

The reason you might all feel a more than a little bit put out today is as always easy to explain. Once again the level of energetic downloads has been amped up, and you are literally being bathed in the forces of change. So yes, expect some rather interesting side effects as you once again are being pushed and pulled in every direction from all of this life-enhancing information that is being beamed into you. And once again you will feel how you are being almost prodded into reaction, as these energies will indeed not stop at anything in order for them to be completely assimilated by you.

This may sound a bit callous, but we say this in order to underscore the fact that even if the outfall from all of this energetic bombardment may be less than pleasant at times, it is always done with the best of intention. So yes, they are merciless at times, but they are also doing you a world of good, so again we say hang in there. Little comfort, we know, to all those of you beset by bouts of nausea, fatigue and maybe even sudden onsets of deep, deep sadness. But remember, they are indeed signals of advancement, and even if they are not pleasant during the actual insertion, these new codes will all help you become what you have been striving to be for so long.

Let us leave it at that for today. We think you will have less inclination to read today and more to rest, as it is indeed important to make sure you obey the wishes of your body whenever it is beset by all of these outside forces. After all, you are a great team, and you will get through all of this together and emerge at the other end victorious, shining and infinitely stronger than what you mayhaps feel like today. For this is just another revamping of your system, and one that will help you to explore even more of the hidden potential you carry within. So again we say stay calm and breathe deeply, and give yourself the time and care you need in order to make the most of this new information you are receiving. For just like your computer, you need to give your body space to better be able to reset all of its systems whenever a new program has been downloaded. So take this as a hint to stay centered and not to push yourself too much at the moment. Rather, it is a time for quiet contemplation, and also for gratitude towards yourself. For you are constantly working so hard towards the goal of resurrecting yourself, and you are doing it bit by bit, piece by piece. So let us leave it at that for today, and give you all another reassuring pat on the back. For you are doing good, even at times like these when you feel less than perfect.

The time of reckoning has in many ways already been here for quite some time now, dear ones, as you feel yourselves being pushed and pulled by the intensity of the incoming waves of energetic uploads. And when we say reckoning, we do not refer to some biblical scourge that has been oft prophesied, no, we refer to the fact that you have all digged so deep within yourselves now that you are almost scraping the bottom of the old container, searching for any lost clues as to what you really are. For what you are not has become more clear to you now, as you feel the sense of separation from the so called "normal" world out there becoming more and more pronounced. And as such, the feeling of hovering over a deep abyss, walking precariously on a flimsy structure you have build purely on faith may be strong. For you have willingly abandoned everything that the rest of mankind seem to think is the normal way to live, but as yet, you have no clear understanding of what you have waiting for you

ahead. For there are little or no clues as to what you are already starting to manifest, as it is in so many ways literally invisible to the outside world.

So yes, you are indeed taking the biggest leap of faith there is, for you have chosen to sever the bonds that tie you to the old without any clear idea as to what you are going towards. Or rather, deep within you know what you want and you know what you will achieve, but as this is still very much undetectable to the normal senses, you have little but a deep longing within to navigate by. And as such, the feeling of overwhelming insecurity may pop up at any time, and you get a sense of bewilderment, a sense of "have I done a wise choice here?", and sometimes, that feeling can be very difficult to shake off.

That is more than understandable, because you have chosen to be the wayshowers in this. You are, as we have talked about so many times before, travelling through uncharted terrain. So you will find no footprints to follow in the wake of, there are no clear markers pointing out the right direction, and there is nothing there telling you just how far it is to go before you reach your goal. So you will at times feel lost, like a babe in the woods to use an expression you might be familiar with, and the temptation to maybe call it quits and retrace your own footsteps may become almost overpowering at times. But if you actually stop to think about it, you will realize that there is nothing to return to. For the old world that you left is not a place you could even consider returning to. It is not the place for you anymore, because it is a place that holds nothing you could deem as positive. So there you stand, seemingly in the thick of it, with nothing showing you where to go ahead, and no sense of wanting to return to what you have left behind.

It is indeed at times like these you need to gather your senses and try to connect not only with your own center, but also with the network of fellow travellers that are all stepping ahead towards the same ultimate goal as yourself. For you need to reassure each other that you are not lost. In fact, you have a homing beacon within that is so strong you cannot override it no matter how hard you try, and you will find your way, even when you feel literally like you are walking blindfolded in the darkest of despair. For you are within inches of finding that glade where you will finally be able to see what you already know in your heart is there, and we do not say this to try to pull any wool over your eyes yet again. For you are going strong, even when you feel weaker than weak, and as such, we would like you to feel the strength that you emit by mentally joining yourselves to all of the others out there being pulled along by that same strong force as you. For you are beacons of light, and even if the neck of the woods that you are traveling through may seem to be on the dense side at the moment, you will see your own light reflected in the eyes of the others out there.

So seek their company, and you can do this literally from the comfort of your own home. For you have a calling within you that is so strong, and this calling is the same that is ringing in the hearts of all the others that have tuned into the same channel that they have within. And when you sit down to listen to this inner channel, you will indeed hear the voices of all of your fellow men and women humming along with it. So please take some time to sit down in solitude and tune into this choir that you yourself is such a prominent member of. Then you will be reassured by the clarity of your voices, and you will be better able to discern the power you all emit. Hopefully, it will make the last stretch of this "jungle trip" a little bit easier to complete, because you will know in your heart of hearts that not only are you walking in the perfect direction, you are doing it in the company of a multitude of other shining beings, spanning your globe in an intricate network of shining paths, all converging towards the same goal.

You have perhaps noticed a quickening in the atmosphere lately, and that is no mistake. For now, the waterfall of energy that started to pour into you all in the last weeks of last year has gained not only in strength, but also in efficiency. Hence, the somewhat intensified physical symptoms many of you experience at the moment. Again we remind you that even if they at times seem to almost incapacitate you, they are in fact only preparing you for what you have in store. And what you have in store is nothing short of miraculous.

We know that this will sound as empty words to all those still suffering from these last onslaughts, as you have a hard time even wrapping your head around your everyday existence that may seem to be more than a little hampered by these intense injections. But let us just say that no matter how hard the going will be at times, you will never ever get the chance to utter the words "this was not worth it in the end". Because what you are heading for, will wash away any mishap, hardship, pain and suffering you might have experienced during all of this, and just like a mother holding her newborn in her arms for the very first time, you will forget the arduous journey you had to go through in order to achieve this, the birth of the new. For once you experience that first breath completely immersed in the new world you are all busily putting together by the help of all of these energetic bursts, you will fall down on your knees in gratitude and bliss. And then, the memory of the journey you have just completed will in some ways fade away, because you cannot look back anymore. For what you have in mind is the here and now, and as such, it is in many ways important to sometimes stop and ponder a little bit about the process you are currently in. For it will pass, and with it, much of what you have deemed as being an important part of you will pass too. For now, many of you identify so strongly with this process, with all of its ups and downs, soaring heights of joy and bottomless pits of pain and despair. But forget not that this is not why you are here. This is only the transitional phase, and even if it seems endless and almost beyond comprehension at times, this is not the state that will linger in your consciousness once it is finished.

For then, you have finally stepped out of your old robe, and fully stepped into your new garments of light. And with that comes a whole new existence where all of the memories from this arduous journey no longer have a place. For you are not here to relive all of these challenges, both physical and emotional. You are here to live fully, and once you have completed this task of constructing the new, you will be fully immersed in living it. So therefore we say do not mistake this journey for what you are here to do. Yes, you are the forerunners, and as such, the ones that are making this turnaround possible, but that is only a small part of your mission here. For you are here to savour the fruits of all of this labour, and you will do so with all of your heart and all of your body.

So again we say that know that these side effects from all of this rebuilding work you are currently doing are only superficial and temporary, and once you have gotten the last nail in place to put it like that, you will be free to enjoy the outcome of it all. And then, you will finally see the real you. The shining one, blessed in all ways and free as the bird. For then, you will no longer have to carry the shackles of the old, nor the burden of rebuilding, and then you will be free to live fully, in the image of the true Source. So do not get caught up in the aches and pains, the anger and frustration. For that is not the real you, that is only the part that is making you the real you. And soon, you will start to feel how that inner part of you will start to emerge from this somewhat chafing and restricting cocoon. It takes a little bit more labour of love before you can fully emerge from this cocoon, but do not let that fool you into thinking that you will be stuck in this rut forever. For just like the butterfly, you too will have transformed completely once you emerge, and then the hard work that made you will fall away, just like those dry shreds of the cocoon that once hid the brilliant colours of the butterfly. And just like the butterfly, you too will forget your former self, for then, you will no longer be the humble caterpillar inching along on the ground. Then, you will take to your wings and soar into the sky without a second thought.

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For quite some time now, you have felt how the surge of energy has increased, and with it, things have started to manifest. For some of you, these manifestations seem to limit themselves to some physical outbursts of irritation, and mayhaps some rather intense emotional ones as well. But for others, things have started to seep out in the open, and even if some of these signals may seem feeble at best, they are in fact only forerunners for what is to come. And on the best of days, you will all feel this deep certainty within as you will know beyond the shadow of a doubt that this world that you inhabit has already changed beyond recognition. Not on the thin film of illusion that still covers it, but deep within the core. And deep within the core is where the truth is, as the rest is only a projection, a film still running to make you all think that it is business as usual.

But what is "business as usual"? A continuous cycle of fear and greed that have fuelled each other for so long. Well, that cycle has been broken, and it can never be put back together again. For you are no longer willing fodder to this machinery of endless consumerism, for you do not buy into their vision of happiness anymore. For you have seen through all of this glitter and glam, and you have realized that true happiness comes from something else, something that is so profound, and it resembles nothing that can be bought for money. For that is what has been holding this charade together in the first place, this idea that true happiness comes from partaking of all of the worldly goods that are being displayed in the glass windows in any store. And the idea that you simply cannot be happy before you have it all is one that has been driving this wheel of fortune for generations. But there is not enough of anything, whether it be money or objects, that will quench this thirst for something to fill that giant void inside.

And so it has been going on and on, in this endless quest for fulfillment and redemption. But the only thing coming out of this, is more fear and then more greed, and the two have fuelled each other in such a way it has driven mankind, and with it Mother Earth, to the brink of self-destruction. But you have halted in your tracks, pulled off this yoke that has been pulling you ever forward towards this precipice, and you have started to push this momentum in a very different direction indeed. And now, the rest of this machinery has started to feel the effect from your new gravitation. For it is just like a magnet that is being pulled along by a seemingly invisible force, as your energy is starting to have a profound effect, not only on your existence, but on everything that exists. For you are not just single individuals making a new choice about your own way of life. You are also powerful generators of a field of energy that is starting to affect everything within a large radius around you. And even if you are small in numbers compared to the rest of the population on this planet, your field of influence is already powerful, but it is also growing by the day.

So now, you are pulling more and more into your field, and by your very presence, you are also affecting those around you, and by that, maximizing the effect these new energies have. For you are the anchors, and through you run the current that is amping up the volume on this whole globe. And you are all starting to hum just like an electric generator is emitting a low, but continuous sound as it generates that invisible power. So do not think that you are just a small drop in the sea of humanity. No, you are in fact as effective as superconductors, and you are putting out a steadily increasing amount of energy that is slowly but surely making its mark on everything around you. So yes, you are all busy changing the world, even if you at the moment feel you are barely scraping along yourself. For you are all powerhouses, and the combined effect from all of these amazing fields of energy is nothing short of miraculous. And now, you have already gotten the first glimpses of how this energy is literally starting to pull the old illusion apart. For this flimsy structure holds no power against the one you are wielding. For your power comes from the heart, and there is nothing that old fear based power structure can muster that will be able to staunch the flow from all of you.

So know that change is already here, and it will continue to grow in speed and intensity as the old structures will continue to crumble at a speed that many outsiders will look upon as an alarming rate. But you will know better, for you will know that this was a long time coming, but now it is finally here. And when the old dies down, the new and healthy shoots will emerge, and with them, a whole new structure will emerge. And this structure is not a flimsy illusion like the old one, for this structure has been build to last, and as such, you presence here on this planet is also guaranteed. For what will emerge is a way of life that is sustainable in every sense of the word, and then, you can create a brand new world where you and your planet will cohabit in peace and harmony forever.

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Today you have entered a brand new phase dear ones, one where you will feel the breath of fresh air starting to tingle on your face. For you have once again exited a tunnel of travail, and now, you will feel as if you have left something rather cumbersome behind in that tunnel, and you are free to move in a much more lively fashion. For you have once again stripped yourself of some old raiments, things that have been stuck to you for such a long time, you had almost forgotten they were even there in the first place. So take some time to celebrate yourself today, as you are once again buoyant enough to rise even higher into this pristine air.

We speak in parables as usual, but we think you will all understand just what we mean by this. And even if some of the things we refer to are almost unseen by many of you, you will still feel their absence as a relief in your whole system. For this process of pushing and pulling, squeezing and letting go in an almost rhythmic fashion is not only pulling you all further along on this path, it is also ensuring that you continue to travel ever more lightly. So take a bow, as you certainly deserve it, after having once more being plunged into the icy waters of second thoughts, and once again emerged from it even more certain that this is the only right path for you, and this journey is what you have dreamed of for eternity. It might not feel like a dream journey at all times, but even when the going gets tough, you know you have no real desire to call it quits and return to where you came from. For you sense, even in the darkest of hours, that you are being pulled along towards the brightest of lights. And even if the current at times seems to double up on itself and throw you into an impasse, you still sense a sort of forward momentum anyhow. For you are never in stagnant waters for long, and when you are there, know that this too is according to plan. Because you are not meant to withstand an endless succession of rapids without having the chance to breathe in, exhale and give yourself a little rest now and then. For you need this pulse to be just that, an on and off sensation of movement and pressure, easing into a somewhat slower and more tranquil phase, where you get the chance to catch your breath and recuperate a little bit before you once again get to shoot another rapid.

But these quiet moments, if we may call them that, sometimes seem to be the more challenging ones, because then your mind gets a little bit more space to start to think and feel again, and then, uncertainty and disbelief starts to raise its little head again. So for many, the periods of intense physical signalling is mayhaps the more bearable ones, because then you not only get all the confirmation you need that something is indeed afoot, but your mind does not get any space to misbehave again, and it will resort to sitting quietly in a corner and maybe just sulk a little bit. So this cycle of intense activity interspersed with some "down" periods to call them that, each bring with them their own unique challenges. But for you, who have become seasoned travellers already, we think you have found a way to navigate the rapids as well as the backwaters. For you have learned to connect, both with your own center, but also with the whole network of fellow travellers out there, and

as such, you have become more than adept at taking it all on no matter how daunting the rapid is or no matter how eerily quiet the pond seems to be at times.

For you have journeyed well, and will continue to do so, for you have set your sights on the one true thing that you know, that you are destined to conquer this whole river and get to the promised land you can already sense somewhere in the distance. And best of all, now you know that you will arrive there in the company of a great many other shining souls just like you. For you are not alone on this river any more, in fact, you have already connected with so many others on the way, and you can hear their shouts of joy, and you can shout out encouragement to anyone you hear is in distress. And that way, you can all help each other onwards on this journey.

Let us just close off today's message with a salute from us all. We are in awe of your accomplishments, and even if this may not be news to any of you, we would like to remind you all that you have come such a long way in just the last few weeks. And the biggest accomplishment you have made lately, is the connection you have all forged whilst being tossed to and fro in the churning waters of this river. For it is not given that you should take the time to reach out to others while you yourself at times are barely holding your head above the waters, so we are here to remind you all that you have in fact achieved something that is more than amazing indeed. So cudos to you all, you have not only helped yourself so much further along the banks of this river, but you have also linked up with the others in such a way you already form an unbreakable chain of light, each link pulling the others along, and each part of the chain making all of the others just that much stronger. So again we say do not forget to thank yourself for what you do. For what you all do is nothing short of magical, and we thank you all from the bottom of our hearts, and we do so on behalf of All of creation.

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Let us begin this message by saying that we are all more than grateful for the way you have started to give from yourselves to this process. For, as we have touched upon earlier, it has now changed from being a process focused primarily on self-education to call it that, and instead turning into a process of manifestation. For you are already building the new, step by step, day by day, and even if it is at times hard for you to see any progress, we see it clearly, and it is indeed wonderful to behold. For what you manifest is mayhaps not as tangible yet, but none the less it is more than impressive. For what you are building, are energetic structures and connections, and these are growing rapidly now.

Some of these connections can be seen by the trail of messages you all leave behind in this space, but others, more subtle, but even more powerful ones, you are forging every day. For each time you take a step outside yourself and connect to the rest of the world, you also make a strong connection to anything that comes in your vicinity. And you do this, whether you are aware of it or not, as you cannot help but do this. For this is your task now, dear ones, as you have been turned into forcefields of such a magnitude it literally affects anything that comes within striking distance of you. And even as we speak, your reach is getting ever wider and ever stronger, for such is the nature of this field. It cannot but grow, as it is fed by the continuous stream of energy being beamed upon you all from the heavens above. So you are anchors, and you are transmitters of this benevolent energy that is starting to touch even the remotest of corners of your little globe. And you, by your very presence, are making it happen.

So never think that you are not important, or just a very small fish in a very large pond. For you are not unimportant in any way, as you have become beacons of light that are shining as strong as the strongest of lighthouses on this planet. And your light just cannot be dimmed in any way, not by you,

nor by others, for this light has a will of its own, and what it wants more than anything else, is to spread out. So you are like fountains of pure energy, spouting an endless stream of this life-enhancing elixir onto anything and anyone that comes into your presence. And you all do magnificent at this, even if you yourself feel like you are a mere trickle, fading into the sand. For you are all gathering strength for that final push, and as such, you yourselves may feel a little bit depleted at times. But know that this is not the truth, for you cannot run out of steam in any way. For you are hooked up to the true source of light, and that source will never run dry, and neither will you.

So trust that all is well, and even if you feel less than vigorous at the moment, know that this is not for lack of energy, rather the opposite. For you are embodying such large amounts of it at the moment, it will almost make your physical body come to a standstill. Therefore, many of the natural processes will be slowed down within you so you can be better able to accommodate it all. So take a rest if your body tells you to do so, or do some vigorous workouts if your body tells you to do just that. For your body knows best when it comes to handling this extra burden of light, so better listen carefully when it gives you any advice.

For never forget, this is in many ways a burden you carry, not just for your physical body, but also for you, for this added light will also affect your life in so many ways, and the challenges this brings with it are not always easy to overcome. But you have already proven that you are here for the remainder, and you can take it all, even if some of the challenges will take a little bit more out of you than you mayhaps envisaged at the outset. But know that you will be given much leeway in this, as it is indeed up to each and every one of you to determine the speed of this process. After all, it was your choice to come here in the first place and take up this challenge of resurrecting the planet of your choice, so we will let you determine the pace in this too. But what you cannot decide over, is the speed as to when and how these new frequencies will come in. They have been set in a determined pattern very early on, but what you can decide on, is how to tackle them in the best way. And the best way is, as always, to listen to your own core. Then you will know what the best course of action will be for you. For you are wise, dear ones, and you will choose well in this, as you already have. So once more we would like to extend our gratitude towards you, as you have proven beyond the shadow of a doubt that we could not have hoped for anything better than what you have all given us already.

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Let us begin this missive by saying that for many of you, these last few days have been more than intense, especially physically wise. And, as usual, that is easy to explain. As we have touched upon earlier, these new injections bring with them some brand new programming, programming that is altering the course of so much of what you have previously installed in your body. And so, the moans and groans from this literally not only mind expanding, but fully expanding energies will be heard throughout your physical body. For no expansion comes without complaints from the existing, and as such, even if they are indeed rather painful at times, these growing pains, for that is truly what they are, are once again just confirmations that you are taking one step closer towards completion.

For you are all expanding in so many ways, literally and energetically, as you are moving way past your old limitations and charging once again into unknown territory. And once again this will bring about confusion and disbelief, for as it is whenever something is ignoring old boundaries, the mind react with a twinge of fear from all of this unknown. For why not stick to the old tried and true? Why this penchant for leaving that behind and instead forge into something you have no possibility of knowing what will come out of? Again, your old system was hardwired to stay put in the same old rut, and as such, this endlessly pushing of the envelope is bound to get some reactions. So once again we

say that the outcome from all of this can only be positive, no matter how taxing, confusing and even downright painful this actual process in itself is. So try to quell your gut instinct to revolt against it all, and give yourself some time to breathe and relax into this "unpleasantness", and we can guarantee you all that no matter how bad you feel, either physically or emotionally at the moment, you will all in some way manage to get at least a fleeting glimpse of the glimmer of light that accompanies all of these symptoms and discomforts.

And growing is always painful in some ways, as it means giving up all that you used to be. For you are not a child anymore, and the awareness that comes with knowledge means that you can never hide behind the innocence of a child anymore. For you have been given access to the biggest truth there is, and with it comes also the knowledge that you have been living in a lie fabricated by others. And as such, the ripping apart of the veils will be painful in so many ways. But you know too that this pain is not the reason why you go through this. For this pain is only the pain that comes from liberating yourself from all the old hooks and barbs embedded in you that are trying to hold you back. So know that every second of discomfort will be repayed with a lifetime of bliss, for you are growing beyond the point of no return, you have in fact passed that long time ago. So again we say that the aches and pains, sorrow and anger are but small marks along the way, signifying one more victory as you take a new breath laden with the incoming energies that will make you grow bigger and more complete as the days go by. For you are not here to suffer, and this process will make that clear to you as you sense your magnitude expanding daily.

So bless your body, for it is working so hard to accommodate all of this new you, and bless your mind, for it is only doing what it knows best. And even if both of them seem more reluctant than ever to let this expansion continue, know that they too are fully committed to this process. For they will be with you every step of the way, but they cannot help but utter more than a few yelps of distress on the way. But again we say do not let that trick you into thinking that they are only offering you resistance in this, far from it. For you are all a team, and you will make it all the way as a team. So let us conclude this message by saying that you are all doing your very best, and for that, you should be immensely proud of yourselves. For know that we are, and we will always be so. For you are the bravest of the brave, soldiering along every day, come rain or shine, and you are bringing the light of freedom into every nook and cranny on your planet. And what you bring, cannot be turned away. For it is here to stay, and you are the ones who are making it all come true.

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For the last couple of days, things have once again started to pick up speed. For many, it is as if your heart and eyes have started to open even wider, and you are indeed starting to perceive things in a slightly different way. In other words, you have finally started to tune into this new tune, if we may call it that, and you have mayhaps realized that things are indeed coming to pass even if you on the outside have yet to see any real traces of this. We speak in parables as usual, but what we are trying to convey is that this change that you have all hankered for so much is already in full swing. But as we have also talked about on several occasions, this may not come about in the manner you had envisaged. For a human mind is a simple one, as it cannot see beyond the boundaries it has been given. A human heart, on the other hand, is far more accomplished. For it can see and feel that which does not even exist yet, for it can tap into the true potential of something. And as such, the heart is a wise warrior, and as long as you follow your heart, you will know where to let it take you.

And it has taken you all this far already, and even if for some of you progress seems to be less than minuscule, you have in fact already made a quantum leap on this journey of yours towards that fabled



goal you all seek so intently. Again we say, your heart knows this already, and now, the power of your heart has started to override the misgivings of your mind in a much more powerful way than it used to. For it has once again taken the driver's seat in this, and by that, it has wrested away the control from the so much more timid and skeptically-prone mind of yours. So now, you will all start to see this whole process in a much more lucid manner. For now you will know where you formerly only had the hope, and now you will literally feel in your very core just how close to unveiling the whole truth you really are. And when you do, you are not the only ones able to perceive this, for then, the whole world will have to sit up and listen. For the truth will out no matter how hard the old and rigid structures try to hold it down. And now, they are crumbling, and they have other things to worry about than just keeping up appearances. And they will be kept busy indeed, as they feel the strong gust of wind that will tear down their house of cards once and for all approaching. And this wind cannot die down, for it is indeed fuelled by the power you all carry in your hearts, and now, you have gained access to that power, and you can feel yourselves starting to fill your lungs to their fullest capacity as you prepare to add to the storm approaching.

We say this not to scare you, just to remind you that you, through the actions instigated from your heart, are so important in all of this. For you are guided by your heart now, and that is not where the fear resides. For fear only engender violence and hate, and you dear ones, you are not to be lured into that old trap again. For you know that love will conquer the world, and from that love, a new world will arise from the ashes of the old. For the old world cannot stand the pressure from this wind of change, and it will indeed collapse into a heap of broken promises, taking with it the hopes and dreams of so many who had staked their future on this false flag of success. And they will feel as if everything they trusted their survival on, is razed to the ground. But you will know better, for you know that these smoldering remnants of the old will only serve to nurture the new and far more viable world that you are creating. And you know that from this seemingly lifeless heap of dirt, new shoots will start to emerge. For just like some seeds will lie dormant in the soil for years, even centuries, waiting for the right conditions before they can germinate, so too it is with many of your fellow men. For they all have it in them, they just did not know that they were still in that dormant phase. But now, many of these tiny little seeds will start to awaken, and you will all be amazed at the speed of their growth. For it will seem that the smoke has not even cleared yet before healthy and vigorous new sprouts will emerge all over, and they will soon cover the last remnants of the old with their proliferation.

So know that you will soon be as in a lush forest of healthy growth, and you will be able to rest in the shade of these sturdy trees whenever you want to. For you have done the hardest work, of clearing the path through that dense and unpenetrable jungle to get where you are today, and you have done so at the expense of so much. But know that soon you will be assuaged by the arrival of all of these new and eager sprouts that will help to ease the burden off your shoulders, and you will be free to savour this new and fertile forest in a way you thought you never would. So again we say to you stay calm no matter what transpires in the days and weeks ahead, and know that all is well, for it has been thus ordained, and thanks to you, it will come to pass, and for that, we are all more than blessed.

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The tides have turned, and once again the churning of the incoming waters are pushing up so much to the surface. This will be apparent to many of you, as you seem to be almost inundated with old garbage that suddenly appears as out of nowhere. This can be very disconcerting, to say the least, for we know that you had hoped to be out in clear waters by now, far from the old flotsam and jetsam that was cluttering up your life in an earlier existence. Well, these old issues are nothing if not tenacious, so it takes an awful lot of hard work at times to get rid of it once and for all. We hear your tired sighs

dear ones, and we know that for so many, this will feel almost like that final straw that broke the camel's back. But you are not broken dear ones, far from it, and even if this mountain of garbage seems like it is about to drown you all in some ways, know that it cannot do so, and it never will. It may look as if it is threatening to completely obliterate you, but that is not the case here. For the only reason it has appeared in your vision, is because you are more than well equipped to handle it at this stage. For you have become very efficient at this, and you have worked through so much already, it has given you all a well developed talent to literally hack your way through this too, just like you have hacked your way through the rest of this dark jungle you have traversed to get to where you are today. And not only your muscles but also your resolve have become so strong by now, they cannot be stopped by anything, no matter how daunting it may look on the outside.

For you are beyond stopping now dear ones, and this final mountain of old junk that is lying in your way is not insurmountable, and you will all manage to bypass it in some way. Either by simply squashing it under your feet as you climb over it, or by plowing straight through it. And that will be a major achievement for you all, but it is not one you will have to manage all on your own. For you have friends now, in all sorts of places, and they are ready and willing to give you all a hand in this task of breaking through that last barrier. You will find them wherever you look, so do not forget to do so. For you cannot get assistance unless you ask for it. So please, do not think that this is a mission you have to take the full responsibility for yourself. For you deserve all the help you can get, whether it be of a celestial kind or whether it is from a friendly neighbour or co-worker, or someone you have connected with in this space.

So again we say, you are all so very strong, but do not let that lure you into thinking that you have to stand all alone and master anything that comes in your way. For that is not the way to do it in the new world. For in the new world, we all stand together, whether they are currently on our side of the veil, or you are already gathered together on your side. We are one, and you are not alone. So please remember to ask for help, for this cleaning up of the last vestiges of the old world is not a solo job. It is a communal effort, and therefore together you will do this, as long as you do not close yourself up and hide away in shame because you think you have caused too much fuss and trouble in the first place. This is not fuss and trouble, this is important work that is to be done on behalf of us all, and therefore it is to be done in the company of some trusted fellow workers.

For you are no longer meant to travel alone, you are meant to gather into groups, and then, these groups will also start to connect and grow even bigger and stronger, much like what has happened to all of you already starting to gather around this warming fire. For you need to seek out the warmth and company of others, otherwise this whole project would be coming apart. For this is all about coming together again, after an eternity of wandering alone in the desert, looking for some sort of sanctuary. Well, the sanctuary is already here, it is in the company of other brave souls.

So do not stand off in the shadows anymore, take a step into this ring and link your hands to all the others already standing there, for it will make you all feel how the strength is surging through you. And only by doing this, will you be able to finally connect all that has been disconnected for eons. For you are closing the gap now, day by day, spirits mending together as one. So do not shy away from this reunion, for you have been expected for such a long time now, and nothing will gladden us more than if you too will let yourself be drawn into this circle of friends already gathered. For you are one of us, and without you, we will not be complete. So make yourself at home dear ones, you have come to stay, and it gladdens us all to no end.

As many of you have already ascertained, the energies have once again moved up another notch. It can be difficult to stay centered in these blasts of light, but please know that no matter what transpires in the next few days, you are not about to fall apart. We know that for many of you, this thought will come very close to the surface as both your physical and emotional state may be in turmoil. And, it is not about to abate in the next few days. Please do not take this as any form of preaching of doom and gloom, as this is only a forewarning of the incoming light. So yes, even if you at times may feel like you are being torn apart from all of these goings on, know that what we bring is in fact good news. For you are about to be filled with a large amount of light of the utmost clarity, and when the storm once again abates, you will find yourself filled to the brim with this clarity too, and you will be able to better discern the real goings on behind all of this hullabaloo.

For in the midst of these bouts of intense discomfort, it will as always be very, very difficult to find any positive aspect at all in what you are going through. For this will be nothing if not challenging for many of you. But again we say, please remember that all of this is only clear symptoms that you are being cleansed of all of the old, and your true core is being purified and sifted out from all of the old morass still covering it, much like when specks of gold are washed out from the tons of sand covering it.

So take this as another reminder to seek out the help you need in order to be better able to face these onslaughts of the light. For there is no better word for them than that, as they are indeed unremitting in their efforts to bring out the shining core of the real you. And you will be able to stand it all, even if you may at more than one point cry for mercy. But again we say, you are not here to be tormented, you are here to become the purest essence of yourself. And just like the process that turns the humble piece of coal into the most brilliant of diamonds, it cannot be done without applying the most intense form of pressure there is. But from the heat of this furnace the shining plumes of the phoenix will emerge. So know that even if you will feel as if you are about to be consumed by these flames of transformation, you will not be so, as you will once again emerge victorious and resplendent and for the first time able to show the world – and yourself – your true colours.