

We would like to take the occasion today to delve into the topic of light, and we will do so in the hope that it will illuminate some hitherto darkened corners within you all, and also in the hope that these words will help to trigger some of you in a way that will help to illuminate the rest of mankind. You see, you are here with a very specific task in mind, and even if that task is still very much hidden from view for most of you, it is coming up to the surface at an ever increasing speed. For as you are all aware of, you are here to resurrect the glory of mankind and her surroundings, in the way of manifesting a brand new version of both that will enable you all to live in a way that will help to sustain you all in a continuous and benevolent cycle of enlightenment.

For when we talk of enlightenment, we do so in a very literal way, and we do so also in a more circuitous way, as light is so much more than the illumination you can perceive with your own eyes. You see, what you see is simply a fragment of All there is, and even if this is not news to any of you, it is still a fact that needs to be emphasized again and again. For mankind has in so many ways been trained to disregard anything that cannot be seen, and as such you have grown accustomed to exist on a very superficial level, one that is literally just the surface of All there is. But now, what has been kept hidden from you will once again become visible, and it will be so in a way that will serve to dispel all of the old notions of “reality” and replace them with something that far surpasses this old and worn out illusion.

Still, these words are not giving you anything new, but what we are about to delve into now, will be perceived as news to many of you, while for others, it will serve to increase the lingering supposition you have already started to feel into. For now, the true role of the light, and indeed, the very diverse nature of light will come more and more into focus, and that is because you are finally able to discern this information yourselves. For now, your whole receptory system has been finely tuned to such a degree, it is finally able to receive and interpret the subtle and not so subtle signals coming your way, and as such, what has been there all along will finally come into view for the general masses. For as we have told you again and again, you already possess everything you need in order to rectify all that is wrong on this planet, and now, bit by bit, this information will finally come to the surface for all to see. And it will do so by the help of many of you. For you are here as carriers of light, and when we use the term light this time, it is in the term of information, and this information, when exposed to the general public, will help to light new flames that in turn will engender such a vast landslide of innovative forces in mankind, the unstoppable tide of change will take on a whole new direction and magnitude.

For now, you will suddenly start to see the obvious and you will start to see the simplicity and the beautiful structure that underlies everything that exists, and you will see the simple solution that will make all of the old and misinterpreted ways of mankind to become null and void in an instant. For you will see what lies within you in the form of energetic pathways, ready and able to start to unfold their vast and magnificent machinery, and when they do, they will unleash that inherent creative intelligence that you are literally walking around within. For your physical vehicle, that much-maligned and often ridiculed cylinder of flesh and blood is nothing less than a vast library of knowledge, stored safely within your very being, in a way that makes it instantly accessible the moment you manage to break through that old barrier of disbelief. And best of all, this simple solution, under your very noses, is already starting to show its true colours to some of your bright minds.

For remember, the light is seeping in everywhere, and it has done so for quite a while, and it has also had free access into many a trained mind living amongst you, working as scholars and scientists on all levels. And so, many of them have already started to see this light and they have followed the tantalizing trails this light has described, and they have started to pick out bits and pieces of the information that this light carries. But until now, all of this has been merely fragments of the whole, and as such, a comprehensive picture has yet to be established. And one of the reasons for this, is the old and well-known presence of the ego. For the ego driven mind will always try to keep the cards close to the chest, and they will try to gain by stepping over others, and they will try to hide

information in order to gain an advantage for themselves. In other words, much research has been done in order to glorify the author, but now, that old notion of an ego driven society is starting to fade away, and a new way of existence is coming to the fore. And in this new existence, collaboration and cooperation for the common good will be the driving force behind it all, and this in itself will ensure that many formerly closed doors will be flung wide open. And so, people used to sitting isolated within their own field will understand the powerful effect of collaboration across any of the divisive borders, both intellectually and those old borders defining any idea or concept as someone's "property".

For now, a mighty force will be unleashed, and it will be unleashed in a way that will leave no stone unturned in the quest for freedom for all. And this concept of freedom encompasses everything, as this form of freedom is in fact nothing less than a way of life unfettered by any limitations when it comes to access to knowledge and energy. In other words, a society fuelled by a never ending supply of energy that will enable it to run in an endless cycle of energetic transformation, so that no harm will come out of it for any of the involved parties. In other words, you will once more realize that you are able to live a fully sustainable life, one that will be geared towards attaining more knowledge that in turn will benefit all those around you. For you will finally understand to live as one connected organism, where each individual member co-operates with everyone else, in the same beautiful cohesive manner as all of the cells in that wondrous body of yours are already doing.

For it is all here already, there is nothing new that needs to be invented, for all of the desired systems are already in place, both on a micro and a macro level, and now, you will once again become fully connected members of this vast and hyper organized structure that encompasses All of creation. Or to be more specific, you will once again become CONSCIOUS members of this huge structure, and as such, you will start to reap all of the benefits from this hitherto undiscovered treasure that is permeating everything you see and indeed all the things unseen as well. And what lies at its very core, is the light we refer to, the one that is not the visible light you can see on the outside, but the light that comes in all shapes and forms and is an intrinsic part of it all. For light is much more than a particle or a wave, it comes in all shapes and forms, from a liquid to a solid mass, a gaseous substance or as plasma. We know that this is not news to many of you, but we also know that these words will start to lift some blinkers of so many others, this in turn will start off some very interesting processes within many of you, and it will do so in perhaps some unexpected places.

For again, you each came in with a very specific task to fulfill, and for many of you, this task will show itself to be a distributor of information, and not only that, but information at a level that you had no idea you could even be associated with at the outset. For many of you will help to disseminate advanced technological and scientific information that will be delivered to some already highly trained and indeed highly fertile brains already in place in the scientific communities all around your globe, and so, your role will be as a cross between a go-between and a catalyst. For you will help to shed light on topics that may seem far removed from your normal way of life, and you will do so in a manner that ensures it will be delivered to the perfect recipient. And when we say perfect recipient, we mean someone who can make sure that this invaluable information is being utilized in the most efficient and indeed beneficial of ways, and of course, in ways that benefits all, not just a selected few. For the days of keeping information in a sequestered manner that will help to enrich a chosen few is long gone, for the information we are alluding to, will not be able to be sequestered thus. For in order to even be able to receive this light-carried information, you will have to vibrate at the right frequency, and anything or anyone still under the influence of the old density of the ego-based system, is simply not able to access any of this high frequency information.

Remember, all of mankind is set up with these same inherent systems that enables them to log on to this vast grid of energetic filaments that criss-cross All of creation, but only if an individual is willing to raise their own vibration by voluntarily opening up for these high frequencies to retune their own density from the old to the new one carrying the same tune as the light. So this cannot in any way be mismanaged, for this high voltage information, these snippets of golden nuggets of information have

no value unless they are being connected to the perfect receiver, the person or persons that vibrate at just the right frequency.

For light equals information equals frequency, and now, you have all started to tune into this – for you – brand new bandwidth, one that carries an enormous amount of potential in the form of energy and information, and one that will continue to serve this up to each and every one of you freely – and for eternity. So as soon as you manage to fully connect to these channels of light that you are already set up with, a flow of majestic proportions will start to run through not only you, but this whole planet. For you cannot stay connected to this and still think of yourself as a separate being, for as soon as these energies really start to flow within you, they will also wash away any and all ideas of separation, and the old adage of becoming ONE will become crystal clear to you all. And yes, we choose our words carefully here, for the concept “living crystals” is one of the first that will arise out of all of this, and we know that this is indeed a concept that has already started to resurface in quite a few of you.

Again, we speak perhaps a little bit in riddles, and as usual, we refrain from giving away any details beforehand, but again, that is for a very good reason. And the reason is simply this: you are about to discover this all by yourself, for now, you have been reprogrammed to start to uncover all of the secrets that has been lying and waiting for you, under your very noses. And as we have told you again and again, this will not be done FOR you, but BY you, and so too this. But this will truly be a labour of love, and it will be a magnificent example of learning to interact and interconnect with your fellow men in a very new way, where you will each furnish vital pieces to so many puzzles. For this is not a kind of work that can be taken on in solitude, this is for all intents and purposes a collective effort as we have stated again and again, and now, that will become more and more crystal clear to you all. Let us leave it at that, for we know that buttons have been pushed and information will start to appear to so many of you in the upcoming days and weeks, and we are truly looking forward to see the wondrous results that all of this collective realignment will engender.

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As the days dawn you will see the magnificence of this giant new energetic bubble that holds you all safely contained within its shimmering sphere, and so, the days and the nights you enter will also be contained within this sphere of influence, this sphere of loving care that is protecting you all from the debris of yesteryear. Again we speak in convoluted terms, but we use these somewhat lofty words to try to describe the literally otherworldly world you have entered by now.

For you are no longer members of the old club, the club that had one simple rule in order to contain the entirety of all of its members, and that rule was the rule of fear. For as long as you adhered to that rule, you found yourself bound hand and foot to something that seemed to be a beneficial place, for that old club of fear was the club that counted the vast majority of mankind amongst its members. For safety used to come in numbers, and therefore, the fear club was the most popular one of them all. Not only that, anyone brave enough to venture outside the strict conformity that this club adhered to, was instantly ostracised and shunned and in the most grievous of cases, persecuted by all those still clinging to the perceived safety of the old prison walls. And so, mankind’s emergence from the dark ages was a story of imprisonment, a story of self-imposed limitations, and a story of heedless following of the old edict of disempowerment. But that old club, so bereft of vitality and lifeblood by now is slowly but surely crumbling to pieces, and what remains of its members are also slowly but surely crumbling away as you and so many like you have left this old and suffocating membership behind. And as you stepped away, you created a new hole in the wall, a hole that enabled more and more of these formerly blind members to finally see the light for themselves, and so they too rubbed the sleep from their eyes and decided to join you here, out in the sun and out in the light, where the air is fresh and the heart’s longing for freedom can finally be answered.

Make no mistake, being a pioneer and a freedom fighter like you comes at a cost, and it is indeed a price many of you have been willing to pay for many a lifetime. For this is not the first time you have

carved yourself through these walls of limitation, but this is the first time that you have managed to not only pull yourself free from this old prison, you have also been able to make the walls themselves come down so that a multitude of your fellow men could follow in your footsteps. Remember, the history of mankind is filled with single-minded people, brave souls daring to go where no man has gone before them, willing and able to stand up for what they believe is the truth, a truth that no one else around them adhere to, but still, the truth they simply have to speak out for.

And so, time after time, these brave souls have been hunted into silence and hunted into extinction, but the seed they managed to sow, was not lost, it just bided its time until the time was right. And now, that hidden stash of undetected seed have all taken root and they have pushed away that forbidding topsoil of hatred and cruelty fuelled by fear that has tried to keep any sign of life in check, and so, all of those sprouts are coming into bloom, and you all carry one of these golden seeds within your heart. For that is where it found the fertile ground it needed in order to begin to stir into life. And in that shimmering glow of the light that you permitted to enter the deep, forgotten corners of your very being this little seed, planted such a long time ago by one of your forebears, sprang into life with a vigour never before seen. Not only on these shores, but anywhere in All of creation.

For remember, even if your recollection goes back many, many years, and you think you have been on this journey towards the light seemingly forever, what you have managed in what is in fact an incredibly short amount of time, is simply astounding. For what you have brought into fruition, is a process that was started eons ago, when darkness fell for the very first time upon what was formerly a true paradise. And as such, even if you all have become more than a little worn and torn by the last few years of hard work liberating yourself from the old clutches of fear, you are simply the last in a long, long line of freedom seeking souls who have trodden upon this very Earth that you call your home. And as such, you are the pinnacle, the crowning glory if you will of a long, illustrious link of lightworkers, finally coming into their own, finally manifesting the dream you carry with you from every shining soul coming before you. And remember, you can count yourself as many of these illustrious forefathers and mothers. For you have come here again and again on the same mission, to plant a seed that was for the future, to make an imprint that would perhaps not be visible during your stay in that one incarnation, but that would become clear for everyone to see some time in the distant future, when the angle of the light would make it stand out in clear and vivid detail.

And now, that future has arrived, making all of the hard work you have done so far in this life and also all of the hard work you did in many previous lives worth while. For now, what has only been a dream for so many generations will finally come into being, and you have already taken those very first steps on the new soil, the fertile soil, the soil that will never be barren again.

For you have created the new Arcadia, the place of your dreams, the home that will nurture your soul just as you will nurture its soil, and together you will flourish in a way that no one can make wither ever again. For you have set up the new coordinates spanning the globe, a grid of lighted beings, encompassing every single node and every single juncture, setting up an entirely new membrane of light that surrounds this whole planet like a life-giving and life enhancing placenta, protecting everything inside of it in an amniotic fluid of light that will serve to cushion and protect you from any outside influence seeking to harm you in any way. For now you have spun your cocoon of light, the one that will enable you all to gradually complete this process of transformation, and even if you have already become the lighted beings you have sought to be for such a long time, you also need time to fully transition into the complete and complex being that you already carry the blueprints for within. For many, this will sound like a step backwards, but it is anything but. For you ARE already complete, but you need time to assimilate it all and to develop every single trait of greatness that is already there. For just like an old fashioned photograph having been imprinted on a carefully prepared piece of paper by the light, you also need some time in seclusion to develop fully so that all of the details come out and all of the colours can shine with full brilliance. And so too you, for you have all completed a long and arduous journey already, and even if you will all be called to task in many ways in the time ahead, you will also be called to step back and let time help you to settle into your new you. Not for prolonged periods of time, we are not talking about a life as a hermit living in seclusion,

unaccustomed to being out and about with others. No, we are simply referring to a period where you will feel the call to step forward at times and truly shine your own light in all kinds of circumstances, but where you will also be called to step back and just let the light shine on you. For at times, you will also have to take time to focus the full attention on you, so that the light can help you to fully develop into the very best version of you, the one containing all of the depth and all of the details, all of the light and the whole spectrum of colour that is already imprinted into your being.

So again we say, take time to just BE, and know that you are being held safely within this cocoon of light and love, this cocoon that now encompasses your entire globe, and this cocoon that ensures that you are no longer just a solitary passenger within your own little golden egg. For now, those single embryonic sacs that used to carry nutrition and information for just one single soul have merged into a giant orb capable of sustaining you all, and capable of ensuring that the connection between you have reached a brand new level of togetherness, of ONEness, of 1 within a perfect 0.

For this is the code of life, the singularity that is the totality, the 1 and the ALL in a point and in a line, no beginning, no end, just a circle encompassing the ALL of you, and all of you in one single unit, unending and limitless, defined and contained but still undefinable. For you are this, yet you are it all, and still, you have yet to BE all there is for you to be. For you are still growing, and inside this egg, this protective wall of energy in the form of light, you will be held suspended in a loving embrace that will never let go until you know the time is right for you to take to your wings and explore even further. And so, you are incubating within this egg for as long as it takes, and as we can see more than one step ahead, we see that you will once again astonish us all by the speed of your discovery of your true you, and as such, your time as fledgelings will not last for long. For you are already itching to try out those wings of yours you can feel developing under your very skin. For you have not come here to be just a human, you have come here to be so much more, and this last part is now the one that will become apparent to you all as you continue to let the light help all of these wondrous attributes to develop at warp speed.

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Mankind has for a very long time harboured great hopes for the future, and even if this hope may seem to be extinguished in a great majority of your fellow men, nothing could be further from the truth. For in each and every single soul on this planet lies that same dormant seed that you have managed to bring into life, and so, within each and every single soul on this planet lies the same possibility to evoke that dream into life. For you are made of the same stuff as the stars as we have told you over and over again, and so, within your very core lies all of the building blocks you will ever need to make that dream come into fruition. And even if you may think yourself outnumbered in such a way, your dreams have few chances to make it all the way to become reality, it is in fact the opposite that is true. For even if so much of what you see around you seems to be pointing towards a scenario of wars and famine, death and destruction, either by mankind's own weapons or by mankind's ignorance and greed, this is merely a small piece of what is truly surrounding you.

For what you see, is just the surface, and this surface bears so many old scars in addition to all of the recent fractures and lesions, but underneath that surface lies all of the true value that this entire planet holds. For underneath all of these inflicted battle wounds beats a steady and strong heart, filled with love and understanding, ready to be filled with even more light than it has been capable of receiving already. And we are not only referring to every single individual on this planet, we are also referring to everything else that exists here, and indeed, your very own home amongst the stars, your Mother Earth. For this is no longer a place made for dramas being played out in all of their simple mindedness driven from fear, this is in actual fact a place made for the resurrection of the light, the resurrection of the love that lies there waiting to be rediscovered.

For this is what you all brought with you from the very first time you came to be here on these shores, this inner gem, this crystalline form of living light that is contained within your physical frame. But mankind has tried very hard to forget this inner source of light, and it has been trained to forget this inner source of light by beings that held it as their higher truth that their best interests weighed heavier than mankind's. And so, that inner core of light has been obscured by layer upon layer of soot and grime as you have collectively been pushed further and further into the shadows. But the truth could not be suppressed, nor extinguished, and that is why all of you stand here today, washed clean of so much of all of these obscuring sediments of fear, ready and willing to let that inner light blast out in full force as you once again stand poised to receive another huge blast of cleansing light. Light that will enable any few remaining grains of dirt to be washed away from the shining surface of that inner you, the resplendent one, the one that has finally allowed itself to be acknowledged, and as such, has allowed itself to fully come out into the light in order to make that inner light fully visible to all.

Again, we speak in convoluted terms, but what we are saying is simply this: fear not that mankind has passed a corner that will take them further down into those old dungeons of despair you only know too well from before, for this is not what is taking place now. For even if the so-called leaders of the world seem to be rattling their sabers in a way that has not been done since the last time you lived through a stage entitled the cold war, you are not about to return to the sins of your fathers. You are in actual fact about to return to the light of your fathers, those forbears of yours that came here in the infancy of your Earth, when man was only but a figment of imagination, and all of the rest was the same. For even if those still clinging on to the old once again are raising their voices in fury and in fear, they will not be able to override the vast amount of loving light that is already washing on to your shores, and even if they try all they can, they cannot drown this light no matter how much fear they can manage to drum up both by their actions and by their words. For their powers are feeble, and they can only resort to their age-old weapons, weapons that by now are becoming more and more obsolete as more and more people start to look into their heart and find that glimmer of hope that has always been there.

Yes, you will still see many exhibiting the symptoms of still ignoring this call from within, and you will also see many, many signals of the same if you continue to search through that cesspit of so-called information that you are being served each and every second by your media. But if you look elsewhere, if you look into yourself, and if you look into the heart of anyone you might come across, we are more than certain that you will see the real truth there. For therein lies that same glittering crystal of light that lies within all, and even inside the ones so filled with fear that it seems to leave room for nothing else is there more than enough space to contain this small container of light, the light that will seem to explode outwards in a huge burst of love as soon as that inner light is allowed to fully connect with all the other light currently existing on this planet.

For make no mistake, even if the shadows are clearly visible all around you, they are in fact so because the light quotient has literally skyrocketed during this last short period of time, and as such, the distance from the outside light and into that inner seed of light has never been shorter, no matter what the noises of discontent will try to say. For this distance has shrunk in such a way, it will not take much of an effort to make it disappear altogether, and again, this is all because of you.

For you are the ones that started on this journey when the distance to that inner light was as long and arduous and as convoluted as it could possibly be, but you managed to traverse it, through the densest of forests, through the highest of passes, through the driest of deserts and over the iciest of plains, and you made it – all the way in. And as you entered that inner sanctum of yours, you also negated that old verdict that mankind would never be able to tear itself away from that inner prison they had created. And as you entered, the thick prison walls around all of your fellow men started to crumble, bit by bit, one grain at the time at first, but as you managed to start to ignite that flame within your heart, these old prison walls became thinner and thinner in everyone else also. For you have reached the source of your hope, and you have found sustenance there, and this in turn has enabled you to open up more and more to these incoming energies in a way that has helped to fuel not only your flight, but everyone else's too. And as you have struggled and toiled to free yourself from all of the old inhibitions, for every binding thread you have severed, you have done so for all of mankind, and for this, we cannot

thank you enough. For your struggle has not been just for you, it has been for All, and as such, this solitary journey you have traveled towards your own inner light has brought every single soul on this planet closer to theirs, and now, the distance between them and their light is no more than a heartbeat away. Granted, on the outside it looks as if there are more than enough armoured steel still separating the two than any missile of light could ever hope to penetrate, but again, that is very much a part of the old illusion.

So again we say that you are all pioneers, but as you have ventured where no man has gone before, you have in fact brought all of mankind's hopes and dreams with you, and as you have succeeded in bringing yourself ever closer to the light, you have also succeeded in bringing all of those hopes and dreams ever closer to becoming reality. And now, you are about to bring it all just that much closer. For there is still much work to do, but you have to remember that even if this at times seems to be a lonely and unrewarding journey through the wilderness, it is in actual fact a huge wave of humanity pushing ever closer into tomorrow as you walk side by side, further and further into the light. So even if you feel exhausted and ignored by those around you, and that all of your hard work seems to fall on barren soil, it is not.

For as you go about your daily life, you keep on bringing in ever more light, not only into your being, but into this whole world, and now, this light will start to push on even more buttons in those around you, making that separation between the incoming light and that inner, still dormant light less and less. And we would not be surprised if you can already see the results from this sequence of ignition lighting up the light in some unexpected places and in hearts in all levels of society. For remember, even if someone has been chosen to hold an office that entails having power over other people's lives, it does not mean that theirs is a heart permanently closed to the light. Far from it, and in this, we are expecting many of you to start to see the truth in the very near future.

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As many of you have already noticed, the wheels keep turning faster and faster now, and the engine of change has been put into a brand new gear. This engine of change is indeed a formidable piece of machinery, and that is because all of the components of this machine are alive. And you count as perhaps the most vital parts of this machinery, and when we say vital, we do mean that in every connotation of the word. For this living machine, this powerful creation that in turn creates the New is in fact nothing more than a conglomeration of souls, some of them inhabiting a physical body, such as yours, while others exist on the etheric plane. And together, you make up a huge and complex army of co-workers, all connected together in such a way, that no matter how hard any single one of the components tries to hold back because of fear, this cannot stop the continuation of this whole operation.

For as we have told you before, fear in itself is the single most inhibiting factor there is, and previously in the history of mankind, a small portion of fear administered at just the right time was enough to literally stop any one of you in your tracks. And so, controlling the destiny of mankind was simply a matter of chemistry. For although you associate fear with an emotion, it is in the physical sense merely a result of a whole cocktail of diverse chemicals being released into your bloodstream, and when these chemicals enter your system, they trigger all of those emotional and physical symptoms you all know so well. And we are talking about some incredibly small amounts of chemicals in the forms of hormones that can trigger such a powerful response, so no wonder this mechanism was considered to be such a foolproof weapon of deterrent for those beings set on controlling the minds and the hearts of mankind.

Remember, you have been well trained to follow your mind, and when the mind sits in the driver's seat, the mind will always be subjected to these chemical emissions that will trigger these fight or flight mechanisms that are an intrinsic part of the crippling of mankind's inherent power. But now, as

you have managed to finally bypass this system of “mind over matter”, you have also managed to curtail the actions of all of these chemical reactions within your body. For when the heart steps back into its rightful place at the helm, the heart will always know how to handle these signals the body will be sending out at any given time. For the heart will know how to distinguish between signals that are important to heed, and to ignore all of those false alarm bells that may go off at frequent intervals. For the heart will know when someone is trying to play games with you, and so, the heart will raise above the din of voices trying to scare you back into submission with all of these numerous outbursts of “cry wolf”.

For the heart is the seat of your soul whenever you inhabit a physical body such as yours, and so, the heart will know when to take action, and when to sit back and simply let these waves of chaos wash over you. And as long as you manage to stay in your heart, your body will also learn to follow the wisdom from within and to stop falling for the same old tricks of creating havoc by creating fear. For this chemical cocktail of mental warfare that is released whenever the old instinct of fear is triggered is simply a programmed response, it is indeed one of those old “bugs” that was implanted into your system by those that needed an easy way to control you all. And what they did, was to insert a sequence of chemical reactions that could be triggered remotely by subjecting you to a vibration in the form of a specific range of frequential waves. So it is in many ways like having a radio receiver within you, one that has been set to a station where it can only receive those low frequency signals that will automatically set off the same crippling physical and emotional reactions every time. For as you all know so well, the onset of fear will cancel out any seemingly well-informed and clear minded reaction to these low-vibrational wave patterns, and so, whenever fear sets in, it usually manages to override any and all sensible and well-calculated response. For fear is like a panicked horse, taking off at full speed, not heeding which direction it runs, as long as it can simply flee blindly away from any perceived threat. For this is the fight or flight mechanism in its beautiful simplicity, it blots out anything except that overwhelming feeling of danger, and so, it disables all of your other faculties.

But not so any longer, at least, not so for all those like you who have managed to disentangle yourself from that old master, the mind, and who have let the heart step forth and relieve the mind of its former duties. For as long as the heart is once again in command of the command center, these low-frequency modulations still being sent out will fail to reach that radio within you. For you have effectively tuned away from these old stations of fear and you have been retuned in such a way, your internal radios have been set to receive only the new frequencies, those that simply carry one message, the message of love. And so, what you have chosen to receive, will help to set all of those old mechanisms back to zero. Of course, you all still carry the ability to produce these same chemicals that are used whenever your body needs to react in a swift and decisive manner, but now, the difference is that you will know what and how to respond, and you will also know when it is a false alarm, something to simply be ignored. For remember, these old stations sending out these distress signals are still very busy doing just that, and for those still choosing to tune in to these transmissions, there will be no end of triggers coming their way, and they can choose to literally drown themselves in these floods of inhibiting chemicals being released into their bloodstream.

For fear is indeed still a powerful presence in many people’s lives, that is, if they choose to let it. While for so many others, love has taken that all-important space within them, and love is the one guiding light that will keep them going, no matter what the rest of their fellow men will think or do. For although fear can have such a devastating effect on mankind, it is no match for the power of love, and even if this may sound like the title of one of your popular tunes, it is also a verifiable fact. Remember, love is also a frequency, and it is a frequency of such an amplitude, it can override everything else. And so, when love enters, nothing else can come in and block it out. For nothing in All of creation can carry a tune that is able to affect love negatively in any way. For LOVE is the vibration that is the pinnacle of All, and anything not compatible with the frequency of love will simply just bounce off and be deflected by that shield of harmonics that the frequency of love creates within anything carrying it.



For remember, everything is energy, and love is in a category of its own when it comes to frequential signature. Because God is love, and love is the frequential signature of God. And you are all also a part of this creation, and you are all also a part of God, and so, you carry these same receptors for tuning into this frequential pattern within you from the very beginning. But as you have been put through a process of reprogramming, these receptors of love was inhibited in such a way, you became easy prey for those controllers who wanted you to answer to their calling, and so, you became retuned to favour the frequency of fear as we discussed previously. But now, those old programmings have been set to null and void, and so your station of love is once again ready and able to receive the full spectrum of programs coming from Source, and as such, you will all find yourself dancing freely to the new tunes streaming into your very being from this Source of love.

We know we speak in simple terms yet again on a subject that for many still hold the significance of life and death in a very real way, but we choose our words in this manner in order to remind you all of the joy that lies embedded within these frequencies of love. For you have spent most of your lives under the thumb of fear, and you have walked upon this Earth with a frown upon your face, heavily laden with sadness and dejection, and indeed any kind of low density emotional output you could care to name. For emotions are also energetic, and what you have been subjected to for so long, has left you dragging your feet from the heavy onslaught of emotional input and output that has been pulling you in a downward spiral, seemingly forever. But now, the hold from these old densities has been easing off, and now you are all more than able to simply shrug off the rest of them and let your spirit lift you up like a bright, shimmering balloon, all the way up to the sky. For with these brand new frequential signals of love comes a buoyancy that will lift you, body and soul, ever higher, and with it also comes the emotional equivalent of lightness, in the form of bliss, joy and a deep sense of relief. And that is why we are here to remind you that you need not carry that old weight of emotional crippling baggage with you any longer, for it is no longer yours to carry. We know we have talked about this subject again and again, but once again it bears repeating.

For you have all entered a new stage now, one that is not intended for playing out those old dramas that you have become so used to playing out, it is almost impossible for some of you not to keep it up. But this stage has been set for a very different purpose, namely for YOU to create upon. For this time, you will be the creator, you will be the director, and you will be the crew putting it all together. For now, it is up to you to set the rules, or if there are to be any at all, and this time, it is up to each and every one of you to let your heart's desire come out to play – in every sense of the word. For you are now free to create, and you are no longer forced to listen to that same old tune of fear, and you are indeed free to let that love streaming into your being come out again through your heart, your eyes, your voice and your entire body.

For when you choose to embrace love, it is not something that becomes contained within you, it is something that simply flows through you and out into your entire world again. So use it, and relish in using it, and know that you can never run out of it. In fact, the more you let this love flow, and yes, we use the word “this” with intent, for this love is not yours, it is for all – the more you let this love flow through you, the faster this flow will increase. And the faster you learn to let go of the need to control this love, the faster the rest of this world of yours will find a way to access this love from within themselves too. For the more love you manage to transmit out into the ethers from your own open heart, the easier it becomes for those still listening in to the broadcast of fear to hear the calling from this beautiful song above the din of disinformation. And that is why we keep reminding you to simply allow the love to flow into your heart, for as soon as it enters that wonderful transmitter of yours, it can be broadcast back out again in all directions, touching the hearts of millions of others, nudging the spark that lies dormant within them, setting it alight in such a way that the connection to the old mechanism of fear becomes severed once and for all in them all.

The tide of humanity has indeed passed a crucial point by now, and as these surges of energetic information keep washing over you, you will find yourself seeing the density of yesterday with a sharper eye than before. Let us explain. Again, what you see is not an accurate representation of what you are truly getting, and even if this is not news to any of you, we will still maintain the need to remind you of it. For as you still see reality very much through the eyes of a human, you will also continue to overlook the truth that lies beneath this veil of confusion. It is not hidden from view, rather, it is kept from your perception by your insistence to focus on the overlaying layers of intrusion and confusion. And so, what is there in full view will seem as if hidden in a mist, a mist of much speculation, frustration and indeed anger at times, for you will feel as if pushing and pushing on an impenetrable wall of light that resists to let you enter. Well, that is not the case, but again this is all in the eye of the beholder, and as long as the beholder has chosen to maintain a distance to the layers within, so the veil will seem to thicken instead of opening up. And so, what is there to discover will seem to become more and more elusive as those thin layers obscuring them all will seem to grow thicker and more miasmic by the day.

Again, we speak in convoluted terms, and again, we seem to be repeating the same message. But again, the truth is very simple, and it is attainable for all, but as yet, circumstances seem to separate more than unite. But that is not the case, for even if you think you are constantly stumbling over roadblocks and bumping into blind corners, you are in fact moving in the right direction. But the problem is, you think you are not, and so you keep closing your eyes to the obvious, and you think the darkness is gathering momentum. Nothing could be further from the truth, for what is actually going on, is that you have come so close to the Source of all light, the brightness of it will make you screw your eyes shut to protect them from the glare.

That is understandable indeed, as you are still very much accustomed to living within a much dimmer environment, and as the magnitude of the light keeps increasing, your brain will react by trying to close down any apertures admitting the light so as to keep the old and much more familiar levels intact. Again, this is understandable, for it is an instinctive reaction, so in this, it takes a bit of an effort on your part to allow all of this light to shine all the way in. For you need not go around half blinded by this light, not if you allow yourself to give up the idea of the need to control it in any way. Remember, this incoming rush of information is enough to make the sturdiest amongst you to falter a bit, and so, you will try to steady yourself in any way you can, and so, you will try to filter out at least some of the incoming light. And the outcome of this, will be a growing sense of unease and imbalance, and a sense of bewilderment. For you will think it is more difficult than ever to discern which way to go next, and so, it will be as if you are stumbling over your own feet in order to find the right way. But again, all you have to do, is to simply let yourself go with this heavenly flow of loving light, for it will take you there, to that place you have been searching for, seemingly forever. You see, you cannot see the way ahead clearly, for this is in fact not an orderly road, paved and marked out for you to follow. That is not how this works. For you have followed that straight and narrow road for lifetimes now, and that is why you ended up where you are today. But now, you must let all the old charts and navigational systems you have been so well trained to obey fall at the wayside, and now, you must allow yourself to be taken out of the old comfort zone of predictability and let yourself be free to roam wherever this incoming flux of light will take you. For it may take you far and wide, not necessarily in the physical sense, more as in the sense of breaking down any last barriers remaining within you.

For now, it is truly time for you to allow yourself to take to the wings and set off into worlds unknown, worlds that are awaiting you, far, far closer than you think. You have a concept you call armchair travelling, and in many ways, this is exactly what we are referring to. For you need to allow yourself to be taken on a tour of the unknown that lies within you, to the wealth of undiscovered territory that lies there, beckoning you to come and visit it. For that is where the true adventures lie, but that is also where you think the dragons reside, just like on the old maps delineating the borders between the known and the unknown. For even if you are all more than eager to leave this version of

reality behind, there are still some mechanisms of fear within you holding you back from taking this plunge to pluck up the courage and simply lose yourself in the well of possibilities that awaits you within. Again, that is easy to understand, for you have been trained well to think that this will entail so much danger, as you will be apt to simply lose yourself completely in the labyrinthine recesses of your inner being, so the safest tip will be to stay on the surface, where you can still see the light from the entrance. Well, that may be the case for the so-called normal version of a human being, but remember, you have already come a long, long way from that old version of you, and for you, it is about time you volunteered to venture even further in. For there you will find that the light is actually increasing, not dimming down, but again, this abrupt increase in light will have many of you turning back from it because you fear the exposure to so much light will perhaps be detrimental in some ways.

Nothing could be further from the truth, but just like a timid child, seeking comfort in the familiar will seem to be the natural thing to do when something so powerful suddenly manifests itself into your life. And even if this is something that is happening in order to help you finally see the real truth hiding behind the facade of your humanity, it can seem to be so overpowering at first that you need to step back and leave it for later. We know that many of you have had some deep forages within already, and for some of you, the effect of meeting up with this intensity has been just as we have described above, while for others, they have no recollection at all at even reaching that kind of depths within. But that does not mean that any of you are still stuck in those shallow waters of yesterday, for this is a process that all of you are going through at the moment. For this is indeed an unavoidable part of the process of true reconnection with the core, for it entails full exposure to the full potential of All of creation, and in this, there is no way around it.

So that is why we are here, to remind you all that this path ahead, no matter how daunting it will seem, and no matter how difficult it may seem to navigate, this way forward is perhaps the easiest part of it all. For the way forward is as simple as to stop thinking and simply allow it to happen. You need no compass, you need no detailed descriptions as to where, how and when to do it. For the light will guide to there, it will scoop you up in its loving arms and carry you all the way to Source – if you allow it do to so. And remember, there is nothing there that can hurt you in any way, no matter how strong the glare from this light will seem to be on your eyes. For this is where you came from originally, so this is simply you in your primary form, and this is where you will return to. It will not be the first time, for this is the place you go whenever you leave the current physical vehicle you inhabit. For as you transit from one life to another, you take a detour back to Source before you once again start a new tour of humanity in another human form, but this time, it is different. For this time, you will return to Source still within that physical frame, still living as a human being, and you will go back to Source in order to regain all of your inherent faculties for then to return back in that same physical vehicle, but this time, you go back armed with your full potential as a lighted being within that human container.

In other words, that instinct of flinching back you experience whenever you venture close enough to this brilliant source of light you all carry within is the natural instinct of fearing death. For as you have all passed through this door of light so many times before, you all know so well that going in through that light means leaving your physical life behind. For that door has been seen as the final exit from your Earthly sojourn, and so, you will balk at the thought of venturing in through that door at this moment in time. Again, this is understandable, but this time, it will not be an exit, it will simply be like a revolving door, one that will bring you into the light for the briefest of moments for then to send you back into your world again as the same person inhabiting that same physical body but fully immersed in the brilliance that can only be obtained by being fully connected to this same Source.

We know these words may leave your head spinning faster than any revolving door, so we will leave it at that for now. Let us simply sum this up in this way: you are all fast approaching that final revealing of the true light within, but as you have all become programmed with the idea that passing through this stage means exiting life, it will take some effort on your part to keep going forwards this time. For as the light increases, you will think that your hold on this Earthly sojourn is slipping away, and you will feel as if you are losing it all. You are not, you will in fact gain everything there is to know. But even

if you know this beforehand, you will still have some issues with the urge to control it all. But the urge to control comes from those last remnants of fear you still harbour within, as the fear of dying have been so deeply ingrained within you all, so shying away from this brilliant light comes instinctively.

Again, we do not say this to berate you, neither should you harbour any such thoughts for yourself, for this is simply a natural reaction. But that is why we are here to gently guide you ever onwards, ever inwards, closer and closer to this immense light that is waiting to welcome you in. And remember, you will not be swallowed up by it. Rather, you will be filled up by it in such a way, you will be able to literally fill the entire world with this light as soon as you step back out again. And step back out again you will, for that is why you are here, to drink your fill as often as needed for then to return into your world and help quench the thirst of everyone around you. For remember, this light is not your light, this light cannot be contained, for this light is for ALL, and through you, it will finally become available to all.

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As we have touched upon many a time before, mankind has a long history of looking outwards in search for answers. You see, as mankind got severed from the old links that connected them to themselves, they were left as if floating in a vacuum, and it felt as if a void had opened up within. In this void, mankind has tried in vain to insert all sorts of ambitions and intellectual games in order to try to fill in this gaping void within, but to no avail. For what has been brought into this gap between the real you and the you you have been feeling, was only transient and insubstantial substitutes for something that was so fundamental for you all, nothing could take its place. And so, mankind was left to search in vain for anything that could make them feel whole again. For within this gap, even if they could not name it nor set any words to try to describe it, they sensed that a fundamental part of them was missing. And so, a quest to become whole again was set into motion again and again, but each and every time, this quest sent you all searching in the wrong direction.

For this quest would usually take the form of a search for something outside of yourself, something tangible, something that felt so tantalizingly close, but yet so far away. And in this quest for this elusive piece, that final answer that would make it all come together, much of mankind's false moves have been carried out. So instead of getting closer to the truth they sought, they instead started to move further and further out from the truth, both in a literal but also in a spiritual sense. For mankind has a long history of seemingly stumbling upon an answer, and they have given what they have found a name, and in some instances even a body and a face, and so, they have constructed a vast belief system around it. Hence, the emergence of compartmentalised belief systems, or religions if you will, all claiming to represent the truth, and all spending a lot of their time and energy in persecuting those adhering to another "truth" than themselves. And so, what was once a unified group became more and more splintered, and as you approached modern age, you became even more so. For at the advent of your modern age, mankind started to seek the answers to this gaping void within in other locales than those where the spiritual messages were shared, and so, they looked in vain for a more material solution to this emptiness within. And so, what they found, was a way to fill that void temporarily by accruing objects of diverse kinds, objects that brought fulfillment for a short time, but then, turned into a prison. For once they started to try to fill that void within with this kind of immaterial materialism, the void seemed to grow larger and larger, and to counteract that, the need to accrue even more started to grow into almost a frenzy. And as the heaps of material objects grew, so the wastelands of this beautiful planet also increased exponentially, and we do mean that both in a literal and figurative way.

For this materialistic dogma was no more successful than the spiritual ones in filling up this void within, and so, the more you begat, the less room you had for love. For love, when it is truly present, will fill any nook and any cranny you could care to think of, and when love is present, there is no need for anything else. Not that this entails a life devoid of any personal effects at all, rather, that this hunger for "something more" will vanish as if it has never been there at all.

We think it is safe to say that many of you can already attest to this, for as you open those doors within wide open to step into the light, you will also feel the sense of finally becoming complete, and then, the suction from that old void will no longer be a factor in your life, for then, there will be no more void within. And then, you will also see the truth in the words we have given you on so many occasions. For you already have everything you need, you are already in possession of the multitude of fragments that constitutes the fullness of your being, and when you see this, you also see that there is nothing external, whether that be a person or an idea or even an object that needs to be added to you in order to make you YOU. For again, what you have been seeking to become, you already are, and no matter how far and wide you travel, there is simply nothing more there that could be described as essential for you to find in order for you to become ONE again.

In other words, you are already whole and complete, and you have no voids to fill nor no missing parts to seek out. For it is already there, within you, but as we have told you again and again, you do have a hard time truly taking that in. And so, you will still feel the need to go on a long and arduous quest to “rediscover yourself”. But all you have to do, is to do the simplest exercise of them all; just sit down, close your eyes and dare to open that door that beckons you to do so. For there are no locks there, no intricate questions to answer, nor no detailed descriptions to be followed in a perfectly timed sequence. There is simply this, a need to make the commitment to take that last little step, that last little step that may seem to be more than a lifetime’s achievement, but that can be accomplished in the split of a second.

Again, we cannot give you a detailed map, nor a time and date for you to follow, for in this, it is indeed up to each and every one of you. Some have come close to take this simple, but oh so transforming step already, while others still feel uncertain or even unable to do so. But this is not above and beyond anyone’s capabilities, for this is simply what you already ARE, and as such, you cannot go wrong, nor can you miss the mark nor can you lose your way. For all you have to do, is to truly want to BE with you, so you can BE you in every single particle of your being. And remember, this is not something that needs to be achieved, this is simply something you need to allow. For it is already there, YOU are already there, within you, in every single particle, in every single breath and in every single heartbeat. But still you look about for the answer to the questions “Who am I really? Where can I find that missing part of me, who is my alter ego, and where do I belong?”

Again, the answer is simply this: you already are all that you seek, you already know all that you want to know, and you already exist to the fullest of your capabilities. But as yet, few have dared to truly see this, and so, you will all need find the courage and the willingness to truly go beyond the borders you still set around your very core.

Remember, they are not really there at all, they are simply a figment of your imagination, set up by that outer part of you still uncertain about the shimmering, bright light you can sense is there, behind those protective screens you have erected. For as we have told you before, you are all so very close to your own brilliant core by now, the power of the light emanating from it can make your eyes water and your mind decide to back off a bit. It is understandable, for it is a long time since anyone inhabiting a human body also carried the full force of their light in full view, not only for themselves, but also for their surroundings, and so, you will still balk at the thought of taking the plunge and tearing away that last protective covering within.

For you are trying to protect yourself from your own light, and it is as we have told you before, simply a cautionary measure triggered by that old and ingrained fight or flight mechanism that has been your constant companion for eons. But now, it is time to dare to unveil the real you, the full brightness of your light, and to step fully into it, and truly become you to your fullest, brightest and truly magnificent potential. And when you do, no thing and no one will be as before, for when you finally stop trying to extinguish your own light, the full force from your light will in turn lighten up everything around you.

It may still sound too daunting a prospect to many of you, and rightly so, for you have all a long history of being hunted down for the very reason that your inner light became fully visible on the outside, and so, the need to cloak yourselves in anonymity is still very much a gut reaction to so many of you. Again, that is understandable, but this time, it is finally time for the de-cloaking of all. And in this, you will once again be the pioneers, and so it will take an effort for so many of you to truly rip off the old mask and stand there in all of your splendor. But we know you will all do it, for as the first masks come off, it will send out ripples of energy of such a magnitude, it will help to rip asunder those heavy cloaks of light-restricting fabric that still exist, near or far.

So again we say, this small step is perhaps the hardest one for all. Not to complete, but to contemplate, but we know you will all take the plunge, for that is why you came. But we also know that it will take some time and some prodding before this process will be set fully into motion. But have no fear, we are not talking sometime in the distant future, we are talking about your present. For as you get exposed to more and more of these energetic particles being injected into your atmosphere and into your very being, you will be assisted in closing this gap between potential and manifestation, and so, inch by inch, breath by breath you will all get there. And all it takes, is for someone to be the very first to bridge this gap between thinking and BEing, and then, the veils will fall and the borders of self-imposed separation will be no more.

So again we say, sit down, close your eyes and feel you way back into you. The light is powerful but the light is simply YOU. So you will not be turned away, nor will you encounter anything that can be detrimental to you if you dare to approach it again after such a long separation. Remember, this light is not something new and unknown, this is the Source you once came from, that core you have felt missing, lifetime after lifetime, but now, that core is no longer off limits to any of you. For those outer inhibitors that were placed upon you in order to make it unable for you to find that core, and that led you into a labyrinthine search for a substitute, leading you all further and further away from the center of your being, those inhibitors are no longer there, and you are more than welcome back home to you – whenever you feel you are ready to welcome yourself home.

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As you have perhaps already noted, these incoming energies will once again be churning up quite a few interesting ideas here and there. You see, you have by now been well prepared to start to divert your attention elsewhere, that is, you have passed through so much of your personal preparations on this journey, you have become more than ready to start to shine your light in a very new direction, one that will lead you to seek further into topics and ideas that may seem far removed from your immediate sphere of influence. And what do we mean by that? Simply that as you have allowed yourself to go through this thorough personal process of cleansing and jettisoning all of the old and cumbersome filters that made it difficult for you to do and to be anything but a human, you have also made yourself able to start to step far outside the old comfort zone, and so, you will begin to find yourself seeking out answers to questions you cannot even put into words yet.

Let us explain. As we have talked about many a time before, you each hold a vital part of the construction plan or blueprint if you will of this new world you are already busy putting together, and as such, this first and somewhat prolonged phase of personal clearance was simply a prerequisite, something you had to go through in order for you to become readjusted in such a way you could be able to do what you really came here to do. For you did not just come to lift yourself out of the old drudgery, you came to lift mankind as a whole out of the old and into the new, and so, your role encompasses so much more than what you previously have achieved. Not that this in itself is not a major achievement, far from it. As we have told you again and again, what you have already accomplished is above and beyond what anyone else have been able to do. For your journey towards the stars if you will is truly a journey of discovery for all, for you make this journey while still within a human body, one that may at first glance seem ill-equipped to accomplish such a feat. But as you have already shown us all, it is indeed on that is more than able to stretch and evolve far beyond any

old ideas of limitations that have been bred into you. And so, you have all shown us the way to do just that, and now, you stand poised to begin the next phase of this saga, the one that will take you all into brand new waters – in every sense of the word.

You see, what you have already done is nothing short of miraculous, but what you are about to do, will be regarded as even more so. For you have by now opened the doors that will take you back to what you truly are, and not only that, these doors will also take all of mankind to a place they have not been before. For these doors lead to the halls of knowing, the halls of wisdom of such a kind, it will – with your help – rewrite the entire history of mankind. For as you managed to wash away the old grime that stood as a wall between you and these shimmering halls of wisdom, you also enabled all of mankind to become truly connected to this Source yet again. And now, as you begin to truly breathe in this fresh air of opportunity, you will begin to feel something stir within you, and that something is a very defined vibration. For what you will start to feel, is the activation of your part of this grand plan, your part of this blueprint, your part of this great endeavour of turning back all of your brethren from that precipice they have brought themselves and this lovely planet you all inhabit.

For you have come here to spread more than your light, you have also come here to spread something definite in the form of information, and when we say information, we mean that in the widest possible definition. For you are here to help to heal the wounds that has been inflicted, not only on you, but on everyone else, and you have also come here to help heal the deep wounds that scars this wonderful planet of yours. We know that this may seem to be a task far too overwhelming for any of you to even contemplate, but remember, the tools you have at your disposal are not of this world. For as one of your wise old men once said, you cannot solve the problems you have created by going at it in the same way that created them in the first place, for in this, you need tools that no one has even thought of before. For what you will help to bring about, is such a turnaround it cannot be accomplished by the old set of mind, nor by any ideas or instruments or procedures put together by that old set of mind. For what you are about to embark upon, is such a path of discovery, nothing in your history can even come close in comparison. You will start to make progress in such a way, even the most advanced ways of contemporary thinking will seem to become outdated and outmoded in the instance something created by this new way of thinking will see the light – in every sense of the word. For you will begin to find solutions in a very new way, by connecting the dots and by accessing the records that have been off limits to mankind for such a long time. And what you will start to discover, will astound even the astutest amongst you, for it will literally open up a whole new world of creativity that will enable you to find solutions to even the most complex of your problems.

Remember, what ails mankind, indeed what ails this entire world, are problems entirely caused by the ill-advised choices made again and again through the history of mankind. And so, as soon as you start to truly tap into this “outer worldly” source of information you have been granted access to through your willingness to step forward into the light yet again, you will begin to see a very new way of solving these old-fashioned problems. For the problems you see around you, are problems entirely associated with the old energy, that dulling vibration that served to dim down the lights within you all. But now, as you have managed to lift your heads above these murky waters, you will literally see far, far further afield, and you will see what no man has seen before. For you will see through the veil, and you will start to see the potential that awaits you on all sides, and you will realize that all you need to do, is to start to interact with all of this potential in a creative way for you to truly realize this vast and untapped potential. Both within you, but also around you.

Again, we speak in convoluted terms, but what we are trying to convey, is that now you will all be asked to step up to the plate in the form of allowing your curiosity to lead the way. For what you carry within, can in many ways be likened to a map into uncharted waters, and this map will show you the way you are supposed to take in order to deliver your crucial part to this overall plan of righting the wrongs on this planet. So take some time to tune into this part of your being, the part that knows so well already all the answers to all the questions you have on how, when, why and who. And then, you will see how it starts to come together, and you will find yourself peeking into corners you have overlooked before, initiating conversations with people you did not even think you had anything in

common with, looking into topics you did not think was of your interest at all, or you perhaps thought was beyond your scope of ability to even contemplate looking into. Or you may find yourself called to visit a certain place or a certain person, or even get the urge to simply sit down and write something, or sit down and draw something. Not necessarily something that seems to be the answer to any of the aforementioned questions, but still, it will be an important step on this part of your personal journey.

And as you start to pick out these steps into the future, others will also do the same, and you will see how your path will start to converge with some, and perhaps start to diverge from others. For as you know so well by now, even if your journey is unlike anyone else's it is also intricately woven into this huge web of enlightened beings that you yourself is just one of, and so, you will see how the threads of this magnificent loom will begin to come together in some very new patterns, patterns that again will engender some brand new connections, all pollinating each other in order to make this whole tapestry of light come alive in a very distinctive way.

You see, you are simply one amongst thousands, so even if you may feel the heavy weight of this responsibility to help to make this whole operation come about a little too much at the moment, know that none of you will be overloaded in any way. You also need to remember that even if you are just a small wheel in this whole intricate machinery of global enlightenment, you alone can make a huge difference. But you are never alone in this, and you will never be put to task on something that will be considered as too much for you in any way. For you all come well prepared, but you also come well trained to seek to connect with all of those other people that constitutes a part of your group. For you are all part of a group, or rather, you are always part of one group or another, and sometimes, you will be linked up to more than one of these conglomerations of enlightened beings, some on your side of the veil, others on the other side of the veil, and so, you are all well connected at all times. And do not forget, amongst the members on your side of the veil you can also count a whole host of people who are well trained to carry out much of what you will help to bring in in the form of information. For as we have discussed on many an occasion, many of you will act as transmitters of information, information that you will be guided to share in the right place at the right time to the right person or persons, people fully equipped in all sorts of ways to carry out your instructions and make them come into being.

You see, this is in all aspects a creative endeavour, but also very much a collective one, for that is an intrinsic part of this whole operation. Mankind needs to relearn to reconnect – on all levels. They need to reconnect with all of their own personal aspects, they need to reconnect across any of the old borders and divisions, and they need to relearn to connect with All of creation. So this collective endeavour is what will bring the new world fully into being, and it will do so in a time span that will be deemed as remarkably short – even by human standards. For this will be a change that comes about in leaps and bounds, not in small increments where you need to learn A before you can venture into B and so forth. You have entered the express lane now, in every way, and so, you will all be propelled forward at an ever increasing rate. And you will be propelled forward in a way that will set you all on that path we mentioned earlier, the one that will help you to see your part in this big plan, and where you will be encouraged to seek the answers to those questions you did not even know you have it in you to find, much less make into reality. For now, there is no looking back, there is simply going full speed ahead with all that you are. So take a deep breath, and take a good look within, and we are certain you will all find that first clue that will help you to set the course for that glorious tomorrow that awaits you all.

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You have by now surpassed any and all of your predecessors, dear ones, as you have indeed accomplished a feat few would have thought possible. For if it were not for you, none of the imminent changes that are about to start to unfold would be coming about, at least, not in the manner and at the speed that they will be appearing at now. For as you anchored yourself fully into this integrated new



level of merged energy, you automatically opened up a new and much faster lane if you will for these energetically charged particles, these small but ever so powerful harbingers of change, and now, you stand before a veritable smorgasbord of opportunities. For you have come to the shores of the sea of potential, and now there is nothing stopping you from taking the plunge and immersing yourselves completely in what lies before you.

For what you stand before now, is that vast and inviting open sea of potential, the never ending source of opportunities to re-tune and tweak whatever it is that is out of sync and out of line, and now, you will slowly but surely be guided to step further and further out into this ocean. And as you start to find your bearings and learn to trust your ability to float freely in all of this liquid light of potential, we are sure that you will all start to feel at home real quick. And as you make yourself at home in this vast new field of energetic raw material at your disposal, you will also be prodded into action it what may seem to be some rather odd instances of surprising alignments and opportunities that will come unannounced. And so, you might suddenly find yourself on a trip to somewhere unexpected or off to meeting someone hitherto unknown, or you will find yourself in the right place at the perfect time to come into contact with someone you may not know before, but to whom you will feel an instant connection to as soon as you lay your eyes upon them. You see, the threads that you have been so busy spinning will now be pulling themselves tighter together, creating a much firmer foundation on which you can all stand. For now, what has been a loose connection of intertwined strands of light will become a shimmering, glittering whole that will enable you all to truly commit to the tasks you have been given. For as we have told you again and again, what you have been enduring up until now, have simply been the preliminaries, the all-important preparations that has been necessary in order to prepare you all, not just as individuals, but also as a collective. But now, you stand poised to not simply BE, but also to start to DO – in every sense of the word. For you will become as busy bees, continuously collecting your treasures of information and energy, and you will continue to fill your collective hive with more and more of this golden trove, whereby you will construct your very own paradise. And this paradise is none other than the world of your dreams, the place where all who dwell there do so because they have chosen to immerse themselves fully in the light.

For as you all know well by now, this path is not for those who cannot commit, this path is for those who make a decision on their highest level to truly lift themselves out and away from the old for good, and as such you are the ones who are amongst that first group of pioneers, the ones who were the first to set sail for virgin territory, following a calling in your hearts to leave behind the old and go and seek your Arcadia on a very new shore. And now you have set foot on that shore, you have arrived dear ones, and now, the building of your very own paradise will ensue. It will not be without its hardship and toil, but this time you will find yourself singing as you continue to construct the land of your dreams bit by bit, piece by piece.

For this is not a case of arriving into something that is ready made and fully constructed, where all you have to do is to put the key in the door and let yourself in to your brand new abode. No, this is the place that you will make come alive, by adding the bits and pieces of your dreams into a seamless construction of love. For there are millions upon millions of things to do, but there are more than enough of you to take on this wonderful task of making it into BEing, now that you have accomplished the task of demolishing the old limitations that kept you from doing what you are about to do. For what has been stopping you, was the very idea that you were incapable of doing this in the first place, but now, that old idea of powerlessness has completely lost its power over you, and you stand as if new again, ready to finally unleash those awesome powers you all carry within. And this is what you will do, in all sorts of ways, and in all kinds of places. For some, you will be brought into some very new and for you totally unfamiliar territories in every sense of the word, while for others, you will find yourself thriving in what used to be an old and stale environment, but now, it will be as if it too has been set alight by this incoming light.

For remember, what you will make come into being, is on this very planet where you have spent so many lifetimes, and so, your new abode will be in the same quadrant on the firmament as the old one, but it will be in a very different energetic environment. And so, what some has construed to be a flight

away from this planet and into loftier and friendlier spheres far, far away out in the unknown space, is in fact all about something much closer to home. For you have created the necessary shift that has brought this very planet into alignment with the coordinates that will engender the brand new time lines that you have chosen to inhabit. For as you stepped away from the old, you also stepped across the chasm that divided you from these new and far more fertile layers of energy that will help to not only sustain your dreams, but also ensure that they come into being. For you are not here to dream of a better life anymore, you are here to make it come alive in every sense of the word, by making decisions and by initiating actions that will enable every single aspect of this hitherto imaginary world come alive. And this you will do, with every breath that you take and with every step that you make, and you will begin to put the pieces together that are already out there, ready to become manifest by your willingness to SEE them and acknowledge them.

Remember, this is not like the pioneers of yore, who brought with them their meager belongings and staked out a claim in the wilderness, and by the blood of their hands heaved out a primitive existence in a small glade in the wild forest. No, you are here to do the opposite, for you are here to simply open up the stores of treasures that are already there, waiting for you to find them, and these stores include any and all tools you might need at your disposal in order to make the new world not only new, but a fully functional society in all its glory. For you will not be asked to step away from the old and into something far simpler and less developed, far from it. You will be asked to step away from the old and crude ways of thinking and doing and into the new and complex but far, far more intelligent way of going about life. For as we have told you earlier, all of mankind's problems can be laid at the door of mankind itself, for you have created every single one of them by your inability to see things in the right way, and by your refusal to see how everything is deeply connected with each other. But now, you have not only opened your eyes but your very hearts to this truth, and so now, you will begin to do things in the best way. Not just for each individual, but for All, and most of all, for the benefit of you home, you very own Mother Earth.

For she will be your greatest ally in this, for she knows that you will be the ones who will give her a new lease on life. You are the ones that will embrace her fully, and you are the ones who will understand the true treasures she is offering you. For this world will become a paradise once again, where the vitality of the very air you breathe and very ground you step upon will become so ingrained into your everyday lives, you will no longer fathom how you could live as disconnected from it all like you have been so used to. And together you will make it all come alive again, by pledging your lives to the reconstruction of this paradise, and by making this dream of it come fully into being. This task may seem insurmountable to many of you, for as you look about, you see the ugly scars of pollution, mismanagement and greed on all sides, but remember that is only skin deep – in every sense of the word. For what you as a species has created cannot taint the very core of your Mother, it has only blemished her outer skin, and now what you will apply will not only serve to soothe this tainted skin, it will actually help to heal it fully and completely in every way. For you will learn how to work magic, in ways that we are used to looking upon as everyday and normal, but to you will seem almost too good to be true. For you will learn – or perhaps we should say re-learn – to re-tune and refashion every single substance that needs to be removed from this planet in such a way, no traces will be left of them.

Remember, everything in existence comes from the same source, there is nothing in All of creation that is not made of the same simple building blocks. For everything that exists is made up of these two elements: energy and consciousness. And so, what has been created can also be recreated, dismantled and reassembled in such a way, what has been harmful will become beneficial. And remember, what makes green things grow better than anything? Manure – the very stuff that can be dismissed as waste, the very stuff that is the best fertilizer of them all. So as you look around you and see waste and pollution on all sides, know that what you truly see is potential – in a very literal sense. For you already possess everything you need to build the new, all of the building blocks are here already, but they might be in a form that you will dismiss as an inconvenience at best, or a hazard at worst. But it is neither, it is simply energy in a form that you have yet not been able to utilize to its best advantage, but that is what you will learn to do now, in some very surprising ways we might add. For you will be

tutored by the experts, and you will learn that what you as humans think of as impossible, is in fact nothing less than simply a matter of refocusing.

For you will learn how to bend and twist and shape anything you need into the right stuff – no matter what kind of wrong stuff it may seem to be at the moment, and no matter how hard you try, you will not be able to turn “wrong” stuff into even worse stuff. For the frequencies that controls these functions, the very vibrations that makes this possible vibrates at such a high frequency, nothing not vibrating at the same high level will be able to literally tune into them. In other words, you cannot create havoc in any way, and you will not destroy anything at all by your inability to understand the complexity of this process. For what you will do, will be as simple as ABC for you, and you will go to the task with a lightness of heart that will assure success on every level.

For even if these processes themselves can be construed as extremely advanced and complex by a human brain, this is not something you will have to study hard at science school for years and years in order to master. For you are all Masters of this already, and so, all you need to do, is to retrain yourself to master your own doubts as to how and when to do this right. Again, there is no way to do this wrong, you can only do this the right way, and you know the right way already. And this is what will start to resurface in you all now, as you bit by bit allow those old ideas of limitation to finally fall to the ground. And as you do that, you will start to see how things literally start to come together around you, and more and more the bits and pieces of your dreamland will become visible. Not just for you, but for anyone how chooses in their hearts to refocus on the light.

Remember, even if you are the pioneers, there are millions upon millions out there ready to step across the same divide that you have managed to bridge, and as soon as you start to furnish this new world with the necessary constructions, they cannot fail to notice what is going on. And so, they will add their light to these proceedings, making the ball roll faster and faster and this tight weave of light grow bigger and bigger, again catching more and more from falling into the deep crevasse they have been contemplating falling further down into. In other words, this will be a spiral of light growing forever outwards, touching more and more hearts as it goes, and this in turn will make this spiral pick up even more speed. And do not think that you have fallen off the tracks if you fail to see some changes in your own life in the imminent future. For they are already there, but as these complex patterns also allow for individual journeys, remember that your path may be a far more complex one than that of your neighbour, but they are all adding the same incredible momentum to this ever growing spiral of unfolding light that you have all set into motion by your unrelenting push to get away from the old densities and into the fresh and uplifting airs of tomorrow. But now you are finally here, and now it will finally start to unfold in all of its glory, and we cannot wait to see just what you will “stumble across” first. For as we told you in an earlier missive, let your curiosity lead the way, for it will indeed lead you to all of these hidden treasures that awaits you all, ready for you to discover them. So seek and ye shall find – in every way and in every direction, and what you find you will use to create the New, the place for everyone that seek to start to live life to the full, thriving out in the full light and no longer hiding in the deep and dark shadows of yesteryear.

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As mankind started to take those first faltering steps away from the old habits of staying stuck in the same rut, it was not an accidental move. Rather, it was the culmination of a long and rather intense fight between the powers that considered themselves as the true rulers of this world, and by the force of the incoming light, embodied in a myriad of different ways. You see, mankind has for far too long been held hostage by those with their own agenda, an agenda that took the presence of mankind on this beautiful planet for their own benefit and indeed as a chance to satisfy their own need to manipulate and subjugate others. But as things started to escalate, the force of the light could not be held back any longer, and as such, more and more of the individuals constituting the population on this planet took to arms in the form of letting go of their own blinkers. And so, when they stepped out from

the shadows and committed themselves fully to the light, they armed themselves with that one true and invincible weapon there is, fearlessness caused by love.

For when the light enters, fear dissipates and the only thing left is love, and when love rules, there can be no other rulers, no matter how hard anyone tries to suppress the ones around them that they look upon as their vassals or indeed, their property. For mankind has for far too long not been masters of their own home, but as each and every single one of you and thousands upon thousands of others stepped out of that old prison of fear and stepped into that true and empowered version of themselves, the old rulers lost their grip on your hearts and your souls, and little by little, also on your minds. For even if the voice from the heart will cut through anything trying to hold it back, still the voice of the mind can be powerful enough to almost obliterate the messages the heart is sending out, and so, what has become a fact will still be looked upon by many as fiction.

You see, you are no longer the ones you used to be, slaves to the old system of fear that governed all of mankind. Granted, there are still large swathes of mankind still adhering to these same old rules that used to govern your lives, but as you step more and more confidently out carrying with you that brightly shining flame you no longer try to hide inside, they too will start to see the light, and they too will start to see the old for what it truly is, outdated and outmoded, a form of slow death that leads nowhere, except further down into an abyss where you will no longer willingly throw yourselves. For you were brought to the very edge, but one by one you looked up and said there is another way, and that way will take us all far from this dreadful place, and it will also help to lift the remainder of this world up and away from that land of the living dead we all seem to be wandering around in now. For we are no longer those automated beings masquerading as humans, we are free souls, here to make this whole planet unshackle itself from anything and anyone still trying to suppress that magnificent life force that is contained within each and every single petrified human. For as a species, you seemed to have become as if made of stone, as layer after layer of inhibition and fearfulness were deposited around that vibrant core you all have, even the most hardened amongst you.

For you are all the same, as from the beginning, you all came in with that small glimmer of light buried deep within you, in a place that nothing could access from the outside. Every single soul on this planet carries that eternal flame, the one that can never be extinguished, and now, you have all fanned that flame into life and it has started to roar with a sound that sounds like nothing less than a heavenly choir. And the power you carry with you is truly awesome, in every sense of the word, and the gentleness it is contained within makes it no less powerful. For the light you exude cannot be stopped by any outside intervention, there are no walls powerful enough to withstand the power of this force, and there are no holes deep enough that can stop this light from shining out. You are the harbingers of dawn in every way, and now, that dawn is already coloring the horizon with a golden hue. For you have no longer the need to hide your light, as this was simply the old way of preserving your very life from those running the errands of your former masters, the ones that feared the light so much they instilled the same fear in all of you.

Remember this is not the first time that you are here to show your inner light, and so, you all know so well the consequences of shining brightly in a darkened world. For earlier, any light that became apparent was quickly extinguished by your fellow men, for to them it was a signal of a power that they had been taught to fear more than anything. For in this shadowy world, you were all programmed to stay dimmed down at any cost, and so, whenever any one of you did just what you came here to do, to shine, you were more than likely snuffed out as soon as possible. Either through force or through fear, and they both amounted to the same.

But now, this world is no longer the world of shadows, for you have turned this world around and you have brought it back into the full force of the light again, and now, the light is no longer to be feared but to be embraced. And we do talk about the large majority, for as the scales shifted and the mass that constituted the dark became far, far outweighed by the very lightness of the light, the hearts of the majority also shifted. For mankind is no longer a species driven by fear, and even if you will still see fear exhibited in many faces around you, if you look deep into the eyes of any one of your fellow men

and women, you will see the light there too. We have talked about this before, and we have told you to seek out these signals of one shining soul signaling to the other, whereas before it was one closed up heart shying away from the other, and now, you will all see more and more proof of this truth. For there is a wide river of light running through mankind now, and bit by bit, all of the old embankments are eroding away, letting this light flow out into more and more hearts. And so, we thank you for allowing this river to take hold of your hearts, for you are the ones who allowed this source to spring forth in the first place. For it is through opening your hearts that this river of light started its journey on this planet, as you all added your droplets of light to what began as a small but crystal clear stream, but as time went by, it started to accumulate more and more light as you all began to join up. For there are thousands of tributaries to this wide, wonderful river, and the one that started here at this Pond is simply one of countless others. And as you started to gather here, you also started to pool your light in a very literal way, and this in turn increased the flow many fold. Remember, whenever light encounters light, it sets off a multiplying effect that again increases the wattage exponentially, and so, what started out as thousands of small trickles soon grew to a jubilant, roaring flow of light.

And now, this source of sustenance and life is also bringing the life back into your brethren all across this planet, and together, you will help your own planet come fully back on her feet as well. For this life force cannot be stopped, and so, as you each take your own steps further and further away from that land of shadows you once also called your home, you are making this life force expand more and more, enveloping not only your immediate surroundings, but this entire planet. And so, what was once a decaying sphere of intolerance and destruction is once more a sphere humming with life and love and potential for all, and now, you are about to start to make that potential come into life in every way you can think of, and then some. For now, there are no more limitations, and now, your creative forces have been given free rein, and together, you will make this planet come alive in ways you could not even dream of.

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As you have already taken into account, these shifts and changes are indeed an ongoing process now, as there are no discernible pauses in between the separate fluctuations of energy, and so, what you may sense as a small lull in the proceedings is simply that infinitesimally small pause between the inbreath and the outbreath, that very point of balance where so much happens.

Let us explain. As we told you in an earlier missive, you have truly entered the fast lane now, and so, each day and in every way you are being propelled forward at an ever increasing speed. Again, this may lead to all sorts of confusion and bewilderment as you try unsuccessfully to keep track of it all, but again, this is not something you need to concern yourself with. For you are not here to understand it – that is, in the sense of a human mind grasping all of the intricate details this complex process is all about. For all you need to do, is to go with the flow in every sense of the word. This in itself may sound like a somewhat simplified answer to all of this, but again, you are here to do something that is inexplicable to a human brain, but comes naturally to that eternal part of you that is also part of the “mastermind” behind this seemingly convoluted arrangement, all done with the same purpose, to shift the entirety of humanity once and for all away from the old and delusional ideas of “survival”.

For what mankind has been forced to abide by for such a long time now, are laws that has kept them away from the truth, but now, as you have all chosen to step fully into this wide and ever increasing river of light, you have also chosen the destiny of mankind to change – from one end of the scale and all across the board to a very new one, one that is not shrouded in darkness anymore, but fully lit by the benevolent beams of the universal light that lies at the core of everything in existence.

Again, what we bring you through these messages will not be news to any of you, they will simply be externalised in this form so that your own internal information center can better exhume these long

forgotten truths from within. You see, we cannot tell you anything new at all, for you already know fully well what we are trying to convey to you, but as you also know, this truth has been shrouded in a dark mist for eons, and so, what may seem to be a new discovery of unknown dimensional levels within is simply a rediscovery of something you are all more than familiar with.

Still, this process of reemergence is not one that can be accomplished at the drop of a hat, and that too is something you have all become well and truly acquainted with over these last few days, weeks, months and years. For where you are standing today, is simply the pinnacle of a process that was started a long, long time ago, way back in the early history of mankind, when the dark shroud hung low and obscured every kind of view there was. And then, you started to come in, through lifetime after lifetime, with one expressed task: to heighten the light quotient on this planet sufficiently so that the next step of this long and arduous process could come into being. For as we have told you before, this seeding of light has been a long time coming, and just like with everything that comes into life in the manifest world, it takes time from seeding to sprouting to full growth. Well, this has taken its time, and for many, it seems to be an overly long one, but again, this is indeed the age of blossoming, when mankind finally will come into full bloom, shining in all of their splendor and glory, and the dark ages will become a faint memory that will start to dissipate into the back of your minds for then to vanish completely.

This is not a fairy tale we tell you in order to put you to sleep and forget about your troubles and your toil, this is simply a reminder that you are not here by accident, for you are here to finally fulfill the quest that was started many a generation ago, by shining souls such as yours, with the same goal, but with a much less rewarding outcome – if you look at this from the perspective of one single lifetime. For unlike your predecessors, you will see the result coming into fruition during one single lifetime, and what you have accomplished so far, has proved beyond any doubts whatsoever that you have already achieved that accomplishment. Granted, there are still many a task to fulfill before you can sit back, relax and simply survey all of this splendor we talk about, but again, these tasks are what you are already tackling with a renewed fervor. For even if your mind and indeed your physical body may seem to be overly exhausted and even less than enthusiastic at the moment, especially at the prospect of even more work looming on the horizon, we also know that your heart is singing with joy whenever it connects with these threads of light that will guide you in your continued efforts. For this is indeed a labour of love, in every sense of the word, and even if you think you would like nothing more than a long vacation, devoid of anything that even resembles energetic endeavours, you also know deep inside that you would not be without this deep involvement in the tasks at hand. For that is why you are here, to make these things come into being, to knit together thread after thread of enlightened effort into a shimmering garment of light that will envelop this entire planet, making her shine with all of her inherent qualities yet again, finally liberated from everything that has been dimming them down and covering up their power and beauty.

For you are here to work, but for you, this work will more and more turn into play, as you unleash your creative powers in such a way, no man or mind can stand between you and Creation. For you will sing this world into being once again as you lift your voices up with these energetic waves of light that are gathering strength even as we speak, and one by one you will add your untiring voices to this earthly choir that will make the heavens stir and set so much into motion, it will unravel the old and weave the new at a speed that will literally take your breath away.

Again, what we bring you through these missives are not just words, words that will be reused and reinvented again and again, just like scraps of cloth being resown and reshaped into brand new garments. For these words are merely the outside coloring of a far more important internal process, one that goes directly between you and Source, one that is not in need of words, one that goes on 24/7 at a level that you so far only have gotten a few glimpses of. But these words act as that outside signpost of what is going on within, for they can serve to light the way whenever you turn an unexpected corner and think you have come to an impasse or taken a wrong turn. For still, you are also humans, and as humans, you need reassurance in the form of words and in the form of something tangible that you can take to heart and discuss with others, and this in turn will help to realign you

with others on this same path. For the energetic signature that these messages carry, is one that will resonate with a number of people on this planet today, and so, this vibration will serve to pull you all closer together in ways that will help each and every one of you to fulfill your part of this complex process.

For this is indeed a collective effort, and what you are taking on as singular entities is simply one piece of a gigantic puzzle, and in order for you to fulfill your task, you need to be connected in the right way with the right people. And this is where these messages serve their highest purpose. For you can look upon them as a homing signal being sent out, a signal that will speak to those amongst you who have a common cause in this huge operation, and who have been called to reunite in this lifetime. For you are indeed old souls, and you are also old acquaintances as we have mentioned before, and now, you have been called to step forward and to light up your light to such a degree, it cannot be overlooked anymore. And as you step forward, you also step into this circle of light that has been called to gather here, and as you step forward, you also help to send out the call to all the others out there still waiting for their signal to step out and into the light. Remember, you are the forerunners, the pioneers, but you are also the ones that will help to fan the flames in thousands upon thousands of others, in a well orchestrated sequence that is far, far beyond the point of no return now.

So again we say, look upon these messages as a call for action, and know that the action we refer to, is the one that is taking place within you at all times now, even if the details of it may still be mostly hidden from view from most of you. But for some, it is already starting to become tangible in various ways, and for them, the task is also to share it – in the way of words. And this is the second task of these messages – to help you to see your own process more clearly, and through that find a way to enlighten your fellow journeyers in such a way, they in turn can do the same for others. For words are still necessary, even if you are not required to fully understand or indeed describe all of the shifts and changes taking place internally and indeed externally. You know this already, but you also know that your human side needs reassurance and it needs to feel the connectivity in a way that is easier to take into account than a mere sense of energetic connection and communication, and so, words like these will still be a part of this process.

So again we say thank you for all that you are and for all that you do, and we thank those of you who have been given the task of translating your acquired insights into words so that your voice can act as a helping hand for your brethren. Remember, even if this journey is a very individual one, it is also one that you need to take as a part of a collective, for it is through your collective efforts that this creational masterpiece will come into being. And so it will continue to grow, as you keep breathing it in and exhaling it out, in the form of action, in the form of words, and in the form of simply BEing the change you came here to accomplish.