

MASS MURDER
From a Spiritual Perspective

By

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PREFACE

Alexander Zielinski is a Clairvoyant Medium who Channels '**CONSTANTINE**' (a highly evolved energy being) and '**ELOPHYNY**' (a Collective of light beings from another Star Plane). Alexander 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.

Visit his website at: (**LotPatrol.com**)

A message from Constantine: I wish to share with you how to create peace and end suffering for yourself and others in this world. Once you've read this, if you feel compelled to share it with a friend, a

neighbor, a relative, or a stranger please do so. It does not matter their beliefs as we are all the same.

There is a need to create peace and end suffering for one's self, the city and the world. Peace to your own being may seem impossible and so might that of bringing peace to others, but know that bringing peace to others fosters peace in you.

Simply consider the following; for yourself, focus on what matters to you, but only the things that you can carry from this life to the next no matter where you believe you may or may not go.

There is no need to worry about gathering money and possessions for yourself when they are not taken from this world when you make your exit. There are those in this world who have far less than you, their basic needs are not met. They need food and shelter. Share with them. Not only through money, but by direct action; help your neighbor!

Time for daily reflection, meditation or prayer (the term is not important for it is all the same action and creates the same outcome) for understanding yourself, for creating peace and that peace may spread throughout the world can begin in as little as five minutes per day.

There is no need to force ours/yours/others beliefs onto another person or group, no mass level of restriction is necessary. Peace and Love is experienced when each person

understands that there may be differences visible to the eye, but that we are all the same; we are all souls/spirits/energy/minds/brains having a life on this earth.

We all have fears, hopes, and wants; there is no reason for fighting and segregating when we are all truly the same, only born from a different position and time on this earth. Letting others share their own beliefs and world views; not forcing others to believe a certain idea or restricting another's actions, beliefs, movements, and so forth.

Outlawing, banning, or belittling the mind or thoughts of another only further alienate us from that person or group making it more difficult in the future to make amends and create peace.

In worldly affairs we should respond with an ambulance and food, not guns and violence. Access to food, shelter and education will eliminate many wars and the suffering experienced by many throughout the world. We can each see that we do this as well as our elected officials.

We should work for peace; we should be a peacekeeping force. Start here, start by having patience, start by helping the less fortunate, start by helping those who need the basic necessities of life. Focus on your mind, your beliefs, your virtues; these things matter the most.

Open your mind to your potential, the potential for peace, the possibility for love. Look at the world around you and see how much of those already exist.

Ride a bike, walk, hike, camp; not simply to save money or to cut down on pollution, but to experience the complex beauty that nature has provided.

Thank you, I only wish for your happiness and that peace and healing be created in your environment. Be kind to those you encounter.

CONSTANTINE

INTRODUCTION

When taken over the course of a lifetime, many will encounter Mass Murder 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 educational 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, loss of life shall occur by individual or seemingly natural causes.

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 that 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 individuals 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 through 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 type of mass murder incident 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, 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 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 an individual; 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.

ELOPHYNY

Chapter One

Definition of Mass Murder

This book will only concern itself with Mass Murder, aka Mass Shootings. There will be no information dealing with Serial Killing or Spree Killing.

Finding a true definition of Mass Murder will not be as easy as one might expect; for there are different groups and agencies with their own definitions of what constitutes a Mass Murder to them. Therefore we will use the general classification as listed by the Federal Bureau of Investigation.

The FBI uses the following basic definition which states that; One, a mass murder must involve four or more murders which occur during the same incident or attack. Two, there should be no distinctive period of time between the murders, and Three, the murders usually occur in the same basic location or area during the ongoing attack.

Chapter Two

Three Mass Murder Examples

Example One:

In San Bernardino, California on December 2nd, 2015 at approximately 11am the mass shooting and attempted bombing occurred at the Inland Regional Center in a large rented banquet hall. An estimated group of seventy-five employees of the San Bernardino County Department of Health were engaged in their annual holiday employee party.

The first shooter was Syed Rizwan Farook, a Health Department employee and was an American born citizen. The second shooter was his wife Tashfeen Malik who was Pakistani born and became a permanent resident of the U.S.A. Both were living in the city of Redlands, California. Together they shot and killed fourteen individuals and seriously wounded another twenty-two individuals. The total death count including the two shooters came to sixteen dead.

They were armed with 9mm semi-automatic pistols and AR-15 type semi-automatic rifles. Several Pipe bombs were also found at the shooting location but

had not been detonated by either of the married couple.

Because of their online/internet activity they were later, after a full Federal Bureau of Investigation were labeled to be 'homegrown violent extremists' who were radicalized over a several year timeframe which led the two murderers to personally commit to actions of martyrdom through jihadism. No connection to any in-country or overseas cell or terrorist network could be found or proven by the FBI.

Within four hours of the mass shooting the police caught up with the two perpetrators and both were killed during the ensuing gun battle.

This Mass Murder is listed as a 'workplace shooting' by law enforcement.

Example Two:

Charleston, South Carolina Shooting on June 17th, 2015 took place just a few minutes after 9pm at the Emanuel African Methodist Episcopal Church. The mass murder occurred during an evening prayer and bible study service. Nine people were gunned down and one other was wounded.

The lone shooter was Dylann Storm Roof who had attended the bible study, a twenty-one year old who believed in White Supremacy ideology and later confessed he was hoping to start a race war with his

attack on the predominantly black church goers.

Dylann Roof was taken into custody by police in Shelby, North Carolina the following day. A .45-caliber semi-automatic pistol known as a 'Glock-41' was found to be the weapon used in the mass shooting.

After the authorities determined the crime was race related Dylann roof was charged by the State of South Carolina with nine counts of federal hate crime charges.

Dylann Roof had operated a website which not only spoke of his negative feelings toward Blacks, but also his negative feelings concerning Hispanics, Asians, and Jews.

Example Three:

Sandy Hook Elementary School Massacre on December 14th, 2012 in Newtown, Connecticut around 9:35am Adam Peter Lanza, age twenty, shot and killed six adults and twenty children. It was later discovered he had killed his mother before going to the school which brings the total death count, including the shooter who committed suicide at the scene, to twenty-eight.

This shooting incident was originally classified as a Mass Murder, but later seen as a 'Spree Shooting' due to the

earlier murder of Adam Lanzas' mother, Nancy, before the second incidents of murder took place at the school.

Adam Lanza used a semi-automatic rifle called a 'Bushmaster XM15-E2S' and a Glock-20SF semi-automatic pistol during his attack. Another semi-automatic, a 9mm Sig Sauer pistol was found at the scene but not used during the fateful event.

These are just three examples of Mass Shootings which have occurred within the United States of America.

Chapter Three

Media: Bought & Controlled

Be aware that global corporate conglomerates have bought and taken control of the majority of mass media outlets. That in turn gives them the power to control all news and information; which is then disseminated to the general public at large through their deceptive censorship practices.

That means you will only receive the news and information the corporations and certain governments want you to have. This control gives them the power to control world events.

It is important to know that the last word on truth is settled with the person receiving the information. Perspective may play a role in judgment, but know that perspective and understanding can be changed and opened. It is the attempt of many to share this information without bias.

Speaking words without certain motivation is difficult on this planet, and there has been much to cause mistrust, therefore not a good deal of information is accepted by the large populations of people. This is because of their previous

mistrust of untruths told by the controlled mass media worldwide.

There is much being done at this time to fool the average citizen, to dissuade them from taking action, to entrench the masses further into a casket of misinformation. There is nothing being done to legitimately stop wars or end hunger; these things are not at the focus of the controlling group. They seek greater control and obtain it by placing your daily attention on acts of violence; mass murder, homicides, rapes, assaults and the like which keep the citizenry in fear.

There is a great warning that should be heeded by those who wish to pursue corrupt power and corrupt control, but that message is being ignored. There is only so much push before others will realize that false information has entered the governments mind as an acceptable form of controlling or 'informing' the people; those that the government should have been elected by in hopes of improving the nation. There are those in power who seek power and control at any cost. Just as there are wars with bullets, there are wars with words.

Currently they flex their grip over you by holding a select group of views and using only specific ideology. It is important to know that these are not the beliefs of most people on the planet. It simply takes time to break the masses out of misinformation that has been given to

them repeatedly in many forms of conveyance; television, radio, internet, newspapers and the like. It is all about control.

Speaking out to others, even in a passive manner will plant seeds and share information. Soon it will be unavoidable, the negative thoughts of mankind and how wrong they truly are, and they will come to know the true meaning of life.

Chapter Four

Planned Events: A Spiritual Perspective

Every 'Energy Being' or 'Soul' as many call it have what is known as a blueprint; which is simply a detailed plan of the life they wish to experience in their next incarnation into a human body. This blueprint contains, but is not limited to, when and where you will be born on the earth. Will you be male or female? You will choose the type of parents you require and so on.

All major lessons and experiences are worked out and agreed upon with your spiritual advisors prior to you being born into this physical world. Yet you do have free will and so your plan may be altered after you start living your earth life. Your spirit guide/companion who oversees your life (some call this entity their Guardian Angel) will still try to steer your chosen lessons into your path to be experienced no matter what course you choose to follow.

Many a Soul (Energy Being's) journey to this physical dimension in order to experience all the many diverse facets of unconditional love through what is termed by some 'life lessons.' Many of these lessons and experiences come in the guise

of disease/illness, genocide/war, assault/rape, suicide/murder, and the list goes on. These types of life lessons are programmed into a person's lifetime so they can experience what true love is and how to understand unconditional love through negative and positive events.

Unconditional love can be learned on a small scale or on a grand scale. For example, on a small scale you as an individual may choose to experience love through cancer, heart disease, physical or mental abuse, and so on. These not only teach the individual Soul about love of oneself through loss, but draws in family and friends who also can then grow spiritually through such experiences.

On a grand scale many Soul's freely give their lives to teach love through such events as mass shootings, plane crashes, global disease (AIDS), genocide and hunger. There are many other such examples.

Love has no limits when it comes to teaching Soul's its true meaning. You have heard it many times before and it is still true today as in the past; fear is simply the absence of love. Were you to truly comprehend the essence of unconditional love, you would never experience fear again no matter what the situation might be.

There are no accidents, so if your loved one died from what someone would call an accident, just know it was a planned event

by all involved. Not to cause pain or suffering, or to punish someone who is left behind, but simply an ending to a lifetime in which they had completed their chosen lessons and experiences.

Now then, using the San Bernardino attack as an example, there are many events that are planned prior to your arrival here on earth. This particular event, as some events, will be carried out in some manner prior to your arrival in preparation for the real event. However, know that some agreements are not absolute. This is to say that perhaps you are to experience a deep fear which you choose to overcome in your lifetime. Perhaps you live near water, in some way you may develop a fear of water. Perhaps your life has taken you in a different direction; perhaps you are living in a wooded area free from any significant source of water. A fear may still develop but it would not be the same fear. This, in a sense, is how all things work. It is not necessarily the particular event, it is not the particular people, but it is the challenge itself that you are assigning yourself prior to your incarnation into this world.

In these events there will be an agreement that many can teach a lesson, or experience such a lesson, or work together to experience and share in a learning moment. It is a great deal more important that everyone understand that

it is not necessarily random acts being carried out by violent terrorists that many things that are happening

However, it is important to say are a balancing of energy. There are two sides to many of these violent stories. There is a misappropriation of energy. The contributing factors of these events are many. If energy cannot be expressed by a group of people in some certain way, it will find another way to be expressed.

There are many who say that this is your own government expressing control and fear over these groups of people. To some degree this is always true. No matter the motivation there is a great deal of time, focus and energy by your ruling populations that use these events. But this event is not an event that was at random on any level. Much of this was planned and predetermined. The shocking aspect for you, while it may be known prior to your lifetime in the physical, when some become aware of these events, when they are forewarned, little action is taken to stop them.

The fear and unrest will not stop, primarily because it is perpetuated in the media; no matter how minor or major the event. It is you alone, for yourself, who can discern these events. There are many who are using this as a method for greater control because there is so much unrest. There is not that much unrest but because there are certain main control

systems that are slowly ceasing in their ability to control, there must be new and more extreme methods exacted. This is not some cosmic doing, this is the belief held by the ruling power. We do not see that this is necessary, but they do. We wish to state this clearly so that there is not some miscommunication by anyone who may read this.

If you alone can discern the events, realize that many agree upon such acts prior to their arrival. In this case it is for the education of many. There are deeper struggles which must be expressed. While they were random it was agreed upon prior to their arrival. Those involved will seek justice and vengeance; these are the worst forms of emotion for these acts and for these people involved. It is important that love be shed, poured, shared, and released into those acts. This is not some attempt to dehumanize or to humanize, only to state properly that man-made actions cannot stop man-made hate. The cycle that has been established is not one that has created a more peaceful cycle of events.

There are many who state in arguments between two people that someone must be the more mature party; that someone must be clearer in thinking, that someone not simply react emotionally. All acts must be evaluated more deeply, not just on face value alone.

It is time to treat yourself as a lighthouse; not necessarily broadcasting a message from the top of your tower, you do not need to force others to see your message, but you can share love and peace from it. Send into those events, those beings, love and peace, call for it to be so. Send love and peace in all directions regarding your living space, and to those around you. It is not necessary to force anyone, but when they are ready they will accept.

Energy must be expressed. It is not simply about peace it is about energy expression. If peace is forced, the energy will only be ignored and expressed in some other way. It must be expressed. *Peace will come once the energy has been balanced.* You can do this now.

Chapter Five

Balancing Energy for Peace

The consideration is that all beings are accomplishing some specific task or process in every specific moment; no matter what they believe or feel to be true at that time. While they are all doing something it is not a universal method to balance this energy in any particular way. Rather than give specific physical action many will begin a more peaceful environment, indirectly, when they view each action as if they were involved in it, but as a third party.

It is not necessary to engage in so many activities. It is often necessary to engage in peaceful protests when other methods of communication do not present hopeful or worthwhile outcomes.

The nature of the community is that there will always be some discourse, but it is not to be met with more discourse. A great deal of chaos, confusion and disharmony is currently met with more of the same energy. To use the example of some of the riots and anger regarding the police; often there is not a singular reason that these acts have been carried out, the shootings, there are many reasons.

What these serve to show and illustrate for many is the disconnection between those who operate governments and their citizens. There is not a universal response. Violence cannot be met with violence. That is to say, there should not be offensive violence, and truly, there should be no defensive violence.

Some would say that your army should be used to protect your soil, and that you should only respond when provoked. While this may be a seemingly better form of violence, it is still violence. The phrase that works so well is that someone must be the more mature and responsible one of the two children fighting.

If you are being met with fists, weapons, hate and even hurtful words which could spark controversy, it is not necessary to turn the other cheek, nor is it necessary to return fire physically, mentally or verbally. It is time to take a stand and realize that if those actions are being perpetuated, there is one aspect that is missing. It is not a cheesy love song or about giving flowers to everyone, but the mutual respect, understanding and love for humanity is missing.

By your growth and development charts created by physicians it is important for a child to be nurtured and cared for in many stages of life throughout their young years. Love, caring and understanding should not stop and start

at points in life, but these are not for some beings.

Some beings will need to experience this through others or received from others at many later stages of life. Even by your own science and understanding of human development you can see where most problems begin. Why then do you not correct them? Why not then address them?

Most often in these events that make headlines it is important to look beyond the specific event. The specific event; the shooting, the trial, the riots that follow, we need to look beyond that cause. The cause will never be the same no matter what city or country these events unfold.

The event is just a starter, a catalyst, a tiny break in the dam that allows for these energies or imbalances to come forward. Please do not read this as though there is some imbalance-physically, mentally, energetically or otherwise-with those who commit these acts or those who become concerned with them. These same things unfold in everyone's life but only on different scales. What the violent homicidal maniac needs, so does the quiet minister (please note we use these terms for illustration only, they are mankind's definitions so we use them so others understand; all life is the same and not different).

Realize that not just the military but law enforcement and criminal systems

should be reformed. There were so many who wanted to use prison and jail as a form of rehabilitation. How much rehabilitation takes place globally? How much takes place only in your specific location? How much rehabilitation takes place for someone who enters that system for a short or extended period of days?

Please consider a very simple idea; when walking, do you always wait for the crosswalk signal? Do you always cross at the signal or at the corner? Many would say no. It is often not practical or necessary to do so, but in most locations it is a physical law that you do such a thing. If every instance of your violation you were made to sit in a corner wearing a tall dunce hat, would it reform you? Consider the number of times you have violated this law; would it have reformed you to sit, as a child or grown adult, in a corner, nose to the wall? Your prisons work much in the same way.

Often it is necessary for a person to have an immediate break from the events. Remove the person from the highly scrambled energy; remove them from the emotion of the scene, the chaos and the calamity. If your police could do this to allow beings to calm themselves and regain clarity of a situation, even to regain only their level of clarity, not necessarily some higher vision or interpretation of the events, this could begin to correct an imbalance.

There are many things about your human systems that do not help, they persecute and traumatize on many levels. Humans, in the physical world, many of you are exceptional at punishing yourselves in your own mind. To be viewed as a less-than-equal human by others does not assist you.

If you are arrested, how many on your plane view your process? You would encounter many in the law enforcement community, many in the prison and then the impact on anyone you know as this who process disrupts your life track. Understand that many need a disruption from their current plan, that is to say, what they view as their life plan, but there needs to be more attempts to allow an individual to become improved, not rehabilitated and improved to some ill-created form of normal society; society is not normal. Remove 'normal' from your vocabulary for describing people.

Consider crossing the street, we will use this scenario again to illustrate the lack of growth in your system which treats everyone the same even though your courts want to claim that they have the ability to choose and hand out the most correct form of punishment. The importance of crossing a street safely is important to understand, but any law does not allow for the various types of people and circumstances that exist on the earth. A child may need this

instruction more than an adult; both of them need different instruction if they live in an area with very small populations compared to a large metropolis.

There is no variance for your laws that allows for an individual to decide for themselves what they wish to do, or for the individual to take responsibility for their own actions. Nowhere is there an exception that allows an individual to say, "I understand the risk that may or may not be present, I am not interfering in the life of another, I will do as I wish." (This is very general, do not apply this reference to other areas of your life because there will often be times that it appears as though you are interrupting the life of another or clashing with two distinct viewpoints).

Your laws are cut and dry; there is no room for error. There was once a little effort in this direction and this is why it is important to not view previous times in your human existence as though they were backward and idiotic. Lacking electricity by your current conventional means does not mean that they were less-than-equal.

Consider times when there were opportunities for the accused person to explain to citizens in the street why they shot a person. This could be justified by your standards and an instant resolution reached. If society agreed it was acceptable, it was acceptable. While this idea might seem outlandish it does allow

for more variations in punishment and more opportunities for leveraging various outcomes.

Presently there are many punishments that are mandatory; they are required no matter the circumstances they are punished to the same degree. As humans you understand that each situation can be unique, but some are less apt to apply this thinking when it is to a group, class, or population different in some way.

It is important that there be allowances and the understanding that there is a lack of kindness, caring, and genuine concern. Many times now an act is completed and the police become involved, but there is no caring. They are processing various actions based on a set of standards and rules for what is considered normal and acceptable. They process criminals, they are jailed, and the law enforcement person returns to the street to continue their shift.

Expression of energy must be allowed. Using recent events such as riots and shootings, we are addressing the lack of concern. , though concern should not be had simply because you don't want violence. The kindness and concern you have for those closest to you should also be shared with those who are strangers to you; those who seem the most different. It should not be forced upon anyone to conform to any specific standard.

Stop the definition of 'normal' and there would be a simpler way to identify energy imbalances. Two humans from opposing walks of life can still enjoy a conversation when they realize that whatever each does in their own life does not impact the outcome of the other.

We are all energy and this is true, but first it will be important for individuals to identify themselves as those who are interfering, who are meddling in the affairs of others. Currently there is a greater number of people who could be happy and at peace if they only realized that much of what is happening in the world is created for show, or created to keep a large number in hysterics.

All walks of life can coexist but humanity has exceptional skills for allowing a small population to constantly list differences; Differences that do not matter. If one man sacrifices a bird because of personal beliefs that does not mean another man is held in higher esteem because he kneels to pray before a different symbol. One is not a heretic because he renounces another and chooses the other.

Humans have the ability to be fluid in their thinking. You do this as you turn from children into adults. You change views; you can do this with all things. You change your mind today and move from a small hut into a busy city, you can move from a busy city to a jungle. Anything is

possible. Stop judging and defining all things as though they are constants, they are not. It is not your responsibility to punish others, you should work to heal them and allow them to understand themselves and their situation.

Actual rehabilitation, actual kindness and concern; not constant bombings, not constant force and violence.

A hero is not born simply to intervene in what appears to be mistakes in the lives of others. What you stop today will simply find another way to occur if it is meant for that being to experience. So, you should find a way to address those who are in what you call a crisis or those who feel they are not being given a voice. Keep in mind that some will always have a reason to complain, no matter if it is through a riot or police shooting or because they were not given an extra five minutes for a lunch break in the work place. Some will become angry over the color of shoes and some will become angry because they cannot travel to the moon.

It is your response to these things as a group of beings that will determine peace. Causing more disruption when there is already perceived disruption in a person's life will not cause peace and healing. A person must be given a voice; a person must be given the opportunity to live in their chosen life without definitions applied from others.

Extremes are present when the most modest of methods is not gratifying. A person screams louder until they are heard. Your governments should support peace and helpful methods, not violence born out of fear.

Where does the time go? When you punish people, no matter their walk of life, where does the time go? Unfortunately there are many who are kept prisoner that serve the purpose of their captors, even if this is the state, or private entity maintaining the prison.

There is a great deal of slave owners in your present day but instead of chains they are using financial power over those living in your existence. This too is true for those who are in most criminal justice systems in America. Citizens who may be rehabilitated are corrupted by the corrupt overseers of these institutions.

In addition to the problems we have mentioned it is important that it is not only the 'criminals' (your label) who are experiencing an imbalance of energy; there is a great deal of those too who are experiencing an imbalance of energy. There is a great deal of those too who are not critically evaluating their decisions.

Criminals and criminal justice system employees are simply 'doing as they're told' or otherwise perpetuating old methods for punishment because that is what has always been done. Many do not address this because it is not for their

primary purpose, though this is what they believe; it is the purpose of all beings to assist others in raising their methods and ways.

All people should be concerned with the treatment of all people. When one suffers, all suffer. Many do not want to see, know about, or otherwise be educated on the 'justice' system or prisons. Those who enter this system because they violated rules have been labeled and that is all society cares for. Much of this system is born out of fear. It is fear that perpetuates tall walls, locks on gates, death sentences, and the 'eye for an eye' mentality.

Your world can move beyond these ways of thinking. Understand all that we have said are just illustrations for the energy that is on your planet. It will manifest in prisons and the labeling and the definitions and the need of society to label and correct all things and people to make them 'normal.' But all of these are just the manifestations of the energy into the system which is present.

Perhaps if your world was different it would manifest in ways suitable to that system. Think of this energy manifesting in the system in many ways to help those understand. If the system is a lake, the energy could be a bubble of air uncovered on the bottom. Eventually the energy is apparent because it rises to the surface. The system could be a brick wall, the sun

and earth elements can break away the wall or the 'system' to reveal what is behind it, the energy. In this we do not mean 'system' in some sort of satanic cult or some otherworldly government that controls the populace from the shadows.

All men can live in hate but it is the love and understanding of the mature and advanced sibling or equal that allows for peace and understanding to grow from the smallest seed. Often force is met by force. Protect yourself if you feel the need to, but in many cases it is not necessary to react with violence. In a physical fight between two people of equal size one person can attack the other. The one being attacked can protect or leave, or stop the situation physically without inflicting harm on the other. It is not passive or a waste or a weaker influence to refrain from violence.

Many can come to this way of thinking shortly. It is not a detriment to society; it may be a detriment to the ego to find an alternate method of dealing with conflict. So much of the ego drives the violence and retaliation, but does that create a peaceful result? No, in all senses, no matter the system; a war or fight between two people, when the battle is fought, all who took part can be injured on many levels.

Shootings, these are only slightly different in the nature of their attacking is not isolated. The hate that one creates is often indirectly related to their surroundings. What is different about

these individuals is that they were not previously thought to be able to carry out attacks in your country. Even in the individuals that are from your country, the shock value is not necessarily accurate because of your media. There are many lessons but again, this is the same energy manifesting itself in the system that is present. Such as with prisons and the criminal justice system, it is important that energy be expressed. Hate ignored because governments refuse to treat all individuals equally causes hate and contempt.

Often, unfortunately for some, the energy expressed is not energy they were aware of. Much energy now is because many turned blind eyes to the acts of their government. They believe there is nothing that they can do about the actions of politicians or that the system will correct itself.

Listen to this, if all contribute one drop of water you will fill the oceans many times over. Live with critical evaluation, we do not mean negatively, we do not mean be critical in the sense of some coworker you despise irritating you throughout your shift, we mean evaluate, do not passively agree with everything that is around you. No change will come if the same acts are being repeated without any regard for their usefulness.

Because so many live life with blinders on they do not see that change is

necessary and their neglect for their own government is to blame. They instead, will see enemy and live in fear because they do not understand from where the enemy is coming. In a way, this is somewhat understood with the example of 'karma' or 'yin & yang.' All must be balanced; because you walk away from the bathtub does not mean it will not overflow. Choosing to ignore something does not cause it to disappear. There is much in existence that many beings do not examine or involve themselves in. Many are concerned only with their small window of experience, much of this view should be grown and a much wider lens used on the camera.

View all of society; Change any institution, abolish an institution. The current 'success' of any institution is only because many people care little for the things that do not directly impact them or because they feel they have no power. This does not mean you have to take action in all arenas, perform and do what you are called or compelled to. Do not live passively in this world.

All violent acts can be narrowed down, as most actions, to cause and effect. When one domino topples so will the next and so on. If you turn on a switch the light bulb activates. If someone is angry, if ignored, it must be expressed somewhere and allowed to vent. This is very much like compressed gas in a

cylinder. It can be released slowly but if the pressure inside the tank cannot be relieved, if it keeps growing, the tank will rupture, violently exploding.

Lazy people that live off the system, people who live in ways different from yours; these two types of people are only two of the ways in which humans seek out to define 'us' from 'them.' It is unnecessary. Worry less about those people. Imagine life in a vacuum where you have no one to compare yourself to. This can be a difficult exercise if someone has only ever maintained ideas and thought processes that have been shown to them throughout their own life.

It is important to evaluate certain aspects of life as though you are in a vacuum, you are all related, this is true, but if you were alone in this vacuum you would not have others telling you how to think, who to fear, what to wear, where to work, or any other manner of 'living.' We say living this way, because, is that truly living; constantly existing in the shadows of thought from others?

Chapter Six

NRA and the 2nd Amendment

When dealing with Mass Murder the subject of assault rifles and semi-automatic handguns always comes to the forefront; as these are the main weapons of choice in such shootings.

First let us define what the 2nd Amendment to the U.S. Constitution says according to the U.S. Supreme Court rulings about firearms and the common citizen:

1. (1791) 2nd amendment protects right of people to keep and bear arms. This was based on English Common Law by English Bill of Rights of 1689.
2. (1876) Supreme Court ruled that right to bear arms is not granted by the Constitution thus limiting the applicability to the Federal Government.
3. (1939) Supreme Court ruled Federal Government and the States could limit any weapon types not having a 'reasonable relationship to the preservation/efficiency of a well-regulated militia.'

4. (2008) Supreme Court ruled that the 2nd amendment protects an individual's right to own and carry firearms.
5. Supreme Court clarified its earlier ruling which said the 14th amendment applies to the 2nd amendment to State and Local governments just as the 2nd amendment applies to the Federal government the right to own and bear firearms for the purpose of self-defense.

These are the main decisions handed down by the U.S. Supreme Court.

NATIONAL RIFLE ASSOCIATION (NRA):

This powerful force 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 will opponents and root out and 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' that 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 campaign 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 or negative, they are only to be said as not similar to yours, none of which makes either being more correct.

Violence will not be eradicated if all guns and other weapons were to be immediately 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 of existence. 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 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.

Chapter Seven

Death Penalty: A Spiritual Viewpoint

The misconception in the Bible that God condones an 'eye for an eye' has caused many to support capital punishment (death penalty). The Bible was meant to be taken symbolically, not literally. The punishments forthcoming are to be dealt with by karmic justice not by mankind's fallible justice system.

There is karmic debt incurred by those who participate in State, Federal, and/or Military judicial executions. It is one thing to pronounce judgment against an individual, and sentence him/her to life in prison without the possibility of parole. It is totally another matter to pronounce judgment against an individual and give them the penalty of death!

Time in prison itself can transform even the most lost and hardened soul. Time itself can provide them with the free will choice to transcend hatred. Turning it into love and understanding of oneself, and of their fellow man. But a sentence of death stops the process of inner reflection and enlightenment of the individuals' soul. It stalls the spiritual advancement we all come here seeking to experience.

Over the last 40 year period over 200 innocent people were wrongfully convicted to death row and later released. How many others were executed before the real truth could be found.

Bigotry and Racism bias has been proven to play a major role in deciding who is charged and sentenced in death penalty cases. Especially if the victim was 'White' and the defendant was Hispanic or African American.

The cost to try, convict, sentence, appeals process and maintain an individual on death row is astronomical when compared to trying, convicting, sentencing and maintaining a person in prison for life.

Over 70 percent of all the nations on earth now have abolished the death penalty. This is due to international standards on human rights. The United States of America is one of the top five nations still executing their citizens along with China and Iran.

Think long and hard before you condemn an individual to death. Do you truly think our loving God would want 'YOU' to destroy a life 'HE' created?

Chapter Eight

Energy Being (Your Soul)

Souls are simply energy creations, as God is infinite energy. This energy is basically that part of God which connects all living things to each other, and therefore connects us all to God.

God created energy beings in his own image and those on planet earth call them Souls; these souls then experience what God has created and that which is still being created. Creation has no ending, it is infinite.

As a Soul we have the limited ability to create which was given to us by God, so we grow and experience the knowledge and truth of God, and then add to his creations. God then in turn experiences through us, the positive and negative aspects of our creations which is a never ending cycle of life.

As energy beings we are experiencing and gathering information not only for God, but for our individual advancement. No matter whether we are in the human form or back in our true dimension, we are always seeking to grow more God-like in our own right. Remember your true form is that of pure energy, all things are energy; you will always maintain your

individuality as long as you desire to do so. Just know that as an energy being you are part of a larger grouping of energy beings. That is the connection we all have to God.

As you combine your energy to this larger group, Gods energy expands and continues to grow. Worry not about joining your energy with other energy beings, for you still retain your individual identity, for we are all a part of that infinite energy of our loving God.

Chapter Nine

Mass Murder & Soul Groups

Let us discuss soul mates and soul groups and how they translate into a better understanding of a soul(s) experiencing an incident of Mass Murder. There are soul mates in your sense of what persons or people return for the purpose of interacting specifically within one another in a specific lifetime. This does not have to be a long term interaction or a significant interaction, only that the interaction occurs, by both agreeing, and by positive consideration by those higher evolved energy beings above you.

There are some who are soul mates who are engaged on long term relationships and others who have short involvements in your life. The purposes of these relationships cover the full spectrum of needs, emotions and purposes for development or receiving an experience. It is important to know that simply because you are soul mates does not make you lovers. You can have friends and colleagues who are soul mates.

Soul mates can refer more to your similarity in progress that has been made through your development as a being of energy, your true self. Though, it is

possible that there is a link between beings that do not reside in these areas of existence within your true home world. There are soul mates who work together on progress, often these can be groups, not limited to just a singular pair.

These groups work to promote and motivate, or help to understand the experiences had by the group for the sake of evolving and as you might understand it, educating each other for the purpose of ascending to a higher frame of knowledge.

It is possible that significant or insignificant relationships also be of your own free will, or those that were destined to happen, or created to happen for your experience, or even by chance, and that those individuals share nothing in common with you on any dimension. Though, in many cases, in order for a successful long term relationship of any kind to take place and be maintained there is often a meaningful accord between the two beyond the physical realm in which you currently reside.

It is important to see that there is much change coming at this time and that there are those who are destined to have greater roles than others. This does not mean that there are no soul mates, or that we are all connected any less than what you have once thought. It is important to see the light that is coming to you and is always available to you.

Free will, or choice, or that which is determined, however loosely, before you arrive, these are the things that make this existence real to you. It is important to engage in all things as though they were true and for your highest good, simply because you do not immediately know, it is important to take on all things important to your evolution as though they were bringing you up to the next level of progress.

Now let us provide you with an example or two; say you were raped or molested by a family member or a total stranger; just remember all major incidents in your life were programmed by you before you were born into this physical world. You wanted to experience certain lessons and events for your spiritual development and advancement.

Rape is just one of many things to experience from the point of the attacker and from the point of the victim for souls seeking to understand all the many aspects of unconditional love. If you, as the one who was raped, can truly understand the spiritual lesson behind the act, then you are advancing your spiritual growth, which is why you chose that lesson to experience. If you, as the one who committed the act, can truly understand the spiritual lesson rape can teach, then you are advancing your spiritual awareness, which is why you chose that lesson to experience.

Two souls come together and decide on who will be the victim and who will be the assailant before they incarnate to earth. After those lifetimes are completed, the two souls will switch roles and the one who was raped becomes the rapist, and the one who was the attacker becomes the one to be raped. This is so both souls can experience the lesson from both sides of the coin, so to speak, thus allowing both to learn what can only be conveyed in this physical world. Each then has the opportunity to express unconditional love on many different levels.

On a larger scale, such as a Mass Shooting, many souls come together not only to experience this type of event first hand, but to also teach others through this type of incident. The shooter and victims may all be souls from the same soul group here to teach others about how to express energy in one form or another.

Once you understand we come together here on earth to experience, what are perceived to be negative events, then you will see it is simply done in order for us to grow spiritually.

Forgiving yourself and forgiving others becomes much easier once you understand the true nature of what has transpired between you and someone you know, or one who is a seemingly total stranger. That stranger may in fact be a very close friend from your true home world that has agreed to assist you in

learning or experiencing a much needed lesson for your personal spiritual development; whether you or they played the part of assailant or victim.

Think deeper, and then forgive yourself and forgive the others that have caused you harm for whatever they did to your, or what you did to them. Nothing happens by chance, there are no accidents; you chose the incident to experience before you were incarnated into this world.

Experience the physical event fully, and then look deeper into what really transpired on a higher level and then come to terms with what this lesson has meant to you.

Chapter Ten

Judgment, Anger and Bullshit

Judgment:

It is not necessary for man to pass judgment on another man for many reasons. Your existence is only temporary, only you will judge your actions, and the actions of those involved may be for the experience that was brought forth for them. There is much strife on your planet, but there is always a need for those in a human existence to learn to forgo violence and hatred when they have been wronged; just as there is a need for those in a human existence to learn to stop hatred and violent actions.

This cannot be experienced on the levels of existence in your true home dimension where you will return once your time in the human existence is complete. You can promote peace and make information available to alternatives, but there will only be peace where you decide to create it in your own environment. You cannot change others, only observe and allow them to be. You should be peaceful first. This will radiate to those around you and throughout many levels of existence.

Worrying about others or trying to bring them to your way of thinking should not haunt you or frustrate you. There are many who are simply not interested. Making information, an alternative viewpoint available to those on earth will allow it to be digested by those who are interested when the time is right for them.

Many come to a lifetime here for nothing but strife, hatred, violence and wrong deeds. There is no reason to judge them for they are experiencing just as you have, though their focus may be on different areas than what you are currently engaged; you too were once in their shoes so to speak.

Anger:

Those who need to express anger should do so in a positive manner. It is not necessary to contribute to the anger of another person or group, no matter what they seem to be upset about.

Allow your anger to be released in a positive manner such as doing physically taxing work or vigorous exercise that will express this pent-up energy without it building into something negative or destructive.

Bullshit:

One problem is, when some, not all, individuals don't understand something

they won't admit it. It is easier to attack it with their ego self. Instead of saying, maybe this is too deep or just out of my belief system; they say it is bullshit, and if it wasn't bullshit then I would understand it, so it must be bullshit because it makes no sense to me.

In order to believe, they must change their beliefs. Many see change as fear and thus remain where they are, even though they may realize 'what' they personally believe is wrong, they cannot change because of the 'herd mentality.' They don't want to be left out of the so-called herd (their family, community, or peers), therefore they go along with whatever the others believe; no matter how false or incorrect their beliefs might be. It is time now to start changing that fear into truth; which is simply love.

EPILOGUE

There is time for action and that time is now! There is no reason to sit idly by while there is so much work to be done.

You know of distractions, many people experience these distractions as though their whole life should revolve around them. Their sports or leisurely endeavors overcome and consume their waking thoughts. There is so much time spent on unnecessary things; that is to say more should be done with one's time, though it is okay to find interests, there should be more time attributed to the workings of mankind and your planet, and how they relate to each other, and how they can be improved for the good of all.

There is much to be done; work, work for peace, work for others. A humble Soul is far more pleasing than one that flaunts unimportant wealth, assets, or other false wisdom that helps no one but their ego.

There is work to be done that would require a change in mood, attitude, and personal lives so that peace can be experienced by all. Communism is an evil word but we do not aim for all assets to be spread evenly, only that all be given an opportunity for the basic rights of mankind to survive.

Many medicines can be used but only until changes are made so that these problems can be removed from the earth.

Then one can use thought and mind to control the healing process which is internal only. Peace to all; the rights of others are just as important as your own. There is no need for violence; by action, thought, or words against any other person. They are only different, they are not evil. All have the same hopes, dreams and fears, and all can be accomplished equally.

There is a time approaching when food, money, and medicine is what should be sent around the world instead of military force and the war, violence, death and destruction that accompanies it. Your actions are what will spread peace into the world. There is much to be done and your sports will not help your neighbor who is in dire need of the basic tenets of life. Helping others is what you are here to do. This help must be by action. Do not cast those less fortunate aside in hopes that they will disappear. You would want this assistance if you were in this situation. What respect and dignity would you want if you were homeless, or living in any other situation that society and mankind deem as less than adequate?

You are what you create and do with your mind. Work is to be as necessary as those who came before us, it does not define us, and it allows us to create a supply of energy so that other things in life can be accomplished.

A change will occur and different jobs will be made available. An economy based on money is not always necessary and when a change happens there will be jobs that are more in line with mankind's goals of helping, rather than personal gain for the person at the top of the corporation.

There is much good that can be done if a single person were to cast off their oppressive ways of thinking and reach out to those who need it. Patience, calm, prayer/meditation, trusting in others; these are the needs of mankind that should be focused on.

Not everyone is evil, bad, or out to harm others. We all want basic rights in our life; each person should respect the next as if they were themselves, or their family. Being on top of the pile in terms of wealth is not helping anyone if you spend it on ill items.

Breathe life into everything; manifest the good by kindness, understanding through all means necessary. Compassion and dignity are wanted by all and should be sent forth by all. No forced beliefs; illegal is nothing, but one's mind shall be the judge of that later.

GO IN PEACE