

The undertow will be strong for many of you now, and it will feel as if your feet are in danger of being swept away. And so you think you face certain destruction, for when you venture to feel into these energies surging around you now, you can feel just how powerful they are. But in this, the lesson is the same as for those caught in a riptide when they are out in the waters. Do not fight this dear ones, for then you will only prolong your pain and misery, and you are apt to tire yourself out completely. For what you need to do is to go completely against your instinct. For your instinct will tell you to hunker down and fight with all of your might against the relentless push and pull of this surge. But what you need to do, is the complete opposite. For you need to just lift your feet, release your hold on the firmament, and let yourself be swept away on these currents. And when you do, you will find it is so much easier to navigate this stream of incoming energy, and you will find yourself floating freely in this large body of water. For if you stick to your guns, you will find yourself fighting for air, as the water rises and your head starts to become submerged.

So again we say, do not fight this, but surrender to this, and you will find your breath slowing down, and you will be better able to tune into your own heart. And when you do, you will find all of the assurance you need. For your heart knows that you are not drowning, you are in fact being propelled upwards and forwards, and so your heart will go on, in a steady and powerful rhythm. So again we say, stay connected to your core, and all will be well, and follow your heart and let yourself fall into the loving embrace of this undulating wave of love and light.

So here we are dear friends, ready to begin another day in paradise. For that is truly what it is, is it not? We do not say this in order to offend anyone still in the throes of the last birth pangs, we just say it as a little reminder that you are not left out, any one of you. For you are already in paradise, and even if you for some reason have yet to come to the same conclusion yourself, let us just say that deep within yourself, you have, and soon, the rest of your awareness will follow suit.

Let us explain. As we have stated on so many an occasion, if you venture to look for paradise outside the confines of your own self, you might find quite a lot of traces of it, in the beauty of nature, and in the loving look from another soul's gaze. But if you focus on what is still abundant around you of sorrow, misery and mismanagement, you will come to no other conclusion than that you are still living in something that for many can only be described as a nightmare. But again, it is a nightmare, for it is truly an illusion, and as such, the moment you yourself fully awaken, you will see it for the shimmering haze of make believe it really is. For that is not permanent, not in any way, and all of that will start to dissipate as soon as you start to emerge from this cocoon of transformation. For when you do, you will see that you are permanent, as you are in all ways and manner immortal. And so everything else are just undulations of energies, ebbing and flowing around you, but no more than a chimera.

In other words, once you are truly reborn back into this, the truest version of you, you will begin to look upon what surrounds you with a far more discerning eye. Then you will see that there are no absolutes in this so-called "reality" that seems to be pressing in on you. For it is but a fiction of the human mind, put up as a sort of play acted out under the pretense of being real. But it is not real, no

more real than what play-actors present on stage in theatres. And just like a play, no matter how popular it has become, it will sooner or later have to go out of production. For a play will only continue as long as there are people willing to come and see it. And now, as you awaken one by one, you will leave your seats and exit this "theater of life", as we like to call this third density performance of "reality" that you have been avidly watching for so long.

For remember, you have all had an affinity for this play, for at first, you too were an intrinsic part of it as actors. But as soon as you started to open up and go within, you left center stage and gradually retreated into the stalls, where you kept a close eye on what was going on at the stage. But now, the time to leave the playhouse altogether has come. For now, it is indeed time to re-enter the real life, and start to live in manner that befits your new status as creators. For that is truly what you are, real life creators. For yours is no longer the role of obedient actors, catering to each and every whim of those dictatorial directors, shouting out from the wings. Nor is it the role of willing spectators, engaging hungrily in every nuance of what is being played out in front of you, gasping in horror or chuckling in delight at each cruel joke or nasty barb being uttered from one of the actors.

For now, you have your own life to play out, and as soon as you understand this, you too will realize that it is time to leave your seat in this old and run down "theater of life" and go out into the sun and start to live you own life as a free citizen of paradise. For it is indeed a paradise that you are living in, and this becomes apparent as soon as you open your eyes and open your heart and start to drink in all of the beauty that is already here. Not only in Mother Nature, but also inside each and every human being you come across. For you are truly citizens of paradise, and you will make this whole planet into a veritable paradise as soon as you stop looking back over your shoulders at the actors making their desperate attempts to entice you back into their cramped and airless little playhouse.

For you have yourself now, with which to play out the full and free life you have always dreamed of. A life that is not incomplete in any way. And you have everything at your disposal, there is no lack of funds nor of resources, as you are once again connected to that all-encompassing lifesource that is running throughout All of creation, and the sooner you realize this, the better. For then, you can all start to create from the heart, for that is where this true connection resides. And once you start tapping into this truth, you will never ever run out of steam. And then, you will start to engender so much, not just from yourself, but from this whole web of like minded, or rather free minded, souls that are starting to emerge all over your beautiful planet. For you will all see just how overwhelmingly satisfying it will be, not only to finally be out in the fresh air, but also how unbelievably satisfying it is to finally get to create something that is real and true and everlasting. And that, dear friends, is the true paradise you have just entered.

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As many of you have already ascertained, this being tossed to and fro in these undulating waves of energy is by no means over yet, but we do hope that you have all been able to get a mouthful of fresh air at least once during these proceedings. We venture to guess that for many of you, the effects of all of these constant surges of wavelike energy will feel somewhat different from what you have been exposed to before, and rightly so. For you have indeed been raised not just another notch this time, rather, you have all been raised to a whole new level of existence to call it that, and therefore, the effects from what is constantly being beamed onto your planet and into your whole system have changed drastically.

To your physical body, much will feel the same, but in fact, there are some dissimilarities from before. But as they in some cases are rather subtle, you may find it hard to hear the different resonance this is

making throughout your whole system. For the tune has indeed changed, and so have you, and as such, the melody being played out by each and every one of you has also changed. And together, the choir you make up has changed its tune in such a way, the whole of Creation is able to perceive it. And yes, this will indeed affect us all, and as such, the reactions to it will also change. In subtle ways, but also in some more noticeable ones. For remember, there are still those around trying with all of their might to quell these sounds of revelation, and as such, they will also feel forced to up the ante in any way they can. Hence the somewhat surprisingly vehement attacks some of you have encountered lately. For remember, your voices and your mere presence signals the arrival of a light that is becoming more and more brilliant, and for those eyes still more accustomed to shading themselves by constantly being focused on the dimmer regions of your planet, this brightening light will feel like it is almost piercing into their brain, even into their very core. So they lash out in protection, and anyone standing in their way may feel the brunt of these attacks.

So it can be hard at times standing in this new light, for it exposes so much not only within yourself, but also within those around you, and that can indeed be painful in so many ways. For what you see it not always easy to digest. But again we say, you are exactly where you are supposed to be, and no matter what arises in these next few days, whether it is within your own sphere or it is on a more macro level, know that all is well and everything is happening for a reason. Remember, this is not "judgement day" in any connotation of the word. For this is neither doom nor a final reckoning of anyone's feasibility. For this is just the final clearance of anything that may still stand in the way of these arrows of light, and as such, give thanks to whatever you might find popping up in your life at the moment. For it is not coming up in order to make you feel bad in any way, far from it. It is only popping up to show you that you are jettisoning the last remnants of any baggage you might still have concealed somewhere on your person, and this baggage must go in order to help you take that final step forwards.

So again we say, this is a process that can seem to be bewildering, as you will feel yourself being tossed between a complete state of bliss one moment, for then to be thrown into confusion by something that suddenly materializes in front of you. But even if it might seem like it to many of you, this is not a case of one step forward, two steps back. For no matter what you experience now, whether it can be looked upon as smooth sailing or fighting for breath, they can all be considered as steps forwards.

So rest your weary heads and your confused bodies, and know that you are constantly being propelled forwards, in the best of ways. For we are helping you to keep putting one foot ahead of the next, as we see to it that you are gently guided to look in the direction that will give you the best of opportunities to find the most effective way to advance. And remember, you are not alone in this, and even if it all comes down to each and every one of you how you want to tackle this journey, you will have access to all the help and assistance you need in order to be able to fulfill this quest for glory. And glory is what you will find, no matter how deep you seem to be mired in the old muck at times. For you are not stuck there, not in any way, and the moment you realize this, you will not waste any more time fighting against it all. For surrender is once again the key word here, as to surrender is not to give up, it is merely to accept this process for what it is. And when you do this, you will indeed find yourself being carried on a swift current towards that final resting place, where you can simply step into your completeness and leave all of this toil and worry behind.

Time is flying by, and the days keep getting longer and longer in the northern part of your hemisphere as the sun's rays are prolonging their stay on the surface. And as such, much light will continue to pour onto this little sphere floating out in space. And with this light, comes so much you have hoped for, but mayhaps also some things that you would rather be left forgotten. For the light is throwing doors open within you all and whatever the light seeks out, cannot hide anymore. And as such, this spring cleaning can be more than a little taxing at times for some of you. But again, we say, all is well and indeed just as it is meant to be. For this shake up is a thorough one, and as we told you earlier, this is indeed the last in a very long line of such shake ups, but this time, we intend to finish the job if we may put it as bluntly as this. Or rather, we intend for you to finish this job, as all we can do, is to assist you in any way we can. And so we will continue to do that, even at those intervals when you feel bereft of any support at all, and you feel like the loneliest person alive in the universe, nay, in All of creation, you must still know that we are here, by your side, every step of the way.

But this deep plunge into solitude is something that is very important indeed, for you all need in some way to be disconnected from any distractions, whether they be of a positive or negative nature, and as such, this feeling of being tossed into a void or vacuum is indeed an intrinsic part of this whole process. So again we say do not think you have fallen from grace in any way even if you feel like we are disregarding your cries for help. For we hear you, no matter how high or how faint your cries are. And we do not dismiss them in order to punish you or make you feel even worse than you already are. No, we do this as this is part of the agreement we set up beforehand, where you yourself mapped out the arrangements for your sojourn on this planet. For we abide by your rules, dear ones, as you are the ones who stipulated beforehand just how this process was to take place, and as such, we can only obey and serve you in the best way we can while still adhering to these strict rules. Again, this is done by you, not for you, and we will always play second fiddle, in this, the greatest liberation ever taking place on this beautiful little planet.

For your road has been mapped out very carefully beforehand, and so no matter what you encounter on your way, know it has not been set up as a stumbling block to hinder your advancement. It has only been set up as a task that you wish to overcome in order for your process to run out as you have planned it. So again we say that all is well, as your journey could not be done in any other way than how you are approaching it today. For you follow in the footsteps you chartered out a long, long time ago, when you first ventured to take on this assignment of being part of the Earth's ascension. And so here you are, in the midst of it all, doing exactly what you came here to do. For some of you, you feel the journey has already had its fair share of trials and tribulations, while for others, they are still waiting to see just what will happen next. For all you do, is according to plan, and even if it at times can be very difficult to see any pattern in this rather bewildering array of ups and downs, know that they have all been designed to get you all up, up and away and into your new existence as truly enlightened beings, inhabiting this beautiful planet, all set to make her once again shine in all of her old splendor.

So fret not, even if the road at times seems to set off in all sorts of bewildering directions, for know that it will take you to the designated target, if we may call it that, in just the manner you chose as the most befitting for you. And if it seems more than a little arduous at times, know also that the reason for that, is that you deemed it as the most perfect way for you to truly re-enter your former state of greatness. For you are all stronger, far stronger than what both your physical vehicle and maybe even your resolve at times seem to think, so in that way, you have nothing to fear. For you are here to make it all the way, and now, you have but a few small steps to go before you can say I am truly here, and I am here to stay for good now.

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As many of you have already ascertained, the veils are lifting one by one, and this denouement can in some cases cause even more bewilderment amongst you. For what is this that you have taken for granted all of your life, if not just a puff of smoke, a mirage masquerading as reality? It can be almost overpowering at times when you find yourself standing in this full glare of the truth, as you have to reassess so much that you have build not only this, but also all of your previous lives upon. So yes, the light is merciful indeed, but also merciless, for it leaves nothing to the imagination any more, and you are forced to take everything up for review as you know you must. For you cannot continue on this journey with your eyes and your heart closed to this truth, and even if may be painful in some aspects, it is also the final catharsis that will effectively cauterize any last vestiges of old suppurating wounds, and leave you all to finally heal and become whole again.

For that is indeed what this journey is all about, coming together and gathering all of the aspects of you that have been dispersed far and wide during your sojourns on this planet. And their task has been this one, to gather as much experience as possible, by falling headlong into life in all of its aspects, both those deemed as "good" and also those deemed as "bad". For once the veils start to drop, you will know that there are no such things as "good or "bad", for everything carries equal measure in this theater of life. But now, you have learned enough the hard way, and you are extracting yourselves from this old play. And do not forget, this old play was indeed infested by a large extra helping of darkness a long time ago, by those outsiders dead set on making this whole show keep running long after it was supposed to be closed down. And as such, you have in many ways been forced to play out ever more sinister versions of this theater of life. But now, that show has been called off, and you are no longer under the spell of those puppeteers who so enjoyed watching you all squirm under their hard tenure. So now, you are finally let off from this old forced labour and free to start to play out the new version of your life on earth-school.

For remember, that is why you are all here, to amass knowledge that can only be acquired by living a life in a physical vehicle such as yours, and in such surroundings as the one your beautiful blue planet offers you. And now, the time has come to re-enter school, but this time, it is the school of light, as you have all finished the old "school of darkness" a long, long time ago. As we said, your tenure there overran its stipulated date by a very, very long time indeed. But now, that has been set right once again, and you will be invited to enter these new halls of knowledge at your own volition. For remember, not all will be tempted to leave the old school, as they would rather stick to the old tried and true, however painful, than to risk severing all of the old connections and throwing themselves wholeheartedly into this new adventure.

For again we say, it is indeed up to each and every one of you if you want to access these new halls of the light, or if you prefer to stay in that airless and dimly lit theater of the old. We cannot force you to do anything, nor would we even try, for it is a sacred edict that on this planet, all are serving under the rule of free will. For yes, this is a place you come to serve, not only yourselves, but also the rest of Creation. For what you amass of knowledge here, goes back to that all-encompassing repository of knowledge that is accessible for all living beings in Creation. That is, apart from the ones inhabiting your planet. For you have been effectively cut off from this endless source of wisdom and energy. But what you have experienced here, has been downloaded into this knowledge bank, and now, by taking that final step into the light, you will also become the recipients of this vast sea of knowledge. So from you being merely a depositor of knowledge, this stream of consciousness will start to go both ways. And as you enter the halls of this school of light, your body and your mind will start to receive huge downloads of this information, information that will literally change your whole world, not only the way that you look upon it.

So again we say, that school's out, as you have already more than delivered what was acquired of you in the last grade, but now, we invite you to enter this new school, where the light will instruct you and love will be your guiding light, and fear will no longer be the measuring stick against which all will be judged. For you have learned more than enough from that old regime, and now, the time has come to reopen the books and reopen your heart to the true knowledge of the light. The old has served its mission, but the time has come to close that door and open the ones that lead you to your new level of understanding.

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As you have already ascertained, these last few days have been nothing if not intense, and even if they in many ways may have left you feeling weaker in the flesh, you will also sense that your spirit has lifted in more ways than one. For you are made of sturdy stuff indeed, but as yet, your physical body has a hard time coming to the same conclusion. And rightly so, for within is where the changes occur, and as such, your flesh and bones may still feel as if they are at times being torn apart. But they are not, and neither are you, as what is occurring, is such a monumental rewiring and rearranging it will leave you all feel more than a little bit worn and torn and the end of it. But contrary to assumption, you are not being torn down, you are only being fortified in every way, and as such, once again the symptoms will mask the true purpose behind all of these goings on.

For you have come here to conquer, dear ones, but first of all you must conquer your own doubts as to what abilities you may have for stepping out and declaring yourselves to be the new rulers of the world. For that is indeed exactly what you are, but as the word ruler still connotes something sinister for so many, let us just add a few thoughts as to what we must mean by that. For in your eyes, a ruler will in many ways equal a despot, and your world has had its fair share of those. And still to this day, there are many individuals who can be given that same title, not just in their own realm, but also further afield. But we speak not of such lesser men who put themselves above others by the force of instigating fear and uncertainty in others. No, we speak of individuals who are held aloft by the very light that they carry within. And it is this light that is now finding a home in your somewhat worn and weary physical body, and it is indeed this light that will make you the new rulers.

For this light will find a way out of you, and when it does, nothing can stop it, not even you. And as such, your actions will all be guided by this light, and in so doing, it will ensure that you behave in a manner that will guide all others around you. And that is the way to rule, by action, not by edict. So yes, in all respects you will be the rulers of this world, for it is indeed by the very fact that the light will speak to all others around you by your way of living, and then, it will be given unto others to follow in your footsteps. And so you will rule the land once again, not those usurpers who look upon it as their given right to command everyone else to obey by their every whim. For these rulers of the old, no matter if their kingdom is a fiefdom encircled by high walls of security or is in some lair hidden away in a high rise building somewhere, will all start to topple from what they see as their oh so lofty perch. For just as you will guide others by way of the light that you carry, people will be unable not to see the hollowness and crepuscular absence of light that will seep out from all of these self-entitled tyrants. And then, the choice will be made, whether to follow in your footsteps, or whether to stay on in the shadows of these former rulers.

For that is truly what they are, they are becoming obsolete even as we speak. But you, dear friends, you are becoming lighter and brighter by the day. And even if your physical body is still having a hard time coming to terms with this fact, it too will soon start to understand that it is indeed lightness itself. For this new burden it is carrying is not heavy, it is light, in each and every meaning of the word. And

as soon as the dust settles so to speak, it too will start to let go of the thought that this inner revolution is almost too much to bear. And then you will all feel your step becoming lighter and your days seeming brighter, and you and your body will finally start to blend into each other as a perfect match truly made in heaven.

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Time is passing quickly now dear ones, but for some, it cannot go quickly enough. For they are so eager for change to occur in their lives, and as such, their patience seems to be stretching more than thin at times. We know you so well dear ones, as you have once more been exposed to the healing forces of the light, but as the light will expose everything to the light in order to make it heal, it will also bring what it exposes to your attention. So with this light comes focus, and with this focus, comes an overwhelming feeling of not being good enough for so many of you. For what you see, is what is brought to light, and that is also all you see.

In other words, you fail to see the greatness in yourself, for what you focus on, is mostly that which has been pushed up to the surface by this endless stream of energetic life force. And so you see yourself as if crawling with infestations of anger, fear and so many other issues you will consider as shortcomings. But is that what this really is about? A process to make you feel less and less pleased about yourself? For as the sun rises every day, so too are you rising in our esteem. For what you are doing in all of this, is actually to cleanse yourself of any residue that has been left unattended within, and remember, this residue is a residue collected through many a lifetime. So even to the lightest of you, this residue at times may seem to be more than plentiful. But remember, that is why the light has come into your life, and that is why you have taken upon yourself to let this light enter into your very core. For it is you and only you who can decide whether or not the light will be allowed to penetrate into the darkest corner within, and when you say yes to this, this is what results from it.

For the light is unstoppable, and it will not stop before it has pushed any and all remains of the old up to the surface and out into the light. And there you will be able to see it all, and for many, the magnitude of old dross will at times seem to be more than a little overpowering. But again we say, this is not something to fear, this is something to celebrate. For it is only visible to you because it is coming out, never to be seen again. And as such, this final cleansing, for that is truly what this is, will seem to be more dramatic than what it really is. For you are not to sit down and take account of it all. This is not about balancing the books, keeping a close score of anything that may come out of this cleansing process. This is simply a case of releasing what the light is driving out, and as such, the process is in fact more easier on you than you may have gotten into your mind. For remember, the mind still have a mind of its own at times, and for the mind, this seeming accumulation of old energy might set it into a spin. But do not let yourself be deceived by all of this, for you are doing good. And do not fall for the temptation to start to compare yourself to that of your neighbour, for as always, this is an individual process, and each and every one of you must take their own path in this, not try to emulate your brother and sister in any way.

For you must simply go forth and do your thing, whether that involves a lot of releasing, or whether that seems to be a slightly less strenuous path. For it is up to each and every one of you to do what makes you feel lighter, and you must do so at your own pace. But do not forget, the light will stop for no one and no thing, so you cannot tell the light to stop. But you can give yourself some leeway in all of this, and you do that best by stepping back and relinquishing the controls, and by surrendering

yourself to this process, you will assure that it runs as smoothly as possible. For if you do try to take matters into your own hands, you will feel the squeeze from this energy more than if you just let it run its course.

So again we say breathe, and let yourself go with the flow. Only by doing that will you feel better able to sail through all of this without feeling as if your heart is being smothered by these, the last remnants of the old you. For they will surface in one way or the other, and the more you accept this, the faster this flow will pour out, and the faster this process will go. So let go, and let it come, and whatever it is, it is nothing to fear. For it is lifted out of you in order to let you lift yourself up and away from the one you used to be, but are no longer. For you have already entered the halls of tomorrow, but as you are still a many layered being, not yet fully merged, you will still need some help to get everything together as it were by making sure that nothing is left of the old. For you cannot carry any extra weight if you want to become the truly enlightened one, so just look upon this process as the lightening of the load it truly is, no matter how burdensome the process in itself may seem at times.

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As the tides turn, so too does your sense of the world around you. For it is indeed changing, little by little, day by day, and as such, you are growing and evolving. For it is indeed you who are changing, for the world as you know it is no longer the same. But that is because you are no longer the same. For every day, you step closer into who you truly are, and as such, every day, a piece of the old you fall away, for never to be needed or retrieved ever again. For you are not here to gather the pieces that seem to be slipping through your fingers, whether they be pieces of your family, your relationships, your ideas or your worldly goods. For remember, anything not a part of the true you will no longer be a part of your life, and as such, there are many partings going on now.

Fear not, this does not entail that you will be left bereft of anything that is at all familiar to you, it only means that you will be left with the true parts of everything. So your family or friends will not simply walk away from you, but your relationship to them will turn from the old version and into the new and true version. If that entails growing closer or growing even further apart, only you will know. For remember they too have to decide their path in all of this, and even if you can face the truth to this, many of them cannot. So again we say know that this is not always an easy journey, for what the light shines upon, will always have to revert to the truth. And as such, painful connections will be revealed and must be torn asunder, for sometimes to be healed and reconnected again, but for other times, to be bid a final farewell.

We know this will sound overly dramatic to some, but what we are trying to say, is that in this, nothing will be left to fester and corrupt, because you have to walk your truth, no matter how painful it is. But again, this is not about stripping you of everything you love, this is about stripping you of everything that is harmful to you, and sometimes the painful truth is that the strongest of pains is the one we are most apt to hide away, even from ourselves. But now, if there is anything left in your life that you need to reassess, it will be shown to you, and only when you accept this, will you be able to deal with it in a loving way. For this is all about love, not about anger, fear or hate, and as such, know that anything that comes up for evaluation, does so at the behest of the light. The light wants only what is good for you, but sometimes, that means that you need to do something that will pain you. At least initially, but trust us when we say that you will soon see the wisdom in this, and you will also feel the deep love that lies behind each and every painful encounter with yourself you may have in the times ahead.



For what you are doing, is severing each and every bond that are holding you back, and these bonds are bound to run deep, not only in your life, but in other's as well, and as such, it takes more than courage at times to stay the course in this. But again we say, if you need any help, please ask for it, and know that it comes in all shapes and forms. For you might be surprised by the resonance your acts will have in those around you, even in those you would deem as the least responsive to anything that the light might bring. For remember this, what the light exposes is not only negative for you, it is also negative for those to which you are connected by these old bonds, and when you start to sever them, you will also set free those that have been tied down with these same chains. For that is what this truly is, chains to bind you all down, and as soon as one of the prisoners starts to loosen his or her chains, the effect will be felt by everyone tied on to that same chain. For some, this sudden sense of freedom will be daunting, to say the least, but for others, it will be like a breath of fresh air that helps them to see things more clearly too.

So again we say, this is not a harsh and cruel cutting off of ties, this is a willful and deliberate freeing of you all, or rather, it is the offering of freedom, and then, it is indeed up to each and every one if they want to continue to loosen those chains completely, or if they want to wrap them even tighter around themselves. For this is the fast track to freedom, and for many, nothing could be more fearful to contemplate. For just as for a prisoner standing at the gates of his prison after being incarcerated for years and years, the prospect of walking out into the world as a free man can be too much, and he will be tempted to turn around and go back to his old cell. For the familiar confines can be more gratifying to him than the prospect of having to step out into a world where there are no familiar boundaries. And so too it is with this process. For you all have some old limitations in your life, whether they be internal or external, and when these limitations are given an option to cease to exist, it can sometimes be hard to embrace that option fully. So make sure that you do not shy away from that choice, for it is indeed one you have to make.

For this journey cannot be undertaken half-heartedly, it must be taken as a whole, not by picking out the parts that seem to be the least challenging. And remember, the choice was made by you even before you came, for if not, you would not even be here now, contemplating the results from that choice. For you chose to become free in this lifetime, and that is why you are being given the opportunity to be just that now. As for the others around you, they have also been given the same choice, but remember they might have chosen a slightly more meandering path than the direct path you took. So to them, the options can be a bit wider. For they can have given themselves the opportunity to choose the freedom this time around, or to continue in the old school for a lifetime or more. Again we say, you have chosen your option, just as they have chosen theirs, so in this, you have given yourself less leeway than some of the others have. For you have deemed that your time is now, while they have chosen to say "my time might be now, but on the other hand, it might not". Therefore we say, prepare to be surprised as you yourself continue to cut asunder those old ties that are binding you to your old way of life. For as you do just that, the freedom to move will make many around you blink their eyes to the light and say "I think I will follow your example, beloved one, and I thank you for giving me this opportunity to do so". For this is not an invitation to cast anyone or anything away from your life, this is an invitation to tear asunder any old and negative limitations that are keeping you all cemented to the old ground level so to speak. And no one of you will be able to climb those stairways to heaven if you do not remove the old chains keeping you there.

Let us leave it at that for today, and wish you all Godspeed on your continued journey. For many, the weights of the chains have started to lift off of you already, and you will already see some of the outcome of this, both in your life, but also in those around you. For others, these weights seem to be weighing heavily upon you, but please know that it takes much less of an effort than you mayhaps think to make them fall away from you completely.

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The days are getting longer and longer in your part of the world, and your physical bodies are once again starting to settle somewhat less uncomfortably into their role as conductors of energy. For remember, not only are you receiving vast amounts of energy, you are also transmitting the same substance out again, into the world around you. For you are indeed anchors dear ones, in more ways than one, and now, you are constantly pulling down the building blocks of your new world through your physical bodies. We know that this is not news to any of you, but what may be of interest, is the amount of energy you are all transmuted and sending out now on a daily basis. Or rather, on a daily and nightly basis, as this is indeed a process that is going on 24/7. For what started out as a mere trickle, has now increased to a steady flow of energetic particles, constantly bombarding not only you, but through you, the whole structure that you see around you on all sides.

So yes, you are indeed pulling down heaven to Earth, particle by heavenly particle. And even if this job at times can seem to be more than a little bit taxing on your own system, know that this is just a temporary thing. For when your bodies enter download mode, many of you will feel as if you are totally depleted of energy, and you have no wish but to lie down and shut yourself off from the rest of the world. But what you are experiencing, is not a depletion, rather, it is an excess of energies that leaves your body somewhat flummoxed as to what and how to deal with all of this, hence this feeling of almost shutting down at times. Again, we hasten to add that this is not harmful to you in any way, it is just a strain on your physical body at times, and so it will make you take it slow in all sorts of ways until it can sort itself out and successfully send the energies where they are supposed to be. For some of it is for your "consumption", if we can call it that, while the rest of it will be used externally. In other words, you are all receivers and transmitters of energy, and when you feel almost devoid of energy yourself, you are actually full to overflowing of it.

Do not think that this is a case of bad planning, and that you being left feeling overwhelmed and exhausted are the results of a poorly executed plan. Rather, it is the inevitable result of all of this downloading, and it is of immense help to your physical body. For it is indeed the physical part of you that determines the speed of these injections, if we may call them that. And so, you are never being given too much, for when the limit is reached, your body simply turns off the connection, and then it starts to download the information you yourself need, while it also starts to send out what is being deemed as the "external part" of these supercharged packets of information.

So again we say, remember to heed the signals you are getting from your body, for it knows when the time is right for taking a break, and when the time is right for keeping in motion. And when your body is in shutdown mode, it is doing so because it is very busy handling all of the incoming information. So you are not wasting any second, even when you are flat on your back, not even able to lift a finger, for that is probably when you are working the hardest.

So make sure to thank your constant companion, that faithful servant and hard worker, your colleague and teammate, in other words that physical vehicle you are inhabiting that is the main reason you can even do the work you have come here to do in the first place. We know it can be a little cranky now and then, and it is never shy in voicing its protests, but as we have said earlier, these creaks and groans, whimpers and shouts of distress are nothing to worry about. For your physical body knows perfectly well that it is doing more than well, but it cannot help itself but to protest loudly now and then. But never doubt it will keep on doing the work it has been set up to do, for it is both immensely loyal, but also immensely powerful. So again we say, make sure that you appreciate this physical vehicle for all it does to keep you going, even at the times when it seems to be the biggest obstacle to your continued process. For it will not hold you back on purpose, even if it at times makes you slow

down on any "extracurricular" activities. For it has but one purpose in mind, and that is to make all of this a resounding success, and it knows fully well that without the aid and assistance of your physical body, you would be bereft of the one thing that makes your sojourn here possible. And remember, it will never ever use that against you, for you are indeed a match made in heaven, and that is what you will see for yourself as soon as these energetic upheavals start to quieten down a bit. Mind you, they will never cease completely, but your physical body is getting more and more adept at handling them without going into full reboot mode every time, and as such, the limits for your capacity have been stretched, and they will continue to do so. And then, you can continue to do the work that you do, for you will never cease to be the anchors that are serving to hold this whole new world tethered to the surface of this planet.

(From Aisha: Always listen to your body, and if you have any doubts if what are feeling are just "energetic symptoms" or something else, it is always a good idea to have it checked out by a professional.)

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As you see the light approaching on the horizon, you will hear the clarion call from all of those souls starting to wake up to this new dawn. For now, it is not only you who will be singing the praise of this dawn. As we have said earlier, this heavenly choir you have been putting together on this little blue planet will start to amass so many new voices. And so day by day, the volume and the complexity of your song will increase in so many ways. For you were the first ones, and in the beginning, your voices were few and far between, and they were easily lost in the ongoing drone of noise being emitted from all sorts of sources around you. For if you were not listening intently, this heavenly song was easy to overlook amongst all of the clamoring of fear, voices of discontent and the hubbub of downright deafening proportions. For you were not easy to spot in this veritable mass of wall to wall noise, and as such, you yourselves felt how your sound were drowning in a sea of emotional turmoil.

But now, it is like your choir is parting the waves of this at times overwhelming background noise, and as it does, more and more will find themselves humming along to the tune that you are calling out. And at first, they might not even be aware of it, just like many go around their daily lives humming inaudibly even to themselves, without being conscious of doing so. But bit by bit, this low humming that emanates from their heart will start to gather momentum and indeed strength, and soon they too will start to hear this song originating from their own soul. And when they start to pick up these sounds, their whole being will be alerted to it, and they will find themselves walking away from what held their interest up until a very short time ago. For they will become as if transformed by this simple, but oh so beautiful tune that is talking not only to their ears, but also to their hearts. And just like you, they will understand that the time has come to leave the old behind, and start to open up the door behind which they just know that this heartening tune is coming from.

We know this will not be news to any of you, for you will all in some way have encountered these newly awakened souls in one form or the other, but what will be news to you all, will be the sheer number of them that you will meet on your way now. For you have in many ways been in hiding, as you have felt the need to protect yourselves. Just like newly hatched little birds, you have sought shelter under the bushes, in order to make it through that first stage, where you felt as if surrounded by negativity and dangers on all sides. But now, your plumage has grown, and with it your confidence, and so now, you will feel ready to start to show yourself in full daylight, singing your beautiful song loud and clear, having no fear as to just who will see you or hear your song. For the time has come to take your wonders out into the world, show you true colors and sing your song of freedom. And we

promise you will all be amazed by the response you will get. Oh yes, some will be more than a little frightened, and even jealous of your light, and they will not hesitate to show their displeasure, but that will not be news to any of you either. But what you will encounter more and more, are those who will be in awe of your true beauty, and who will want to know what has made you into this radiant bird, fluttering above the disheartening reality they themselves feel surrounded by. And when you look into their eyes, they will see it, and you will see it in them, and that is all it takes. For it will be as if the mere sight of your soul will set them free. And they will all start to feel the itching from their own feathers, waiting to emerge.

So fear not, dear ones, you have the wings and the voices that will carry you as long and as high as you want, so do not stay cooped up in your hiding place forever. For if you do, your light will almost be lost to this world, as you will only be able to light up a small circle around you. But if you dare to take to the air and sing your jubilant song, your light will be cascading down upon this whole planet in a way that will speed up the process considerably for everyone. So take heart, and take to your wings. You will find it a very enjoyable task indeed, for your eyes and your heart will find light in so many places, and you will feel the deep connection that you share grow stronger and deeper for every soul your song will touch.