be done beyond ensuring safe passage. It is important to understand that there is no right and wrong answer or decision in life and the measuring of actions in this way is done so by human terms. This is a very rudimentary way to view the world when it is merely just cause and effect. There is not wrong or immoral, they are all decisions with which you can base your future actions, gain knowledge and experience, and engage with others. There is much pain and suffering experienced by the hand of another which is often disguised as that pain which is caused by a disease. Know that much pain or dis-ease in a body is calling attention to the body system or area. Pain, a great deal of pain, is in the same way working to call your attention, your management ability of your physical body, to this area. There are many who may not feel the drive to carry forward through the pain, but if an exit is attempted before a predetermined time, know that all actions will still take place that were necessary for any level of development of another, or even the being making the voluntary exit. Lessons pushed off or not experienced are not held back for all time, they are not ignored, some change forms, others are delayed, but they will still come to pass in the physical, the future physical, or in the energy body once you return to your non-physical home. Medicine in many forms ignores the true nature of the being. In the form of pure pain that cannot be reversed by medical means, the method of

communicating with the true body, meditation, directing focus on the self where it was previously ignored. These are the things that need to take place. There is much disharmony in the person who is experiencing long-term pain that is not managed. Even in physical beings who are pushing their pain aside through various efforts, it is merely masking an issue by hiding the physical manifestation of some idea, method, action, thought, or other energy or physical or non-physical attachment which needs attention or releasing. There is not good, there is not bad, there is only action. One action leads to another action, leads to another action, and so on. Actions cause energy and emotion and reaction. This is what is done. What you experience may be necessary for your development. The mystery of your physical existence is knowing and not knowing when change should occur and when it should stay the same; to know when there is a higher being interfering for your highest good, and when there is an experience brought on simply for you to change and take action within. No matter the purpose, no matter if you rise to an occasion or simply experience, or change course entirely, this is an experience. Experience each moment; as each moment, past, present, and future, are the greatest moments. Emphasis should never be placed on one of these over another. The past is your teacher, the present your classroom and the future is your ability to create anew.

104.

### (Q) National Rifle Association: Agenda/Powerful Politics

(A) The National Rifle Association is not built on fear, but to some degree, it is developing a perpetual use and need for existence out of fear. Originally it was born from ideas relating to colonial freedom and the right to bear arms in the traditional sense of your land being invaded by unrighteous means or motivations. Today it continues because there are many who fear that there will be a time when gun ownership will be forbidden which will make them more easily taken prisoner or more easily taken advantage of because they are unarmed. There are some who believe there is some subversive political action that will require them to defend themselves. The primary importance of owning any firearm is not the protection it provides. No matter your life's plan and no matter if you own a firearm or not, there are certain situations in which you will find yourself, even if you live in a protected bunker, as you worry about the outside world. Their agenda is simple but those that associate themselves with it are not

always sensible by widespread terms and portray gun ownership as some sort of violent fanaticism. Guns are not harmful, nor will a gun protect you necessarily any better than any other action in your mind. The sense that force is a better tool than communication is an idea that makes many uncomfortable. They are not willing to attempt this as an idea and allow it to fail and then prevail. They are concerned that with failure they are exposed and without protection. Peace can be had without weapons, there would be new methods of learning experience, and that is the point; to grow beyond current means, but it is not necessary to fear your neighbor. The NRA is a mirror of society in many areas, that many are afraid, that many fear, and they do their best with what means they have available to protect themselves though this form of protection is not protecting the mind. Their hearts can be closed as can their minds. In some cases there are a small percentage of members who wish to be challenged, not as a learning experience, and not as a method for greater understanding, but because this is the moment that they have been preparing for, the moment when the government or some outside force or idea is going to steal their freedom. The confrontation is a moment in which they can release their idea and methodology onto the world, or simply release it into what they see as an opposing force. Gun rights, ownership of firearms, it should not be politically ruled or governed. There are various groups on both sides of any weapon debate that propose tough rules and laws and punishments for violations. What is more important is the freedom of many to choose and the education of the public to discern and education on the matter. Simply because one owns a weapon does not make them a violent person, nor does being weapon free make you a peaceful person. There are individuals who band together in groups to protect rights that they fear will be taken away. Those that do the taking by laws are also reacting to fear and worried behavior. There is much distrust; at some point along this time line someone needs to stop and afford others the chance to allow trust, to allow other humans to realize they are all having a similar experience. It is not good, bad, indifferent, or neutral; it is only existing. It exists for many reasons for many people. There are many who see them as a threat, but for much more time to come there will be violence on your plane and weapons used by armies and by individuals. The true peace will come when the last shot is fired by a man and his opponent realizes that this is not an opportunity to strike back, but also an opportunity to not seek revenge or gain a desperate upper hand.

104.a

(Q) NRA: why are they such a powerful political force?

(A) It is not wrong to fill a void or occupy your time with something. It is important to identify what it is about yourself that yearns for this feeling and bring it into balance with other aspects of your being.

The powerful force of which you question is not simply the mind of a few gathering into a stronger force for some sake of protection. At the top of this pyramid there are a few who are interested in power and promotion of ideals beyond what the everyday member wishes to accomplish. The volume of their membership and fees allows them to fight stronger willed opponents and root out and help collapse the campaigns that seek to restrict their movement.

Neither campaign, for or against weapons, is a negative mission, it is the purpose of the weapon in the hands of each owner that is important to any discussion. Giving every man, woman, and child a weapon is not a negative impact, it is what the mission of the individual determines its purpose, this is the important aspect not discussed.

Their campaign is widespread but as with any campaign, their message is not a regulated one, we do not mean that weapons should be regulated, but with many campaigns the desire of the party is for simple unregulated promotion of their idea, rule, or law. This is the problem, for nothing is universal in the sense of development of the being who visits this plane. You cannot have a widespread rule or law, for no two beings are similar, no two beings react in the same manner; no two beings will follow the same road. Differences among beings are not to be seen as positive and negative, they are only to be said as not similar to yours, none of which makes either being more correct. Violence will not be erratic if all guns and other weapons will immediately be removed from the face of the earth. Violence will not be eradicated if all guns and other weapons were slowly and methodically removed from the face of the earth. No matter the manifestation, fear and lack of knowledge about the self, these will appear. It is in direct conflict with their sanctions that any such matter be discussed about methodically carrying out their objectives. The purpose is to go for full measures in their favor, and in many cases, no matter the cause, you aim for the most you desire, fight for it, and hope that you receive some portion of that goal. Their fear is great, their money is great. They will not undo or create anything in this plane which is not already preparing to take place. They will not usher in new violence or eradicate old violence. It is simply

an outlet for many of these similar minds to express much of their inner being in the way that they are aware.

Simply permitting weapons does not solve nor hinder crime and violence. Many are aware of the implications. Many choose the opposite means no matter the situation. There are no set rules that pertain to all beings. It is important to realize that. It is important to say again that no being is capable of judging any other being on this plane. You are not in a position to offer judgment against another being in terms of life and death; though it will take this action for many to realize it and to grow beyond their current state. It is possible for all to learn and grow beyond this action, and it is even possible to learn and grow beyond it without actually taking place within your hands, but many will follow into it and then recall the experience at a later time and gather knowledge from it. It may take centuries and immeasurable amounts of time to see change, but change is always occurring in the most subtle of ways, contributing to a larger picture.

105.

#### (Q) Law of Attraction

(A) This is a method by which like attracts like. This is evident in water droplets and can even be identified by each object of any size having gravity. As an individual this can be accomplished for you by using your mind. That which you focus on, dwell upon, and fill your time with will attract greater sums of that particular content. That which you fill your thoughts, actions, and energies will emerge in greater abundance as the universe and all of creation is attracted to and pulls towards that which is the same. Often it is said that balance is always being struck in nature, and this is true, but opposing forces do not necessarily coexist side by side for easy comparison. The sum of all things, all actions, and all energies is the sum that must be evaluated and you will see, mathematically, that all on this plane is neutral. What you attract to you does not manifest mysteriously, this is evident in the physical world as much as it exists in your physical and true mind. Gathering of similar atoms brings together greater beings and complex organisms. Each of these contains energy; some energy can be released as a bolt of lightning, instantly. Other energy is slower, the rate at which the energy is gathered or the rate at which it is expressed into the world is dependent only on your mind and where you place your focus and

desire. Where your mind goes so goes the matter around you and all that is in the universe.

106.

Q) Is marriage a viable concept?

(A) This is an institution that survives out of guilt, pressure, insecurity, and longing for external stimulation though you are ignoring many other opportunities internally and externally. There is much about this institution about possession. It was born in a sense that it has always been done but there is much concern about the possession of one being or another and the treatment of beings as property. Recently, in a wide scope, this has become celebrated, it is incorporated so heavily in society that possession is celebrated and those who do not engage in it are mocked or shunned for choosing a different path or ignoring this concept entirely. The right to enforce your partner to abstain from any other activity with another being, sexual or otherwise, is the problem. There are many who agree this is an ancient practice and assumes that those in a partnership will not find true happiness or meaning until a marriage is executed. Many fear being alone, many fear abandonment, just as putting a small band-aid on a severe trauma patient does little for the patient, involving yourself in the prospect of marriage does not truly address your discrepancies in personality, or that which causes you to have fear, it slows them, masks them, they will appear, they will be addressed, perhaps in this lifetime, perhaps many lifetimes from now, perhaps outside of a physical body entirely. There are many who involve themselves in happiness with another person and often times this partner can occupy their space for the majority of a lifetime, but there is much that is done to pressure or control a partner with expectations. While one partner may not realize this is being done, the other partner is growing, both should be growing and changing and activating all possibilities in this lifetime. Marriage should not be viewed as a requirement. Marriage should not be viewed as some everlasting prospect which holds you to the earth with any sense of accomplishment, that you would lack any good deed because you are married or not married. The celebration of mutual unions can be had, should be had, should be celebrated or addressed by any means thought necessary. However, do not assume that because you have agreed to join your physical existence together that your paths in life will also follow the same road. Also realize that the mutual coming together for the

child. There is much that should be done to achieve a union for this purpose. It is not required from every being, but for many it is simply bringing new life, for others it is bringing new life and raising the new being with the same individual, and for others it is a matter entirely different. All beings, to some degree, in some area seek a sense of permanence. The very nature of all things around you show you that all things in life are very impermanent. This is not a detriment to your environment. This is not something you should fear or worry over; it simply is in existence in this manner. Fearing change is a simple statement, but many do fear it in some area. They build physical and non-physical barriers and habitats to protect themselves from learning what is truly within their own being. Change should be welcomed, change and temporary permanence, perhaps a better method for describing the situation, should not be judged so harshly. For many, they will not take the advice or adhere to the societal pressure or demand and more conflict is created because of this. Independence can be achieved in both realms but more anger, hate, and rage is being done because this institution is so engrained in society. You can see that there are many unions, detrimental and positive, that exist without marital, religious, or government sanction. The possible union, the possible benefit, the potential for hate and dissolution of a union is just as possible no matter the term associated with it. There is simply a method needed to create control measures. Many things are done in many societies simply because they have been done before. There is no real examination of the benefit, purpose, or use of the act. Marriage is about equality and mutual understanding. Two people or many people can mutually benefit one another without control, but perhaps the control is what they desired to experience in this lifetime. The essence of any institution on the earth plane is that it should be evaluated for each individual. Coming to terms with the temporary state of all things in life and learning to allow the energy of the human experience ebb and flow without constant fear, judgment, and acting outlandishly because of these things. There are many actions, emotions, people, and experiences that are meant to be seen as permanent in your lifetime, there are many things that are not permanent. Clinging to your desires when the world around you, the people around you are changing, this does not help you. Build your home and your resiliency within your mind, within yourself. You should not desire to be, alone or not alone, you should desire what you feel is truly for you and for your learning. There are often not widespread and general statements that apply to all situations and all people. The rules, laws, acts, practices and statements expressed on the human plane

are often simply for learning but often attempt to entrench the greatest number of minds into similarity that one being can forget that objecting, publicly or privately, or simply following a different path without calling attention to it, that being forgets it can be done. This is allowed; it is permitted. You do not enter a pool to stand motionless; you enter to make waves, to enable cause and effect. You enter life to experience it. Perhaps to makes as much energetic changes as possible, perhaps to be as independent as possible. What is or is not for you now may or many not have been part of your history or future. The essence of experience is to engage in it fully; to not ignore your emotions, to learn and engage and to free your mind from what others attempt to store in it. You are a fully aware being capable of all things great and small, the rules, laws, and practices that make many feel restrained can be lived without. That which is declared absolutely wrong, morally incorrect; it will exist and lessons achieved with or without suffocating practices and methods for attempting to corral those seen as loose ends or those who want to fight any apparent system that attempt to impart the most similar and easily digestible thinking to the greatest number.

107.

(Q) How to leave the physical body and return.

(A) This is a process for many that will take much practice. There are many things on the physical plane that can be done with great success with very little effort. This is more true for those who are predisposed for certain activities. The same ability to more easily master some skill is true for skills of a non-physical nature. It is not important to begin doing this immediately. Much will depend on the nature of your current activities and the mastery of your mind and your understanding of your world and true self. You should establish a strong foundation in these true principles before beginning to unleash your physical from your non-physical. You may be able to accomplish this task without first acquiring knowledge, but the goals you have in mind may not be so easily attainable and understood if you do not first gather the education necessary to harness and understand. You must simply be without your body. There is much over complication of acts which involved the mind and non-physical body. Simply releasing yourself is the only act that you shall need to do. For many, this practice shall begin with a concrete meditation schedule to listen to one's own voice,

to determine your true self and to put the ego aside. The ego and physical self is not what you will be using. You use both but most activity for the uninitiated takes place in the physical mind and that which is readily absorbed or perceived through the major sense which all can agree exist. It is the higher ability which will take time to acquire and perceive. Your physical body will need to understand what is taking place and may need assistance from any spirit being that is currently responsible for your guidance in this plane. It is important to work with these beings, or state your intention; even if you are unaware they are present. They will be responsible for altering your physical body in the event that you were not as predisposed for a particular activity such as this. The study and practice in what has been called energy work on your plane is essential to your production of the realization of the two separate beings in which you are in control. The true self and the physical self. The sensations provided and experienced by these exercises are simply the movement of energy, the reawakening of your energy body, and the perception of the mind and its interpretation of the possibly long-ignored existence of this internal controller – the real you. While this is a brief guide it should no more lessen your study time and your practice and discipline towards this subject. It is important to be grounded in subjects described as metaphysical. Many are put off by these topics or anything deemed “New Age.” For many, it is the term that puts them off, if you were to change the name but not change the information they would be more receptive to it. It is important to be aware of these topics and aware of protecting yourself. While your spirit protectors will protect you they are not as invasive as some would believe. They will not simply stand by your side and read your mind. You may communicate with them mentally if that is your intention, but they will not know every waking and non-waking thought that exists within your mind. Your intention and with what purpose you wish to achieve this act is important. As simple as this statement that becomes your intention might be, it is important to have this intention. Begin to place your mind, your focus, your thought, every essence of your being in an alternative location. Thoughts within your mind and directing of energy create action. In the spirit plane your self is controlled with thought. Very simply put, your thoughts control your location, your actions; by comparison your mind in the physical body controls the body at a much lower speed. You may think of an action within the physical realm but it does not manifest because of the lower frequency on the physical plane. Many humans have 6,000 or more thoughts per day, and if their body were to be taken to each location, each

act carried out; there would be no society that you are aware of today. Place your intention outside of you. Place yourself fully in that moment. If you are viewing an area that is only a few feet away from you it is not important for the self to say, "I am in this room, now what." You must fully explore and place yourself in this room. You will need, basically, to convince the self that you are, in fact, capable of travel without the physical self. You should explore every aspect of the room. The colors, the markings, the disruptions in normal activity, the smell, the light, breeze. Examine every item in this area, every thing in this location and see it with new eyes, as though you were seeing the world for the first time. Exercises such as these will allow the mind to follow and creates independence for the being to achieve this without a great deal of external assistance. For many, there will be other paths, but by following this road you will achieve a greater understanding of what your entire being is capable of once you reawaken to it. The dependence of others on spirit beings does not lessen or increase the importance of accomplishing this skill for some. In many cases it is not the road traveled, but very literally, the end justifying the means used to accomplish the task. The knowledge you gain while educating yourself will bring greater understanding and will lessen your dependence on other current dogmas and beliefs held by many that do not serve this skill or realm of adventure. You should, prior to investigating any mind/spirit/body connection or possibility, examine the reasons for this in your life. You are simply wishing to learn more about these possibilities, or do you wish to carry out this activity on a regular basis? With what purpose do you hope to accomplish this? While it may provide an escape it should not be viewed, mistakenly, as an alternate reality. What you experience by any sense or perception method is reality. There is not an alternate location that is not reality. There are many things your mind will perceive within dreams, you may not understand these because of your limited view of the matter, but this too is reality. It is all reality. Often it is the source that confuses many and causes frustration.

108.

(Q) Is sex just procreation?

(A) There is a need for the physical and non-physical melding of energy. Presently, this is the most widespread reason for this action. Though many are unaware that this is what they are truly desiring and seeking when they

have a need for closeness. There are many who unaware of the mixing of energy when two beings bond in this manner. It is also possible that such a bonding and mixing take place without any type of penetration or sexual gratification. The closeness that two people, or any number of people, can share on this level is similar to the most divine intention through meditation. It is important to know that no matter if it is your intention, no matter if you are unaware, on an energy level and non-physical level there is an energy exchange. This is independent of any particular type of sexual relation or any type of non-sexual act carried out with similar intention of sex. There are many who experience this same closeness and bonding of the non-physical bodies without sexual gratification, penetration. It is entirely possible that beings share in such a similar act of blending the higher-self, the true non-physical self independent of any physical capability. While this is not a question relating to this sort of information, you will see the connection through many other activities. You are energy; you are able to connect with other beings for communication and enjoyment no matter the physical separation between you. This is not some divine intervention allowing this to take place, your spirit guides, your teachers, many assist you in understanding and gaining insight to this process, but all beings are capable of this. It is important to say now that no matter your level of self-realization and studying the true self, and no matter how much knowledge you have regarding the true nature of things, you are still here to learn and grow. You are still in a physical existence. Once you have mastered these topics, know that there is always more. Once you have mastered these topics you will not disappear from the physical plane because you are somehow a more enlightened being for having gained the knowledge in these areas. Humility is divine but also be aware of your confidence. How would you carry yourself now that you have this knowledge if you were the only being on this entire planet? Why should the way in which others perceive you change your actions? There are no correct philosophies in regards to this area. It is necessary for you to think critically and examine details, such as these, for yourself and add them to your beliefs as you see fit, or to ignore them entirely. Sharing on a deeper level than pure physical is what many desire. The most well known closeness is currently sexual encounters, no matter if this is within a long-term relationship or that which is new, or that which takes place for one intimate encounter. The ability to deepen your understanding of the true self and how to bond with others and relate to them less as physical beings will leave you feeling more at home, less lost, fewer instances of being alone. There are so many of you on the

physical plane and yet so many are alone, so many suffer. You are able to reach out with your physical body and so many do not even undertake this method of understanding or communicating or supporting their fellow human beings. It is important to say that no one will judge you, not one who judges on the physical plane will judge you in an area that is everlasting and important to you. Release your fears now and greater knowledge will come to you. These are the things in which you should focus your efforts, the material world will be there and it is not the material world that will support you in times if seemingly impossible and insurmountable tasks.

109.

(Q) On what should you focus the mind on during: meditation, healing session and/or development class?

(A) The very nature of your inquisition needs examination into the reasons for your completing these tasks. Are you a channel? You should be clear and free of inhibition and expectation. Your mind may wander but should be brought back to center once you release the intention into the universe of the task you wish to accomplish. If you are seeking development of your ability, if you are seeking atonement or some change within yourself it is important to embrace on many levels the change and alteration you wish to embody. Simply wanting change is not enough, we are aware that many may not be aware of what their true potential may be, you may want to assign this task of delegation to your master teacher, your supervisory spirit being, but doing so your pace can be set by you or this being but the skills, abilities, and gifts within the physical or non-physical may surprise you if you were unaware of even the existence of them as a possibility. Others may wish for them to manifest much quicker, but if you do not interest yourself in these topics or if your mind is holding true to some other form, they will take much more time to create and unfold for you. Any work of the non-physical, it is important to place your mind in the realm of possibility at all time. Block nothing. Much information and education has been disseminated into your plane regarding the skills and abilities of both physical and non-physical. Not all information has been learned by one single being and not all information is still known that was once shared. Your willingness to share in this experience is what is important than some arbitrary necessity that you feel you need to accomplish. If you are willing

to engage in these endeavors it is important to clean your mind. Ready your mind. Prepare your mind. You would not invite nature into a space that was not prepared for the natural process to take place. A barren parking lot does not lend itself well to that end. Create a space within yourself where these skills and abilities can manifest and will have the support in your physical and non-physical actions and beliefs.

110.

(Q) What causes allergies to domestic pets?

(A) Many allergies to pets are simply by design. The body needs not be perfect at all times. There are often no apparent reasons, for many of these situations it is not a matter of “his will,” it is a matter of your will. You are the being that chooses many of the tasks in this life. In the matter of pets and being allergic to their dander it is important to ask yourself what possibly could happen if you were to maintain a pet. Does it benefit you or the animal to live in such a way? The necessity to enshrine an animal being in such away so that you shower it with gifts and praise is an excellent method of expressing love but are you providing for that animal what it loves? What it needs? What it requires? These answers are not just a method of challenging your thoughts but addressing the point that you may not always know the answer and are not always able to think for another being simply because you feel you are in some way more advanced or more capable than it appears. Ask yourself, “Am I capable of treating this animal in such a way that it is able to express its energy and learn and grow while I am learning and growing at the same time?” It is important to know that all things left in the care of another will suffer at some point. This can be a borrowed jacket, a piece of furniture, a pet, another human being. Because the object or being is living at your mercy it must have all needs met by your will. When your will does not involve that being or object the object shall suffer. It is important to know that it is not always possible for you to address your needs if you are living the will of another. True relationships that are mutually beneficial to all beings are those in which both objects or beings are able to grow and express with and without the company or interference of another. While it is not necessary to be alone it is necessary that you do not sacrifice your will for that of another, nor theirs. It is a careful balance. Do you want to do this? Remember, in simple terms, you do not own any being or object. You are not a being capable of owning

anything physical. You may operate it, you may attempt to control it, but all beings have free will and are able to choose to not follow your path and are capable of living independently no matter how much force or training you inflict on it. The objects or beings in your care or possession may hold value to you and may create learning processes for you but they are not yours in the sense that is expressed in the physical. You do not keep something through all of eternity simply because it is your keep and you offered up money or trade for the object. The object or being is its own existence and its own responsibility. It may and is quite capable of providing lessons to you, so this should not be regarded as a warning that all effort is futile, no effort is futile, but there is no true ownership of beings, nor non-physical property. You are allowed to experience but you keep only what is your true being and what is contained within you.

111.

(Q) Is it possible to attempt too many psychic development or healing sessions?

(A) Yes it is possible. The energy body, the mind, and the physical body all have limitations. These are often not set in stone, not determined by society, but are most often impacted by your use, neglect, and exercising these abilities. It is possible to overuse them; to not allow your body and all of its aspects the opportunity to adjust and strengthen and interpret. Just as the physical muscles need time to repair and recuperate so does any non-physical, and by this we mean that which cannot be readily sensed by many in your physical existence, ability or quality. Many attributes will strengthen and develop over time by your using and exercising them, making it possible for you to do more than you have before. It is important to rest the bodies and sleep and relaxation are important. It is important to rest. Simply because you do not perspire when you are using these areas it does not mean that your bodies are under stress or tension. The work they undergo and the resources they use do not have a negative impact on the body but for some this requires change within the body. Any resources that become taxed beyond its means needs time to recuperate. Do not worry that you are causing harm to your body but do allow yourself time to recover. Many times when your physical body is needing rest your mental faculties and your energy body need the same. Many times in the bodies of mediums, healing channels, and others, the physical body is not tired, it is

not worn. The tiredness that they experience is the mind and spirit body fatigued. This fatigue can also be experienced by less apparent means and methods. If you feel attacked or in conflict with the energy of a place, space, or person that you routinely encounter, the constant interpretation and defense against this energy can be taxing. You are also able to identify the energy of other beings that you experience as you are all antennae for energy, some predisposed to certain sources more than others. Identifying the source of this energy as not your own can help you relax and conserve energy. Constantly receiving a stream of energy can be overwhelming as you attempt to control or understand it. You can assist those that you encounter but it is this stream of energy that can also cause fatigue. We say this as an example to you so that you understand it is not the actual intention on your part that may cause fatigue but the simple act of engaging your world can also cause this. Simply because you feel you are not using your ability in a special session does not mean that it is not being utilized on a constant basis in some other form or fashion. Because you do not have a special designated session during the day does not mean that you require less rest and relaxation than you would have otherwise. Those who are unaware of their ability occasionally have moments that they will identify as an extra-sensory perception (ESP), simply because they only rarely acknowledge this extra sense does not mean it can drain your living energy any less than someone who is conversing with spirits and sending out healing energy to living things and other objects all day. When you were a toddler you would have struggled to carry and lift a sack full of books, a weight of 20 pounds would have caused you problems, lifting a one half gallon of milk or water would have posed problems. As you have grown you have been able to do these things and grow in other ways. Those who begin to acknowledge and then use with regularity their ability will strengthen so that more ability is able to be used in a single time frame without rest. Your physical body will demand much of you. Much of what you do will need special interpretation by your physical body because much will be reawakened as you invest in these aspects of yourself. Things that you have been told to ignore, or aspects which you were unaware will reopen and your physical mind will need time to understand them. Rest yourself. You will do no good when you are exhausted. Energy that you share into the world does not require a special session on a constant basis. Your expression throughout your daily life, inside the most innocuous action can have the greatest impact. Washing your hands while at peace

with the world and expressing love and caring for yourself is just as important as helping those who have suffered a crisis in a natural disaster.

112.

(Q) Perception of the afterlife; does it appear the same to everyone?

(A) There is a great deal of knowledge concerning this area; as with many things there are aspects that are extremely and invariable unique to the individual. What one person perceives and what they are shown is not what another person will perceive or will be shown. For it to be said that you will be welcomed with open arms by your family or loved ones, this is not always true. For many this is not what they wish to have happen, they do not want to experience it for various reasons. You will be shown what gives you the greatest peace and what will allow you to transition from a physical existence in the human form to that of your true self. It should be known that not all will let go of beliefs that were held in the physical plane. There is much education on the physical plane that becomes difficult to break free of once you are within it for so long. Some of this is good, some knowledge acquired is good. Some knowledge and clinging to it will charge your spirit body unnecessarily and make it more difficult for experiences to be had and education to be had. The unwillingness to realize that your true body is not the physical body is difficult for some. It is important to say that not every physical being will die in the same way and because of this they are not received in the same way. Many may be eased into this transition months or years prior to their departure. The ending time within the physical and the returning time and what is experienced shall merge and appear seamless. There is not tragedy. It is necessary to say that all beings will perceive, initially, what they wish to perceive and what brings them the greatest comfort. You shall not need to acquire the beliefs of another on what your experience shall be simply based on previous reports. It is, simply, necessary for you to adjust to the nature of things and as many abilities need reawakened in the physical plane so do many abilities need to be reawakened and relearned once you arrive without a physical body, the lower vibration of physical matter, surrounding your true self and the need to control and move it. Necessary for those who are coming to us from trauma that they be shown the outcome of their actions, the necessity of their actions, and the impact on humanity that they created. No matter the

outcome or perception by anyone in any form or on any side of a decision, the impact is cause and affect, not simply negative and positive.

#### 112.a

Perception of where you will visit or call your home once you complete your learning and transition to the non-physical is entirely based on your desires and ambitions. There are many specialty areas in which one can fulfill learning or simply entertain themselves. There are many areas similar to that of the physical in terms of learning, entertainment, and personal growth, outlets for many beings to gather and focus energy, to pass the time, to join with others in accomplishing tasks. It is also possible for you to be isolated, you are only a thought from any particular person or action, but if you choose to dwell alone in a particular area this is also true. You may visit other beings, both physical and non-physical, but this should not be interpreted as you will spend your time clinging to and visiting loved ones on the physical plane simply because it is possible. While they will miss you in your absence it is also possible that your absence causes growth and your departure was necessary. Your visiting them or interfering could be sabotaging the reason the situation would be completed in the manner that took place.

#### 112.b

You will see that there are many areas which may appear off limits to you, but nothing is restricted. There are certain areas where certain vibrations or certain learning gathers and takes place. It is not that you are forbidden, but you must take the necessary steps to enter here. You do not simply jump in a pool in order to shock your physical body and jump start the process of learning to swim. While some learning aspects can be acquired in this way it is not true for all areas. You are a being who has the infinite possibility of the universe contained within you, you are able to experience it and learn and grow, or simply watch the breeze blow through a meadow. There are other areas that you shall have access to you which are not available in the physical plane. Much learning, even those who do not feel that learning and completing goals and ambitions are within their being, for many, they will find themselves more at home in the spirit body once they arrive. As in the physical, there will be many who find fulfillment filling their bodies with other behaviors or one repetitive action. Each being shall choose their own

path. Each being may or may not choose a learning path or the ability to grow. What you choose to do is within your own being and if you choose to have guidance or go the road alone, this is your ability to choose. It is not to have faith in order to cross successfully. Your faith has nothing to do with the natural process of any universe. It will simply be. There is no challenge for you to exist; the challenge will be in growth. Completing tables of the foreign mind may help you understand that there is no being lost, there is not a lack of salvation, and there is no need to worry. If you learn and accomplish one task, fifty tasks, or none at all, know that this was an opportunity to do just that, to be as you saw fit. It is entirely within your will to be as you desire without oppression or judgment. These tables are intended to refer to the being of others, to understand the soul. There are other experiences available on the earth plane in which you can complete other learning's which are not taking place in your physical being. This is also true in the spirit dimension. You are able to learn from all lifetimes and view it as though you are within it, and experience it fully as would the physical being carrying it out. Completion of this type of experience is possible in your physical dimension but you must be open and understanding that this is taking place. It may not be for some to complete these tasks. It is important to know that many accomplish this without realizing it is being done. All experiences are recorded and you can revisit them in spirit. Because it does not make sense now does not mean that you should abandon it or that you will abandon it, you will examine the learning that took place and that which you viewed, you shall have a better understanding of many things at a later date.

113.

(Q) Harm from cell phones & electronics; do they interfere with physical or non-physical body?

(A) There is a great deal of electrical disturbance for the sake of easy communication. There is not a great deal of benefit when weighing these appliances with the danger. The subjection of the brain and energy fields within the human body can create problems, increasing the electrical activity in a body that is not prepared can be damaging. As with muscle generation and tissue growth in other areas, cells can adapt to new behavior, but the change in the frequency of the human energy field can be harmful. The necessity to communicate easily is not a detrimental idea on the human

plane. Many can communicate without any device as an intermediary. Not all beings will know this in their time so communication can be made easier with these devices. Importantly, while you are attempting to communicate with someone who is not in your area, consider carefully why you are doing so. Is it necessary to communicate with a being that is not in your area? To communicate with someone who has moved from your area, why is this necessary? Have they left permanently? Their growth is not dependent on your material desires. It is necessary to communicate over vast measures of land but less interference with the human body is attainable, even with current practices and current technology.

113.a

When science and medicine learn the human and non-physical body and understand it, more can be done to work with this body. Unnecessary injuries and ailments can be avoided by the readily available waves and electrical generators that operate on specific frequencies. It is important to say that not all who understand these things will see the importance of adjusting to these frequencies. The use of a cell phone does not indicate that there will be some imbalance in the body that contributes to a medical condition. There are many factors that prevent disease in various bodies and while it is dependent on the nature of your work and those working with you, you may have assistance, this is not always the case. Important is the reason for the communication and possible attachment to that which the cell phone provides. It is important to understand that no matter the physical object you use and no matter the reason you use it, the attachment, beneficial, healthy, unhealthy, detrimental, positive, these are cause and effect and should be examined. Necessary it is to see these things as cause and effect and not as blaming one device for your medical deviance. No matter the issue it is possible that the same lesson be achieved through alternate means. Perhaps this lesson is for you. Perhaps it is for others. Perhaps no interference will take place within your body.

113.b

The problem is created when excessive use is required by the self in order to garner some higher sense of purpose and independence or self importance. While it is an old saying, it is not the money or the material that makes the individual. That, as with all things that are external to you, cannot create a

stronger core within you. It is not necessary for you to cease all communication but understand that the potential exists for this to be improved and the nature in which you use these devices can be improved. Calm yourself as you read this. You are not now aware that you are harming yourself. Simply, take time to understand your actions rather than simply engage in them because others do. It will not be a change by the creators of these devices by their own will. There will be medical technology that changes the manner in which you communicate and the safety to the human body. Once the non-physical body is recognized there will be millions of changes in a short period of time on the earth. Protecting yourself by considering your actions is more important than protection using a tinfoil helmet on your skull. Reducing use does not change the potential harm if the same cause is not addressed, for it will manifest in a new outlet until your actions are addressed and understood. We realize this is not a simple task, to examine one's self and to make adjustments or to think critically, not in terms of negativity, but in terms of understanding your reasoning and drive for many actions and thoughts. It is necessary to understand that you are your own creator and you can change, create, and destroy, in a sense, all things that relate to your body and that which emanates or is received by any level of your body. Listen to yourself, you are not a foreigner in a strange land, you are very aware of what could and can take place, the cause and effect. It will be achieved once you look deeper; it is not a generic concept to look deeper. It is important to understand the reason and mechanism, not simply to go about your routine without review. Items as simple as addressing why you eat the food you do at the time you do in the manner you have been, the reason you carry your mail in the manner you do. All purposes important to life can be infiltrated by popular thought and action. It is only by reviewing these actions that you can become aware of your own voice and your true identity rather than being part of what is socially acceptable.

113.c

It is not difficult; you will not become an outcast. There is nothing to be cast out from and there is nothing frightening about any action you may or may not take. Knowing yourself is how you grow, it is how you adapt, and it is the purpose of your existence. You will find within yourself a wide array of coping mechanism, definitions, alternative strategies, and solutions to all things if you allow yourself to become aware of your own identity

rather than take on any of that which is done by others and therefore accepted by you. We are not encouraging you to live a life of isolation; we are not telling you to free yourself from society. These aspects are important for many reasons, when one grows the potential exists for many to grow. When many beings grow even more can be accomplished and change created. It is not a simple task to elevate others; it is even more difficult to elevate yourself. It is important to understand the growth and cause and effect that takes place under these conditions but also that you will not force growth or cause any change to take place where the being is not ready, where they are not open. So, it is not necessary to preach, it is not necessary to cause others to believe your word as law by force, nor by passive-aggressive behavior. You shall lead by your own accord but you are all leading at all times. There is no act or thought that is entirely ignored on the physical plane. Those around you watch you, they see what you are doing, and they consider your thoughts, your actions, and your energies. You can become aware of these things and serve as a positive environment for those you encounter rather than enforcing events and actions potentially labeled as harmful and assist in a being seeking growth beyond a routine or attachment that has given them difficulty for the length of their existence.

113.d

It is not important to identify the self. Identify that which impacts the self, identify that which emanates from the self, but to seek relative seclusion for the purpose of remaining anonymous or independent, and does not release you from the need to identify as others do, your ability, your thoughts. Alone or not alone, others act as a mirror for your own judgment and actions. They assist you in development. You see what they cannot and vice versa. You cannot exit independently of others. You are both a single being and a much larger independent dependent. You are all from the same source. Achieving higher forms of learning and opportunity for the larger picture is important and when you achieve you are doing this for many. It is not later that these actions should take place, it is now. It is now and immediately now that any of this should happen. You should not worry about your independence. You should not worry about your identity being lost to the group. Identify both aspects and release expectation of either. You are here for the benefit of your true self and the benefit of others, and they for you. Each being working independently and yet together on a team is essentially what is occurring.

114.

(Q) Are “big tobacco” companies a danger to society, just another learning process, or just greed?

(A) There are many things born from greed that are a danger to those who choose to follow them and allow their products or ideas to be received on such a wide scale. We allow you to examine each detail and aspect of your life and choose it or dismiss it of your own free will. There is a danger in the sense that you know the potential cause and effect it will have on the body, those around you, and the feelings and emotions of others who see you use their products; does this appeal to you? This is not rhetorical in nature and we do not assume to ask this in the hopes that you will choose an answer which we already have in mind.

The information that has been shared about tobacco products was true just as it was true when this product first came into being to be used in this manner. With all things, this product can be taking the place of some other outcome or energy in the physical body. It is important to know that prior to widespread marketing, before industrial society; there were many cultures that used tobacco for ceremony only. It is with this great deal of care and energy that you should evaluate all things coming into or going out from your body. It is not necessary to have a ceremony before each cigarette you choose to inhale but it is this type of evaluation that a being should have before engaging in some experience that is part of human existence.

Life is full of renegades and many of them will bring new life into an organization or structure of reality, but there will always be groups or single beings that see an idea and wish to exploit it as a method for passing the time and filling the heads of others, simply so they will consume more products. This is the fault of no one; you are responsible for your mind and what you allow in it and what you allow to dwell there. Simply because a handgun is placed on your shelf does not mean that you will use it to shoot yourself in your physical body. This is true of tobacco products; simply because they exist they are not required to be used. Many products are put on the shelves of markets everyday and never last because they do not hold the interest of society. Marketing and promotion and protection are what certain industries have, no matter the level of interest from the potential consumer. It is important to know that choosing to support a company is the method of giving the company your dollars and your time and energy. Changing society is then a matter of placing those efforts in a new direction.

Presently, there are many conglomerates and worldwide companies that were created as a corner store or a small operation. Great care was placed in the manufacture of goods and services. Now there is a great deal of industrialized equipment used to generate greater profit revenue and further remove the human element from the creation process. Just as you should not clutter your mind with ignored thoughts, you should not be so removed from the source of any creation that you do not appreciate the effort and know the effort to create it. If it is necessary to mechanize a process what is the outcome? What is the reason for it? There are many philosophers who have stated, "We could, but should we?" This is important to evaluate in all situations. While the method may exist for many things to be accomplished in a variety of ways, for what benefit should they be accomplished? Thousands of paper plates and cups are produced each minute of every day. Thousands of paper plates and cups are thrown in the trash or thrown by the roadside. What purpose is there in these products? What purpose is there in the mechanized process of refuse removal? Simply another process from which mankind removes himself and attempts to ignore it. No matter what thoughts you push from your mind they will return to you in greater strength until you process them.

115.

(Q) Does mad cow disease truly exist on a large scale or is it not really a concern for the public or public health?

(A) It is not a great deal of skill to call one's self a philosopher. It is not a special title that allows you to ask questions to confuse your partners on this plane. It is the ability to critically evaluate, not negatively, but beyond the surface, search for answers which speak to human nature and yet apply to individuals in a unique way.

The importance of mad cow disease is not to perpetuate some divide between "hippy" culture and regimented society; it is with great deal and care that you should sacrifice the life of another for the purpose of sustaining your existence. Much of the world is still slaughtering on an individual level for the purpose of the family. There is a great deal in the mechanized world that allows beings to escape the thought of guilt where it concerns the life of another being or energy required to carry out a specific act. We do not mean that you must look each fish in the eye before you eat it, but understand that you are not the Supreme Being on the planet. There are other beings with the ability for creative thoughts, family bonding, and just as much capacity for compassion or hatred as the human.

Much is born from misuse and neglect of the owners and operators for the sake of profit, and if not for profit sake they simply do not concern themselves with items that could be improved upon for workers or for the stock that are sustaining man. It is important to understand that there is no thing done on the earth which does not have a cause and effect pattern. The method of declaring that a butterfly can cause a tsunami are true. One being can cause untold change and impact. It is one being who can take the time to examine the living conditions within food processing, it is your food, you are going to take this into your body, you should treat all levels of your body with kindness and respect, so should you treat all that which enters and leaves. The irreverence for the self is translated into the irreverence for nature and that which is used to sustain man. The process of improving these areas can be started from any side of the process. You can treat your body with respect, which will then allow your concern to flow beyond yourself and to the living things which sustain you, allowing better conditions no matter the length of life for the living organism that sustains so many. You are also able to first treat the sustaining animal or plant with respect and honor; you will not survive without it. You would be an empty husk if it was required that you live only on industrialized nutrition. Once care and sustaining practices are included in your thankfulness and gratitude, energy containing love and respect will flow into your physical body. It is possible to repair this cycle from any end or it is possible to create a new cycle completely free from mechanized factory processes. A disease of the food crop or stock is a cause for the attention of those who consume it. It is not only foul conditions, it is neglect on many levels and a disinterest in serving the mind of other beings in the highest way possible, and ignoring that, you also wish to be treated in this manner. Care can be taken first, today, on an individual level as you consume the food from your own kitchen. Then, grown beyond this point, return your focus to the market, return your focus then to the factory, return your focus to the farm. Appreciation and gratitude is what many entities are desiring and are waiting to receive, they understand the process of life but they are less respectful and in many ways less fulfilled or less fulfilling because of this neglect to their being. Changing the attitude towards your kitchen and the appreciation at your table shall be the first step. Do not remove yourself from the source of your sustenance.

116.

(Q) Are pharmaceutical companies really sitting on “cures” for certain diseases for profit, or is that just idle talk?

(A) The method in which they suppress treatment is not necessarily as direct as what many think. They hold much information but they suppress that which is readily available to you because there is no monetary gain in that which they do not sell and control. If, in your lifetime, you feel compelled to take their medication, you are supporting their claim that you are not able to survive and live a healthy and active life without their existence. It is important to know that there is nothing that comes from an industrialized production that you cannot also readily obtain from the world around you, as one single individual; you have much more within your power to remedy and prevent illnesses than that of medicine which comes from a box. We understand that there is often some temporary relief necessary because of your schedule and the methods in which you spend your time earning a rightful place in the career world. Consider the impact on your body as it works to suppress your natural response to an imbalance. Importantly, why do you work under such conditions that prevent you from healing and securing your health within your home before you must return to the toil and labor?

There is a great deal of misleading information available to you about prospective “natural cures.” There is much on the shelf in the market that purports “natural” and “nature” connections and is therefore suited to the needs and desires of those seeking such a remedy. This is not beneficial to you to take these self-assigned labels as accurate nor are they beneficial. The essence of the source of the medication is lost once it is synthesized in a laboratory. It is important for you to understand that. There is a great deal which cannot be recreated for health benefit and including the same ingredients on the label will not allow this essence to manifest in your body simply because you have swallowed a capsule.

Health should first be addressed 'not' by a corrective pill or invasive action, no matter what disease you are currently embedded and no matter what cure is unknown to you by any means. It is important to know that any ailment that does not involve trauma can be overcome or prevented by the mind and by daily living practices that support your body and aid in its functions. There is a great deal that is offered in the market that does not support these goals and, in fact, is a direct conflict.

Important is nothing that is done instantly for the sake of health. As with all areas of life, that which is not corrected or addressed will return to you once

it grows beyond the level which you can ignore. It is not necessary for quick relief, you must balance aspects of your life that allow harmony to exist between all areas, your health directly impacts all areas and it is important that without that support you know that all other areas will suffer. It can be done, what you desire, without the use of pills or procedures, but there is much time and dedication needed in these areas. Other practices such as healing and the properties within natures are important and can assist in your healing and maintaining equilibrium. This should be your focus. The potential problem exists that you will not find a suitable remedy to meet your needs simply because you are focusing on an area that requires other attention and a differing remedy from what you seek. It is important to bring all things in line and balance when concerning health. One aspect of being cannot be healed or changed without impacting all parts. Libraries exist with cures and remedies but all manifestations take place in your mind and must be addressed. The malady is calling attention to your imbalance, your dis-ease. Misinformation exists on the safety of such a process, that the process of relying on the mind, relying on that which exists without society, that these are dangerous to you, that the clarity of these substances and processes cannot be trusted. It is important to see that what they speak in a method of discrediting other sources is very much true and prevalent in the methods they prefer you to use for any treatment. You cannot rely that which is created by man in an attempt to copy nature. Nature can be relied upon, that which is brought through man can be trusted. These are subtle differences in English but important labels in source that demand attention as this is what your health hinges upon. Concerning trauma, it is important to say that there is more at work than a mere injury that breaks bones or damages organs. While it is important to you to correct these things; the question to address is the reason this action has taken place. Just as ailments in the body presenting as disruption, what has happened in this life for this disruption to take place in this way? It is important to understand the balance of medicine and that which can impact your survival. If you are to survive, you will survive, if you are to suffer, you will suffer, if you are to leave this plane and move to the next, you will. There is no amount of magic potion that will aid your intervention between the divine and your will. It is important to understand that your true being has options beyond that of the physical and there may be times at which you decide to exit a physical existence of your own choosing. This is not important, what is important is that it is not necessary to ignore medicine. You may break a finger or an arm; you may have a cast to correct this problem. Do not simply carry out the mantra the medicine is unnecessary,

that is the practice of medicine, simply based on what has been said thus far. As with all things you shall be the one that makes the decision concerning your life, there is no right or wrong answer, only cause and effect. What you choose for you may not be the correct choice for others. It is important to understand that there are not universal answers. Nothing is unique and yet it is all unique simultaneously. Ignoring bleeding or any other injury does not make it less important or lessen the potential lethal outcome, it is important to carefully select the manner in which you care for this injury with regard to selection of medication and treatment and the reason for that selection as well as focusing on what has happened to bring this event into the physical plane. So much is focused on recovery of the physical that any other aspect to human existence is ignored simply so the physical will survive. Survival and balance after trauma is only the beginning.

117.

(Q) Is it possible to create peace between religions and between the religious and non-religious points of view? If so; how?

(A) There is no greater peace available to you than for men and women of like-mind to work together for a common goal. The mission here is not to change those you encounter who have differing views. No matter the situation being discussed or the cause that has anyone concerned; know that all situations and events have a common thread. If you must use religion and must keep it in your life you are not wrong or negative, this is a result of cause and effect. Know that your religion is not the only religion, nor is it more correct than other religious studies, this is simply the belief system that is right for you right now. In the same way, you should not view another religion in a negative way, less than your religion, or somehow demeaning to those who believe in it, it is simply correct for that person in that moment.

Examining religions there are many common core beliefs, there are some branches that offer specific differences and make the more unique than others, but they are what is correct for that person at the time, you will not force them into a new way of being. If they choose change of any kind it will be done of their own free will and not simply because you forced an idea into their physical sense. It is not faith alone that keeps man apart, it is the idea that it is somehow protecting him, when, it may better illustrate the point if you view any religious text as a manual for training the mind, in

certain respects. Where the mind goes the physical shall follow. Simply because you cannot manifest a green apple in your hand at this immediate moment does not mean that your mind cannot create and impact the physical world without your physical work. When your religion speaks on healing, helping, and assisting others and prayer, these are all things that are done in the mind. Because many do not believe this can be done it is the excuse that a text showed them the way or because of prayer or meditation they accomplished this task. Divine intervention is more often the result of your thought or action more than it is some other-worldly being. There is much done to protect an individual if it is needed and part of the predetermined course for an individual, however, many acts are simply the unfolding of human events and do not require praise to anyone other than the human spirit. In this way mankind does not take credit for its own inventions or creative endeavors. Often time's religion is blamed; the difference in religion is blamed for a war or smaller altercation. We forget that all belief systems want peace, even if they are wanting peace only for themselves and to damn the others, war does not bring them peace, mankind blames higher powers for wars when all war does is bring lessons to this plane that need to be expressed as they have not been learned and retained for many. There may be some intervention for the individual level but it is not the act of some higher power that allows you to ride into battle unscathed for your country's honor – this is the cause and effect process of your mind. Know that it is not as capable in the physical body as it is outside of it; therefore it is possible for your work to have not been enough or to be seemingly undone by the work of another.

It is not a matter of peace for the sake of peace but to reach an understanding that no matter what belief is held there is a common thread in all beliefs. Self-preservation is at the root of all beings, some beings are more stable in their ability to see true danger and discern false danger, danger to the ego, and they are able to act accordingly. It is this understanding of the self, to understand that no attack warrants a return of the same energy, that allows beings to reprimand others who follow violent paths, even then that is done without the knowledge of what the other being's true purpose in this time is being used for and to what end. It is without fear or prejudice that all things will be accomplished. There will always be differing views but there will be a time when fewer and fewer social classes are defined by these types of beliefs and while differences will be held they will not spill out into public address and public prosecution of those with opposing views. Specifically, it is possible to hold office without

judgment or use of power that is viewed by others as being skewed because of your personal beliefs.

This is a work in progress, it is not the heathen who does not have religion, it is not the heathen that needs to have an understanding of religion. It is the follower that needs to examine his purpose, mission, and reasoning for being a follow. While there is no belief system more superior to another it is important to understand that if you do not believe fully in a text, you are causing doubt within yourself because of higher knowledge. It is important to understand that while you may use parts of a text associated with a particular religion, it is that association with that religion which will also draw energy into you and out of you based on the energy within this plane regarding this religion. Labels are important to society and all words and works have energy associated with them. If you are reading page 492 and study it in-depth and this is your religion, you will be impact by the pages surrounding your paragraphs of faith. Draw only into your life what you examine as truly being for your purpose. Do not accept additional attachments simply because they are free and included and no additional cost. There is always a cost or toll, it will always impart energy to you and exchange among others. Examine these things; allow it to be tested by others if you feel convinced. Learn to ask questions.

118.

(Q) What lessons or lesson types are available here? Why do we choose to come to this plane, in this existence, to experience them?

(A) There is a manifestation of energy here not present in other realms for the purpose of education. There is a generation of energy that takes place here through the interaction and sheer volume of learning experiences taking place. There is not much accomplished by reading if you cannot physically grasp the subject. Quite literally then it is necessary for you to engage in actions for the purpose of experiencing these emotions firsthand and realizing their benefit or detrimental impact on you and others who encounter them. It is important to realize that no matter your time spent here, in duration or what you fill it with, it shall be beneficial to you and others, ten fold, in comparison to that of learning in other areas where you shall reside.

The important aspects here are many. It is not simply love, compassion; not just these emotions. The understanding that these emotions are in each action and no matter your view, no matter the perceived action you take; these are the motivations in all actions, or the lack of their presence. It is

important to understand your position and how it impacts others around you; by this we mean that no matter what you do you are always an example. No matter your action or reaction, your energy is a guide for others around you, for only moments they may see you, for years they may accompany you, but it is the group energy that is important and the energy of the individual, on a large and small scale. You have the ability to impact several and several also have this same potential. It is important to know that all reactions spread out from the point of action just as a drop of water in a large lake. All points of action have an impact larger than what many perceive. Many feel that they are alone and isolated, even for these beings this is not true. You may examine your mind to find the cause for these feelings but even your actions, even when you feel there is no benefit, no purpose, no one watching, they are serving as a guidepost for many others.

118.a

It is important to understand that no matter the method you chose to learn any subject, learning always takes place when it is desired and study follows. The means do not justify the degree of learning; the intent of the individual is what determines the level of learning. It is important for you to know that there are many who do not seem to evaluate themselves and their actions, this is not necessarily a sign of a highly developed being or one who has a great deal of development left to take place before self evaluation. It is not for every individual to have introspection on this plane, to evaluate things deeply as they happen or nearly immediately after, there are many who will evaluate at a later time. Also, do not feel that you are burdened, not burdened, highly evolved, or less evolved than someone who is communicating with spirit guides, receiving extrasensory messages, or any other related skill. These skills are simply a matter of practice and development. They do share information when they are truly working within their element, but often this can be compared to the skill of an athlete – they are an excellent athlete, this does not mean that they are exceptional in all areas of their life, though it also does not mean that they are not. Peace and understanding, while these are objectives, while they are attainable, it is important to work through the necessary motivations and energy in order to achieve it. Nothing done by force will be granted, learning these emotions and how they relate, and how all beings are connected through these emotions – it is important to learn. It is often very obvious your connection to all life when you are not in a physical body, but also it is often impossible to determine your beginning and your end. In a physical body you are defined as one being by the regular senses, while you

should realize your greater connection, it is not important for development. Do not rely on higher powers or higher alternatives in order to live fully in this life. Do not hope for some higher purpose or power to nudge you before you grant yourself the happiness and peace that you deserve.

While these may sound like lofty ideas that are out of reach for many, the smallest emotion within your body that creates conflict is your true self telling you that you are not living in accordance to your self balance, to your true plan, and it will invite you to correct these actions. This previous statement is true and is important to say before we include, as in many areas, that not all paths include the same events for all beings, not all paths include the same type of events for all beings. A person may seem to be on a terribly negative path full of hate and anger, but it is possible that they are living the life that is in balance with themselves and their true self. While this is far from the truth in most cases, the external manifestation is often a mirror, or a window into the hate within the self, it should be used to illustrate the method by which all can live.

#### 118.b

There are not specific tasks that should be done. There are not lessons in this manner. There are lessons within many actions; the energy within them is what is important. The resonating energy within all things is what is important. It is possible for two separate individuals, one living in an industrialized society, and the other living in a mud hut, to undergo the same level of lessons and personal development and growth. While one may have encountered these situations on a grassy plain, the other experienced them within the confines of the concrete city. Different energy will express uniquely to the individuals engaged in the activity. Often the groups with which you associate are groups that you have on the non-physical plane. If these beings were not known to you prior to your birth into this plane, they may have come to you because of the similar energy, similar life path. While you may not associate with them entirely on the non-physical plane you may have decided to do so immediately before your presence here as a method of understanding the skills and lessons that were to present themselves to you. You may experience different lessons within the same being and they within you.

#### 118.c

There are not present lessons that are determined and assigned to specific areas. The only aspect that is often expected, though there is much effort to

spread the energy types, is that those with similar plans, similar histories, they will gather and congregate. What is not often grouped together is which beings within a group are interested in maintaining their current state and which beings are interested in opening to new ideas, new aspects, new developments, new understandings.

While you may initially group together out of physical attributes, it will be after any understanding and development is actualized, that you group based on what you hope to achieve, rather than physical attainment or physical attributes.

Hoping for a harder life to bring you greater joy is not a difficult idea to maintain, but it is not a hard life, there are not obstacles that are difficult. There are experiences to have. Often there would be no understanding if you believed you were living in a game, in a temporary situation. You are not given things to test your physical mettle by some exterior being; these are tasks that you have assigned yourself prior to your enlistment as a physical human being. Life is not as hard as what many make it. Learning is not difficult; it is the process of expectation on outcome that proves difficult for some when their outcome does not match their expectation. You cannot know the outcome, you would not be learning in the same manner within the physical if you knew all aspects. Your physical and non-physical bodies are connected and in this life they are dependent on each other, just as your need for knowledge and development and your need to be partially veiled from the future and previous cycles are dependent on one another.

Life will go on, no matter your beliefs now, there will be change in the future. Your purpose as a being, your true higher self, it is the sole purpose. Develop, grow – when you grow, we all grow.

119.

(Q) In regards to learning and higher education, is this the best way for humans to learn? If not, what can be improved? How should learning take place?

(A)The true learning does not take place in a classroom. So many of your current classrooms fail to produce anything beyond the emphasis of memorization and recalling simply to produce test results. There is not much gained simply by memorization of facts. There should be the permission to study what the being finds useful, what the being is called to, what the being finds interesting. There is nothing more than sheet of paper

being churned out by various institutions in order that you become more civilized and easily assimilated into the work force.

Understand, not all areas of study are in a deliberate way leading you to a vast summation of nothingness. It is important that a doctor, your medical doctors, be well-versed in the human body so that they too become well trained and practiced in their methods. You do not want a return to barbaric practices simply because someone has said your school system is not worth the effort.

#### 119.a

The problem with all forms of study is that there is no emphasis on how to think, on how to bring in new ideas. All ideas are learned, you learn what has been done previously, you learn to follow rules and regulations, and you learn to simply continue what has been done. There is no emphasis on how to bring new ideas into being. There is so much time between the inception of an idea and the manner in which it can be finally implemented in society because of so many clinging to the ways that have come before them.

Your institutions are placing their emphasis on the production of test scores. All institutions. There are many that have connections for higher job placement, but it is what you are learning to do, learning to be placed within a job, no matter if you are the leader in that job, or connected to some high level of society, or you are a person thought to be in a lower form of work, you are being prepared for jobs. The ones who are less successful in jobs is often not because they aren't trying, but they are not interested. There is no complete route, as it would seem, that is readily available to those who do not wish to pursue the current establishment in terms of advancing a paper certification for the attainment of a job in the work force.

Those who fight and resist learning are simply not ready to learn by the ways and means currently offered, and that is the problem, there is no alternative for many beings, there is no alternative, nor are they aware of an alternative. Parents and guardians currently send their children to the buildings that they attended simply because they believe they must do what was done before them.

#### 119.b

It is quite possible for a being to learn all that is needed in order to live a happy and productive life, and after a specified time, they could attend a school of structured learning if they wished to pursue a more technical and advanced area. Even more widely stated and easily understood is that all things can be gained by your surroundings, too much there is knowledge

regarded as power and those with the knowledge to not have the kind nature to share with those who wish to learn. It is easier to place that concern in the hands of others. It is possible for you to learn what is necessary in life and then to attend a study and practice center to show you the skills and lessons needed to enhance your life or to be productive in some manner or form. It would suffice to say that you could attend these areas when you are not present in the mind and ready to learn at the time the structure was given, or if there simply were no methods for you to learn. When education is allowed to develop in the individual, at the individual's pace, in the areas the individual wishes them to take place, this is when there is a success. A basic understanding of the world is helpful, but it should be noted that the basic understanding of the world is often not taught by schools, it is taught by interaction and studying the world. What is taught is how to interact within society and in what manner you should be thinking. This provides no alternative to other practices. You are taught how to play by the rules, you are not taught the true nature, which is that laws that exist in nature are true, all others were created by man and will not provide you with the building blocks you need. Man made laws are temporary. There is no law created by man that will stand the test of time. Laws great and small are this way, one day murder is legal, the next day murder is illegal, the next day it is legal in certain circumstances or by certain authorities.

119.c

You are not taught these things in a learning environment. You are taught about events but not the true nature of events. We do not mean to say that reality is being shielded from you but only that there is not a deeper understanding of the events that took place. So much is removed from the situation to be stuffed into books to be later passed on to those who could care less, this is not a proper method of education. Study what you love, and what you desire, not simply what you wish to have added to your stack of papers so that you can be fulfilled in some other way. When the knowledge is gained that you truly desire and that which will benefit you and others, the method will not be important. This is true as you learn about the world or learn medical practice, or some other technology. Anything you want to learn is at your fingertips but all learning takes place in the mind.

There is no universal method for teaching and learning, and as with most areas, this is where the conflict comes into being. There are widespread practices being carried out that only a few benefit from. The progress that they can see is arbitrary, the grading method is not concrete, all is left to

interpretation. What you need is for your mind to be open and to study as you will. This does not mean that you cannot benefit from such higher education and learning, but often those who have problems are simply not meant for this system, and because there is only one widespread system, there will always be problems and complications. You can go beyond school, you can learn because you desire to, not simply because you are being made to so that you can be successful by some long-term means. It is important to understand for yourself what it means to be successful. Success in study does not mean that you have to sit for hours at a time memorizing facts. For some, this is necessary, for others it will not be. Do not be ashamed if you do not fit the criteria that is currently set forth. You will find your path and you will find your way. This is not simply an excuse for you to abandon all hope of education or that you should not learn. Simply, you should be willing to learn and understand a great deal but less emphasis should be placed on learning in the manner in which it is currently conducted or forced. True education comes when the mind is willing, and many now feel that once their higher education is complete, that they simply never need to open their mind again. This is also untrue. It is important, that until you leave our physical existence permanently, and even beyond, your true purpose, your universal purpose at all times, is to learn, grow, acquire knowledge, have new experiences, not cling to a repetitious pattern for all of your days.

120.

(Q) What are “walk-ins?”

(A) A walk-in is a being who is here temporarily. As the term implies, there have been many who are here temporarily, who do not experience birth and death, who are here simply to experience a duration of time for some specific reason. It is necessary for many to accomplish these things in the manner that they do for their own growth and development but often when something is owed or undone from a previous life on which something greater depends, it is necessary for a being to bring into physical being this action. There have been many instances when a walk-in intervened in an incident and later was never found or seen again. This is often an example of a walk-in. It is not some great mystery. Life by physical means is simply a matter of bringing together the correct particles and atoms, and ions. It is not a matter of the stork bringing into existence the necessary arrival. For many it is also possible that some are living as a shell of an existence. What we mean is that many are living without complete function over their

body. Many are living passively, and so much so, so careless, so passive to their life, that a being is able to use their body in a manner beneficial to someone around them, to intervene, to, for a moment, inhabit the body and then leave again without the full taking over of the body in a long-term human physical sense. It is important to know that this is not a punishment, this is not a demon, but it is possible for this to take place. For many who reside simply in their own minds and not fully embracing their physical attributes, a walk-in is capable, with all authorities giving permission, to reside within the body and use it for brief periods.

#### 120.a

A walk-in is not a demon or negative entity. It is no different than a tree that exists or any other energy being inhabiting any other physical form. It is a method to teach and understanding that which is necessary, often in brief instances and short moments when something must be done in a specific way on the behalf of many.

There may come a time when you believe that you have finished your work, this does not allow you a time to exit unless it has been determined to be a time for your exit. You will not give up the right to your body for another being to enter it unless it is decided that you must exit the physical plain completely. It is not an underestimation by anyone that this can or cannot exist, you will reside in your body, but there may be others who come and experience it first hand while you are to the side of existence within your physical body. Do not be ashamed or worried that this has happened. It is simply a practice that has happened. You are not lackadaisical if this has happened, it can happen by predetermination. You will not give up your body so that another can occupy it for the remainder of your time here. You will not go before a court to have your place assessed or judged and your willingness to give up your place judged. It is not possible for you to leave your physical body and the being of another enter it.

The sensation that you have disappeared or that of when you leave your physical body and return can cause this sensation and cause some to explain it in this manner, but you will not leave your body entirely for it to be controlled by another.

It is necessary to say that you are not alone in your thinking nor is anyone else alone in theirs, the reason for this sensation, and the reason that many have decided that this practice takes place, the swapping of souls within a body, is because there are other tournaments that have taken place within the body that cause dissociation.

121.

(Q) What is the purpose of so much HIV in Africa?

(A) There is a need for the entities who reside there to experience much of the energy that is taking place. There is a need for others to learn how to help others. There is tribal warfare and other interactions taking place which need to be placed secondary to human existence on a much larger scale. The need for peace is not a mission simply to have for the sake of selling books and newspapers and making others feel good about their work or missions there. The added benefits, the overarching goal of peace and the way in which it carries over and spills out into other actions, this is the purpose. There are many who have never known hunger, these beings now reside in very opposite circumstances than to what they were accustomed to in past lives, but this is by their choosing and for their benefit.

It is not for the judgment of anyone that this epidemic has taken place in this region. There are many from the same soul being group who have been brought into this area and it is necessary for the progress and growth and understanding of the group that it exists here. Know that this is not universal truth regarding HIV/AIDS, there is not the same reasoning in every instance but the turmoil found here is the regions method for expanding and developing. Expressing energy that needs to be released is the method by which the violence is brought about. There will be greater motivations for alternative means as the current infants develop into adulthood.

Civilization as we now know it will not survive in its current state in this region, by far, the most tragic events have yet to pass. They will move and grow beyond them, but the worst is yet to come for those in the area.

This region is not a battle for all world fronts to interfere, as with all areas of development, any method of peace by force will not allow peace to prevail for any considerable amount of time. Eliminating what is seen as a negative energy or entity will not prevent its existence in the future if it is not experienced now as it should be. There are many who wish to help in this area, and there should be none who should be prevented from assisting, but consider the means by which you aid. Are your methods personally driven? Are your means and methods supportive of all who reside there no matter their views? Are you attempting to change those who reside there? While there are no correct or incorrect answers it is very important that you realize, in all aspects of life, not every battle will directly impact you, and if you involve yourself you should not expect change to occur by what you feel is correct. What is correct for you in your life is not necessarily correct for all.

This does not make anything false simply because it is different, but know that your universe and perception of it is not the same as others you encounter.

121.a

Where shall the children go? This is the question; often the concern is how the children will be raised in this area. The concern is not to be discounted because of the area but consider for a moment your concerns and ponder internally if your concerns for your own children, or the children in your country, if these concerns are legitimate or if they are simply concerns because you have nothing more tragic or seemingly detrimental to fear because you live in a less violent area. Wondering to yourself is not a sign that you are crazy, introspection is important. It is important to carry out this personal investigation before carrying forward, charging forward, into a new realm with an outside idea. This does not mean that we are telling you to keep your ideas to yourself because they involve another region. We are not saying this in the least bit, but consider carefully what it is that you are concerned for, careful evaluation, do not have a quick reaction simply because 'something must be done.'

Wondering to yourself about any event or action is important. There are no right or wrong decisions, only cause and effect, often the regret you have about a decision can be lessened when you follow your true path, not one that has been decided for you by others, and it can be lessened when you have carefully considered to not intervene. It is not important to share always your idea, it is not important to always conceal your idea. Be patient with the world, be patient with your self.

Offer help but do so unconditionally. Do not offer help with restriction. Do not offer help on the condition that anyone must change their behavior. This can be seen in battles where medical aid is offered to the opposing forces troops. While this is a very basic metaphor and some instances this did not happen, or it happened to a greater degree, it is important to decide to act in this manner. But, simply because you are changing your mind, or carrying out this act, it does not prove long-term success if you do not internally agree with the action. Just as peace by forceful means will not truly create peace. Often the greatest change comes in death or by the absence of a being in a region due to death. This is a very real and true possibility and should not be discounted because, for many, it is the only way true change will come.

121.b

"Peace for all time is not a flowery garden in which a select group of humans wish to reside in their minds simply because the world is too harsh. They are idealists who are able to create peace within themselves, others can follow this. As the greater number of people can impact the individual, so can the individual impact a greater number of people. I do not feel that there is any loss simply because there is less hate in the world within an individual." - Constantine

What is meant by this, is that there are many groups who wish for peace but want conditional peace or peace only for their kind. They wish for peace but also aim to do harm to others who oppose their views. Peace for all time is a realization that all methods and means are of importance and all life is valuable, not simply those who share your world views. There are as many opinions on the living of life as there are grains of sand, blades of grass, and drops of water in the ocean. It is not a decision by the few or many to control a party of the opposing side or of the opposing size. It is important to understand that there is no need for control. Many will grow beyond this and at a point in your civilization there will be an inverse within the community. If you shall describe this now as few carrying about amicability, and many being self-centered, soon there will be few who are worried about the self and property and many worried about the manner in which a greater good for the self and the group can be accomplished. Soon the realization within more beings will come to pass that there are not many long-term possessions or ideals that are held here. Nothing which can be held in the physical world is something that passes with you throughout time. Often it is these things, the money, property, control, these things are only temporary, but they are what drive beings to carry out specific actions in an attempt to gain more of it or them.

121.c

Mashing all beings together in a world is the greatest method of teaching team work. There is so much isolation. Isolation by country, language, color, race, hair color, religion, economy. You do not need to stand in lines hugging one another all day but it is important to know that lines drawn on a map and other arbitrary factors do not impart wisdom to those around you. It is not more in the creator's good grace to help only those within your fair city or your block, or within your group of friends because you were all the same and segregated within your tiny little world. This is not to say that you must branch out, but isolation because there are differing factors of existence, this simply must go. You must, as a people, learn to contribute to

many areas of life for your own benefit and contributing to the life of another's world for peace in your own life.

The mechanized nature of society will change. This is not to say that industry will go back in time and there will be horses instead of your current method of travel, but there will be changes in which the focus of industry is less on making profit for the sake of profit, and more about creating useful items and practices for the benefit of many who can use them. Profiting from villages who do not have clean water is not a plan that anyone should be formulating in the present. The manner in which the clean water is delivered and the waste carried away is a concern for us all. Survival is important, but it is not always required and not always necessary that all survive in the same way.

122.

(Q) Will the US dollar stop being the reserve currency for the world in the very near future and will that trigger riots/chaos in the US? Would Marshal Law be declared?

(A) There are many schemes devised for the disruption and the continuity of daily life in the united States. It is important to say that the dollar is not the strongest currency in terms of reliability and economic production. There is a great deception to perpetuate the myth to the American people, and even those that report on it, that it is the strongest and most reliable currency. There is a method for calculating the structure of industry and its reliability within each economic area. These means and methods do not rely on currency and are more substantial and more accurate in determining the stronger government, stronger economy, stronger production, and the long-term sustainability of a value. Know that in your currency there are many who are going to devalue the dollar by other means and actions. It will not be their intent, but the profit margin within their companies is more important to them. There will be more devaluing and therefore the dollar will eventually become worthless. What is also taking place on this same time line is that others are realizing that this is not a true method for determining value and it distracts us all form the true meaning and effort associated with each product. The economy is often an arbitrary and abstract thought for many. It is simply the relation of your dollar and what it is able to purchase for you at the market once you have produced some amount of work in order to obtain the dollar. There will be a time when Marshall Law is declared but this is not a widespread problem, this will be very isolated and conducted with the segregation of the media. This is more

difficult to do today since there are so many outlets for media and methods for communication between people in various regions. Yes, it was done previously that there would intentionally be no reporting on a subject simply because no information was given or because instructions were given to not broadcast on a topic. Ever more is the media relying on the government for information, they do not wish to gather problems in their future by not complying. There are deeper interests than what is being reported and not reported.

You will not experience this in your lifetime but there will be a degradation of society just as many have seen in science-fiction movies of Hollywood. This is not a negative impact on culture and society, but so much of what you do is a facade and has you so removed from the very nature of the world, that it will happen simply because there is not enough in terms of tent poles to keep the tent up which was built on a solid foundation but is now controlled for ludicrous means.

The method of buying and selling and using the dollar will become less important for many. Just as the rule of law has become unnecessary and in many cases the government even being supportive of the people, it will be less about global monetary value in the very near future.

123.

(Q) What is the cause and purpose of bipolar disorder, manic and hypomanic mood?

(A) Many discomforts of the mind are methods for calling attention to the thought patterns of your mind, the routines of your mind, and the manner in which they bring patterns and routines into your life. This process can produce results that are counterproductive to your behavior in this lifetime and it can be detrimental to you. Even if you are living as you should, as you intended before your arrival here, this can be something that you need to overcome as a method of growing, learning, and experiencing all there is to experience. It is often a matter of self-confidence in your own decisions and a conflict because you are currently dependent on the views of the outside world, but these views are in direct conflict of your higher self. The true way forward is to worry less about how others expect you to feel and focus on what you feel and what you enjoy to feel. It is not less satisfactory to live in a certain mindset because a professional tells you that you should not be living in that mindset. It is important to you how you feel, what you feel, and what you enjoy. Routines that cause depression and what can be perceived as extreme personality changes are those that you

should not submit to, but change and release from you completely. Changes in mood are simply the way of living life. There is not a detriment as many would have you believe. There are many who can toil at tasks for years and lifetimes, while others need to move from task to task very quickly. These two unique individuals are no more evolved than the other and one is not learning more or less than the other. These are simply two different types of people and methods by which they experience the life. Things that objectify you and even reduce you down to a set of qualities on a specific type of test are simply what cause depression. You are not living within their means, what causes seemingly radical changes in personality can be the attempt to live within the rules described or expected and then later realizing that you are not comfortable doing so. This is much like trying to fight the waves and tides of the ocean rather than live with them and work with them, or go completely out to say where you are not constantly tossed between the incoming waves and the beach. Indecisiveness is not an experience that anyone should feel bad about but the indecision can cause you problems when viewed by others. It can also cause problems if you are indecisive to the detriment of other aspects of your life. It is all a method of balance. Your routine should not be a routine. You should engage in new things. Continue old thought patterns and expectations and attachments will produce the same results, even if you feel you are living differently within those confines; be sure you are genuinely viewing them as they are, not as you are expected to and not by simply squashing and ignoring true feelings of your true being. When ignored, they will return to you in a greater magnitude because they have been ignored for such a period of time. Things are not lost; there is no quick return to equilibrium, your patience to return your body to independence is necessary. You can do these things.

124.

(Q) Is there any trait or attribute that is legitimately genetic and that we receive from our parents? What aspects of our physical selves are determined by the traits and attributes of our parents and what is determined by spirit before our lifetime?

(A) There are many things that can come from the blending of genetic material of two beings that come together for the purpose of creating the human form. It is highly dependent on what the being within the human body hopes to accomplish within the lifetime. There are many aspects that were predetermined. It is not always, but often necessary that races are born

to the same races. There are some slight differences but this will usually be the case. Often it was necessary to make distinctions because in an earlier version of the physical existence it was necessary for the family to be bonded to the new being. Bearing some alternate resemblance, no matter what benefit may have come from it, would have not had the correct impact no matter what outcome was necessary. It is important to understand that general appearance will be manifested this way for the purpose of creating similarities, but there is no requirement that all offspring resemble the parents and it can be changed and altered. There are family structures that are aligned or misaligned and the genetic traits and perceptions of the family and within the family can play important roles in these areas. Even subtle changes or nuances can cause problems for those who are not readily open to some outside influence. It is important to know that not everything you do is impacted by your physical existence and there is much that comes from outside your body that changes your impression of it. It is not your unhappiness that changes your outlook of yourself. If you were only to be left alone on this plane you would find yourself to be the most beautiful being in existence. This is not because you are the only being, but because you would have no outside words or comparisons being made by others or you comparing yourself to others or to some arbitrary expectation of what beauty can be or should be.

There are many aspects, nearly triple the amount of potential genetic options that are determined by a team working without before your arrival here. It is important to also say now that the items that are said to be genetic, personality, and even some disorders, these are not genetic but it is simply the being acting out and manifesting what it is constantly subjected to in terms of expected behavior and what is tolerated. Often a being will be said to have some type of personality disorder, this is not truly a disorder. The offspring will also associate with it and will appear to have genetically inherited this trait, but it is simply the offspring mimicking and continuing behavior that has been perpetuated. Often these are not conscious decisions but it is the only known path so it is followed.

There is much more that is decided by you or on your behalf before your arrival. Items such as eye color may not be important or they can be highly important. There are many aspects that can be trivial to a being's existence or they can be the very item that every other moment depends. It is important to say that there are many things that are decided for the being that also impact the family and these are not the fault of the family, they were not deficient, they are simply now experiencing something that they chose to engage in with the new offspring. Handicaps and physical

deformities are not simply for the being experiencing them within that seemingly broken body. It is not the fault of the sperm or the egg, nor even is it necessarily what the mother or father engaged in during gestation, though the acts towards the fetus carry weight and energy and these too follow the same cause and effect pattern of the rest of the universe.

There are no universal answers in this area. Some beings rely heavily upon the physical engineering that takes place within the womb while others are manipulated for the benefit of the being that will inhabit the body. There is not a universal answer nor are there advantages or disadvantages in either case. One situation is not superior or inferior to another.

125.

(Q) Many spread the thought or hold the thought that you should not indulge your fantasies. Is this true? What is the purpose of a fantasy or desire that is held only in the mind and not expressed in the physical?

(A) There are many energies that simply need to be expressed. It will depend very much on the being and to what they are attempting to gravitate towards and accomplish. For many the mind is powerful enough that the fantasy can be carried out in the mind and all outcomes theorized and understood without ever engaging in one single step towards their potential goal. This is true for all goals, this does not need to be a sexual lust that we are considering, and this can be something as physical as murder or the desire to climb a mountain or any other act, great or small. The mind is a powerful learning center and it is much of what the non-physical being uses out of a physical existence to understand and test processes and experiences, though this is often a limiting experience when you are not fully engaged. It is very suitable for the non-physical being in daily living, but to fully understand that which occurs and all that is possible, it is important to have the physical experience and to immerse yourself in it fully. To observe with your mind your possible outcomes and the impact it may have is one aspect, but to be surrounded by and immersed within the situation is vastly different. It is not a manner of being prepared, you do not need to be mentally prepared in the sense we are discussing, you need to be able to understand all that is possible. In the non-physical mind it is often difficult to understand processes and emotions and how they impact the being. This is not because they are foreign emotions; it is because they are not necessary at all times. It is not necessary for you to know all languages in many living cycles, and because it is not necessary you do not have the desire to know. Because you do not often need the emotion of hate or greed it is not easily

discernible to you as a non-physical being. It is a matter of calling to you that which is necessary.

You should or should not indulge fantasies and day dreams as a matter of your own desires, ambitions, and goals. There is no universal truth in this area for all beings. To simply say yes to all desires is not accurate for all but is accurate for some. Many use common phrases and tag lines from the human existence to justify their action or inaction, placing the responsibility on others or the nature of society, or some other arbitrary institution of life. It is necessary for advancement to understand balance. You do not need to have control at all times, in the sense that you constantly restrict yourself from all things, nor should you willingly engage in all things that you are presented with, and at the same time it is possible that you should, and it is possible that you should not.

Do not hinder yourself by worldly institutions or thought processes. Do not use only the wisdom of another as your guiding light. You need to actively use your own mind to understand what is or is not for you and what should be followed. You are a unique individual that emanates and radiates the universal possibilities present in all areas and all things. You do not need to limit yourself because you feel that others expect you to do this. Have faith in yourself, do not rely on the faith others expect you to have on mere words and phrases that do nothing but often place oppressive shackles on your existence. It is a matter of balance; do not depend on the life of another as your sole map in your life. Only you are responsible for your mission.

126.

(Q) Where do new beings come from?

(A) New beings on your plane are already in existence. They are simply being brought into a physical existence for the purpose of experiencing the life they have been interested in living and the goals and experiences they have chosen. It is not a matter of simply two beings in the physical world having sex and bringing into life a new being. There is a great deal of work and effort and discussion that takes place before the being, or any being, is assigned to the particular body. This can happen an eternity prior to the couple ever meeting, this can happen during the time the mother is carrying the child. There is a great deal of energy and involvement when it is being determined what being, or which being shall provide the life force for the physical body being created. There are new experiences always being created and new expectations for living beings in all forms. This is the reason for constant creation. There is no creation simply to have creation,

no creation simply for creation's sake. There is a method to what you might call madness or a method to the actions though it may not be readily available at all times. The necessary actions will take place, at times there are non-physical actions that follow physical actions, and there are physical actions and outcomes that follow non-physical actions. What we are saying is that so there are times that, for example, in the bringing of a physical being into the earth plane, the physical act of sex will bring about an available body to be inhabited and therefore the process of obtaining life force to inhabit it is undergone, and in other circumstances there is a life force that needs to inhabit a body so that physical production of a new physical human being is conducted.

126.a

(Q) How is the non-physical energy being formed? From what source?

(A) There is a universal presence, a commonality in all of you; this is because you are all from the same source. You may decide to return to it at some point in your existence as your true self, or you may not. It is not for anyone to decide but your own mind, your true mind. There is not a great being that determines when a new spirit shall be made. There is only the source of all life that springs forth a portion, an abstract of itself, so that new life can begin. There is a great deal of this that you will not understand but it is important that you open yourself to it. The reasons that you are not alone, the reason that you are all connected is because your true forms all emanate and radiate your true source. You are all part of the same being; you are all part of the same energy. The bible explains that you are all part of the same creator, and essentially, the essence of this story is true and accurate. You are all formed from a single source, a single entity. You are not from an individual who decides that you must experience life; you are not present for an eternity from the time of the big bang and then assigned a physical body for a human existence. There is not a line in the fluffy magic clouds of heaven where you await a physical body in which to inhabit. Your source is just that, it is a source; it is the energy in all things. All things come from the source; you are a similar being to the true source of all life. You are able to create as is the source. You are able to experience and learn and produce things in your environment as is this source. All things that are true for all beings are true for the source. All things that are true for the source are true for all beings. You are all able to isolate yourselves and mock yourselves, and have yourselves. The source is also capable of this but the source is also capable of self love, the connectedness that you share

with others is often because you were sent with similar purpose, but often the love you share or the experience or interest that you share is due to the fact that you are parts, pieces, and beings from the same radiant source of all things. There are many levels to this discussion, suffice to say at this time, you are being informed that you are all one being. You are individualized in this life time to experience specific actions, you are a source among sources for the purpose of learning what can and cannot be done and the implications of cause and effect on this plane. This plane is necessary because the source cannot provide for you another way of learning at the rate at which it occurs here. The rate at which you learn is often slow but you are measuring this by human measurement. Be calm, be still. The source is infinite, do not worry that you lose your individuality when you leave this existence. You do not become part of a being of which you have no control. You retain individuality and your essential being no matter what form you take, no matter where you choose to inhabit; no matter what purpose you intend to focus. You simply do not associate with things and this is by your own choosing. You will understand a great deal about this at a later time, but your connectedness is because you are all from the same source, all things, all things ever created are from the same source. All things can be produced by parts of the source, you, and you as a being can create, you are the source, and therefore, in that context, all things are also created by the source. You are not governed by a supreme being. You are the Supreme Being, you are the creator.

126.b

(Q) Why are more brought into existence?

(A) Many worry about population control. The possibilities are endless in the minds of human beings who are concerned for their own personal resources and the fear that is produced in them by others who make the worry about their own supplies and quality of life. The fact remains that souls will be produced into this plane at a rate not determined by man. There is no human who shall determine the rate at which new beings will enter this plane. They are brought forth for the experience, to lead others, to follow others, to see all things about life, to engage with others, to lift others up, to hold others down. What one sees as positive another will see as negative, this is true and not true and is a matter of cause and effect but is relative to the eyes which with you are viewing the scenario. There will be new beings because more wish to have the experience, more wish to undergo the lessons, more wish to help, more wish to interact and

understand. It is not a matter of what will happen or will not happen, there will be changes to the rate and number, but these are not for many to control. Actions of many may seem to interfere with this number but many of these are predetermined for larger purposes. It is understandable that many have concern for large populations, but all beings have selected the life in which they live, even if they appear unhappy, they are living within the purpose of this existence as they saw necessary prior to entering.

126.c

(Q) By what process is it determined that they can enter this plane and have a physical existence?

(A) As you progress through lessons in physical learning, learning of the mind, and your current learning systems allow you to experience more advanced lessons, so does the life of the true existence. Your non-physical existence allows you to grow and produce thought and reasoning and use new experiences to understand the world. It is by this process then that new experiences are needed in order to understand and grow. Once a being has been prepared to a certain point it is open to them to experience many things or one thing in this existence. There is not a group that will come before they are ready, they are simply experiencing what it is they needed or wanted to understand. No one enters by mistake or miscalculation. There is much intent and purpose in this action and direction. You have free will but you do not have the ability to press a button and take the elevator to this level simply because you desire it. Even the newest puppy needs to learn to walk before he can experience the green grass at the other end of the yard.

127.

(Q) Is there a simple method for ocean water desalination? Is there a simple method to make any water safe, clean, and drinkable?

(A) The reason for your drinking water problem is that no one cares much for the way in which products are created or produced for consumption. Even the rain water for watering crops and cleaning, there is not much concern for these things so long as they are produced and continue to be produced for mass consumption. It is the fact that so many believe that there is a never-ending supply which causes the problem. So many are unaware of the effort that is taken to produce clean water and that clean water is not clean in areas with clean water, and there are areas in which there are no industrialized or commercial means to obtain water.

There is not a rant or tangent which we want to undertake to drag people to the conclusion that we are overly concerned with the Earth and nature, these things will survive no matter your input, but for your time here they can produce beneficially or be a hazard and detriment as you see it. You willingly pollute your own drinking water, but many do not see it this way. You create runoff which you care not where it ends up and many are unaware of where it ends up. That it “ends up” anywhere is a terrible impact. Chemicals are intentionally and accidentally allowed into the ground, inter rivers, lakes, streams; sanitary water supplies for cities are impact by these practices. The water that would have been drinkable by much simpler means cannot now be processed without further detriment to the beings that consume it.

It is important to say that not all beings care for certain areas of life but the beings that do have concern should take physical action to remedy it. So many allow beings who do not truly have concern, they allow these beings to be in charge, in control, wield power over things which they do not truly care for, meanwhile those who do care, and those who would follow another path are sitting in their living rooms offering complaints or suggestions, or passively go with the standard of society, while offering up criticism to no one in a position who has authority to change the practices. There are many who are full of good intentions but they make no effort to persuade others. While it is not necessary for you to do or not do anything it is important that you realize that finding a solution for yourself is not the only possibility, finding a solution for a greater number than one is beneficial to all beings on many levels. Offering education, making it available, it is important. Dragging beings to the table to receive an education is not important and should not be the focus. Stop polluting your water and you will have an easier time cleaning it; you will have true water, rather than a method for carrying inactive chemicals which have only been made neutral by other chemicals added to your water for safety.

Desalination is not an easy process nor will the entire water supply of the world ever change fully to pure drinking water free from that which would harm you now if you ingested it in great supply. The method now that is best for all includes filters and a method of boiling. Adding any chemical to the water to make it clean is not a method of clearing. You are additionally polluting that which is already dirty. Eliminating process which involves polluting your current supply will make water reclamation easier in the future. It will take a great deal of time to see the benefits since nature must first undo what has been done before it can do what is normally done. Make

improvements and take actions to include in your water supply, water drainage, downspouts, sink drains, sewer and storm drains only water. Only water should enter these areas. Water does not need the extra work of hauling contaminants which should have never been created in the first place. This is true not simply for obvious pollutants but for excess food, excess waste, water and the current cleaning process should not be further taxed by placing food scraps down the sink drain. Soaps and other materials, excess drugs, should not be included in any system which drinking water is processed.

The realization for many that all water is recycled in a stringent process may be absurd, but that which you send from your home will one day return. It is important to understand the impact and implications of the actions you take today and the waste you create today. Take time to lessen the waste you create and the methods by which you seek to reduce the time it takes to complete a task. There is so much more you can do when you are not only concerned with creating more free time. Your free time only becomes filled with other plans and objects that do not fulfill you.

128.

(Q) How do we help make water all over the world cleaner and get companies and people to stop dumping chemicals and pollution into it?

(A) Stop using the chemicals and properties and actions as an individual that create pollution in your drinking water. No matter the effectiveness of cleaning the water you still have to clean it on some level because it is being used. You'll have to stop engaging in these practices in order for the solution to be made. Not all will come to this willingly, but when many stop, when many use their own chemicals that are not truly chemicals but in line and in-tune with nature, there will be a pursuit, financially, of companies in these areas and those products will become available.

Fear nothing you experience in this lifetime. Fear will block more from your learning and experience than it will protect you.

You are seeing some of this now in certain products and foods. For much it is just clever phrasing to offer the view that something is better or healthier when it is truly more detrimental or at least neutral to you. It is important that you investigate things and locate actions and products which are sustainable. All things are sustainable to some degree but at what cost to other areas do you wish to keep the specified product or action sustainable? It is important to understand that all actions have a reaction, cause and effect. Anything that is made now is because someone wants it, it may not

seem as though you or anyone else is outright saying to anyone that they want a product, but quietly consuming is the very voice that these corporations receive. You can complain, but in the pursuit of profit the change will only come once the profit is attainable in the products and services that the populations are willing to purchase.

Start small. You do not have to hold negative emotion or energy because so much of your water in so-called civilized lands is unsafe. You can begin to find alternatives, you can find new means to gather the same products and have the same outcome for you but with less impact on other areas, there will be less cost on other areas, less impact. Using fewer things that require so many resources, only to be thrown away, in all aspects, not simply water, this is the problem. There are items you purchase and have in your possession less than one day, less than one hour, they have no use after 30 seconds of use. Find new means for these tasks to be accomplished that use fewer resources and create less impact on the resources you need daily.

Doing so will provide easier means of obtaining your resources and simpler means of providing access to these resources such as water and air.

It is normal to use things, to use items, but to cherish them, even the most mundane of reusable napkins; this is the attention we wish to bring you to.

Creating for yourself the ability to change your environment will create the ability and readiness for the environment of others to change much easier.

Do not feel you are engaged in lost causes. In order to have two beings engaged in a specific act, you must have one being.

129.

(Q) Some forms of healing bring outside energy from other beings or the environment through a channel, others use only the energy of the healer/medium/channeler, and others use both. Is one method better or stronger than another? Is there any negative possibility in any of these?

(A) There is always a desire to help and this comes from the initiator, the being in the physical plane. This being is not dependent on others to harness their personal energy or environmental energy for the benefit of their own being or that of another. It matters little the method so long as they understand that cause and effect of energy usage. It is not necessary to refill your own energy in the same manner one refills their own cup once they have used the entire resource. It is possible to fully recharge by rest and relaxation, good health practices, diet, maintenance of the mind and body overall.

It is important to know that this is true in all areas where energy is concerned and this should be all areas. We are not saying to you that you must record tally marks of incoming and outgoing energy. The method by which energy is traded, exchanged, used, and restored are too numerous to record accurately by current levels of understanding, and even to the initiated there is a never-ending level of counting that would take place. It is necessary that you record only in your mind your intention so that you too are not in need of healing.

It is important that any program you choose is one that you feel completely at home within. This also means that, as with any study, you address your concerns; you dismiss that which, after careful study, is not for you. It is not necessary to be entrenched in any specific dogma because they are all true to some degree and at various times are what specific individuals will need. It is important that if you decide to call for the assistance or pure usage and delivery of energy from outside beings, beings other than yourself, that you understand that this energy can come through you, and can be delivered without you. It is not important in many cases which is more desirable. It is important that you understand your work as a channel makes you more susceptible to certain actions and emotions of others. Experiencing their energy can be detrimental if you do not recall your own attentiveness. We do not mean to include in this the energy of the being bringing additional healing energy to you, we mean only the one who is in some perceived state of detriment and wishes to have it corrected.

There is not one method better than another. You should understand that your body, when used as a physical channel for the delivery of outside energy, or as an antenna to receive naturally occurring energy or the energy from another being, that when you do these things you are often raising your vibration. You can call yourself a medium or a channel because you are literally an “in between” for the energy to reach from the healing assistant or spirit being to the physical being in the human form requesting the energy. It is important to say that when we discuss the higher or lower vibration of energy we do not intend to define one energy as superior or inferior to another. It is important to understand that the energy that we speak of simply expresses the nature of the energy. Even your science notes this aspect – in order to touch something physical, a solid, the particles are moving at a much slower or lower rate, those that are gases, non-solids are moving at a faster or higher rate. In this way then we can see that a being without a physical body is moving at a faster or higher rate and energy will be delivered to a lower or slower container, the container of course is the intended being to receive healing energy of some kind. As the medium or

channeler you are existing somewhere between these two realms. You are aware of energy, you raise your vibration. It is not necessary for a spirit guide or being to use you but in many cases it assists greatly in the delivery of energy. Think of a river with a lock and dam and how it is made easier to travel because of this device. Now, in many cases, that same waterway would be much more difficult to traverse if there was no device in place to make the waterway more easily navigated. In this way, this is the case in hands-on healing when energy is being brought from one being through another, to enter the being of another.

Additionally, the need/request/intention is amplified because where there was previously only one being requesting the healing, you now have two, the healer/medium/channel and the person requesting the healing. This intention is now amplified and greater numbers coming together to achieve a specific goal bring even more together than only their physical presence. It is necessary to understand that all is energy, and when expressed as an intention, the dual nature of healer and receiver creates further impression on the energy which shall be sent or converted for the positive outcome desired.

It is not all known yet how many will receive information such as this but a comparison to make it more relatable is that of prayer. Prayer is not religious and it is in religion. Do not shy away from or come closer only because we are using a familiar word. Understand that prayer is universal and is only a word to describe an action. Prayer is intent, prayer is not to a being which cannot help you, and prayer is an intention sent into the universe. When more minds and energy are focused on the intention more power is being applied to this outcome, more energy being allocated and more resources used. This does not make a widespread prayer more likely to come to pass than that which is only spoken or intended upon by a single person, but if each being is a ray of light there will be one giant and much grater visible beam when they are all focused on the same point (same intention).

Fear nothing you experience in this lifetime. Fear will block more from your learning and experience than it will protect you.

130.

(Q) What are the benefit, purpose, and/or cause of seasonal allergies?

(A) This is to allow you to know your body, to know what you are missing, to know what you need, to know what is missing from your current actions that remove you so far from nature and its care and ability to survive with it

rather than control it. Allergies are not a punishment, you have them now because even living in remote areas, living with fewer neighbors, living with the trees, you put a pain of glass between you and the outside world. You put a factory between you and your food. You do not need to isolate yourself from all that occurs around you. There is nothing in nature that you should fear. It is not a scary place to dwell, and, contrary to popular belief, you do not have to have something wrong with you in order to sustain your entire existence relying solely on what nature can provide to you when you care for it.

It is a matter of death of the true individual that we have observed you reclaim your right to be inside. You were unusually welcoming to this idea of controlling your environment. It is not simply for comfort that you do these things. Fear drives many actions. Though there are only a few who experience the fear of these items it is the ability of the populations of Earth to not follow what is true for their own self, to follow a path simply because the path exists, this is what translates to such isolation on a wide scale.

It is a message to open up and allow yourself to experience. Drop the expectations and quick dismissal of ideas, subjects, persons, places, and things. Examine them and welcome them in and decide for yourself what it is that you need, not simply what you believe you need because someone else has told you from birth what it is that you need.

Ensure that you are not simply doing the opposite of the tide because you wish to rebel. Ensure that your rebellion against the tide is truly for you, that it is your belief, not one placed there by mechanism of society and other involvements. It is obvious for many at the time that there are other answers, they simply do not know where to look or where to turn.

Welcoming all possibilities is the only true method of education and experience. Too many roadblocks are placed on you by your own mind and your own mind allowing others to control it. They may not have a devious plan in mind when they make comments or attempt to impart a particular belief onto you, but your willful tolerance at all costs is a simple nod that this is what you desire. You may complain later, you may complain and feel wronged later; later does not mean too late for action. Later is simply a term to describe "after now." At any point after 'now' you can make a new decision, answer old questions differently. Do not allow answers to be set in stone simply because they existed as answers previously.

Allergies are not to cause you harm, they are to draw your attention. You are not living in a world in which control of any kind is necessary or at all possible for the entire duration of your visit. Do not worry. Know that there is a difference between living with, for, against, under. Chastising

others who have not reached a specific conclusion is not beneficial to anyone and will not allow you to change at a greater rate, nor will it bring them to your meaning simply because you have belittled their ideas. Calmly, not calamity.

131.

(Q) There have been many who have had near-death-experiences and relate seeing the image of or communicating with the being known as Jesus. Is this being Jesus or is it some other being or form?

(A) Jesus is not presently a being that you can readily relate to in any way. There are many who worship him and expect him to come to their aid but this is simply not possible. This does not mean that there is no aid, no one listening, no help or guidance; it is simply not the being you believe it to be. In many cases there are similar looking presentations for various beings for those who are in a physical form and cling wholeheartedly to the image and idea of Jesus. We do not at all discount or discredit the work of Jesus, many of the stories shared in bibles are accurate in their entirety, partially, and many others were ignored or dismissed over the years. It is simply a manner of crossing over and seeing what is most comfortable to you. You question these things because there are children adding to the claims of seeing Jesus. There are images that are shared and this is simply the universally accepted image because it is the true physical representation of Jesus on the Earth plane but it is not Jesus as the being. If you were to truly experience another being on the plane of your true existence they would not necessarily, and in most cases, not at all, appear to be a being in the physical form that you are used to seeing because of living a life in a human form. As with death, as with all things, there are no universal truths that are true at all times for all people, a truth can be simultaneously true and untrue. While it is not possible to communicate directly with Jesus it is possible to communicate, for many, with Jesus. These communications are currently based on the life and teachings of Jesus and are related by a being who takes the physical form of Jesus. It is not important that a specific being is aiding you. What is more important and what can offer more assistance to you in the future is the understanding that this being you are seeking aid from is more often your self, your true self, this is the being that can help you the most. We do not mean this in an abstract way in which you are viewing yourself in some type of mirror, you are currently, if you are reading this, in a physical body. You will not see yourself unless you leave your physical

body and even then you are not viewing yourself, you are only able to view a physical body, which you have inhabited along with many others before.

Many will see what is comfortable. Many should see that there is a group of beings willing to help and assist you at all times. No matter your current state, you are never alone. Many religions and many belief systems will have different names for these beings, many can call them angels or guides or animals, but what you see is what is more comfortable to you to allow the message to be the most receptive that it can be. We understand that for many it will be and has been a shock to learn about these things and to experience them. We would not send a form and none would visit you that would cause you to mistrust the message. What is more important is the message, not the vessel that brings it, but often it is the image or the vessel that causes mistrust or doubt.

You are not seeing Jesus. Jesus is not able to assist you. There are many who work from his teachings to help you on the physical plane.

132.

(Q) What is the purpose of heel pain and Achilles tendonitis? How can it be remedied?

(A) The heel pain that is not traumatic, and even the pain that is occurring in some violent traumatic event, this is calling to our past, to your previous actions, to your own personal history and the manner in which you feel that it supports and carries you forward. Your past, for any being, does not propel you forward in the method that you believe. All actions lead you to your present, they create for you the present. They have brought you to the present, but all life is not created and propelled forward based on your history. It is important to realize that all things in a particular home are not always there for the support of the individual, many things are present out of the inborn necessity that is created by society. This too is present in the manner in which many feel pain. This is not simply an injury or area of pain that the physically fit or physically unfit will feel. This is a hastening of your mind to follow certain routines from your past when they are not necessary for you now.

No repetitious action is necessary unless for you it brings great satisfaction. Those things that cause you pain need not be repeated, but humans are creatures of comfort and routine and return over and over again to that which is familiar.

It is not a matter of relieving physical pain, it is a matter of releasing previous guilt, previous obsessions, previous routines from which much of what occurs in the present is based. It is important to understand that the present is the present, you should not be ashamed of or worry over your history, you are present now because of what has taken place, you can create new history or change direction, but you should not cling to any single thing that is clearly not supporting you. Often times we cling to things that were not detrimental but have become now less supportive because our view of life has changed or our purpose has realigned, or what we are doing and who we have become is simply different than what it was previously. Do not view these things as positive and negative. Simply allow them to be and allow yourself to experience the enterprise of life and all of its expressions. The past is behind you, it can support you in lessons but it is not something to oppress you. The foundations you create today are not physically responsible for supporting your home of ideas in the future. What you create now are footsteps down a path, those steps lead to other steps which can take you to new areas. You are not building or constructing a building in anyway that requires the foundation to be built out of the past in order to stand into the future.

133.

(Q) What is the purpose of poison ivy and the way in which it causes skin irritation?

(A) There is not some magical potion that relieves this for you specifically, for anyone. There is a cause and effect here that wishes to call your attention to the careful consideration of planning events and critically thinking in the manner in which you engage in events. It is impossible for you to prepare for every possible outcome. What would the nature of life be if you knew what was always waiting around the corner? Do not worry that you are not prepared. You are prepared for nothing; you are prepared for all things. Your nature, your personal nature, allows you to engage in all things and to grow and adapt and learn from them without harm to some inner part of your being that will damage you forever in some way. This is the fear that many have, that they must make a decision in some way while knowing all of the possibilities, what should be acknowledged and followed is your heart, your true self, the higher being residing in the physical body. Not knowing something does not make you less capable. You are always capable of learning and growing and you are capable of making decisions

without considering all possibilities and working them over in your head to prepare for all things that may be on the path ahead.

This does not mean that you should carefully consider everything, nor does it mean you should hastily make any decision without caution, nor is any answer universal and applicable in all situations. It is important to understand that often; inaction is present, what appears as inaction is present because there is a fear of the opportunity. No opportunity is ever missed and there are other opportunities found simply in denying the self something, but it is important to know that when you are worried about a decision, and your decision making process is blocking your outcome, you will experience things such as the irritation of poison ivy. Poison ivy is less about the physical irritation that it presents and more about the ability of the mind to control anything and everything but also the ability of the true being to “go with the flow” of the universe without causing further unnecessary stress simply because you are focused on the need to know what is behind each door.

Patience. You can patiently await, you can ignore the need to know. You should not deny yourself nor should you over indulge yourself but you should carefully balance all things. Keep in your mind that you are not alone, you are not working alone, nor are there things that you should do to hurt yourself, such as the case of additional stress. When you are so focused on one aspect of life there are billions of other occurrences happening around you at any given instant. You may easily achieve something but you may also need to step away from an incident or idea to better understand it by way of examining another area of life. Do not focus so intently on one aspect that you ignore all others. Do not focus so intently that this one area or thing creeps in on every aspect of your life, invading every other decision that you will make. You are a being that experiences many things, not one single lesson, emotion, type of being, or idea. It is with this purpose in mind that you will find relief and satisfaction. Your skin will be irritated until you allow the universe to flow.

134.

(Q)What is the purpose of feeling the mood or emotions in a room or being? How can you protect yourself and use this gift at the same time?

(A)There is no purpose of any particular sort in terms of sense. And this is how you must see these areas of yourself. You do not ask the purpose of eyes and vision, you do not ask the purpose of feeling and the sensation in your fingertips, you do not ask the purpose of smell. We do not mean to

impress upon you that you should be asking those things but any sense termed extrasensory is not extra. It is not something beyond your being that you are experiencing. What you may receive with these senses may come from beyond you, but the methods by which you acquire this information are no different than using your physical eyes to look around you or the sensation of taste, smell, and so on.

It is true that there are varying degrees of ability. Many will have some sort of ability that is either acquired or inborn prior to your arrival here or you acquire it while you are here. There are many who will seem to have less ability, but be sure to not mistake lack of interest for lack of ability. All can experience these extra senses and use them, but just as eye sight may be more keen so can the ability to create a channel or receive the energy from the room.

View these things as not items that should be blocked but another means of experiencing your environment. You do not block bad taste on your tongue, you simply do not engage in that behavior. You do not ban all burning materials or hot items from your environment; you simply do not place your hands into or on them. This is important to learn, you do not need to block your ability, and you need to understand with greater zest what you are receiving and how to remove it or remove yourself from the situation. You are receiving this information for a specific reason much in the same way that you receive the sensation of hot and cold. You will stop receiving information that an item or environment is too hot or too cold when you remedy the cause. In this way you do not seek to turn off your hands and their ability, you are simply responding to the information. You should also respond this way to information that you receive. Many teach that you should turn off various aspects of these sensations, but do you also wish to turn off the sensation of smell at various times? The sensation and information received by touch? We do not mean, of course, that by doing so you are only going to miss potentially dangerous situations, but sensations of touch, such as your hands in cool water, your fingers touching blades of grass, these are just as important.

Where you may feel uncomfortable in a room or drained, possibly you can describe these as the ability to detect a fire with your senses. You are experiencing the anger, or discomfort, or possible danger and should respond to this information. How you respond is entirely up to you and the situation. There are many who will leave and many who wish to confront this energy or the source of the feeling or emotion head on. In this way you may also feel other, more subtle, sensations, and these too should you interpret and respond to. Also know that physical and extrasensory methods

of information reception can also simply be received, it is not always necessary to react; you can simply file this information away to be stored. There is no universal answer. If you wish to ignore this information you may do so. If you wish to turn off this information you may do so. There is no switch, but just as muscles will fade with lack of use, so will the ability to sense by other means when it is not used. These are your natural senses; it is because they have been ignored in various stages of development in this life and others than you do not easily use them now. You can grow and develop them, consider if you are being shown this ability for a greater purpose, but also know that you can ignore it completely. It is for your benefit, for the reception of information regarding the world around you on all levels.

135.

(Q)Did/does Paul McCartney have some special mission on earth? Why do so many feel a connection in his music or to him or to The Beatles?

(A)There is a special purpose in all of you. Do not be confused that popularity or notoriety makes you more useful or that your purpose is somehow more important because your name is well-known. It is not possible to reasonably measure the impact of any being as there is no being less important than another. You may be sad or depressed or feel useless, but you should not feel this way. The key to life and the reason for being is within each one of you. Each being on earth is reliant on the other beings in existence. We do not mean that you are living in a house of cards or that you should become dependent on all those around you. We simply mean to emphasize the importance of your existence, the existence of a politician, a homeless person, a liar, a millionaire and all other titles which you assign to the varying existences. All beings are important. All play a crucial role in this experience. Though you may only meet a very small number of them they are no less important, you are all connected.

Paul McCartney will excel for a much longer time than what his partners did. He is expressing, simply put, a light into the universe, and a love into the universe. There are many who are drawn to his music. If you are not drawn to it this does not mean that you are not some highly evolved spiritual being, it just was not meant for you to experience. What is important is that the music Paul creates or created, and the music of the Beatles, these serve greater emotions within each being that hears them. They can be passively listened to without some deeper level of critical discernment, but there is a unifying presence in all that he does through music and it speaks to others,

from a wide variety of backgrounds and types of lives, that they are not alone, they are too capable of sharing this positive and healing light. It is not specifically the words or music that Paul McCartney sings but his motivation. His light as a person. There are many songs that may have more positive sounding lyrics than others, this is not important. Paul McCartney would be sharing his light into the world no matter what different path he might have selected. It is important here to say that this is what we mean and it is an example of how all lessons will come to you no matter what decisions you make, no matter what direction you may turn. His light was going to be shared no matter if he was a plumber, a lawyer, a doctor, or a musician. His lessons still present themselves and he impacts many people. No matter what you choose, do not worry that you are missing out on some other lesson. What needs to be brought to you will come as it is necessary, only the circumstances may change. This may be better seen as the sun always rising but your location may change. No matter where you stand the sun will always rise. Paul is not mightier than others. He is showing many what they too can do. He has healing energy. He is not more spiritually advanced but he is aware of his being, maybe it is better to say that he is not living idly, we do not mean he travels and tours, but he seeks knowledge, he seeks himself, he seeks to help others, he seeks to share. He is actively living for the betterment of humanity and himself, not one aspect over or in spite of the other.

136.

(Q)What is the reason for the Polio outbreak that has been reported by the news? Is the news story accurate? Is it a legitimate concern?

(A)There is much concern in your world for disease of any kind. There is always a desire by many to help, but there is also a desire by many to use any incident such as this to amplify the fear and use it to drive other actions as a means of controlling populations and driving money from one pocket to the next. In any epidemic there is fear but most of this is brought on by outside sources, meaning that you do not personally have fear, you are told to be afraid, often indirectly, but many are just as open to any emotion. They wait to feel any specific emotion or concern until they are told to feel that emotion. This does not mean that your associates or the television are saying, "It is time for you to feel XYZ about this event." It is the repetitive nature of that which you introduce into your mind which allows your own feelings to become these outside feelings. You are experiencing them as

your own because you have allowed your mind to be concentrated in these areas and you have become filled with this view so that it is now also yours. In this way there are many emotions, worries, fears, and other aspects that are amplified because a single source shares the message and more minds are snared by it, rather than considering the impact it may or may not have on their own life and the reality that it may, in no way, bear any weight in their personal life. It is important to consider all possibilities and no matter your source it is one view point or many view points, but there is always a differing viewpoint. The important matter is not for you to take any view point and establish it as your own. Only your perception will hold value for you. Only what you see and believe for yourself as accurate will carry true meaning for you.

In regards to Polio, yes, it is spreading but not at an alarming rate and not at a rate at which can be prevented. It is important to know that those who experience this will have had prior knowledge that this event would take place. It is a matter of experience and development that many will have gruesome experiences with this outbreak. It will be shared by many that an increased need for vaccinations of any kind are required, there will be many who suggest that it become law that many vaccines be received on a specific time line. There will be outcry over this, initially due to the cost associated with it. In many areas there is no system to implement widespread medical care, nor vaccines. Many will be concerned because there are governments which have no interest in sharing the cost or covering entirely the cost of healthcare but now wish to make it law that you receive medications as a prevention at your expense, later they will attempt to cover this cost, first it will be voluntary. Many will need to fight this because it can be a problem later for many.

Most vaccines do not harm the body in the sense that it tears down your physical nature. It is the harm that there is anything entering the system at all that is not created with the intent to uplift or uphold the human being. This is very much a contrary statement, opposite to the nature of what a vaccine is and what it is given for, but understand that simply because you want to be healthy does not mean that others want you to be healthy. Simply because you are a good person does not mean that others are good people. There is much more at stake than simply the freedom to refuse. There are greater lessons at work; you should consider very carefully what it is you would like to do and for what reason you would like to refuse. Do not simply do anything in your life because others are doing it; arrive at your own conclusions.

Your fears are not going to subside until you power on your mind and use it to distinguish between the various levels of deception, not on a conspiracy everyday, but even in the manner in which you inhale the air and if it is necessary for you to continue to inhale the substances that you do. So many understand that it is not merely a matter of growing a tree, but it is necessary for them to understand that it matters very much what type of tree gets planted.

The vaccines in question, any vaccine, these are not requirements for sustaining life of any kind on this planet. There is no vaccine necessary. Many attempt to intervene in life and many will still fall ill and succumb to many diseases no matter what preventive measures are taken. It is not a matter of protecting the physical by physical means. If it is to happen it will come to pass. If you wish to protect yourself, use your nutrition to protect your physical, not quick actions which carry no weight. Use the strength of your mind to protect your body. Release that which is not for you and engage fully in that which brings to the surface your true being. Do not live in fear. We repeat these messages often because they are the root of many questions and answers and social arrangements in your world. We are after the same knowledge that you seek on a daily basis. We wish to help you grow; growing does not mean living the life of another, taking on the emotions of another. The tree may use the nutrients of previous trees in much the same way that you may consider the generations before you, but like the tree, what you create will be unique only to you.

137.

(Q)What is ectoplasm? Why does it exist? For what benefit can ectoplasm be used beyond demonstration of its existence?

(A)There is a great deal of energy and wisdom contained within ectoplasm and also within the ability to bring it forth into the physical existence so that it can be observed. It is the purpose of turning on lights, as you might say, that this material exists. You have a lamp in your home, the light turns on when you turn the switch on. The light bulb does not come on because of the switch, the light bulb turns on because of the electricity, because of the power from an outside source. This can be compared to the way ectoplasm works in relation to the human body. There is much that is not seen, there is much that is not observed, but these things transpire no matter if observed or unobserved.

First, understand that there are many forms of ectoplasm, or many forms of the energy that create ectoplasm. The simplest method for understanding this for example is that there are many forms of water. Water exists in large oceans, it exists in rain drops, you can drink it, you clean within it, it exists as ice, it exists as tiny particles that you consider a gas. There are many forms and uses for this. You will learn this about ectoplasm. It is not simply the physical medium who brings ectoplasm forth that displays it, he is not the only person using or experiencing ectoplasm. Other forms of communication and healing also use ectoplasm. Other forms of involvement from the non-physical plane of existence to the physical plane of existence are done using ectoplasm, and forms of this material. It is necessary to understand that all things are energy, and ectoplasm is just such a form as this. It is necessary to understand that it is not a mystical concoction, it exists just as air, water, and soil, it is in an amount within the atmosphere but it is only harnessed and channeled by those who seek to use it, and that is not many.

It is necessary that you understand that there is energy all around you, channeled forms of energy can be said to be ectoplasm. It can become physical, it can interact with physical. It can be directed by the mind. It intervenes when the non-physical being controlling it wishes it to intervene because some other authority has wished it to do so in the life of a being on the physical plane. We will not always refer to it as earth because you will not always be here, we do not want you to see yourself as limited to this one single planet, though you are not obligated to do anything.

Ectoplasm is charged energy in the sense that a healer or any other channel is a "go-between" or medium. You are the channel through which the energy passes. Ectoplasm is the medium by which charged energy passes. Think of electrically charged plasma that has a physical presence of a thick fluid. All of these characteristics make up plasma but they come from very specific sources, the 'ALL' of existence, the entire world. It is even easier if you consider ectoplasm, to understand it this way, that ectoplasm is not an extra material, it is not some other thing, it is not an additional thing in creation for the purpose of anyone or anything in particular. When you focus your intention, when you charge an area, when you deliver that intention, when you send the energy, you are sending, literally, a ball of ectoplasm which contains the intention, the energy, contains the thought or emotion. Ectoplasm is the bucket that carries your water from the well. Your bucket becomes full because you have focused such a desire within the well for the water to be present. You may see this in healing or other areas. There is so much channeled, so much created, so much focused, that the

area where the energy is gathering becomes a substance you can call ectoplasm.

It too creates channels between physical and non-physical. When manipulated it can manipulate the physical. It can also be carried in forms that maintain their structure. This takes much practice and focus but it is something that can be created, for the purpose of delivering energy, for the purpose of containing energy. The majority of control over ectoplasm is currently held by those in the non-physical. The primary awareness of ectoplasm in the physical is by physical mediumship and the production for a room of observers. It is important to know that so much more can be done with this and it is the simple act of focusing and intending that it is created. It can lift; it can move the physical objects. This can become an extension of you. It can be another means of communication and channeling, not only between a medium and a spirit guide but between two or many beings in the physical existence.

If you wish to start working with ectoplasm it is important to understand that there is a great deal of energy that will come from you and will be brought through you by your spirit guides. It is important to understand that the tree grows strong because of water, sun, and nutrition in the earth. This too is true of those wishing to produce ectoplasm. Understand that in a very real sense, before charged or made to be physical, ectoplasm is pure energy in a very raw sense. It has yet to become with some purpose, it is only existing as energy. Be patient and it will grow with you. A regular schedule should be developed and maintain in order to produce this physical manifestation. Your desire and motivations should be evaluated. You can go forward into the light or step out of it, but it is ultimately your choice.

138.

(Q)If all things are energy, what keeps the energy in place? Why does it keep its shape? Can this bond be broken? Can it be broken in the same way in all matter? Can you use the ability of your mind to break the bond or must it always be done by physical means?

(A)There are many aspects of physical matter which are not understood by science on your plane at this time. It is important to understand that there is a basic structure for many things but to create the unique tree or landscape, or living being, there is the unique characteristics of environment and that which fills its space. These things lead to every blade of grass being unique, every apple tree looking different, and every being existing as a completely

unique and different individual from the last. It is important to understand that there are no matters which cannot be undone, and in most cases, very simply. All matter is energy but it takes additional energy to break it. It is not merely the existence of energy which allows it to bind, and of course, this too takes additional energy. It is important to understand that your mind also constructs much of your reality, not simply the perception of it, but the rate and in what way specific items will appear. You can create something physical with your hands but you can also bring into being matter in a particular shape or form using only your mind. It is necessary that you understand that it is easier to attempt and achieve this in your true body because this is an every day occurrence when you are not living in the physical world. Where you think and where to direct your mind is where you will go. What you wish to create will be created. Where you wish to travel you will travel.

The importance of many things is the mind in relation to matter. It is not simply the ability to change or create matter into new forms, but understanding that the mind can do these things in an instant and it is therefore extremely important that you do not tread lightly in this area. These are not simply hobby games that you are entertaining yourself with, it is a matter of your will but the direction and motivation of that will onto previously constructed energy.

All things, in the very pure and basic essence, are held together or created from what you will call DNA. You can understand that each thing, a rock, a plant, each has input from the outside world but each also has a basic plan and structure for creation. Much like your computer programs for writing reports and essays. The program serves as the blue print and each document is made unique by the input of the user. Each tree is unique because of the input of the environment and other factors and conditions.

It is important to know that there are many things that can release the energy from its form and there are few which will be shared, at this time it is a dangerous subject due to the nature of many men and women on your planet who seek vengeance on their neighbor, neighboring countries, or races of people for irrelevant means. While their motivations are not truly irrelevant, the ability to impact many more that are not necessarily needing the experience is compounded when other means of changing matter and energy are released.

There are non-material ways to do this. We say material to focus your mind on the fact that it is your mind, you do not need to break a board with your hands, and you can do so with the effort and energy of your mind. You are expecting all energy to evaporate to its smallest portion. This, yes, is

possible. To tap the essence of the object or being at its core and decentralize its workings and reduce it to nothing but pure energy, however, if you are supposed to be here in 14 years time for some other event how can we release this information to you if it would allow another being to release your non-physical body back into the world and eliminate completely your body? You will not find the answers in all the places you seek, nor will you always search and find the answer at all. It is important to understand that things are held together in place by an efficient structure which can be undone.

These things, the undoing of matter, this has all been done before. Not simply using fire to destroy material or create anew. There have been complete undoings of matter to create a new human form and other “destructions” which created anew. It is important to know that there were methods for tapping an object and removing its physical structure, and in a period of time the object would lose its structure completely and all energy that was once the object would dissimilate. You can understand these things and you can understand why it cannot happen now. There will be a time when a few can demonstrate this skill but it will not be widely available as a skill for many.

You can tap the root of each object, at its very core, and with the creation ability within you, remove from existence in the very same way you bring into being everything which is in existence. It is not the scientific answer you were seeking but it is the scientific answer that we will share with you at this time. We know that many would not destroy for “fun,” but you must understand that there are many who kill for fun. While their killing may have been the plan it is not rampant because of other balances on your plane, this is true for the destabilization of energy in the form of physical objects.

You will see much greater and more intense feats performed on your plane. You are in a rush for these things but there must be a duality of energy created. We do not create dark without light. When light was created it was also necessary to create dark. Patience.

139.

(Q)What is the benefit to the world having mediums and psychics bringing the knowledge of other planes and beings into this physical plane? If we are here to learn why not leave us completely in the dark?

(A)You are not alone. You are never alone. You are not here as a punishment. When one succeeds we all succeed. When one grows we all

grow. This is true for you, this is true for your neighbor, this is true for beings that will never experience the physical plane and this is true for beings that will one day experience the physical world. It is important to understand that we do not roll the dice and see what happens to or for you. We are not giving you a test for which you do not have resources to locate the answers. It is not a means of torture or some horribly devised method of existence that you are here. You take a test after a lecture, after a semester of study, after a teacher has helped you along the way, there was a resource, there was a book, there were places to seek additional information, and the teacher shared information with you and also showed you methods of learning. No matter the case it is up to you to learn, and you may not even be interested in the material, you will learn something, you will learn nothing, you will create new ways of learning. You do not necessarily have an audience but much of what you do will be reviewed for learning purposes. You can hear it now on telephone calls for customer service, “your call may be monitored.” This is true, in the moment, and after the moment.

You do not simply put a fish in a bowl and never interact with it again. We do not mean to say that you are fish trapped in a bowl, nor are you pets with which we interact so that we can pass the time. You are not alone, you have resources, you have lessons which appear, reappear, disappear, and the method in which you engage or disengage is purely for your development and growth, but just as you do, so do others. You are not disconnected from the non-physical plane, nor are you disconnected from the other beings on either side of that veil. We are all one in the same, unique and not unique. Often times we hope the best for you but even certain trees need gentle guidance to become the strong and tall life forms that they are. It is necessary for you to understand that you are independent, you have not lost your independence by gaining this knowledge, but you do have those with you who want nothing more than the best and will see you and be with you and aid you when you need it most, all the way to the finish line. Do not be scared that you are somehow one insignificant drop of water in the ocean. No drops of water are insignificant and each being has the wealth of the ocean and the entire universe within them!

140.

(Q) Will it ever come to be that time travel is possible while still in your physical body?

(A)There is presently a type of time travel available to all beings in existence. It is not a huge feat that you are able to go in your true body, even as solely your mind, and experience first-hand that which has already transpired. You will come to understand this in greater depths. It is important to know that in reverse you must not deviate from your time line. There are many events taking place and many concepts of time which you do not currently study on your planet. It is much more important as you seek to know the future. You will not know the future in the sense that you may go there, alter it, and become a millionaire when you were going to be homeless. You can see the impact of things, but you will also come to know that one change in the road can change the future in extreme ways. Not negative ways, nothing is negative. But what seems trivial to you can impact the future drastically.

It is important to understand that you do not need your physical body as much as you feel you do. There are many actions that further the thought and behavior that you are a body with a mind. You are not simply operating a body. Your mind will go forever, you are never-ending. It is not news to many who have always felt this, but there is much beyond your current senses that you are capable of experiencing. There are many who have experienced these things before on your plane but for the sake of the history lesson, understand they are returning and there will be new skills and abilities that will also be wildly accepted.

Time travel, as with any endeavor, must be pondered and your motivations studied before it is undertaken. It is important to understand your personal motivation for doing so. Do you simply want to prove that it can be done? Once you have proven the ability and ease with which it can be achieved, what are your thoughts once you begin viewing previous events? What do you hope to gain? What do you hope to achieve from knowing the future events which may take place? Understand, in all of these questions there is no right or wrong answer, there is also the ability to view events objectively and subjectively. You can experience from specific perspectives, others are an overall view. It is important that you understand that it is not simply a matter of hopping in a time machine and entering dates in a computer so that you can see prehistoric earth. It is important that you realize there is much importance in your intention and motivation in regards to all actions. It is not a monopoly that some have over oil; this is not how the ability to travel shall be. You can currently do these things and therefore there is no monopoly. None can obtain and maintain power unless it is given, willingly, by those who once had it.

141.

(Q)Why do we not carry all of our memories and knowledge of the non-physical, any past lives, or decisions we made about this life beforehand with us into physical existence?

(A)The amount of knowledge contained within your true self is not able to be put into calculable numbers. There are even greater levels and measurable amounts of information available to you and it resides outside of you but your connection to it is always in place as you wish to use it. You will not realize the true nature of things for this specific lifetime when you are constantly concerned with actions and events of previous lifetimes. There will be some who have greater recollection of what has transpired for them or what will take place but often this will need to be provided to you by a spirit or non-physical being. This is done so that you are focused on this lifetime and not concerned with what may or may not have happened several centuries ago. There are many things that you will or will not do in this lifetime based on previous lifetimes but the manner in which you drank milk in a previous lifetime or your interactions on a daily basis are not important. Many times there is greater knowledge available within you regarding this lifetime and regarding previous lifetimes but like any unused or ignored aspect of being it will slowly reside in smaller and smaller quantities, that is, it is not at the front of your mind where you are consistently retrieving and accessing it, so it becomes less dominant in your mind. Often dreams are snippets of previous information. While dreams can also be actual events; travel and communication in spirit while you are sleeping, they are also events that you see only with your mind; they can also be the creation of your mind. There is no singular aspect of a dream or its nature, but they can all be discerned if you begin to recollect them and use them, and exercise your mind so that they are seen as important, not something of fanciful whimsy which you'll have no interest in after 45 minutes of being awake and beginning to engage in your daily activities. What is important is that you understand that there is nothing hidden from you. All is available to you. Understand that there may be sensitivities regarding specific incidents or events, but you are not shielded because we do not wish for you to know. There is much that beings will convince themselves of, much that they believe is important to them and is the make it or break it answer for them in this lifetime or any lifetime. With many questions and answers, simply wait a few days, even waiting several hours, your answer will come to you or you will see how insignificant your conundrum really is once you are beyond the heat of the moment. Not that

any one thing is insignificant, but when you quiet your mind you will see the answers around you or in your mind.

You are all precious beings living precious moments, it is not to be worried over that you were a slave, a garbage collector in this lifetime or in any other. No matter if you were murdered, if you murdered another, or if you saved several children from drowning, all events are equally important, you are no better or worse because you spent your life sailing, spent your life in a cave, or spent your life lost . All things are for your benefit and therefore the benefit of all in existence.

You can access anything you wish, if it cannot be displayed to you or explained to you it will be stated so, the reasoning often given. You must also understand that if certain events are explained to you which must take place for some other purpose, some greater purpose, a purpose which may impact several people, you may not be shown something which could alter a path towards this event, but this is not always true. You will always have the freedom to choose, you will live on a time line of your choosing no matter what anyone believes they have for you. The exceptions to this statement are any prescribed events or situations or lessons, or emotions which you wanted to experience as part of your existence. It is not a god-force placing these events on you; it is your own doing by free will or by your choice prior to entry here. When you say, “he doesn't give you anything more than you can handle,” this is true if you are a male, it is true if you are a female and say, “she doesn't give you anything more than you can handle.” Why is this true? Because you created these events, you are the creator, in the moment or prior to physical existence, you have created what has been presented to you. You are capable of all things and are involved in what you are capable of experiencing. It is the trust you need in yourself, this is what is most often missing. The confidence, not to say that you are supreme, but to understand that you are worthy, you are capable, you do not need to place responsibility in the hands of another being, physical or non-physical. You do not need to reside yourself to inaction because you believe some other being will unfold the events in your favor. You are the ruler. You are the controller. You are the designer. Have faith in yourself above all things and above all others.

142.

(Q)What is the purpose of a cold sore or fever blister? To what is it calling our attention? How can we assist or speed up the healing process when one appears?

(A) These are tiny annoyances. These cause fear and disruption for many people because of the guilt they have regarding the thoughts of others that this is always somehow earned or received because of unprotected sex. This is not true. This disruption in the skin is a manifestation of anger and the inability to manage one's health. Simply because it is not showing on the skin does not mean that this presentation is any less present in the body. It is always present in medical terms. Your ability to watch the words you paint your day with is an important feature of the human language system. It is important that your speech be done with you and your personality and your dreams and ambitions in mind. Too much of what is said or done is at the expense of the self and is done with the purpose of "telling them what they want to hear" so that some unrighteous position or kind grace is earned. One thing that you can do is to determine what you want, what do you desire, this can be as important as acknowledging your higher self and working for a deeper understanding or as simply as granting your curiosity the opportunity to jump from an airplane with a parachute. The key in both situations is to honor the self. Do not speak to others that you wish to perform these acts when you do not. Do not speak to others that you wish to perform these acts with the intention that they will hold you in higher regard than previously simply because of their association with the specified activity.

This is not necessarily passed from parent to child because of birth. This will not manifest in beings who follow this chain of human succession if their intention, their verbal communication, and their energy are all balanced and maintained in a manner that does not ignore the self in an attempt to attain some higher good, that, in consideration of the true nature of the earth plane, is not truly serving anything or anyone but the ego. This can be related to the previous information, that when your ego is served so well, even the physical can succumb to unsightly marks on the body. External tumors and lesions can have many reasons for appearing. You are all aware that such marks may be disturbing or unsightly, but so are the masks and shields you wear that hide your true nature and your true feelings, so much so that they can cause harm to your physical body and nutrition.

The process is not a simple one to acknowledge this event and recover from it. There is no easy cure, other than to repair deficiencies in diets, to ignore that which is not with your highest good, and to complete activities, thoughts, and ideas that serve the self, the true self, not the ego mind. First, for many, it will be a matter of learning the identity of the self and the ego, learning what voice commands the most attention and identifying what serves your greatest purpose. Currently, many do not understand ego, ego

can be stated as the physical mind that protects and carries on your activities. It is not the unique you, the ego will crave more if left unattended and serves to protect the self in ways that may be considered building walls. The ego can be damaged and cause it to lash out because of the possible harm to its appearance. The ego is not who you are as a being on the highest level, it will exist with you always in some form, but not in the same manner. It is important to understand the manner in which the ego operates, while not all emotions are based in the ego, the ego, the protective self, can cause emotions and action automatically if you do not function on any level within your mind other than auto-pilot. Living carelessly, not dangerously, but living without being engaged your ego can become more powerful than your true mind, your true self. Because of this it is necessary to learn what living really is meant for in this lifetime. By that, we mean that you are not simply watching as a spectator, you are actively engaged in life, you discern emotion, action and energy from that of others and yourself, you examine causes, you are learning. While this is not always the case for all people, most will feel the sensation of release when they determine the nature of their true being when compared to being driven by ego which serves, basically, to protect you and the material possessions which it gathers as insulation – primarily in a competitive way so that it is the best ego in comparison to the others it will encounter.

It is not enough to be aware that there is a drive within you that will operate no matter if you are blind to life or not, but knowing that your body is operating without creative process, without learning, that is what should be more disconcerting to you. It is the moment you engage that others will learn from and with you; you are quite literally a lifeless zombie, as it were, when compared to others, when you are living only as the ego and not the higher self. Actively engage your world.

End of 'Volume Two.'