As you have been made more than aware of lately, the winds of change have not abated, and neither are they about to. We hear groans of agony from many of you, but let us just assure you that in this, you will find encouragement and support, not destruction and chaos. For as you have all chosen your destiny a long time ago by opening up for these energetic emissions early on, you will find that these winds will literally fill your sails and give you better momentum towards your destination. In other words, what for some will be construed as a devastating blow to their illusion, will for you become a mighty push in the back.

So treasure these powerful winds for all that they are, and for all that they bring. But for those still clinging on to the loosening roots that keep them precariously tethered to the old, it will not be good news. For this time, the roots will finally start to give, and unless they shift their grip and grab on to something more substantial such as you have, they will find themselves in a free fall towards seeming oblivion. For in this, all have a choice, and still, the choice is an open one for those yet undecided. But remember, the timeframe for that final decision, for that is truly what it is, is not an indefinite one. Rather, there will come a turning point that says yes or no, as in "yes, I want to relinquish my grip on the old and crumbling world of yesteryear", or "no, I refuse to open my eyes and my heart to this powerful light".

And so the time to choose directions is upon you all now, and for those still clinging to the old, they will find their precarious anchoring about to come loose once and for all. Remember, the old cannot survive in this powerful light that keeps pouring it, for it cannot thrive in such a high vibration that is becoming the new source for this whole planet. For you Mother Earth has already started to hum to a quite different tune than before, and as such, everyone not humming alongside her will feel very much out of tune in all sorts of ways. So for those still putting their fingers in their ears to block out the sound of NOW, it will be a hard time ahead indeed. Just remember, everyone can sing along with this new heavenly vibration - if they choose to do so. No one is excluded from this, all it takes is to literally unplug their ears and their heart, and the song itself will fill them up to overflowing.

So again we say, remember that this is a choice that each and every member of the human race must take for themselves, and it is a choice that must be taken on a soul level, not a superficial one. For then, and only then, will you start to listen with your heart, and that is the only way to be able to join in this uplifting choir of human voices that is already singing along with that beautiful tune of the heavens above and the Earth below.

### 352

Let us begin this missive by thanking you all for the tenacity you have all shown these last few days. Much seems to be in turmoil now, and it can be very hard indeed to keep the balance in all of this heaving to and fro. For the energies are churning around now, and as they do so, much will come to the surface that has been hitherto hidden. Some of it may be seen as a nuisance, while other things will be seen for the true treasures they really are. Remember, you all carry within you a real treasure trove of spiritual knowledge and power, and now, much of this will be washed out much in the same way that grains of gold are washed out from a pan of sand.

So again we say, even if times are challenging in all sorts of ways, do not forget to look at yourself and see the deep well of knowledge, power and wisdom that you harbour within. Again, this may become more than obscured by all of the noise that is being emitted at the moment, both from your own physical body, but also from the world at large. So let us take this opportunity to once again remind you of the same old advice of remembering to connect with your own true core as often as you

possibly can. For if you do, you will feel the true strength you carry within getting ever closer to the surface.

It might not seem like it for some of you at the moment, but you are indeed already starting to step into your new shoes as it were. Or rather, you are starting to step into your old shoes, the ones that show your real imprint, and who will take you far, far into the future. For what you truly are, is so much more than what you have already seen. And even if some of you have already gotten more than a few short glimpses of the real you that is still very much hidden behind this veil of forgetfullness, know that this too is simply a tiny little taste of what you have in store. For what you have in store, is of such a magnitude you will not even be able to wrap your head around it at this stage. But soon you will, and it will blow away all of the cobwebs still clinging on to that old and worn human frame you still consider as the "real you". So again we say hang in there, and remember to check in with yourself frequently now, lest you forget who you are aiming to get to know intimately once again after this very, very long sojourn within the confines of being simply "you" in a human form.

# 353

As the day of freedom approaches, much is getting into gear now. We hear you all draw a collective intake of breath at the mention of the concept "day of freedom", so let us just hasten to add that as usual, we do not give any details, nor will we give you any set date to focus on, but let us just say that this day is indeed fast approaching. And with it, so much is already getting into gear, as we just mentioned. You will see many examples of this on all sides, and even amongst the highest echelons of your governments, the sense that the tide has turned will in many ways become apparent now. Not neccessarily in outwardly noticeable actions, but more as a sense of impending change that will make many a heart flutter. And as you have already seen, the much prophesied armageddon in that hot spot you prefer to refer to as the Middle East has not come about either. Is it not interesting to see how they are all frantically scampering about trying to find a peaceful solution there?

The defusing of the situation in that current hotspot has nothing to do with chance, and everything to do with the massive injection of light that has been pouring into that area for quite some time now. And if some of you start to think that perhaps you had something to do with this process, the answer is simply a resounding YES. For you are all working oh so hard on behalf of All of creation in all sorts of ways, and so in addition to all of the personal issues you have been clearing out lately, you have been true multitaskers in every sense of the word. For what you bring to this world, is first and foremost the light, and massive amounts of it. For you are transponders of such a magnitude now, each and every one of you are like a vertitable fountain of light, whether you rest or work, sleep or walk about doing your everyday chores.

For you are all working non stop now, and as you do so, you are also literally having a hand in everything that is happening now. For this is indeed a magnificent teamwork, and as we all are giving all that we have to this process, so are indeed the likes of you. And what you bring to the table, is nothing short of breathtaking. For you are working so hard not only to complete any unsolved pieces in your own life, you are also heavy into the heavy stuff as is were. In other words, the light that you help to anchor and transmit into this beautiful planet of yours, is being sent where it is needed the most. So every time you look upon the current news, think that your light is almost certain to be a part of this story in one way or the other. For now, nothing is left to chance, and anything volatile that is being prodded into action by those less in favor of the light, is bound to attract a whole lot of extra light because of it. For whatever shies away from the light now, will only succeed in opening the valves even further, and as such, the more they struggle against it, the more they will become exposed to the rays of change being beamed in from up above as well as below. For your whole planet is sending out these beatific waves now, and no thing and no one can hide from them.

To you, it will be a marvel to behold, but for many others, it will feel as if they are being ripped asunder by all of this light coming at them from all directions. But remember, the light will never destroy, it only seeks to impart balance where none has been before, and as such, it will feel very on the heavy side for all of those still bent on swaying to the shadow side of everything. For they will feel the push the most, and for them, trying to dig their feet in will only serve to increase the pressure from the light. For this time, it will not take no as an answer, for no is no longer an option. You will all be pushed, and pushed hard, in the direction of the light. And for those already heading that way, you will certainly feel this as a mighty push in the back. A push that at times might seem to bring you too off balance, but never doubt, you will not fall and you will not fail. For you have already chosen, and you have chosen well, and as such, the only way from here is indeed up.

## 354

As many of you have noticed already, there is a sort of quickening in the air, as if something that has been long awaited has started to announce its arrival. At first, this will only be noticeable as small pockets of purer air, where everything seems to be lighter and brighter, and where you will find yourself resting as if at ease with all that exists. For there, it will be like you are truly newborn, as if you start over again with a clean slate, devoid of any scrathings from all the old world's toil and troubles. We know that for some of you, this may sound like a far away dream, while for others, these words will ring true in all sorts of ways. But please believe us when we say that these small pockets of luxurious feeling of contentment and ease are about to start to expand for everyone of you now.

Not much will be noticeable at first, for they can come as small blips on the horizon to begin with. But just as a large ship far out at sea at night will only be noticed as a small speck creeping slowly closer, these blips or glimmers of light will start to expand faster as they seem to be approaching at high speed. So know that even if you do not count yourself amongst those who have already had their first small taste of this nirvana, know that you too will soon feel that taste of freedom in your very bones, and when you do, it will leave a sense of liberty that will linger.

And for all those of you who have already had this sweet taste on your lips, if only for a fraction of a second, know that this is indeed the true taste of freedom, a freedom that will not just stop by to say hello and then vanish as if into thin air. No, this is indeed the true taste of the future YOU, the one that will find him or herself settled into a brand new way of life, where all the bygones are just that, gone for never to return ever again. So sniff around in the breeze and see if you too can find one of these pockets of fresh mountain air around you, and we can guarantee you that even if the air you breathe feels more oppressive and foul then ever, these small pockets of clarity are bound to find your inquisitive heart any day now. Search and ye shall find as they say, or rather, keep yourself ready, for you will be found by these life-giving capsules of freedom that will start to emerge out as if from nowhere.

## 355

As many of you have been made aware of already, the immensity of the incoming waves are certainly not diminishing. Rather, they are growing by the hour, and as such, many of you will find it hard to keep your focus in the days ahead. We say this in order to prepare you for a huge influx of light coming your way, coinciding with that time of the year when your planet is perched seemingly in balance in the heavens.

As you all know well by now, this time of the year is marked by a congruence of the light, whereas all parts of your little blue globe seem to be receiving the equal amount of light and dark at the same time. This happens twice a year, and this time, it will indeed be a time that will be remarked upon by many of your fellow men. Not only all those already focusing their vision on the light, but also by all those still seemingly uninfluenced by the effects these heavenly missives have on you all.

For now, it is as if all the floodgates will open at the same time, and as such, the blast of light that accompanies this auspicious time will make its mark on you all. So fret not, even if you might feel ready to implode or fall to pieces in the time ahead, for it is only a signal that heaven has heard your cry for freedom, and it will give all that it have in order to speed up this process as much as possible. For now, there will be no holds barred, and we hope you will all find solace in the fact that although your physical body may be crying out in anguish because of this, your spirit will be soaring higher than ever.

So keep breathing, and know that this will not harm you in any way, it will simply transform you into that brilliant diamond you have already started to see the contours of. And now, the final polishing is about to begin. So batten down the hatches and lay low as it were, the better to be able to receive these heavenly gifts without too much strain on yourself.

#### 356

As you have mayhaps noticed, the intensity of this stormfront may have left you breathless in more ways than one. We hasten to add that this is in no way a signal of anything negative, far from it. Rather, it is indeed signs of a cleansing and restructuring that will give you many a cause for celebration in the time ahead. We know that during these storms, celebration may seem to be the furthest thing from your mind, as the effects of these lashing winds of high voltage energy is not to trifled with. But again, this is only a signal of the thorough upgrading and indeed reconstitution this whole planet of yours is receiving at the moment, and a such, celebration will indeed be a thing on the agenda not far from now.

You see, these beings that go by so many different names, most of them with very negative connotations and rightly so, these beings are now no longer able to withstand the pressure of these storm force winds, and as such, they will have to relinquish their hold on the hearts and minds of everyone on this planet. For now, the high pressure hoses have been put into action, and no one trying to escape these jets of light will be able to do so. As we have said earlier, anyone already facing the sun as it were, will only feel this as a mighty push in the back. But for those scurrying to find a safe hiding place, these jets of high powered light will serve to wash away any hold they might have on the surface of this planet once and for all. For now, the light is coming in at such a speed and with such intensity, it will be like a merciless battering ram against any closed door, and as such, the effects will be more than noticeable.

These words may sound harsh, but remember, the light IS powerful, and it will have seemingly devastating effects to anything not build to tolerate these high vibrations. But again, the light is not out to destroy, merely to rebalance, and as such, whoever is tuning into the light, will be supported by this, not shaken apart. So find a steady ground on which to put your feet, and feel how you are being pushed ahead by these strong surges of light, pushing you ever closer to the Source. And the closer you get, the more you will find yourself at home. For you belong there, as that is where you are all from. And only those still set on turning their back to their true nature will find these times to be almost unebearable.

To everyone else, they will be perhaps more than a little challenging, but they will also be full of exhilaration and joy. For you will shout for joy into these powerful gusts of wind, and you will raise your arms to the heavens and rejoice in the fact that now, you feel yourself lifting as if floating over the ground from the forces that are battering you, reminding you of where you came from. You will not return there just yet, but you will understand that this source is what will be carrying you ever forwards in the remainder of your sojourn here on this planet. For you have much to do ahead, but the travail will be more than outweighed by the joy you will feel whilst undertaking it.

#### 357

We come again to give you all a huge pat on the back, and even if this will sound perhaps a bit condescending to some, take it for what it truly is, a sign of our utmost respect for the work you all carry out. For you are nothing short of Masters dear ones, as each and every one of you continue to raise to the occasion and keep bringing in round after round of transformational engery. This energy is doing wonders, not just for you, but for your whole world. And now, you will start to see the results from all of this even in the so-called mass media. For if you open your eyes and look around, you will indeed detect a change in the atmosphere on a global level. The rhetoric of hatred and fear is starting to fade away in some of the hotspots around your world, and instead, you will find the talk of reason passing over the lips of leaders hitherto more interested in spreading distrust and incite anger in their fellow men.

So yes, the tide has indeed turned, and many of these trickles of light will start to appear all over the place. And never forget, the reason they are appearing, is your willingness to let all of this light pass through your physical vehicle and into the very ground upon which you tread. It may sound improbable and naive to some, but it is indeed this very fact that has ensured that this planet of yours is going through a rebirthing process at the same time as you are. For you are intrinsically linked to her, your Mothership, if we may call her that, and through you, her closest allies, a grand flow of energetic uplifting has been surging for a very long time now. Too long, it may seem to some of you, as your physical vehicles at times have been carrying a more than heavy burden. But the mass you have managed to transmit so far is by no means a trifling one, for it has pushed the limits in every sense of the word, and it has managed to tip the scales squarely in favour of the light.

For this has been a process of rebalancing something that has been immensely off balance for eons, and as such, the road to achieved equilibrium has been a long and arduous one. And when we say equilibrium in this case, it is not a case of equal distribution of darkness and light. Rather, it is a predetermined ratio of the two vital components in Creation that has been set up as the ideal one a long time ago. This may sound confusing, but it is in fact a ratio that goes by the name of the golden ratio. Not to be cofused by that concept that you have going under the same name. No, when we say the golden ratio, it is used to describe the very essence of vibration that will sustain the perfect conditions on a planet dedicated to the light.

And now, your planet has been passing over the threshold once again and into the territory of this golden ratio. Again, as long as you inhabit a place where mass equals reality, it also means that things happen at a slower pace than on planets where things are less substantial. In other words, things happen more slowly here on this planet of yours, but now, even the most slovenly amongst your species will notice a change in the air. So stop not, for you are all very much in mid-stride now, but even so, take a pause and look around you, lest you should miss out on any of the subtler and not so subtle sings that this time, the light has come to stay, and you are once again entering the golden age, where the light will be favourable in every way, and where your endeavors will be more gratifying than ever before.

## 358

As the waves subside somewhat it is time to take stock of the situation around you, and indeed within. For now, much has been shifted about, and it can be hard to discern where you are at the moment. So take it slow, and pick your way carefully forward, as you are bound to find things in the most unexpected of places. For now, nothing will seem the same ever again, as you have all been through a veritable maelstrom of energetic upheavals. And just like a boat being tossed about on open sea, nothing that is not securely fastened will be found in the same position as before you entered these high seas.

For now, you have been through a thorough cycle of cleansing and removing in so many ways, and as we told you earlier, it is time to stake stock of what you have got, and what you have not. What has been shifted, what has been turned upside down or inside out, and what has been remaining steadfast all through this storm? So sit back and do a careful inventory, lest you should miss out on any important details, not just in your own sphere, but also further afield as we have mentioned earlier. For amongst all of the flotsam and jetsam littering the surface, there will once again be some hidden gems, treasures that are of immeasurable importance to you all, but may go unnoticed amongst all of this debris.

You may find some surprises as well, as there might be parts of you still clinging tenaciously on that you would have thought would be a thing of the past by now. And why is that, you might ask. Well, perhaps that part of you has some inner meaning that you have not discovered yet? So again we say breathe, and sit back and take it all into account. It is so important that you all manage to get your breath back after all of this tumoil, and we want to make sure that you feel more on solid ground before we take you to that next step. And before you start to groan in exasperation or perhaps even exhaustion, remember that the next step may be of a very, very different kind than this intense cleansing that you have just been through. For now, the time to rebuild has come, and with it, some new challenges, but also a whole lot of rewards.

# 359

You have come a long way dear ones, and already, you have put an indelible mark on this beautiful planet of yours. You have made a huge difference, and you will continue to do so, for you are not only the wayshowers, you are also the bringers of light in every aspect. We know that this will not be news to any of you, but it bears repeating, as you have mayhaps lost a little track of all of this in the midst of all of the personal challenges so many of you have been facing lately. For you are nothing short of Masters, as we have already told you, and what you help to bring in, is nothing short of miraculous. And already, the traces of light are starting to become more and more apparent on all sides. It is as if you have changed the tune completely, and even if that tune still is falling on many deaf ears, others are already picking it up and humming along to it. Can you not hear it? And can you not feel it in your very, somewhat weary, bones?

We know that to many, this will be of little consequence at the moment, for they might be staring at their own and seemingly unscalable personal wall in front of them, but please believe us when we say that you are all pushing forwards and upwards at all times now. For some, the walls have started to fall away, or may even be completely removed, while for others, the urge to slip back and let go seems to be a more tempting one than to keep scaling what looks like high cliff soaring up forever. You might

be more than tired at times, but still, you have an untapped reservoar wtihin that is there at your disposal 24/7, and that will never let you down. Even when you feel you are letting yourself down. For you are not, and you will never be, for what you have done already, both on a personal level, but even more so on a collective one, is such a monumental effort, the traces of it will be clear for everyone to see long after you have left this physical incarnation. For you are pushing this change ever forward with every breath you take, and it is coming out of the shadows of doubt in so many ways now. Not only for you, but also for all of those who did not even know there existed such a thing as an alternate reality to the one they have been living and breathing seemingly forever. And it is you and only you who have made this new reality a reality, and you will continue to make it even more so in the time ahead.

So again we say take a deep breath, and take time to look around you, for you are no longer held back by the conventions of the old, and as such, you are free now to start to make you own personal mark on this new reality, the one that is bearing your name, and the one that has been created by your very sweat, blood and commitment. So again we thank you and ask you to be good to yourselves, as you need to see all that you have accomplished, and not focus on the things you seem to have missed so far. For if you do, it can make it that much more difficult for you to stand tall and garner strength from all of the successes you already have under your belt. To you, they might not seem to amount to much, but to us, it makes all the difference. For you have turned your world around already, and even if the momentum of this change has yet to be fully registered everywhere, it is unstoppable in every way. So again we say thank you on behalf of All of creation, and we commend you on a job well done. We know you will continue to impress us in so many ways, and we do hope you will be able to impress yourselves too by letting yourselves fully acknowledge the miracle you are taking part in.

# 360

As many of you have noticed, the undercurrents are getting more and more to the surface in many of you, and you will start to hear the whispers of something new under all the hubbub going on around you. You may still feel rather under the weather from all of these intense and ongoing vibrational adjustments, but still, there is also something else starting to literally surface now as you begin to be more able to open your eyes and ears again after a somewhat prolonged immersion under these waters of change.

For this has been quite an ordeal for so many of you, and it has not been easy to even draw your breath, no less try to get a focus on the shifts that are happening. But now, as the noise is getting a bit more easy to shut out, you will all start to get a faint glimpse of what all of this energy has brought with it. For, as we like to say, this energy never comes empty handed, and even if all the moaning and groaning it will elicit from your weary physical vehicle may be the first signs of this "baggage" it brings along, what is far more interesting for us all, you included, are the other effects all of this energy will have on you. For we are not doing all of this to make you feel bad in any way, and even if some of you perhaps think we enjoy inflicting unpleasantness on you, we are not in any way taking any pleasure in the side effects all of this hard labour has on you. Rather, it is looked upon as a somewhat regrettable, but still unavoidable consequence of this whole process, and as such, we will once again say that even if it may seem more than a little forceful at times, it will not be long now before you all will say it WAS worth it in the end.

And so, let us get back to the real reason you are being put trough the "wringer" as it were. For what you are going through, is nothing short of miraculous, and it is indeed without equal anywhere, and yes, we do mean anywhere, in All of creation. For what you are doing now, is far surpassing what anyone else has managed to do, as you are literally transforming a physical vehicle of one kind into an

entirely different vehicle altogether, one that will be able to straddle the divide between the worlds in a way no one else has ever been able to, and as such, you are pioneers in every aspect of the word.

We know that this will be old news to many of you, but as you have already gathered, we do like to repeat our messages from time to time. Even so, what might be news to you all, is the extent of the change that you have already accomplished. Many are saying that you are going through a metamorphosis from a carbon based structure to something that in many ways can be likened to a form of crystalline one, and that is indeed so. But what many tend to forget, is that a huge part of this process is not only about changing the physical properties, it is also about changing the other and less physical aspects of your person. In other words, when we talk about changing your whole set up, we are also referring to the "software" so to speak. In other words, all of the traces and the pathways that have been imprinted within you as a natural part of living as a human being, all of those old grooves and patterns that have been leading you in a set direction. All of those pathways need to be erased and overwritten in such a way, it will literally set you free from all of the old inhibitors that you all carry around within, so that you can enable all of those other sides of you that have been held dormant for such a long time. It is in many ways like taking a computer and picking it apart, taking away the old and worn parts and installing some new ones. And this is what we are doing in collaboration with you. So not only are you getting a whole new set of hardware components that will render you even more indestructible as in being able to withstand all of these constantly increasing levels of vibration, you are also being set up with a whole new set of fresh and unaltered programs that you will have at your disposal so that you can literally start to recreate yourself and the world around you from scratch.

This may sound too good to be true, but that is in fact what this whole process is all about. But to an outsider, not much of this operation will be visible. For you will not change colour as it were, or gain an extra limb, or change your outward appearance in such a way that you will look very different. No, this is all about much more deep-seated changes, changes that will make a world of difference to you all, but to an untrained eye, will not be easily detectable. But you will notice how these changes will become more and more apparent in your life now, and if you look in the mirror, you will see something looking back at you that was not there before. You will see a depth within you that has not been visible before, and within this depth, lies the promise of a future you have been striving to find for such a long time. That future has come a whole lot closer to you all through these last two week's hard labour, and we invite you all to take some time to start to get acquainted with it. For it is already here, and it is wanting nothing more than to say the first hello to you all. So raise your weary heads and take a peek, we guarantee you all you will see at least a small glimpse of it if you try.