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The times ahead may be construed as chaotic for many, but as you have been told before, chaos does not need to entail fear. You have been taught well dear ones, as you have managed to wrestle yourselves away from the old prison of fear and started to breathe the air of freedom of choice. For that is what all of this is really about: to stay within the confines defined by the society that you live amongst, or to start to set out on the road defined by your willingness to go above and beyond the limitations stipulated for all the so-called normal human beings on this beautiful planet of yours.

You have already gotten a taste of what this freedom of choice can give you, in the manner of connecting not only with the truest parts of yourself, but also with others who adhere to the same idea of enlightenment in all of its forms. So we know this will not come as a surprise to you when we say that freedom also comes with a whole net set of challenges, as it means not being able to always follow someone else's paths. For you are indeed trailblazers in every way, and as such, you have learned to trust your own instincts whenever you come across a fork in the road leading off into unknown territory. For where others would choose the well-travelled road, you have again and again dared to push aside the bushes covering up the other, less defined paths and dared to stride forth in that direction.

And you have done this again and again, found your own path, well separated from the highway that others have instinctively chosen whenever they have come across this same fork in the road. And now, there will be many people around you finding themselves in the same situation, as they for the first time will actually become aware that they too have a choice, and they will see that there is indeed another path running off this highway they have more or less unconsciously been following their whole life. And thanks to you, they will see that this less obtrusive path have been travelled by others before them, and as such, their choice will be less difficult than the choices you have all had to make. For you went into uncharted territory again and again, while they will all have your footsteps to follow.

And as you are the ones taking the lead, you too will also find yourselves at a new fork in the road, and this time, we think you all will have a strong inkling to ponder which direction to take. For you can choose to continue onwards and forwards, or you can choose to backtrack your steps, for this time, the challenge of choosing might seem a little bit more daunting than usual. We are not implying that anything catastrophic is looming on the horizon, far from it. Rather, we are saying that you will all encounter a point on this journey where the awesomeness of what you see waiting ahead might seem a little bit too overwhelming at first.

So again we say, you will once again find strength in numbers, and know that even if that shimmering glow of greatness ahead might lead you to feeling once again less than worthy to step forwards and be acknowledged, you are all more than capable of accepting this challenge too. And remember, you are all bound together by these glowing filaments of light, so even if you feel less than ready to take another step up as it were, know that you are all supported not only by each other, but also by this infinite web of light. So when you find yourself standing at this crossroads, unsure as to whether you are bold enough to continue on towards that glimmering light, do not be afraid to say so. You will not be thought less of, far from it, for we know that the greatness that awaits you can seem more than a little bit daunting. You are made of the same stuff as stars dear ones, but still, you might feel more like brittle little starfish on the beach. So again we say, reach out to each other and comfort those that needs to be comforted, steady the ones that seem a little unsteady, and together, you will all be far better equipped to step boldly forth towards your destination.

As many of you have ascertained already, things are certainly starting to heat up this summer, and we do mean that in every sense of the word. Much is swirling around you all in the form of not only energetic emissions, but also the outcome from all of these injections of light. For the light never comes empty handed as it were, as it will always have a profound effect on all that it touches on its way. So too this time, as has been amply proven already.

We gather you will all have been profoundly touched by these energetic emissions already, and much has once again been brought up to the surface. Not only in you, but in people around you as well. And even if you have all by now been thoroughly exposed to the effects of all of this and you will in some ways have gotten used to it, it will still be hard to keep your focus and indeed your balance throughout these periods of upheaval. For that is truly what so much of this will be seen as, and as we have already touched upon, it can in many ways be described as a period of chaos, but as a creative chaos. For there is indeed a distinction between what many will perceive as chaotic upheavals, and what is actually underneath it all. For the temptation to view this as a form of breakdown or destruction may be strong, but remember, this is not about destruction, this is all about rebuilding.

But as we have talked about over and over again, mankind has been reprogrammed to view any form of change as something to be avoided, and as such, a lot of fear is already starting to emerge. And we do not think we are far off the mark if we venture to guess that this fear is something you have all been exposed to in one way or the other over this last period. Again, it is always important to remember that as you have all become so open by now by connecting to not only yourselves but also to this infinite grid, you will pick up signals in a way that is much more powerful than before. In other words, even the subtlest of hints can be construed as an alarm going off somewhere, so we do urge you all to remember to step back a little every time you sense this feeling of alarm going off within. For you are in most cases merely picking up a message being exuded from the collective, and even if you can literally feel it within your body, it is not something that actually belongs to you. You are merely picking up other people's distress signals, but they can be easily be misconstrued as your own.

So again we say, keep breathing and stay focused, and try to disconnect yourself a little bit from all of the emotions swirling around you. We know it is not easy at times, for it can be more than a little overpowering, so we do urge you to seek refuge with your fellow men whenever you can. The best cure for all of these energetic upheavals is as always to seek within, and even more important, remember to connect with this grid of souls that you are all a part of. It can be difficult to do so in the heat of it all, but that is when you all need it the most. The waters of this Pond will quench any thirst and any burning heat of fear, so make sure that you seek refuge here whenever you feel the need to do so. And no, this is not running away from anything, this is merely a way of seeking shelter from the scalding outpouring of old dross that will ensue from so many others out there who are still standing fully exposed under the fierce midday sun. But you have found your refuge, and you have all been instrumental in setting it up by allowing yourselves to become ONE with these soothing energies. So never resist the urge to gather here in any way you can. It will not only bring you solace, but it will be of immense help to all of those still feeling trapped out in the searing heat of change.

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As the days go by and you are all exposed to the increased velocity of the incoming energies, you will find how door after door seem to be flung open. Some of these doors are doors that have been hidden from view within, while other doors are more out in the open, and these doors concern things not associated to you, but to the world at large. So again we say the time for change is indeed in full swing, and you will all be touched by this in some way. For as the velocity increases, the perceived ferocity of all of this will for many also become apparent. And we do not mean this in any negative way, rather as in a force of nature that is relentless once it has started to march towards completion. For as we have touched upon earlier, the light cannot be stopped now, and no matter how hard one tries to bar the door, the lock has been opened and there is no way to hold back the changes that come a-knocking now.

Many will be able to testify to this already, as it takes courage to stand up in the storm force winds of change that are making their mark on so much now. And courage is something you have all shown yourselves to have in abundance. Of course, at times the courage may seem to have gone into hiding, but underneath all of this hue and cry you will all be able to find a way to connect with that ironclad core of steel that you have as support now. For you are no longer like those who have build their house on sand. You have torn down the old flimsy structures you used as supports, and you have changed them with girders of stuff that is stronger than steel, and as such, you will know that nothing can topple you now.

Still, there will be instances when you also might feel less than secure in this knowledge, and as always, reaching out to others like you will be of great help. For you need to remind yourselves that you are no longer the same person you used to be. You have changed so much during these last months, it is as if you have almost changed identity completely. On the outside, nothing much will have changed, but we venture to guess you have all gotten to know the real you a far bit better over the course of the last weeks. And this will only continue, and you will get even more familiar with the real you over the next couple of days. So make sure to take time to do just that, no matter what these days and nights will bring, for it is important not to lose sight of the core issue here. For you are first and foremost on a mission to reconnect with every layer that you have collected within this outer human layer, and they might be more than you are currently aware of.

So do not get too distracted by any outside, or indeed internal hullabaloo, lest you should lose track of your path to full reconnection. It may seem that you have finished this journey, but we think you will find that whenever you have completed another level of this exploration game, you can feel sure that there are even more treasures to unearth. For this is indeed a treasure hunt for all intents and purposes, and what you will find, will not only bring you much joy, it will also be of immense help to this whole planet. So seek, and ye shall find, and what you find will be more precious to you than all the riches the richest amongst you have amassed in any other way. For it is all within, but it is larger than expected, so get ready to be blown away by the magnitude of it all.

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You are tired and perhaps more than a little flustered we gather, as you have all been through a rather intense few days. Let us just give you all a little heads up as to what went down on Sunday during the Gathering, as we think you will all find some comfort in knowing that the energies you provided to the rest of humanity will be very much welcome indeed. For you have all been working so hard on behalf of us all, and as we mentioned, what you help bring down to Earth is something that will be of immense importance not just to all persons residing there, but also to All of Creation. We know this might elicit some frowns of disbelief, but as the old saying goes as above, so below, and indeed vice versa. For nothing that exists anywhere in this universe and beyond exists as a solitary island, and even if you many times will feel like you are stranded on a small orb slowly drifting out there in the pitch black darkness of space, you are not lost or alone no matter how lonesome you will feel at times.

For you are all so deeply connected, not just to each other, but also to the rest of Creation, so every step you take will have some effect on the whole. And you are making so much progress for us all by the way that you are acting as these transmitters of light on this little blue marble of a planet. For this small island in this vast ocean of space plays a major role in everything, and as we have talked about earlier, much interest is invested in the rebirth of this creation.

For the birth of this planet way back was only the beginning of a very, very long journey. A journey not only for mankind, but also for every civilization that at some point has had their emissaries on the surface of this planet. For as you know very well by now, mankind is not an isolated creation in a lifeless ocean. No, mankind is simply one very special creation amongst a sea of other intelligent lifeforms that exists in every corner of this unending grid of light. You have yet to see these other fellow beings, and even if many of you have found a way to communicate across the borders as it were, you are still very much left feeling as if you are in fact all alone in this biosphere.

But again, you are not alone, and you never have been, and you all carry the seeds from home that have now been watered and have started to grow within. And so, you will feel the calling from the outside, and you will know deep within that even if you do have a human outside, you also harbour much wisdom and intelligence within that originates from a very different place. And so, what you all do while you are playing your human part is actually much more important than just the effects it has on the so-called human society. For what you help bring down to this planet by your willingness to be these living conveyors of light will help us all reach even further and higher than ever before. For you are not only saving yourselves by lifting your own level of vibration to new heights again and again, you are also lifting so many others along with you. Your fellow men, of course, but also the rest of us, as you are putting the finishing touches to an endeavor no one has ever seen the likes of. So as you learn, we also see new truths emerging, and we can use that to refuel your flight even more so.

This will sound that we are in some ways walking just as blindfolded as you on this journey, but nothing could be further from the truth. For we do know what we are doing here as we stand by your side every step of the way. But what happens when the plan is put into action as it were is also a revelation to us. For you are indeed pushing the limits in so many ways, you are educating us alongside with yourselves, and as such, this endeavor is increasing in effect and in magnitude daily.

So let us just return shortly to what you have just been through, for that was indeed a perfect example in point. We gather that for many, the actual event may not have been as gratifying as you might have hoped for in the way of clarity or information during the time you connected, but do not let that lure you into thinking that you did not "succeed" in your efforts to connect. For as we said, you do not

have to DO something, all you have to do is BE, and that is something you can not help but BE. In other words, you are already working up a storm by the very fact that you have surrendered yourself to this energetic grid a long time ago, and as such, your endeavors will be fully on par with those that can report many interesting insights from their own sojourn into this space beyond space. For you have all been to the same place as you have all been connected to the same grid, and so, your contribution will be no less valuable than the ones who can give a detailed report of all that took place while they took the same journey as you did. For you all went home, to put it in another way, and what you helped to bring back down to Earth with you, is in no way determined by your own image of it. For you have all become super conductors by now, and the amount of energy that was pulsed out from each and every one of you and into the Earth grid was by no means puny.

We know this will perhaps bring little consolation to those who felt they missed out on something, but again, perception is not reality, as what we saw during all of this was nothing short of breathtaking. It was as if a fire slowly started to spread all over your globe, as one by one you all opened yourselves up to act as amplifiers for what you managed to take in from the collective grid. And what you poured out from your hearts has already started to touch millions of other hearts, and one by one these waves of living light will start to dissolve even the hardest of resistance.

So once again we thank you all for the beautiful work you do, and know that you are bringing mankind and indeed the rest of Creation a very big step forwards by the very fact that you wake up every day, living and breathing the very light that you help to deliver to everyone else around you.

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Mankind have set their sights on the stars a very long time ago, and since then, you have struggled and toiled to try to find any answers hidden in that intriguing matrix you see glittering above you on the firmament. Some of these secrets have been divulged to you already, but they are merely scratches on the surface in every way. For you have already send your little mechanical emissaries far from home, and they are busy crawling around collecting data and images in so many ways, but what they all depict, are barren wastelands devoid of life. So you hanker to go further, and you invest many an hour searching for that ever elusive "life in space" as you like to call it. But where can it be found, and how can you even contemplate connecting with it? The answers to all of these questions are of course slightly different for people such as you, for not only are you already aware that mankind is not the only living intelligent being existing in All of creation, you know you are simply one amongst such a colorful multitude, it will put your head in a spin simply trying to figure it all out.

For what you see, is not all that you get, at least not yet. For what you see, is simply the topmost layer of a deeply embedded mesh of intricate dimensional structures, and each and every layer of this structure is literally teeming with life in all sorts of forms. But what you can see, or rather, what the majority of mankind can see, is just the icing on the cake as it were. But now, slowly but surely, these inner layers will start to come into sight, as one by one, you will all start to see beyond this outer skin and further afield than you have even thought possible.

For the vastness of Creation is such, it is indeed impossible to take it all in in one go. So again, you will be led step by step towards discovering what lies beyond and indeed underneath what you can fathom today. You will all have had some sort of "taste" of all of these new and exciting flavours of the unknown, but they will be more indistinct and perhaps in something you like to refer to as a vision or dream. For trust us when we say that you have all visited the unknown many a time already, as you are no stranger there, nor are we strangers to you, but it has been conducted in a very discrete way.

But now, this kind of activity will start to amplify in all sorts of ways. And no, we hasten to add, this will not entail so called flying saucers being paraded on your news. We talk of more individual encounters, where you each will start to feel the closeness of "someone else" in a more profound way than before. We say this in order to prepare you all for a slight increase in odd dreamtime activity, and to help you to get ready for this by consciously starting to open yourself more to these "nightly encounters". And do not think you will be inundated with unwanted visitors at all hours, this is not a form of Hollywood production in any way, full of drama and disclosure. No, this is a much more intimate kind of reunion, where you will each be set up to meet your tutors.

For that is really what this is all about, a chance to start to interact on a one on one basis in a way that will bring about many an interesting "discussion", and we think you will all start to have quite a few aha-moments in the time ahead. So prepare to be taken for a trip behind the scenes as it were, and know that it will manifest itself in all sorts of ways, and perhaps not as easy to interpret or even remember at first. Again, we will do this in increments, and you will all be guided closely throughout it all. Thank you, that will be all from us at this stage, but we are all looking forward to a more personal interaction with you all.

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The tides have turned, and once again so much flotsam and jetsam is being churned up in its wake. This will not be news to any of you, and this will not come as a surprise either. For the energy pushes and pulls on everything now, and it will continue to do so. But at the same time, it is also starting to light up corners that previously seemed lost in the shadows, and this will entail some rather interesting discoveries for you all. For what the light enhances, is not the dark places, rather, it is those places of truth and learning that has not been available before. And this, the increased light, will make many an interesting discovery start to seep out into the open. Some of it will be on a personal level, while other things will become apparent to the general public.

So as this summer progresses, much will have to be taken into consideration yet again, and many of you will start to quarry for hidden talents that you will start to feel the presence of within. For remember, you have all come here laden with so much knowledge, but for reasons you have all become rather familiar with, that knowledge has been safely tucked away until the time is right for it to be revealed again. Mankind have a long story of mismanaging the resources they have been given, both of the material but also of the more immaterial kind, and the outcome from all of this is easy to see around you. Therefore, there will be those amongst you who will hesitate to start to reopen these halls of wisdom, for you fear that once again, this knowledge will be misused.

That is easy to understand, for you have all in some way been a part of previous episodes where the outcome was a far, far less beneficial one. But this time, you need not fear the powers of knowledge any more. For this time, we can guarantee you that the knowledge will stay as pure as it is, and it cannot be corrupted in any way. For this time, everyone involved in this have learned their lessons. These lesson have come at a high price for many of you, hence you reluctance to travel down that same road once more. But believe us when we say that this time, here is no danger in opening up that hidden door within that leads to the halls of everlasting knowledge, for this time, you all come armed with something that will help this knowledge stay pure and unpolluted by greed, fear and manipulation.

So step forth boldly in the knowledge that whatever you find, can only be used for the common good of all. It is there, meant to be used to lift all of mankind out from the grip of the threatening abyss,

and as such, the more you are willing to step into your role as a wayshower, the more power this knowledge will have on you all.

So again we say, be bold and inquisitive, and start to turn over every stone you encounter, lest there should lie some hidden answers there. For this is indeed a quest for information, and this information will be served up in so many shapes and forms, so please feel free to help yourself to it in the most generous of portions.

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As we have talked about earlier, these times will be somewhat frustrating for some, while they will be more than eventful for others. And we do mean that in a positive way, as doors have started to open for so many of you by now. And what hides behind these doors? Well, let us just say that there are things there you used to know, but that have been lost in obscurity for a very long time. But now, it is time to bring it out in the open. So even if this time of the year may be construed as a time for relaxation, it will not be so for all. For you will find yourself cramming anew, like an eager student restarting school after a prolonged period of inertia.

So rest assured that although you might find yourself very busy, you will also find that this activity will bring with it so much joy. For you are not made to just lounge about dear ones, even if that is what many of your fellow men are enjoying the most at this time of the year. No, you long for expansion in all sorts of ways, and you will find yourselves pushing the envelope in every direction. For you are hungry for knowledge in a way that perhaps you have never felt before, and so, you will find information and tidbits in the most unexpected of places. For the more you open up to this, the more you will find manifesting on all sides. And the more you drink of this well of knowledge, the thirstier you will all become.

And rightly so, for this is just the beginning of this re-education of mankind, and what you have seen so far are only the tiniest crumbs, much like those left in order to show you the way ahead. For this is just to wetten your appetite, and to help you to start looking forward in a very new way. So take time to look around you, so as not to miss out on any of these sweet tasting morsels that may lie about unnoticed by the general populace. For you will find sustenance where others fail to see anything of value at all, and as such, you can truly call this a quest for undiscovered treasures.

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Dear ones, you have been under the spell of this huge influx of energy for quite a while now, but still, some of you will struggle to find your balance in all of this shifting and rearranging. That is only to be expected, for as you all have your own individual setup, your physical body and indeed your emotional one will act accordingly. In other words, you might find yourself sailing in a slightly different direction than those around you at the moment, but do not let that worry you. For you will feel within just what is right and what is not, and there is no need to try to force yourself against the wind. Or in other words, even if many around you report much of the same, there is no cause for alarm if you feel yourself drifting off in a very different direction. For these winds will take you just where it is meant for you to go, and as such, as long as you follow your inner guidance, you too will find that safe harbour you seem to seek so futilely for at the moment.

For remember, you are all heading for port after a very, very long journey, but even if your destination is the same, the route getting there will vary according to what you bring to this whole operation. For

you all carry different seeds to be sown, and just like Mother Nature, you need to spread your seeds where the conditions for them to grow are favourable. So again we say, all is well, and follow your gut feeling, as you like to call it. And know that whatever you do, it will indeed be beneficial, both in the short term, but mostly in the long term. For you are the sowers of the seeds of love, and these seeds must be spread far and wide, in all sorts of conditions and in all the directions of the compass. For some of you, most of your seeding will be done close to home, while for others, your work will perhaps start a little bit later, and will bring you even further afield. So again we say, your journey is like no one else's, so do not make the mistake of panicking if you at times lose sight of your fellow travellers. For you are all moving towards that same goal, but you are doing so at slightly different angles.

So rest assured that whatever happens next, and wherever you might suddenly find yourself called to go – or to stay put – you are doing exactly what you are supposed to do, and you are doing so in the right location. For some, it will be a little like the busy bee, buzzing to and fro, never at rest, while for others, they will feel much more sedentary and even idle. But again we say, both of you will be doing the same job, but you will do it in the manner and at the speed that has been deemed as the perfect one for you. And the results will be the same, so no need to worry about not "contributing" your part. For you are all giving everything you have to this, and we do mean that in a very literal sense, as it is your very presence on this planet in this physical body that is ensuring the success of this whole endeavour. So again we thank you all, and we say to you keep sailing, and know that these winds, no matter how hard they blow or from what direction they come, will bring you to your designated port at the designated time.

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As you have already ascertained, the waves that keep pounding into your shores have not let up yet, but as we told you, it will quieten down in a not too distant future. Yes, we will persist in using these rather circumspect descriptions of the time units here, and the reason for this, is as it always is. Humanity has based themselves upon a system of time increments that describes their linear time and divide them into number sequences or units that you all navigate by. This works perfectly for you, for then, you have all the same sort of comprehension as to how to describe any set point on this timeline of yours. This works both forwards and backwards, or in the past and in the future as you say. So for you, something that has happened will be assigned a designated number sequence that describes the exact timeframe this event took place. You use the same approach when you plan your future, as you all like to assign a set sequence for an event in exactly the same way, and this makes it very easy for every one of you to navigate this linear timeline that you use to roll out all of the sequences that together make up your life. In other words, from the moment you are born and to the moment your spirit leaves your physical body, your life on this planet will be mapped out by these numerical sequences you call "dates" and "times".

And so, everything you do will be more or less governed by this system, which make it easy for everyone to set up a plan that works for all. You will all get to work at the same time, you will not miss your transport because it will arrive at the designated timeslot, and you will all know when to sleep and when to wake up. For many of you are also governed by these set time-sequences that decide when it is time for you to start your day, in order for you to fit perfectly in with everyone else's.

Be that as it may, but for us, time is a very different concept indeed, and this is also a subject we have touched upon many a time before. As we have told you, for us, "time" is not a line you have to toe, time is something that is a living thing, something that will grow and expand and contract, something that is multi layered and pregnant with possibilities. It is, in other words, a cornucopia of fertile



opportunities, there to be used in the best possible way, and not a straitjacket as mankind has deemed it to be. So again, when you ask us to clarify the future, map it out as it were in number sequences that will put your mind at ease, we cannot do that. For your narrow concept of time is just a tiny little crumb of this whole magnificent structure that we can tap into for our needs. And so, we will continue to frustrate you all by using words such as "soon" and "in the imminent future" and "just around the corner", and as you gnash your teeth once again, we can just reply that all is well, and it is indeed going according to plan. There is no need to worry, except perhaps that your patience will run out before we reach the timeframe we refer to as "soon".

In other words, everything is moving at warp speed, but to you, the ones who have to stand in this daily grind of mental and physical exertion, it will seem that everything has come to a screeching halt, and you will feel yourself getting heavier and less optimistic by the day. Again, we cannot fault any of you for this, for it is only to be expected. After all, you have come such a long way in such a short time, but to you, it will at times feel like you have not advanced one tiny bit. But please know that during times like these, when there is so much going on that you do not have any clear picture of but you feel it in your very bones that "something is up", you are not stalled in any way. You will feel very much left out of the loop because of this restriction of information, and we cannot fault you for getting more than a wee bit exasperated by this, but again we say trust us when we say that all is indeed being taken care of, and you are all doing just what you are meant to do. We will also like to say that this seeming blackout of information will soon (yes, that dreaded word again) lift, and many of you will start to find your voice again. In other words, the information that feels sorely missing at the moment will start to filter back in again, and you will feel the connection opening up, louder and clearer than at any time before.

So again we will conclude a message by saying keep breathing, and do what you have to do in order to help yourself to handle this growing feeling of frustration and exhaustion, and the best way is perhaps to make sure to stay connected to the rest of the ground crew for the duration of this intense period. In other words, when communication between the different dimensions seems to be at a minimum, connection between you and your fellow men must be at a premium. It may feel like a time for going into hiding and hibernating, but now more than ever do we advise you to reach out to each other in any way you can. That way, finding your own strength will be easier than if you insist on going completely solo as it were. You see, there is always strength in numbers, something last night's collective event (The fourth Gathering around the Pond) hopefully managed to demonstrate. Again, deciding to participate in such a specific event is not necessary in order to reap any benefits, connecting with just one of your fellow brethren in some way will help you both to literally lift your spirits. So again we say open up to another fellow member of your enlightened clan, and know that your combined light will do you both a world of good.

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The time is rolling by, and you are perhaps more than a little bit anxious as to what all of this energetic upgrading will result in. For some, it may feel like you are starting to fall apart at the seams, and you will tell yourself "I simply cannot take this any longer". But for others, they will look around and think "where are these heavy bouts of energy that the others seem to suffer from? I do not feel anything at all, am I in the wrong here, or have I been left out of everything?". On both counts can we firmly say that all is indeed well, and you are not about to go to pieces, nor are you skipping any of the adjustments.

For again we must remind you that even if these storms rage in so many ways, the way you respond to them them will be very individual. Some of you will have exactly the same physical and mental

symptoms that often accompany these energetic emissions, and so, you will find solace in the fact that you are not alone in feeling more or less ravaged by these storms. While for others, their journey will be one that may be perceived as more singular, and as such, they will struggle for a whole other set of reasons than those who feel more under the weather than most at the moment. But again we say all is as it is supposed to be, and even if your physical vehicle will be emitting more alarm signals at the moment and for a more prolonged period of time than usual, know that it is not about to give up on you. For you are built of strong stuff dear ones, and you are becoming stronger still by all that is literally going through your body, but we also know that this will indeed be small consolation to all those suffering badly now. Just remember, you are not under any risk of having any detrimental effect from these energies, far from it. Look upon these signals that your body is sending out as merely rumbles of irritation rather than signals of real distress.

As always, pay close attention to what your body is saying to you, for then and only then will you know that there is indeed a difference from what these energies will activate and what may come from any underlying weakness you might have. For what these energies will do, is to push your buttons in so many ways, and this pushing in itself is nothing to be worried about. It can be likened to a sort of irritation or perhaps a form of allergy, where your body's defence mechanisms may go into overdrive at times in order to try to drive out these new vibrations it perceives as some sort of "interlopers" to your system. Remember, your body has been programmed to maintain status quo at all cost, and so, when these regular bombardments of energetic vibrations start to penetrate ever deeper into your system, all those watchdogs who have been given the task of making sure that nothing unknown should slip in under their guard will be prepared to sound the alarms.

And now, the alarm will be ringing louder and more frequent than ever. But this in itself is no cause for alarm, only for taking more care of yourself and allowing your body the rest it needs in order to be better able to acquiesce to this energetic change it is going through. So again we say breathe deeply, and know that this is indeed the very simple, but also the most effective way for staying afloat in this churning mass of energy that is buffeting you on all sides. And to those of you wondering why your body is not sounding the alarm, do not be alarmed either. It is simply your energetic set up that is corresponding with these energies in a different way, and as such, you will be sailing through this period with more ease than others.