



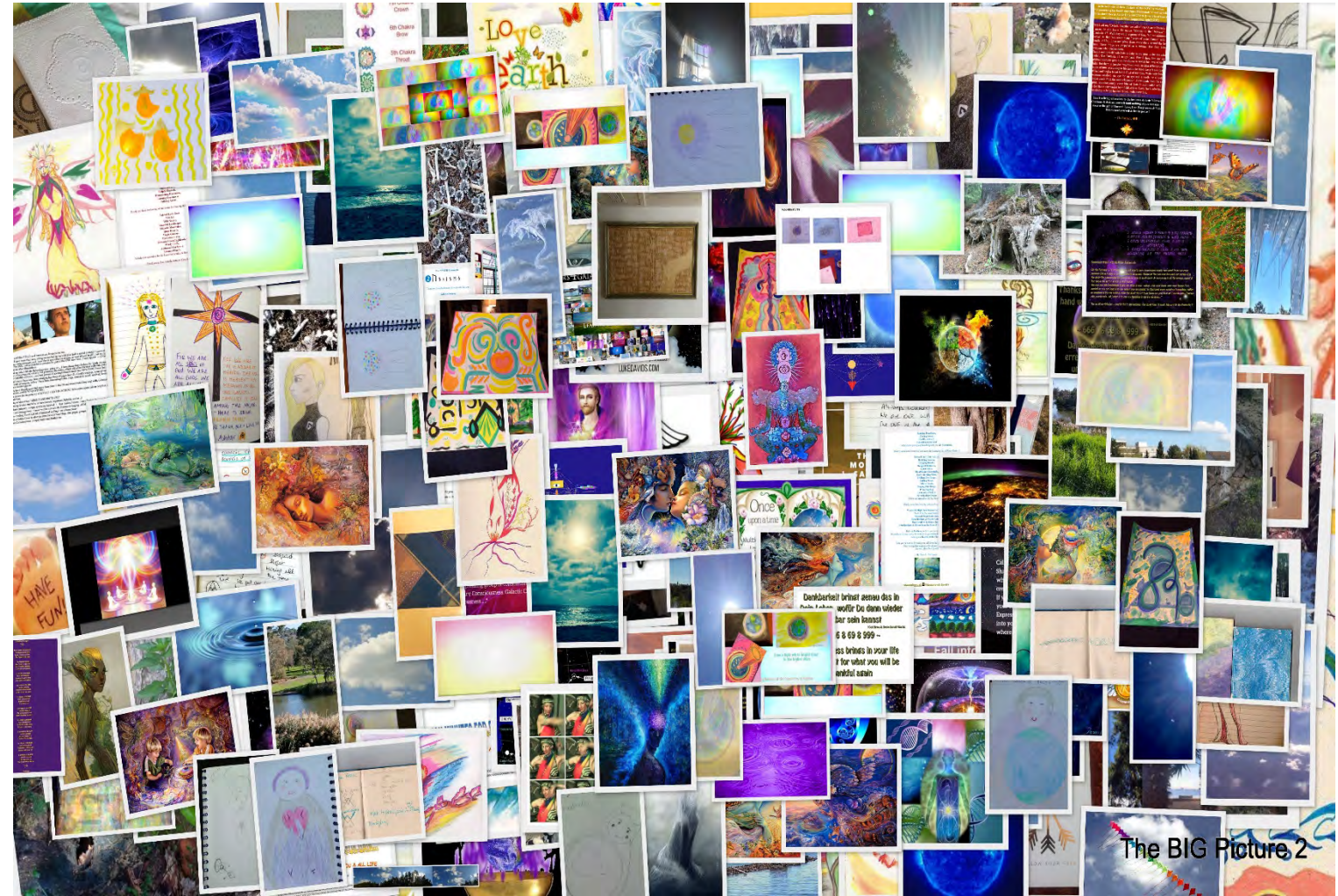
LEADERS4GAIA

POPULATING THE
NEW EARTH FREQUENCY

Awakening Storybook

Leaders4GAIA

March - May 2016





Group 1

Boing!

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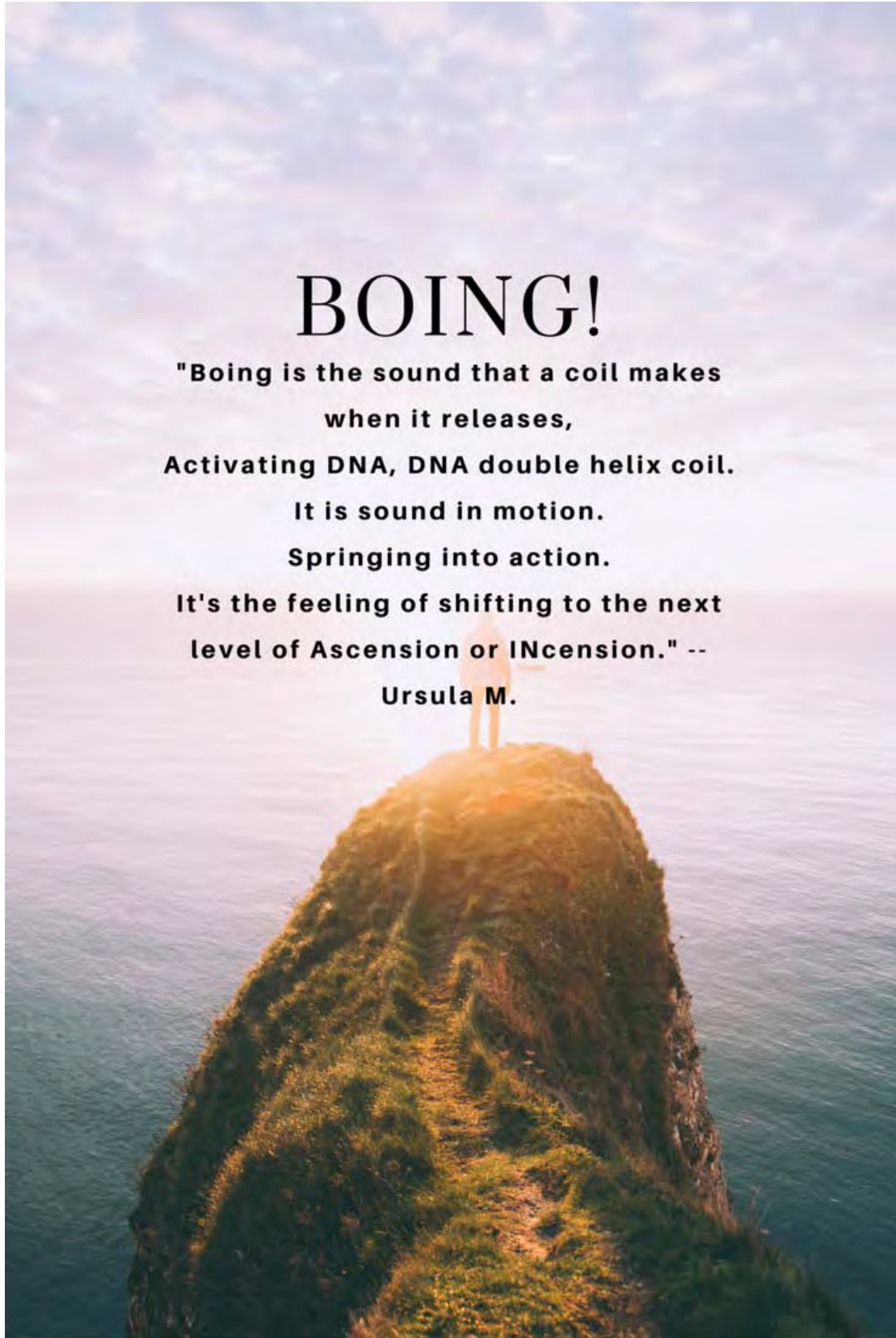
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BOING!

**"Boing is the sound that a coil makes
when it releases,
Activating DNA, DNA double helix coil.
It is sound in motion.
Springing into action.
It's the feeling of shifting to the next
level of Ascension or INCension." --
Ursula M.**



Chronicles of Victoria

An Awakening Story

--

This is a story about the lovely Victoria. Her nickname is Pixie. Recently she realized why she was named this; because her mission in life is to spread pixie dust of love and seeds of awareness by simply BE-ing, for her fellow humans to water and grow. Pixie has never been asleep. Rather, she was disillusioned by her karma's which instilled fear, guilt and temporary amnesia to know who she

really was. Pixie has always been someone who has stood out from the crowd. Throughout her life, people have commented on how she has this ability to light up a room. She didn't quite understand this but knew there was something unique about her. Pixie had a deep sense of wanting to help people. She also felt a deep connection to earth. She often dreamed of a world of peace and harmony and had a hard time understanding the disharmony in the world. When in nature, she felt a strong connection. She would look outward at a beautiful scene projected by her planet Gaia, and have this sense of something great. She felt this greatness, but was not fully aware of how truly great it was. Because it felt so good, she often retreated to nature to get this 'fix.' Another reason for retreating into nature is because she would receive epiphanies and life lessons whilst there. She realizes now, that it was because she was BE-ing, unobstructed by her karmas, doubts and fears; she was directly connected to her 5D SELF. During these times, her imagination would run wild. She had the sense that there was much more to this life than she was aware of.

During Pixie's teen years and into her 20's she became extremely bored with life. She had strong feelings of dissatisfaction that lead to her questioning what the purpose of her life was. She felt different from everyone else and was challenged by the usual routine of life. Instead of searching inside for her purpose, Pixie looked outward for answers. And when she couldn't find them, she became more frustrated. She could see through the illusion that materialism brings. She could see through the illusion of money and having the perfect family with a white picket fence within the perspective that she held at that time. As a result, she became even more frustrated and started to drink. Drinking was her saving grace. It allowed her to live in the middle zone where she could temporarily forget about her 3D life; the fear, the guilt that she carried with her. But little did she know, this was actually making things worse. She would wake up feeling even more guilty and fearful, combined with a lack of love and confidence in herself. This cycle continued until one day when she realized what was happening. She called her mom and said "mom, I need help! My life keeps going around in circles. I can't stand it anymore. That day she completely surrendered. She got down on her knees and asked for help. And to her astonishment synchronicities began to occur which lead her to where she is now, fully remembering who she is. Well actually, everything has lead her to now, but let's just say, her awareness of who she truly is was accelerated from this point on.

Her spiritual awakening began when Pixie sought guidance from a guru and then from a clairvoyant. In both cases she was directed by her higher self to move away as both took her away from her inner guidance by making her once again look outside for the answers. When she woke up to this fact, she sought information from the world wide web. In her search, she found a website that resonated with her deeply; Dr Suzanne Lie's website. She would visit this site almost daily to read Suzanne's blogs. Everything she read, made so much sense. Her eyes were opened to a world that felt so familiar, so right. One day she saw the leaders for Gaia course advertised on the site and felt a strong pull to register. She would check the site daily to find out when the course was starting. She was really excited when she received an email to pre register for the course. This was her chance to share her information to be contacted to then apply for the course. Prior to applying she had a few moments of uncertainty. She questioned whether she was good enough to be a leader. But something deep inside of her kept her interested. So, when the time came, she applied and was accepted. The feeling she had when she received the acceptance email was incredible. She was so excited and so she enrolled. During the first week of the course, she was overcome by many initiations. All surrounding the doubt she held about herself. She wondered if she was good enough for the course. She also questioned whether she was doing it right. Her saving grace was in hearing the shared feelings from the other members of this group that were shared on Facebook. When she heard that others were going through the same initiations, she was able to release all of her self doubt. It was such an incredible feeling for her. Over the coming weeks sharing and learning from her fellow leaders, she witnessed the UNITY CONSCIOUSNESS that had developed between the group members. She witnessed how each member was having the same epiphanies at the same time, relating to the specific perspective that they held. This was the turning point for her as this provided her with direct evidence that this process was real. With this knowing she felt complete trust in this process. She surrendered and believed completely. She could see the impact each member had on each other through the interconnectedness that was shared within unity consciousness the group had created.

The moment Pixie surrendered and believed wholeheartedly who she really was, a divine being living in a human vessel, it felt like the gates opened. She was flooded with information and messages from her higher self. From this moment on, Victoria realized she was on the right track. This is what she had been searching for her entire life. The answers were all within and suddenly life took on a lot more meaning. Finally, she found her purpose. Recently, she received a very clear

message that she was in the final stage of this process because she completely accepted this reality. The following is a journal entry from the day she received this message:

'I received a message today, informing me that I have reached the final phase. This being acceptance. Acceptance of who I am as a divine being in a human body. Complete acceptance of my 3D self experiencing duality and loving both sides of myself equally. This in turn has resulted in me accepting EVERYTHING! I accept everything for what it is. I hold no judgment or belief that anything is good or bad in this life. It simply is. I now feel a complete acceptance for everything and everyone. Leading me to a feeling of absolute freedom, openness and expansion. When I accept everything for what it is and surrender and give full trust to this process, I suddenly just am. For some time now, I have been asking my higher self what I was here for in this lifetime, and the answer was always, "well you are here to BE." It was that simple. But my 3D mind wanted to complicate it for some reason. Now I realize how much right it feels to just be. I know get to live my life as an observer, observing myself from a 3D and 5D perspective. I am in the middle. I am a phantom, in the middle way. Observing everything while being guided constantly by my higher self. I no longer feel I have to connect to my 5D self because I AM my 5D self. I get to just BE. To live this and in so doing I impact others by simply just BEING. In this beingness I will attract those who are ready and guide them by planting seeds of awareness. I have this sense that I have no where else to go, to just be here NOW and lead by BE-ing. Now that I have let go and accepted the fact that I just get to BE, my life is flowing beautifully with no obstruction.

When Pixie reflects back on this process she realizes her growth occurred on 3 levels. This makes so much sense to her as it reflects the fact that she IS in fact a multidimensional being. The 3D life that Pixie once felt was everything, is merely a projection of her higher self within the the 3D. The aspects of growth Pixie has experienced are reflected in Pixie's Journal entry below:

Planetary level— I understand everything now. I see the overall purpose of everything that has happened on this planet. Everything has happened for a reason. Everything happened for the intent that we would wake up and remember who we are. Even disasters. They bring us together. They make us remember our unity; that we are all connected and need to look after each other. Even money and greed and densification. It has all happened the way it was meant to. We were meant to feel what it feels to be controlled by money. To have people who are extremely rich and people who are extremely poor. This is the dual nature of the world and the result from seeing this makes us want to meet in the middle because we see the detriments that occur when there is such a huge gap. Such a separation.

We were meant to experience the extremes of life so that we could see the ultimate truth. That the middle way unites us... that the polarities separate us. So that we could ultimately band together and be as ONE in the middle. ONE LOVE. From this experience we remember that we are in fact one. I used to feel a lot of anger about my world, globally and personally. I felt the darkness was evil and was always striving to reach for the light. This lead me to often feel very disappointed as the dark side would always show its head. Now, I have this great sense of appreciation for the shadow side of life. I realize it's inherent value in showing us the differences between light and shadow. Shadow is selfless. It decreased its vibration so much, to show us the way. To show us that this is not what we want. We don't want hate. We want to go back to love. I no longer hate the shadow. I am thankful for it, for it is helping to accelerate our journey home. So I send it love and gratitude. I am extremely grateful for its sacrifice.

Our population here is exploding and I appreciate now. I appreciate it because it is making people unite. People now see the value in community. The value in togetherness. There are so many new people arriving that people are now banding together to look after one another. Globalization happened for a reason. It happened so that we could learn from each other and unite. Kids are growing up with multiple races in their classes. This is normal for them. There is no judgement because its normal. This will spread out to the parents too as their kids will play together causing them to have to unite and in this people will learn the value in the differences. That we are all unique, but we are all one.

I no longer look outside and worry about all the racial separation. Rather, I appreciate the learning I have received from our differences. I ultimately realize that We are ALL ONE, we are all unique expressions of the divine. I learn so much from the diversity and am no longer challenged by it because I accept it all. I have a strong knowing that everything is happening for a reason. It's all happening at an accelerated rate to wake people up to who we truly are.

Self level— realizing who we are. I am a divine being. I came here to experience duality. I am a dual being. I am also a multidimensional being. I get to love all aspects of myself. And when I love all aspects of myself, I no longer judge myself. I give myself freedom and room to enjoy this

experience here. To BE. I am no longer clouded by my baggage. I have released the bag. Because I know who I am. I know that I am a multidimensional being and that I chose to come here to experience duality. This is my playground. I get to play and experience in this beautiful planet with all these different expressions of me. I am a multidimensional being. Be-ing human. I am here to help people to realize this in themselves so they longer judge themselves and feel alienated.

I watch myself from an objective standpoint now. When I am in flow, when I am centred in self and grounded and remembering who I am I feel I am my multidimensional self looking at my human self from an objective standpoint. I watch myself and how I respond to others. I can feel myself when I get triggered. It's like a jolt. And that helps me to re centre and respond to the situation with my MD self, rather than my ego. Every interaction is different now. It holds more value because I am living from my unconditionally loving MD self not from my fear based ego. I see people now for WHO they are. I see them as ME. And because of this, I feel a deep connection to them. I genuinely care about them. I genuinely care about my interaction with them. They feel it. And they open as a result. Almost always now, I am observing my human self and providing her with guidance.

Keys to self mastery: SLOW DOWN, LISTEN, TRUST, FOLLOW THROUGH, ACKNOWLEDGE and GIVE THANKS!

Unity level — We are all one. We are all unique expressions of the oversoul that we are. We are varying perspectives. There isn't only one way. There are multiple ways that are integral pieces of the puzzle of ascension. We are purposely varied so that we can learn from each other. It's ok to be different. It's ok to hold a different perspective. In fact, it is extremely valuable.

Pixie's biggest learning from the leadership for Gaia course was that the answers she has been that she can accept both the light and shadow sides of life. When she came to this realization, she experienced and continues to experience the ultimate freedom. For so long, she was fighting for the light. She tried to move away from the dark and only found herself becoming disappointed in herself and in humanity. Now that she realizes the importance of both light and shadow; how shadow in fact makes us appreciate the light so much more, she is free. Pixie has released all anger and disappointment by seeing the value in the shadow side. She has come to full understanding of her entire life and reasons for choosing her family and all the other choices she has made up until this point. She no longer feels shame, guilt or fear. She instead embraces it all and exudes this acceptance. Because her she has found peace in her inner world her outer world is so much more beautiful. Her life flows so much better and she is able to make a much bigger impact on others and her planet without the distraction that fear, guilt and shame once had on her. Pixie is making a big impact on her family, friends and the general public. People have seen the transformation she has gone through and how she is so accepting of all life. As a result they are coming to her to ask for guidance. She is over the moon to assist and serve her people and planet during this beautiful transformative time.

Pixie is elated to be aware of her multidimensional self and is establishing a great relationship with all sides of her. She is beyond thankful for this experience and is honoured to be part of the leaders for Gaia group. She is really excited for what is to come and most of all what IS within this now. Living in the middle way is the WAY.

Thank you for sharing her story with her.

With so much love and gratitude,

Pixie and her multidimensions

BECOMING AN INSCENDED MASTER

Jessica's Awakening Story

--

I remember the moment I came into my body. I remember waking up one morning, around the age of seven, feeling like I hadn't been there before. I was as if my memories had been implanted into my brain. On a third dimensional level I knew I was Jessica, but I wasn't really her. As Jessica I was small and alone. I felt limited. I'm not entirely sure what occurred during this experience. Perhaps this was the day my ego decided it was separate from the oneness of all that is. I'm not sure. All I know is that it didn't feel good at all. I was alone. No one understood me. No one saw the world like me. And then I began to forget. I thought the beings who visited me were my imagination...I was told that the colored energy grids I was seeing were caused by a rare disorder called Synesthesia....and I slowly began to see the world through the eyes of my delusional ego. I became lost, again.

I few weeks ago I channelled a song with the following words. This is my life review--the review of all of my lives on Gaia. This was the beginning of my true awakening. The song is called:

You Made Us Real Gods

*I never thought I would forget
Where I come from..who I am?
I never thought it could be true.
How could I forget?
How could I forget you?
How could I forget me too?
How could I forget my home?
Who would have thought I could forget what love
felt like?
Who would have thought?
Who would have thought I could feel so much
pain?
Who would have thought I could murder, I could
pity.
I could hate someone else, even you?
Who have thought I could hate you and me...
And you and everything we stand for?
Who would have thought it could be true?
Who would have thought I'd ever be so cruel?
Who would have thought I've done these things?
But who would have thought it would happen to
me?
Somehow I thought that I'd be the one that would
remember,
Even if no one else could.
But I'm no different than anyone, and now I know
what it's like.
Now we know what it's like to remember who we
are.
To know everything...*

*We know what it's like to kill and be killed.
We know what it's like to pity and be pitied.
And we know what it's like to be hungry...
...We know what it's like to be starved, and be the
starver...
We know what it's like to be cold.
And we know what it's like to not care others are
cold.
Who would have thought I could do all these
things
Who would have thought I could feel so much
pain...
...Who would have thought I could feel so alone.
Who would have thought I would forget...
Somehow thought I could overcome amnesia.
But now I know I'm no different--I remember that
now.
I remember why we did this thing. It was so we
could be real Gods.
Now we understand compassion and empathy.
Now we understand what it feels like to hurt.
Now we understand...because of your bravery...
Because you sacrificed...
Because you loved your family and Gaia.
Now we understand fear and pain and cold and
hate and love....
You have made us **Real Gods**, who can
understand everything.
We understand what it's like to kill and be killed.
To fall and to have our hearts broken...
And to pity and to have compassion.
Thank you.*

This song was the tipping point for me. I shifted from being Jessica, a person who knew she was a multidimensional being, to actually BEing my multidimensional self.

In my new expanded state I have remembered that I am not an aspect of a higher soul working towards ascension, and the reunion with my HS...I am everything. I am an Elohim Muse, an Ascended Master, a Pleidan, a Sirian, and a human. In fact, I am more than one of each of these species and more. Now I don't mean this in the "we are one" or "we are all already ascended" kind of way-- I mean that I am the highest expression of my multidimensional self, and the lowest. I am oneness incarnated in all dimensions, on all planets, as every species.

I am able to observe all realities of my multidimensional self, individually or simultaneously. In this NOW I am consciously aware that I have come in flesh during this "time" to help with the mass ascension of Gaia. I am also aware that I am a part of a group of souls who are to forge a path into a new dimension. This dimension is known as the Middle Way. And this is my journey to become an INscended Master.

The INscension Formula

The key is to ground your physical mind AND raise your cosmic awareness into 5D. To provide a visual, you can imagine that each of these two points are at each end of a thick rope.

Keeping your physical mind grounded, focus your 3D awareness on your body. Feel this connection point as an anchor, tied to one end of the rope.

Maintaining the anchor you dropped into 3D in "the back" of your multidimensional mind, begin to feel your "body" expand from the inside. Breathe and allow your body to grow into the space until your multidimensional mind feels it brush up against 5D. Now feel this point where they meet & drop the second anchor.

Now feel both anchors in the back of your multidimensional mind, and focus your awareness on the rope between them. You are now anchored to both realities, and the rope is your portal between worlds. This portal allows your 3D and 5D selves to remain in constant communication.

This space between is called THE MIDDLE WAY. Here you can be the full expression of you in every moment-- you are ONE having a unique human experience and you are also a human having an experience of oneness.

Learn to exist within this space-- forever feeling the anchor you've dropped into to both the third dimension AND the anchor you've dropped into the oneness of all that is-- and you'll have the ability to interact fully with all dimensional realities at all times.

This is an experience of reality that only a handful of souls can comprehend. You will BE the most expansive expression of your multidimensional self. You will be an INscended Master.

An INscended Master is an Ascended Master who has expanded their reality of oneness to encompass the 3rd and 4th dimension. This enables us to truly live our 3D life without experiencing the pain of polarity.

Once we reach this ultimate state of INscension we'll be able to go back and live in any time throughout history, experiencing 3D without getting "stuck in the mud" as a result of karma and amnesia. In other words, we can choose our ideal family and friends, and we can live our life as we want to! We can also do drugs and have sex and eat as much cake as we want.

This is important because it allows us to further assist with the ascension of Gaia. We'll be returning as teachers/people of influence who will work to assist the ascension of all people (every soul aspect + their individual ego counterpart) on Gaia, within all dimensions within "time" and "space."

We'll start with the people at the top of the karmic cycle, helping every unique ego clear their karma, remember oneness, and integrate their unique experience into the oneness. In other words, we will assist every unique ego to reconnect with their higher self and ascend rapidly. In doing this we will

This is the ultimate goal of every ascended master incarnated on Earth in this now: We're here to do more than assist with ascension. We are here to fully integrate every unique human experience back into oneness. Since there is no time, this part of the mission is essential. We can't allow Gaia to fully ascend back into 5D before we integrate every unique lifetime (in it's entirety) back into the collective unity or we will lose the completeness of the experiences. If we want to understand more than the "gist" of each lifetime (main themes and overarching lessons we can pick out in our expanded awareness), we must go back and empower every BEing on Gaia to ascend before "time" runs out.

Once we've integrated and liberated every last ego from the 3D we'll be able to ascend back into oneness once and for all.

I know that this will not be my last lifetime on Gaia. This is my first of many lifetimes as an INscended Master.

I Am The Observer

Since I began writing my story earlier this week, I have remembered even more truth. It seems that there is a much bigger picture. I now realize that I am much more than an Ascended Master working towards INscension. This is just the first step. The Middle Way is a portal that makes it possible for me--my complete multidimensional self live on earth and be in all nows simultaneously.

I am not just a 3D aspect of a Higher Self, or an aspect of oneness incarnated into 3D. I am THE ONE choosing to observe Jessica in 3D. Sometimes I also choose to observe the frequency you know as "The Arcturians" and the physical self you know as "Jessica" simultaneously. I might choose to experience all dimensions at once, or I might choose to experience a single dimension. In this now (unrelated to time) I am choosing to observe the 9th, 7th and 3rd dimensions. In observation of this harmony of frequencies I am able to simultaneously observe 3 seemingly separate Arcturians, a Unicorn named Rumithius, and Jessica. My observation of these frequencies in tandem allows me to co-experience universal wisdom beyond the 3D AND also translate that knowledge into 3D by writing this message.

We are The Observer of our reality. The silent third party in our lives, within our minds, that is always aware of what's going on, but doesn't participate. It's the part of us that is listening to the internal dialogue of the Ego (I should do my laundry, no I don't want to...). There is always a part of us that is just listening. In other words, when we think we are thinking and we are also aware that we are thinking. This awareness aspect is The Observer.

The observer is everything. It is the universe watching. It is God. We are God choosing to observe this reality. Because we're in 3D we only think we're separate from God--from each other. We are all God and we can simultaneously observe everything that exists in the NOW.

For example, when I am only observing Jessica and I am not observing the frequency I know as "The Arcturians," they do not exist, at least not in the way that our 3D minds can conceptualize what existence is. All beings exist only within the NOW when they are being observed. In other words, two seemingly separate humans are actually one. However, each of these humans are two different aspects of that one...and each of them is choosing to observe a particular set of realities.

If we both choose to experience The Arcturians, this doesn't mean we are experiencing the same Arcturians. These are two different representations of The Arcturians that are observed by two different consciously aware aspects of the ultimate divine God. Just as we (human 1 and human 2) might see the same color and call it by a different name (blue vs. indigo for example), we can also both experience "The Arcturians" in the NOW, but this doesn't mean they are actually the same frequency. This is for the ultimate ONE to know alone - the void is the ultimate ONE and the ultimate observer.

We are each a function of the Ultimate Oneness, and we have each have one role. To observe a particular aspect of creation. Everything must be observed. Everything. Because if the universe exists and there's no one there to observe it...does it really exist? If life exists in the universe and there's nobody there to observe it, does life actually exist? And if there is no universe and no life...there is also no God. And this is why we must observe as much as we can in all realities within all dimensions. Because our observation is evidence of reality and the observation is the creation of reality at the same time. We exist because we can observe ourselves existing.

And if we observe ourselves existing and we observe ourselves creating the universe--creating souls--creating worlds--oceans--life--and then we observe that life duplicating exponentially throughout the universe. And then we observe every new soul and life in all of the universe...and so on and so on to infinity...it will exist. THE UNIVERSE WAS CREATED BECAUSE WE OBSERVED OURSELVES CREATING IT. LIFE EXISTS BECAUSE WE OBSERVE IT LIVING.

When we master the Middle Way - when we become Masters of INscension - we will no longer have

to ascend 3D to be one with The Observer. We no longer have to figure out how to shift into 5D. We get to choose what we want to experience NOW. Do we want to be in 3D with the feeling of oneness. Do we want to shift into the 8th dimension completely? Or perhaps we'd like to experience 4 or 5 NOWs in various dimensions at the same time?

We are the Masters of the universe because we can choose to experience reality in the it's most expansive state. Or we can choose not to. The choice is ours.

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## **JAN KINTNER JOYFULLY JOINS THE BEST PARTY EVER**

### An Awakening Story

--

I can't remember most of my childhood. I do know I was born one week before the atom bomb dropped on Hiroshima. That appears to be significant divine timing. I don't remember being psychic, but I still do remember some of the dreams, most of them nightmares, and I always had flying dreams. I've done a lot of work with my inner child in the past, but only in the last two years, since working with Sue, have I been able to integrate 3 year old and 8 year old Janice and have them feel safe. They are happy now, and we are tripping along together. I do remember around 8 trying to solve the reincarnation math. No clue how the idea of reincarnation entered my head. It made sense, but I couldn't figure out the numbers of people dying and being born, and there was no one who supported the idea, so I gave it up.

I had a significant initiation at 13 years. I got caught for breaking and entering and a charge of grand larceny. It really shook up my father, the most dominant force in my dysfunctional family dynamic. It didn't dampen my rebellious spirit, but did put the fear of God in me at some level. My friend, who was acting out unhappy childhood with me, and I, both went back to being straight A students.

I seemed to have leadership qualities, but they didn't seem to be channeled to be of much use that I could detect. I remember really trying to "go to Jesus" in high school, because my best friend was embracing the whole Young Life program, but at the last minute there was no way any part of me could go there, which I couldn't understand at the time. My father had dictated that I go to Sunday School every Sunday, and I would climb up to the balcony and day dream there. In the end, the only religion that meant anything to me, was Buddhism.

For my junior year in college, I fought with my father and finally won, and went to Europe for a year in 1965-66. I soon dropped out of the Sorbonne, because my French was not strong enough, and I hitch hiked around for a year. I can truly say that was the happiest, and also the most dangerous year of my life. I became a conscious being for the first time at age 20. Ahh the freedom, and the huge trust I felt in the universe to provide. Everyday was so exciting and vivid. I was so happy to be away from my family. Back then 20 years old was like a 14 or 15 years of today. I was so naïve. And that was my best ally. I basically lived on \$5.00 a day. Took several jobs, and met Michelle who later became my mystical, artistic mentor and friend for life. I also had my first out of body experience traveling alone on a bus between Portugal and Madrid. I loved the European values. A Greek family adopted me for a month, and their values that they lived by, totally captured me, so Plato and Aristotle like.

I returned home very reluctantly to try and fit into an American materialistic life again. I took a hit of acid a couple months after I arrived back home and was high for a year. I think I was sufficiently separated from my ego to get a glimpse of what must be more real. Fell in love, and married 6 months later (still high) and my spiritual consciousness gains went south.

In 1971 after searching under every spiritual rock I could find, I joined a teacher I called my Guru. It was an old spiritualist/mediumship/materialization style and my teacher was stuck in the 60's with her teachings. It took 20 years to realize she was dark energy. I'm laughing, because it was a big joke on me, and a great teaching for giving away my power, and following like a lemming off the cliff. At the end of the 25 years, my teacher withdrew, my marriage ended, my lover left me temporarily, and I

was emotionally and financially exhausted. All the rugs pulled out from under me. And then all manner of more karma showed up. I had over a year of one disaster after another. Every month it was something big. I had about a 5 year rest, and then another round of huge karma for a solid year. Loss, legal issues, betrayal, shame, several deaths, serious physical body accident, big non-stop and emotional and mental stress were my constant companions. I swear, I must have taken care of karmic patterns for what seemed thousands of lifetimes. All the negative emotions were trotted out. Oh boy. This story, I know, is not much different for so many other light workers' story. It gives us lots of practice at accepting and forgiving. I was able to see the humor in it, but not until some years later. I was, however, pleased with myself that I had enough courage and strength to make it through and still see the joys in my life.

So in my 60's with all this behind me, I discovered Bruce Lipton. I attended a lecture on his book *The Biology of Belief*. That new info lead me to a method of reprogramming all the conditioning I knew I was suffering from. The work of finding and facing fear, which is at the heart of conditioning, began. I relentlessly spent the next several years turning my bed into my university every night, to reprogram and learn to find and face all fears. I listened to many, many, voices and speakers on all the internet radio shows like Lauren Galey's show. I started following Nassim Haremein who represents the new physics of the "unified field theory". I followed the Hathors who I love, but grew weary of the organization that channeled them. I had listened to Dr. Suzanne Lie in 2013. It stuck in my mind. By this time, I was getting really picky about who I listen to. My thinking and consciousness had been altered. I'm a happy camper. I have more of the freedom I needed to recreate my way of being.

In August 2014 I guided myself, to have a private with Suzanne Lie. And I was invited to join her first module the following month. Woo hoo. More divine timing! In the first module we were asked to break into smaller groups and clarify our mission. She and the Arcturians guided us to an understanding, and then BAMM. It happened. My mission became crystal clear. I'm one of those away team volunteers that came here to help Gaia. Instantly I embraced my new purpose. I knew it to be truth to the depths of who I am. The fog of a lifetime lifted. The searching, the struggle to know what, why, how was over. The relief, the joy, the emotion that comes with that knowledge, put me in a state of euphoria. I found myself at HOME. With like minded people, and an excellent teacher, whose style suits me to a T, and who feels more like a friend than a teacher. I felt so at home with the Arcturians.

In the first and second module, the training began to help with our beloved Gaia's ascension, and to be the portals of light for her. Armed with the tools of Violet Fire, and Unconditional Love, Forgiveness and Acceptance, I blazed myself, and loved myself unconditionally for a year until it became a reality. We did chakra clearing, we merged with the elements and elementals, we learned about the multidimensional mind, and we cleared a path through the lower astral planes of the fourth dimension to reach the membrane between dimensions. We had visits to Venus where I got my first glimpse of my divine complement. That stopped me in my tracks I assure you. We had visit to the ships and looked down at our feet. I saw myself as a lizard and an insect. I saw and still see my light body. I also became aware of my fabulous Lemurian friends in light body encircling and guarding Gaia's core crystals. "Party at the Core", I have loved that idea since I first heard Sue say it. This is the work of making ascension normal. All the while we are being groomed to be teachers and leaders. My life has been changed dramatically for the better. Along the way I discarded addictions, and relationships that no longer serve me. I have far more light and consciousness in my 3D body.

So that brings me to the best part of my Now, the current Leadership 4 Gaia class. From the first days It was immediately apparent that the quality and intensity of everyone's energy was stepped up exponentially. We all felt it immediately. I must admit I had some anxiety over making the commitment to join this class. The call to step it up was unmistakable, and I had some self doubts to overcome. And while I am still not totally sure about my contract and how to use my specific talents, I discovered some strong clues. And I know that my ascension with Gaia will continue to unfold. I feel like an usher. My job is to usher folks to the 5<sup>th</sup> dimensional membrane, and help them get closer and through the threshold.

In conclusion, I wanted to point to the things that have impacted me in this course. In March, I was able to have all the resolve I needed to make big changes in my lifestyle towards purity of the body and eliminate some fun, but not so healthy habits. And the second thing is, I was able, with Sue's help to deprogram "I'm not worthy nor good enough." I have gained much more mastery over my thoughts and emotions. The last thing I want to point to, happened a few days ago. One of the ladies in my small group had a breakthrough and ascended right before our eyes. Even though she was quite awake already, this breakthrough started when she registered for the course, and she was able

to face a huge fear. It culminated a few days ago. She is so transformed, with such peace, such love and wisdom and she feels far more grounded. The profound part is that, it feels as though the ascension happened to me. Strong proof for me, that it will happen to all of us, it's inevitable.

Thanks to my phenomenal classmates, the extraordinary organizer, Shawwna, and super guide teacher and director Sue, our beloved Arcturians, and the star of the show, Gaia. My gratitude and deep unconditional love from my heart, for the help in becoming the transformed person I am today.

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RETURNING TO LOVE

Vandana's Awakening Story

--

My name is Vandana. I am here to be of service to all beings, to assist in the release of human wanting/greed energy that interferes with our ability to remember our True Selves. To fulfill this mission, I must cast off all forgetfulness and fear, and return to a state of Interconnect with the Whole of Life. I am in this awakening process Now. Part of my path has been to spend many years living in fear and forgetting my True Self, so that I may Now deeply remember, and be of service by offering my own awakening as an example.

I know my True Self to be Pure, Divine, Love, One with All of Life. I first experienced the essence of my True Self as a child when I felt Love move through and become me, I was bursting with Love, I was a channel for Love. I understood that Love is the Truth of who I AM and who we all are, Love is the force uniting everything and everyone, Love is the substratum of all Life. Love!

But as I grew up, the experience became a memory as I became occupied with 'worldly life'. I married and became a lawyer, I had three children but worked long hours away from home, I made a lot of money. I played the 3D game well, but was miserable. I didn't have a spiritual life. These were long years, the most essential connection to my own True Self, was missing.

And then I met Amma, the Hugging Saint.

In one blessed moment, Amma looked deeply into my eyes, and ignited my return journey to the state of union with the Divine, my own True Self. With Her one glance, She changed my life completely! I quit my highly paid but deeply unsatisfying work. I started spending more time with my beautiful, growing children. I started volunteering, and meditation became an integral part of my life.

I know NOW, is the time for me to return to the state of my True Self, and to ground the energy of Pure, Divine, Love, into the Earth. Love Itself wishes to shine through these physical eyes, to emanate from this physical body, to use this physical form to serve my fellow humans and our Beloved Mother Earth. More and more, I feel waves of Pure Love flowing through me, for no reason other than it is the NOW for this Love to Flow, for this physical vessel to be used in service to this Love.

Love is the antidote to the human wanting/greed frequency that has wrought such devastation upon mankind and the planet. As part of my awakening process, I am receiving guidance to be of service to Gaia's physical body, and to take action to protect Her Arctic Ocean from human interference.

The Arctic Ocean is a fragile ecosystem. For centuries, She has protected humanity, and regulated our global weather patterns. For centuries, Her ice has acted as the planet's air conditioning system, making sure solar radiation is reflected back into the atmosphere, instead of absorbed into the ocean and raising global temperatures. But humans have not returned Her Love and careful protection.

Because of global warming, Her protective ice cover is now melting rapidly, making the Arctic Ocean extremely vulnerable to humans who seek to profit from her fragility by engaging in commercial activities, and exploiting more oil and gas. Additionally, nations are starting to stake territorial claims to this 'new gold rush', with potential for militarization in these icy waters that have only ever known Peace.

The humans who would cause harm to the Arctic Ocean and its ecosystem for the sake of profit are not to be maligned, but Loved. We are all One, we are all Interconnected. But at the same time, decisive and fearless action must be taken to ensure the Arctic Ocean is protected. The survival of humanity depends on a healthy, Arctic Ocean, with its polar ice cap intact.

This is the genesis of MAPS (the Marine Arctic Peace Sanctuary), which will create an international peace park encompassing the entire Arctic Ocean north of the Arctic Circle, free forever from militarization,

commercialization and industrialization. MAPS is an intervention of the Cosmic Intelligence, to prevent humanity from manifesting its lower tendencies. MAPS is the answer to the increase in the wanting/greed consciousness that seeks exploitation in these vulnerable waters.

What is happening in the Arctic Ocean, with the increase in global warming, rapidly melting ice and related storms, droughts, and loss of sea life, is a reflection of humanity's state of consciousness. The Marine Arctic Peace Sanctuary will be like putting a band-aid on this vulnerable part of the earth so it can heal, and at the same time, will facilitate planetary evolution.

I explained the Marine Arctic Peace Sanctuary in a recent session with Sue, and the Arcturians commented: "That's a very important thing. That grounds that higher frequency of energy onto the actual planet, which allows Gaia to embrace that frequency of light and to share it with her core crystals. It will raise the frequency of the core crystals, and then that frequency from the core crystals will go out onto the surface of the planet to assist the planet to resonate to a higher frequency of light."

MAPS will protect the vulnerable Arctic ecosystem that greatly impacts the stability of the global climate, and will also serve to raise the frequency of light on Gaia. MAPS is also facilitating my own awakening process, as I am being given the opportunity to witness and release long-held illusory beliefs that have kept me from realizing my True Self.

At this critical juncture in our evolution, I know my mission is to ground the Divine Mother's Light and Love into Gaia. I am here to Be Love and to help others recognize their True Essence as Love. I am here to be an example to my fellow human beings, to inspire and motivate, to model courageous, compassionate, and right action.

It is my deepest hope and prayer, that this life I have been given proves to be a useful life, lived well with purpose, beneficial to my fellow human beings and our Beloved Gaia.

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## **OBEDIENCE**

### Ursula's Awakening Story

--

I came in awake. I knew that I was going to practice medicine and I knew my love for healing. Both of my parents had a noticeable interest in spirituality and religion, so it wasn't unusual that I showed a deep interest in the esoteric.

When I was a child, my father worked for the airlines. I grew up traveling and saw many amazing and beautiful places, but I also saw and felt the pain and suffering of hunger, poverty and illness. I felt so helpless as a child. I knew I had to do something.

When I was 13, my family moved from Chicago to Tucson and my father bought a health food store. I was unaware that he had sent away for information from Bastyr University, a school that specialized in natural medicine in Seattle. One day my father approached me. As he walked towards me, I saw that he was holding some brochures in his hand. I knew that whatever he had in his hand was what I was going to be doing. They turned out to be brochures from Bastyr and the different programs that they offered. My path had suddenly come into focus in that very moment.

When I was 15 I took a class so that I could learn how to meditate. I knew that if I focused on what I wanted, it would only be a matter of time before it would appear. I have always listen to my intuition. It never occurred to me to doubt it until I was a teenager and I decided to put it to the test. I also knew to test it out on something small to see the result. The end result was not favorable. From that moment on, I made a conscious commitment to NEVER doubt my intuition and to ALWAYS do what I am instructed and guided to do, no questions asked.

As soon as I graduated from high school I did my prerequisites to get into the Acupuncture and Oriental Medicine program at Bastyr. I was confident that this was my path, so it was the only school that I applied to with no backup plan.

I was accepted and moved to Seattle when I was 20, sight unseen and no place to live. When I arrived and saw that Seattle was surrounded by water, I promised myself that I would have a place to live with a beautiful view.

I graduated when I was 23 and started my own business. I meditated and asked that someone would approach me and ask me to join their practice. One week later, a student that had graduated a year before asked me to join her practice. From the moment I started I was told that I needed to incorporate sound, tuning forks specifically. I had never come across a class that was teaching sound vibrational medicine to acupuncturists, but I found one. This was just the start of many other modalities that integrated into my practice.

Now I needed patients. I didn't believe in doing any advertising because my father always told me that if you are good at what you do, people will come. I decided that I wanted to connect with an allopathic doctor that was into energetic medicine. Three weeks later I received a call from an osteopath that had gotten my number from another acupuncturist. He needed a treatment so he came in. By the end of the hour he asked me to join his practice. Now I had two offices and I started to feel like I was spread too thin. One afternoon while I was getting ready for the week, I started to hear a voice that told me that I needed to close the office I had started in originally and I was to move full time and work with the osteopath. We had a meeting scheduled on Monday and the meeting started with the news that the clinic was going to be closed and everyone needed to move on. How perfect was this? I was able to move onto my next step just as I was instructed. Ever since then every time the business was going to experience change, I have always received a visual or audio message that informs me in that a move is going to happen. I have worked out of six offices in and every single time I was alerted in advance so that I would be ready and never blindsided. It was also during this time that I was told that I was going to be assisting in the Ascension process.

I am 43 now. This year marks the 20th anniversary of my business and I have been living in a little one bedroom cottage with a beautiful view of Lake Sammamish for the past 15 years. My practice focuses on acupuncture, energetic medicine, color, light, and sound. My business allows me to thrive and teach others through my own personal experience of love, guidance, intuition, and being my authentic self.

One of my favorite things that happened during this class were flashbacks of old memories that came through my five senses. I would see, hear, taste, feel, or smell something that triggered such wonderful memories! Proof positive that my DNA is awake and remembering...BOING!

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A Transmuted Conduit - From Heaven - Dip Deep to the Abyss – To Unconditionally Love it All back to Heaven!

Lea's Awakening Story

~

I was born knowing/seeing/feeling/sensing/hearing
I AM/WE ARE SOURCE - GOD and ONE.

I remember clearly entering Gaia through the birth canal - the stream of consciousness I sent into Gaia's 3D hologram was vivid to me. I felt/saw/sensed/heard my higher consciousness escorting me in with immense unconditional love and peace- I felt safe!

It felt like an enormous energy field that was like a calm moving infinite ocean of liquid beautiful glorious light that held me, and gently moved me inside Gaia's birth canal - a glorious inter dimensional portal of light. I logged in.

I started talking of what I see/sense/feel/know/hear of what to the "others" was unseen/invisible realms at early age. Describing the infinite potentials around me and all. The surroundings I chose for my path prior entering were, "void of non resonance".

I was an born an empath for Gaia and all on her, I felt all that was taking place on her, in peoples, animals and plants hearts.

I knew I had just to BE who I AM, and let the energies flow through me. That the pain and suffering that were all around me would flow through the field of Unconditional Love and Sacred Fire I AM. I knew my earth vessel, this sacred temple of my stream of consciousness was the connective part of the transmuting portal that I AM. Just BE I heard and knew. Just BE.

I also came with the knowing and remembrance- I only need to imagine what I desire and BE the frequency vibration energy of it within me, and it will appear in my 3D hologram reality. So I was always provided with all I need and desire. I use to say to everyone around me - "you know how they say, you enter Gaia-earth with amnesia/forgetfulness?! Well, my coffin was without the lid and nails to install it in place". They looked at me as crazy and said - "did you fell from the stars?!". I usually answered "yes, and so did you". Nobody found it funny as I did. For the truth of it was too painful and frightening.

All of that took place until I turned 20. Little did I know the next curve of my path was to forget who my real I AM was, while holding all I know. I entered the human aspect identity completely. The backward journey begun.

I have come to be in an isolated "cave" in modern man era. To have all around me the abundance of life, to be comfortably tempted to the "out there", and to reach deep bottom, all by observing all that is happening without me participating in it. The unease was in my "stomach" for years. Now I had to reach deep to convince myself to stop looking at the 3D mess "out there" and find it within me and convert it to light.

This period of 23 years of deep depression, came as a dimmer of seeing/knowing/sensing/hearing the light. I was lost!

The pain I felt as an empath was now clogged within me, around my heart. I didn't remember the tools that were inside me anymore. The 3D pain all around was all I saw, it kept solidifying through these years, it became all I knew! It was unbearable.

I have lost my faith, and was clinging to the beliefs I have met "out there" - "there's only pain, caps, suffering". The complete trust I had in spirit, in myself, the world, the universe vanished!

It felt as if it was only here to haunt me, to attack me. I became a massive non believer. I was so caught up in the 3D and the loss I felt around from all and of Gaia. I have felt and experienced the biggest loss of all - I have lost my faith, hope and trust!

I had to re-learn nothing is lost ever. Only transmuted. Energy which makes up the 3D hologram doesn't dissolve and disappears when its appearance is gone from 3D senses, it is transmuted back to its original substance, the substance that makes it possible to appear at all - Unconditional Love.

The re-learning of pure faith, trust and belief came in the midst of one the biggest fears of 3D hologram - losing my daughter who had to go under major surgery. I stepped into the fear-doubt with no 3D regular expectations, and I decreed - I know and believe there's no loss. I remember there's no loss!

I was ready NOW, and I let her go.

My re-awakening accrued in one moment, in an instant. The moment was full and overwhelming with revelations flowing through me in a flash. And in that moment there was light! I was HOME!

There were three ways for me to choose of-

1. I could end it all by taking my life.
2. I could ignore the pain and go deeper into depression.
3. I could divert my perspective from all I see here, and choose to believe different.

The first two options were not to be activated because I knew the truth inside my heart - I had to pull myself out of it for there was something bigger than me on stake and operation - I came for Gaia, I knew in my heart- I remember now!

From all worthiness to total unworthiness I went.

From no doubt to total doubt. To re-learn again the only place/space to look for resonance and validation is within me, and not "out there" - the "out there" will always be my own inner resonance reflecting back to me, like an infinite mirror.

To learn to trust my own heart and knowing again, was not an easy task, for I have covered it with tall impenetrable walls to dim the pain. So the only way upwards was inwards, to meet all of me and love me back to life, back to love, back to heaven.

Now, after and during endless inner work, I feel the excitement and ecstasy of being my whole essence. I wouldn't change a thing of my path of who I have become to BE. I feel I wouldn't trade it for anything else.

I AM blessed beyond imagination and I love and am thankful for every bit and fiber of my being. This is my transformation and transmutation from the deepest fear of being my true self to complete and total unconditional self-love = complete and total unconditional love of/for All.

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**Insights I learned from Leaders4Gaia Course:**

1. You teach what you already Are.

You learn what You Are about to Become.

They are one and the same in the nowness of the ONE.

2. A teacher has to have a kind of love to the student that is beyond human judgment. Especially when the reflection is an identity the teacher already absorbed and transmuted within themselves. The patience, kind loving and acceptance beingness of the teacher, brings them both the student and teacher to higher levels and new height of being.

Thank you from a wide open heart for giving me this gift of experience- this course!

Lea Goldman



# Group 2

## The NOW of the World is At Hand

Veronica Zupanic

Cheryl Ocampo

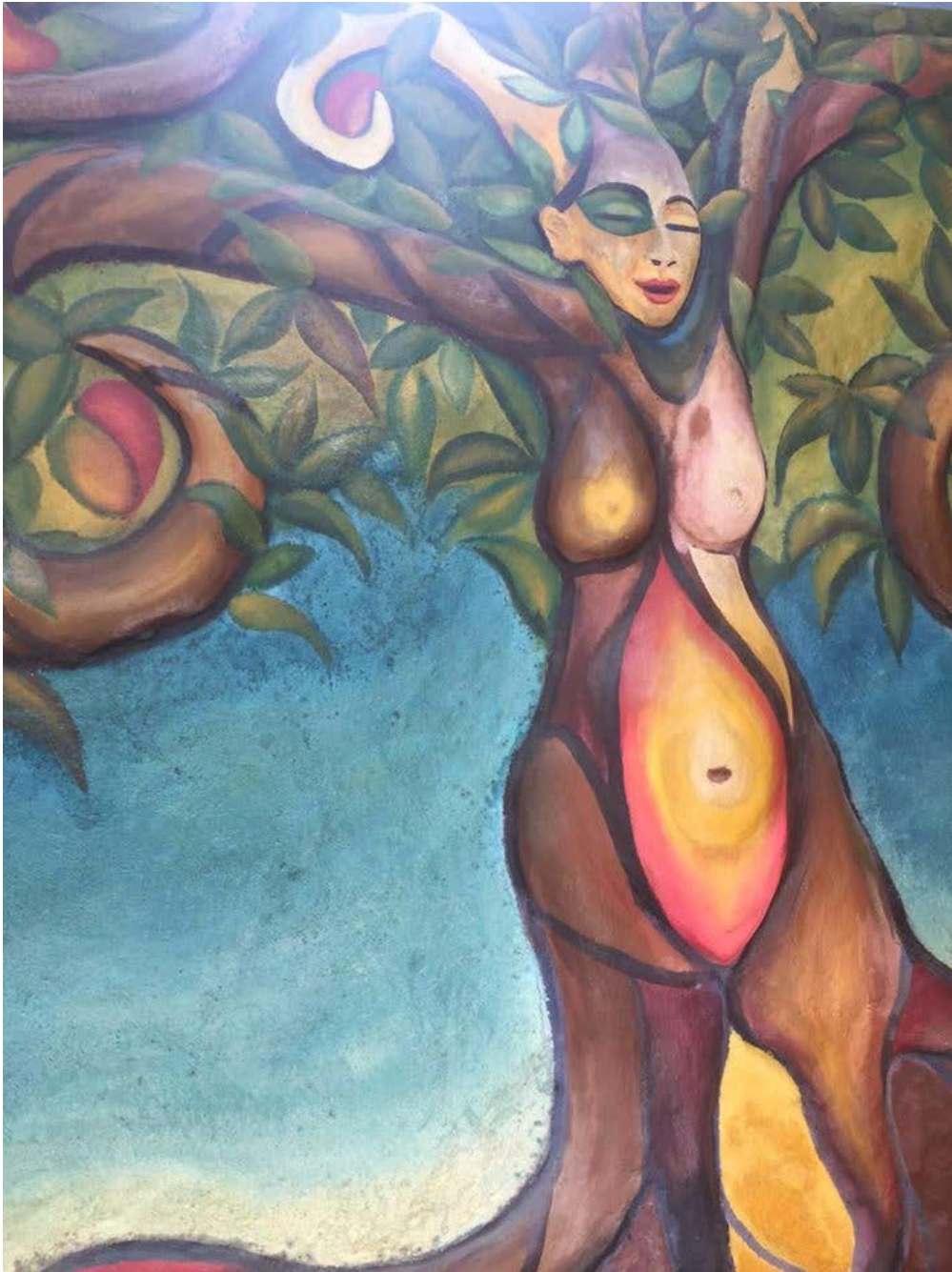
Rebecca Pulliam

Robert Harris

## Veronica Zupanic

*Good morning! I thought I'd share this message as it resonated strongly with me. A channeling of Gaia. A message from Mother Earth.*

"The heart loves. Softening in your heart opens you into the Infinite Whole so that Light can flow through your heart as Love. Love and Light are two sides of the same coin. It just depends on which one you happen to be noticing. Everything is created by the application of your attention on Light, and your intention to Love.



Art by Veronica Zupanic and her Ecuadoran Community

## Cheryl Ocampo

*Here's a poem I forgot I wrote in the beginning part of our class.*

AWAKENED

Here I am

Here I stand

Completely empty

Completely full

Who am I?

Who are you?

Are you just a reflection of me in my perception

I'm waking up to a world that I never knew

How did this happen?

How did I get here?

I'm completely brand new

Shed my skin

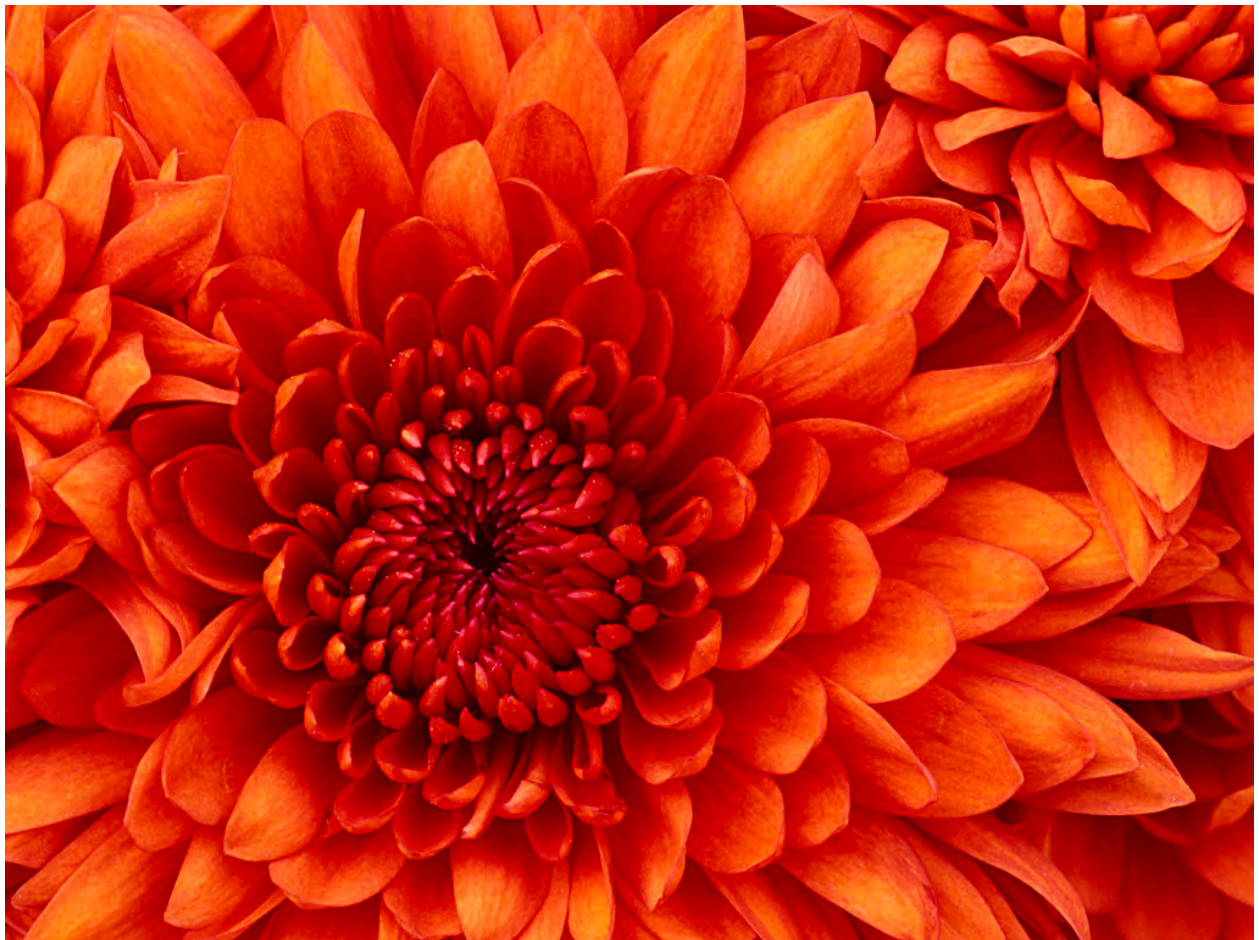
Step into the light

With all my might

All the walls are tearing down

The confusion was an illusion and now I can clearly see that I am you and you are me

We are one



## My Awakening Storybook by Rebecca

I was attracted to and interested in this course because I have resonated with everything I've read or heard from Sue and the Arcturians and feel drawn to have it as my 1st person experience and knowledge.

My life experience has taught me enormously about so much I don't know where/when to begin - I will start with the "beginning", first noting that it was to step out of the drama perpetuated by my mind/actions (or better said, thought/actions) that has been greatly supported by the requirements of my attention and participation in this course, that has assisted this insight and my slowing down to take it in from the view point I had coming through this last winter, worn out from all of my efforts.

From as early as I remember, I have always been me. Observing. Learning about the world through myself and my Self, not onto that description until later, more recent times.

The imprints, circumstances, and process were, as I did not realize until some time later, exactly in perfection w/ the ~~quite~~ challenges needed for me to emerge as my Self, Awakening; something I am doing now and have been proceeding through to do since birth. There are lots of details, but they are to be expressed when their message is relevant. However, I see and know the

opportunity has been all along present, but only for me to pull my awareness in, draw the energy up to that alignment into my Heart empowered with Love and Trust. This was not comprehended because of the lessons still to be learned through my relationships with the energies of Fear, Discernment, Courage, Thought, Attention, ~~and~~ Intention, and consequences. I did not encounter real darkness until I met the me who had been sabotaging my Self. Everything I was attracting was for me to be given this information, and whatever the tracks upon the path, it all came back to me. I met myself everywhere. It is something we do for each other wherever our "puzzle piece" fits in relation to one another, as apart of our being all One.

The multidimensional Leadership course has been challenging for me especially with 50 much information and opportunity, ~~and~~ time frames and deadlines super-imposed over an already "boxed in" type schedule.

However, as I look around me I see how this has stimulated me to center myself and consolidate my intention with action to initiate the direction of my Life force through the faculties of my opening Heart, my I am power source, in present.

The shifts that have occurred within my home hold space for my changing presence and movement. I feel more True and Accountable in my relationships  
(Honest)

as well; that my Self is emerging from a long time suspension, a journey through separation, inhibition, and suppression

I release myself to my Self, to ~~new~~ processes for

transmutation, to step into my imagination, to bring on my dreams, to free myself to my Love for Mother Earth, the nature of Gaia, and all of life in all of its Mysteries, Multidimensional Light, Unconditional Love, and the Violet Flame. I continue my Surrender.



I was able to take some photos of some animal totems, all who made their appearance this last week end and either crossed before me on my path or captured my attention. There were the usual deer,



then this rather large, entertaining Raven who flew magnificiently overhead before landing and returned a dusk for a Grand Finale walk along the hand rail,

the photo I would have liked to not missed. Also this day were a couple of snakes and this Swallowtail Butterfly, and finding a snake skin - all carried a message that, to me, was about gentleness and vulnerability; Magic, thoughts, energy, creation, and healing; metamorphosis; and Transmutation. This Awakening Storybook is to be continued....





## Cheryl Ocampo

Where to begin..from the time I was born to young adult I was pretty normal and had a I guess you would call a rather ordinary life in the traditional sense. Probably the only difference was that my father was in the military so that caused us to move around a bit and even overseas to Japan for part of elementary to intermediate. Previous to that was San Diego and growing up as a kid those days was much fun. Back then we didn't seem to worry so much about getting kidnapped and I got to be Dora the explorer of my neighborhood. I had an absolute wonderful time growing up in Japan as well. Many fond childhood memories of being care free and days and nights filled with playing, exploring the military base, gallivanting, and doing what most kids do. As I look back upon those days and try to remember perhaps some kind of tall tale sign that would be an inclination of who I was to become there was none. The only thing substantial I can remember was my fascination in fantasy movies and magic. I remember in 5th grade at the library I rented a book out on out of body experiences. That's as far as that went and after that was a couple years of R.L. Stein novels. Nothing in my thoughts or actions displayed any angel like qualities or godliness. I also got into quite a bit trouble in my younger years but I suppose all still within the bracket of a growing adolescent. Only thing I can contribute was the fact that as I got older I seemed to have a pretty good sense of morals. I don't recall mistreating anyone intentionally and was never malicious. I viewed myself as honest, good hearted, caring, and fair. Moving up the timelines to my early 20's everything appeared normal. When I think back on my thoughts even they appeared mundanely normal.

>

> There was no connecting with my higher light, communing with otherworldly beings, ascended masters, meditating, sending love and healing to Gaia and humanity, and definitely no violet flame. I knew nothing of spirituality, benevolent ets that are here to help, guides, higher self, even much intuition I can barely recall.

>

> After my boyfriend cheated on me I gave him the boot and deemed all men unfaithful. I chose not to get serious and definitely not emotionally for I would only get hurt again. I dated here and there for yr or two but never anything serious. In my heart I truly believed atleast 98percent of men are unfaithful or if given the perfect situation sure would have a heck of a time abstaining. Unfaithful!! Silly,

> But I thought to myself my only hope to salvation would be someone who thought I was the most beautiful girl in the world because maybe then he would not go astray. Yup, that was a long shot. Who was I kidding. To find that one guy is like finding a needle in a haystack. I was over that daydream in no time and back to my despise on men. Then one day a young, tall, dark, handsome fellow appeared. Just kidding! Had you going there huh lol

>

> Gosh where do I begin. I can't tell you guys my awakening story without including my other half. So I apologize ahead of time if it appears to be somewhat of a love story at first. One night while I was living in Hawaii my girlfriend and I had just finished listening to some live music at the mall. We were debating what we should do next and decided to check out the local karaoke bar. Upon arrival we came across an acquaintance who was with another guy. I said hi to my friend and asked what they were up to. The guy he was with looked somewhat familiar but wasn't sure from where. We were all introduced and decided to pitch in and share a room. The familiar stranger (Steve) seemed very shy and uncomfortable. He was not a singer just a spectator. We ordered a few drinks to loosen up and after a few songs I noticed that Steve was putting his alcohol away quite quickly. I thought for a second, this guy can drink. An hour passed and Steve was drunk. Wait that's an understatement he was heavily intoxicated to the point I started to worry and got him some water to hydrate and sober up. During my concern for his wellbeing I noticed something a little different but didn't actually quite catch it till later. I was extremely overly concerned, I switched into this motherly mode and even began to worry about him getting sick. These feelings of concern were not typical of me atleast not to that degree. I seemed to genuinely really care for this stranger. Normally if I see someone beliggerently drunk or sick looking like they need help I'll offer water and make sure someone can drive them home but not babysit. What I'm trying to say I

guess is if you could describe my emotions then it was that of unconditional love. Mind you I was not really physically attracted to him, he wasn't my type but yet where were these feelings coming from. I did not know and didn't realize till later. So turns out Steve isn't much of a drinker at all and apparently falls asleep or gets really sick just after 2 drinks. He was 32 and only just recently started enjoying the occasional libation with his new found discovery of redbull which offset his sickness temporarily to allow him to engage in the debauchery. He was so nervous he turned to the alcohol for courage but too both of our dismay created the opposite. That was the first encounter. A week later I get a call from a mutual friend asking if I'm willing to give up my phone number so that Steve could call me and probably ask me out. One of my past relationships of 4 years was quite difficult for the two of us being he had a 5 yr old daughter that would get jealous when we were together. I tried my hardest to make her feel comfortable and loved but to no avail soon after we split up. It wasn't because of his daughter he actually became quite verbally abusive, overpowering, and domineering. One day he back handed me in my face gave me a nice black eye and a bloody nose to go with. I finally had it, I left the relationship, physical abuse was my last straw. I had my fair share of being physically abused as a child by my mother and was not going to play that game again. I told myself If I was ever to date again I would be more selective and to avoid implications favorably men without precious children. Back to the phone call....I immediately replied no sorry I'm not interested and added particularly because he has a child. It was a time in my life were I was still anti men believing that any involvement with the opposite would just lead to probable heartbreak. I had told myself I would wait for the perfect person, that perfect person who would understand me, be able to communicate, treat me like a queen, love me forever and never turn the cheek. Oh and again also think I'm the most beautiful girl In the whole wide world so then maybe he would feel he didn't ever have to look any further. Duhh Of course it's not about looks In the least bit. When you love someone unconditionally you see nothing but beauty like a parent to a child. "The most beautiful girl in the world" was my desperate attempt for hopes of a happy, sound, loving, nurturing, faithful relationship. Please don't get it confused in no way shape or form do I think I'm the most beautiful girl In the world. To find this particular specific type of guy is a long shot. I mean, there's millions of beautiful, gorgeous women out there and for one guy to look upon me at first glance and truly believe without a doubt he's never laid eyes on anything fairer? I know, I know, Just work with me here dammit. Amuse me for a moment. We're talking love at first sight which I have yet to experience. That's the stuff fairy tales are made of. Lust at first sight, I've had that. Lol Ive always believed in honesty and being faithful. If I could be faithful why couldn't he. Is it even remotely possible to find someone that complements you perfectly. Sounds like a whole being to me and those are just as rare to come by as yetis. Lol

>

> 2nd encounter

> Back at Karaoke Bar

> I see Steve inside the karaoke bar across the room. He appears to be possibly attempting to leave probably due to me not giving out my number and being embarrassed about it. as I'm holding my phone in front of me about to text a girlfriend when all of a sudden I hear this voice from within loud and clear with such a sense of urgency yelling at me telling me "Hurry Up! Hurry Up! HURRY UP AND GET HIS NUMBER OR YOUR GONNA LOOSE HIM!!!! It all happened so fast I wasn't even able to process the fact of 1. Who the hell is yelling at me and 2. If I listen to this voice I'll look like a complete idiot asking him for his number when he just asked for mine and I turned him down.

> I was so distraught, I had no idea what was going on and why that all I could do was obey this mysterious commanding voice as if I was a robot with a direct command.

> So I hastingly make my way over to Steve while quickly trying to compose myself before I deliver my sexy pick up line. J/k no cooth

> So I'm like "hey", "what's up" "what's going on" umm hey can I get your number?"

> And Steve replied, "why you want my number for?" My reply, "because I like to have all of my friends numbers" I know stupid, but it was the quickest thing I could think of.

> Score! He gave me his number and the rest is history. We lived happily ever after!

> Yeah right not even close. We're just getting started.

> So Steve and I became buddies and instant messaged each other constantly and even

talked for hours some days. We were completely platonic for 4 months, started seeing each other, then become an item few months later. Rewind .... So in the beginning when we first started hanging out one of the first things he said to me was that he had seen me for the first time in the gym 3 yrs ago and upon seeing me he immediately thought I was "The most beautiful girl he's ever seen!" I must admit I was pretty shocked and more so at the fact that I actually met someone that felt that way. It was pretty surreal for me. I tried not to show my reaction, but I was happy inside and comforted at the same time due to a sliver of hope that maybe, just maybe, he was the one. Life went on we continued to hang out and get to know each other and were extremely comfortable around each other as if we've known each other forever. I did most of the talking as he was very shy and a great listener. There was a closeness between us and some kind of weird bond I couldn't explain. Even though I kept telling myself for the first few months that I wasn't into him like that my actions spoke otherwise as far as the lengthy instant messaging daily. We were talking so much I even got in trouble for talking too much when I should have been working. I kept telling myself I did not like him but yet could not stop talking to him. One day he said to me, "you know what Cheryl?" "I think your the one for me" "I just know" I immediately thought he was full of it and told him to come up with a better line because men have played that one out. I thought to myself sheesh he's just like all the other guys whispering sweet nothings to win the girls heart and get in her pants. He contested he was definitely not one of those guys and that he really meant it. I didn't have much to say to that so I just kind of nodded my head and said "ok". We were on our way to Walmart to grab groceries and during checkout at the magazine stand Steve had pulled out one of those old monthly rolled up horoscopes, opened it and read you will meet someone and instantly know that person is "The One For You!" He instantly chuckled and teased me telling me "see I told you!" I thought to myself huh how awkwardly synchronistic. It was then that it started to creep over me the weird feeling of "is this really happening and if so how divinely wonderful for I have not really experienced something like that and more important I was starting to feel different and very curious as to how our friendship/partnership would unfold. Days passed and during our time together I felt very light, joyous, and so comfortable I was able to act like myself and be a dork sometimes. I even appeared to be extra funny and comedic having Steve crack up pretty hard at the retarded things I would say. When I think back I don't even know how I was that funny. Back then it seemed like punchlines just rolled off my tongue. I am in no way even close to a comedian but back then it seemed as if I was taken over and the jokes just came fluidly. It was totally different from my typical dorky style too. I suppose I was channeling my divine funny multidimensional self. One day I brought up my 4 favorite actresses and which ones I thought we're the most talented and equally beautiful. This was 9 years ago. First I told him Natalie Portman, Alyssa Milano, and Keira Knightly first and he instantly got excited bobbing up and down saying those were also his favorites. I thought ok that's not too odd or surprising because back then they were pretty popular and I think many would agree on those 3 being ark easy top 10. For my 4th top favorite gal I thought to myself there's no way he'll get this one because this one was a lot older, been around longer, and I don't know what it was about her but I loved her and she starred in many movies back then and was just a phenomenal actor. I think I was in love with her true being, her soul which was very pure, nurturing, loving, caring, and talented. So I began telling Steve "there's this one other woman who I adore but doubt he might even know her to well for she was older and the movies she starred in were probably a good 8 years old by that time. Steve immediately blurted in excitement Ashley Judd! I thought no way, not my Ashley, and yet again another odd synchronicity. Let's rewind back to the time when I was with my ex boyfriend. One day at a random photoshoot I met this different, cool, lively, hip, chick that out of the blue started mentioning how she reads tarot cards. I took her number down and called her the following week. While giving the reading she paused and gasped a little. She said normally as a reader they try to refrain as much as possible from giving negative/ bad readings especially death but something compelled her to be the delivered of bad news. She told me that my man of almost 2 years was not that great of a guy and going to cheat on me very soon. I thought she was crazy and didn't believe her one bit for at the time I was happy, thought he was happy and the relationship was perfect to me. I told myself delete crazy girls number. I believe after 2 months was when I found out and gave him the boot out of our apartment.

Crazy girl was right and actually knew her shit. Forward now..... Steve and I are at a night club hanging out and who shows up out of nowhere after 2 years?? Crazy girl! We say hi to each other start conversing for a bit then all of a sudden become chummy chummy pals. I guess you can say we both were kind of like loners. I was hanging with Steve but the absence of a Girlfriend did make me feel a bit lonely. Usually when I go to a night club it's with girlfriends to dance the night away. My best friend at the time hardly hung out with me at all after getting serious with her bf of one year. I had a couple other acquaintances but just didn't seem to end up ever hanging out. Steve fit in my life pretty perfect at the time I must say and with my newly appointed gypsy, club partner in crime life was just fine. Gypsy girl (Portia) started hanging out with Steve and I a lot. Her and I got along very well both loved singing Karaoke and both were Leo's only two days apart. I joked with her one day about how I didn't believe her reading and thought she was crazy. She mentioned giving Steve and I a reading and I guess she was just personally curious how Steves would turn out. Steve treated us to a nice dinner and when we were finished Portia asked me to leave to give Steves reading. As Portia and I proceed to part our ways with Steve she hops up and down with excitement and can barely even wait to tell me about the reading. As soon as we had a seat In the car she chimmed with so much glee and excitement saying "Omg I love Steve so much, he's so awesome, he got the love card and that's super rare!" "Girrrr he's the perfect one for you!!!" " He will take care of you, treat you like a queen" I interrupted her with my question, " You mean he's not ever going to cheat on me??" She replies " nope he will never,""you should marry him!" I thought whoa let's not get too ahead of ourselves talking about marriage already but how interesting for Portia to say "he's the one for you" and to add that he would never cheat. It started to feel very surreal to me and the days ahead felt as if I was in dream time. I end up meeting Steves baby's mother shortly after who was very nice including her brother that looked oddly familiar to me. I thought for a bit and then recalled that I had met the brother in our Karaoke room several weeks before I started hanging with Steve. He somehow ended up in our room with 2 of his friends and a group of mines. After hanging for a bit the brother named Cheyenne starts going off about this friend of his that would be perfect for me. He goes on for a few minutes about how he knows we would get along so well , so perfect, and blah blah blah. The whole time I'm thinking to myself um I really don't care and am not that interested especially that he's not here for me to meet and your cutting into my singing time. He's going on and on then all of a sudden freezes, has a funny look on his face then blurts out "ahhh but he's with my sister!" Sister???? This guy is crazy! What person in their right mind as a brother would hook up his sisters other half with someone else that he believed was a better match. Cheyenne's expression on his face told the same story as I hear him under his breath softly question himself ". How could I try and hook up my bro with someone else when he's dating my sister. Boy did he look really confused then all of a sudden he sprang back up with a smile on his face and said "but man if only, you'd guys be perfect. That night I thought "weirdo" and then I guess forgot about it until now, until I just so happened to see him, recognize him and put two and two together that he was talking about my Steve the whole time. Later I ask Steve about Cheyenne and his sisters relationship. Steve fills in that Cheyenne is super protective of his sister and that one time Cheyenne made a mistake and thought he heard something bad about Steve and another girl and actually approached him ready to defend his sister. The rumor turned out to be another guy named Steve. So at this point I'm thinking ok this is just getting a little weird now. It's been over 4 months and by this time Steve and I are a couple. The synchronicities are still popping up left and right. Our new found relationship is going very, very well. I might add too well that something inside me starts to ponder upon the meaning of the all the odd synchronicities, the outside people involved, the weird familiarity and total comfortability. You could say being around Steve felt like a total coming home. The way I felt with Steve, the way we got along, everything seemed overly too perfect. Weeks go by and what started as a curious question became a burning one. It was starting to really, really, pick at me. Our relationship was so different, I knew with all my heart that this relationship was something else, Who were we, what were we, what is it all for, what's the purpose? I kept repeating the questions over and over like a broken record. I couldn't figure it out. Our relationship felt too good to be true and that really bothered me not understanding why it felt that way. One night I couldn't take it anymore and I started asking out loud for several hours till I got tired of

asking and decide to call it a night. I must of sounded like a talking parrot from hell. Steve and I had just recently came back from s short trip in Las Vegas. We decided to look at all our pictures. Steve had his laptop on his lap as I sat next to him. We scroll through a few pictures and land on one of just the two of us. What happens next is very hard to describe. Something is really weird about this picture. It starts to glow this kind of misty ethereal gold and radiating waves of unconditional love that flow to our body. The two of us in the picture appear to morph into into what looks and feels like Jesus and Mary Magdalene and they are both Just staring at us with such a loving and caring look I can't even explain it for Ive never seen Anyone look at me or us like that. and as they are doing that the feeling of unconditional love increases where it's like I could feel it touching my heart chakra , such a pure sweet endearing feeling, so much care for us. So this is all happening fairly quickly and now the picture seems to change a lil and now Steve and I look like brother and sister but somehow it still feels kind of like Jesus and Mary only that there is now an extreme sense of what feels like a very strong brother and sister love. I can't exactly explain how it was that we looked like brother and sister when we're not even the same race. All I know is that when the brother and sister were looking back at us it felt as if there was another shift again and now felt like our higher selves were looking at us. It's amazing how it was a picture of me but yet as if a magical holographic veil was placed over. Our higher selves looked and felt so mature, filled with wisdom, experience, magic, and higher light. When Steve and I first saw what was happening we both jumped up almost practically out of seat. Towards the end when we looked like brother and sister Steve freaked out and shut the laptop close. First thing out of his mouth was" I can't have sex with you, if your my sister that's gross. I was still trying to Process what had just happened then all of a sudden the notion came... Are we soulmates? I went right back on the computer to read about soulmates. Somehow after typing soulmates a window immediately popped up and it was a website on divine complements. The author even wrote a book and her name is Ariadne Greene. I started reading their description on these divine complements and the difference between soul mates and every single thing I read Matched Steve and I to the "T" from the example of first meeting and how one of them is not always interested at first to the process of awakening and how the relationship cultivated. I finally got my answer, we were or are divine complements. The book even spoke about evidence pointing to Mary and Jesus to be twin souls as well. After having that experience with the picture, the unconditional love that was emitting from it plus the morphing of our pictures I felt completely changed. It was if my whole world just opened up to the celestial cosmos of light and wisdom I was instantly different no longer the same Cheryl. From the picture experience to going on the net and receiving validation from that website on twin flames I felt a great sense of inner peace, awe and wonderment and it was as if I was instantly spiritual. This experience is my "Awakening to all that is" when I thought back at how I felt and perceived things right before the experience I realize how blind and oblivious I was to this beautiful, magical, holy, Christ like, other dimension that's been there all along only I wasn't awaken to perceive. After my awakening I was brand new and feel as I was lost this whole time and now finally found. The next wk I was at work and came across an article about a shaman in a jungle who had helped someone that got hit with a machete. The shaman was able to instantly heal him and take his pain away. Right upon finishing the article I knew what I was, I knew my purpose. It was so clear as day and felt so right that I didn't even question for a second. The only thing that was going through my head over and over was "I want to be a healer, a shaman and heal people through sacred energy. I've never been so sure about anything in my life. Nothing was going to stop me and I had a passion and drive to fulfill my new found purpose. I got off work and ran to Steve to tell him the news. I was so excited, " I said babe I was at work and came across this article about a shaman and I now know my purpose. I'm going to be s healer. He laughed and though I was crazy. When I thought about it it was quite funny because before my epiphany my take on healers were the ones were there was one guy standing in church and when the person that needs healing approaches they would start shaking uncontrollably. I Actually thought those guys were fake and if anything maybe just a very small number that were actually real. Steve knew even less then I did. That week I went to a crystal store and purchased a leumarian wand.

Steve had just recently contracted a stomach bug called h pylori. The antibiotics weren't really helping and he has a super hard time swallowing pills. His stomach was always upset, gassy and constantly burping which made eating tough. Lucky me I had something to play with and practice my new healing on. It was my very first time using a crystal so I just followed my inner guidance and everything came naturally and smoothly. I was so excited when I started feeling his energy body with my crystal. It's like holding two magnets that are repelling each other. I never thought about or even realized you could feel a persons energy like that. After playing with the energy a bit I was guided to commence the healing. Through thought intention I began to run energy through the crystal then reversed to suck energy like a vacuum. After a few minutes I could feel a great deal of energy being pulled out of his stomach. Steve started moaning and groaning while I was working on him. I continued to draw the illness out until I felt I got all of it. I didn't realize he was in such discomfort till after the session. He told me it felt like I was inside his stomach ripping his intestines out. Wow crystals are powerful. What a great first time experience in crystal healing. We went to bed and carried on through the next day. Come dinner halfway through Steve just realized "hey I completely forgot i was sick, the gas is gone, and my stomach doesn't hurt anymore. Yay! I became a crystal energy healer overnight. Next few days I worked on Steve again while he was falling asleep. After several minutes he opened his eyes and said "whoa I just saw these 3 sparkles of light leave my body" the next day when we woke up Steve was bright eyed bushy tailed skipping to my loo and humming songs. Steve said he felt like a weight has been lifted from him and he felt much lighter. I was so happy to have come across that article about the shaman and find new purpose in life to heal people. I became so fascinated with crystals and how each and every crystal has a property to heal I was like a kid in the candy store. I became quite the collector in the next few years and anytime a friend or visitor would come by my house I would gift them a crystal or free healing with my wand. I had a friend experience what you would call a life review while holding the wand over his head. Flashes of all the important highlighted moments in his life good and bad which caused him to cry. I thought it was so neat that he said it was like he was living it all over again, feelings the same intensity of every moment in fast forward that caused him to ball out of control at the end. He said it was good though, he felt as if it was some kind of process of self reflection and release of energies. How fascinating the myriad of experiences and healing that can take place from a single crystal of Gaia.

Puts everything into perspective when you think about Atlantis and how they had huge giant crystals that could control the weather. So much power and misused with crystals that later lead to their demise. I don't feel i was ever in Atlantis but leumaria definitely hence the reason why they work so well for me.

So you've heard the story of how I came to wake up and from this point in time it is an ongoing process of learning, remembering, connecting to my multidimensional selves,



Around the beginning of the class, I had a lucid 4D adventure (OK, a dream!) where I was driven in an old Cadillac at break-neck speed down a hilly, winding country road, knocking down farm fences, gates, through potholes and farm furrows and all such barriers to get to a geyser just like this, yet somehow much faster and more powerful and it went as high as the sky and beyond.

Standing next to it, I was filled with exhilaration and cleansed with Light. One of those delightful



dreams where absolutely nothing is subtle! Learning about portals. Bob Harris

Artwork by Trees Walker

**Bob Harris**

**Past Experience is no Guarantee of Future Performance.  
Your Mileage May Vary!**

Today, as always, I am teaching myself how to fly in 3D. I have suffered from severe acrophobia all of my life. Somehow, recently, I realized that when I have those feelings while dreaming, I can just take off and fly, which dissolves the complicated patterns around my debilitating fear of falling.

In consequence of this, I have been practicing a similar approach to clear this 3D mayhem. When I'm feeling panic rise, I let my Higher Self fly over the physical place that stirs me, and just swoop up, free with the wind.

**Dreams and Horrors**

In my raucous atomic bomb era, large family, early 50's infancy, we lived in an apple and pear orchard in Native American burial lands that had not yet given way to urban sprawl. There was enough land to fill the hay wagon a few times, and of course we all got rides while tunneling in the new hay. I was devastated at 5 when the last of the pear trees, a giant, was struck by lightning and split in two. There was also a large marsh, where no child would be allowed to play, today. I waded in without thought, alone at 4 or 5. I never really 'caught' any creatures. I don't recall any ever giving me any resistance. But, I did carry various toads, newts, salamanders, and such on my forays into the fields in search of puff ball mushrooms, seeding dandelions, caterpillars and their chrysalis. This was just a few years before we were all bombed with DDT, ostensibly to control the mosquito population. But, it didn't really trim the mosquitos. It did come within an inch of killing off the Bald Eagle species, with their massive eyries just downriver from us. Then the marsh got filled in for a freeway, and the ticky-tacky suburbs ate up the miles of open fields. Thus, the making of an eco-radical.



This idyllic childhood was haunted by vivid dreams of Native Americans rowing their canoes effortlessly through a dense oak and hickory wood, as my family and I covered in a log cabin. They arrive and the scene ends. Repeatedly. In fact, it was so normal, that I learned how to summon it. Perhaps I caught it from the television, mankind's new favorite toy. This was at age 2 or 3. My nickel psychology says that it was, at least partially, a transference of something else into something more palatable than to baldly re-experience my previous, very near life, which ended in a gas chamber in Poland. Much of my grandparents' family were 'taken'. To this day, I still meet people and we recognize that we were there together. Still finding long-lost relatives who are descendants of survivors. It was a survivor who taught me championship table tennis during my Torah studies. I see their eyes and the eyes of their children. I just found another cousin a few months ago. A young doctor in Sweden. His grandma and my grandma were sisters. I have been working with a family bond shaman



to help heal the bonds of fear in my family. The bonds of love take care of themselves. He also works directly with children in Syrian refugee camps much of the time.

My first visitors, when I was about 4, were Gargoyle beings that would suddenly pop upside-down from the roof, outside a window, and startle the bedoodle out of me. Add an emotionally abusive father and angelic mother, and stir. Rage was not unknown to display anti-socially throughout my youth. End scene. Fade to black for a while.

### **The Electric Acid Kool-Aid Ascension Startup**

My first conscious acceptance of the higher light into my life came 'out of the blue', That is, a pharmaceutical grade LSD tablet called a Blue Flat. I was separately visited by two Ascended Masters a little later when I was 17. One in a dream, and one in broad daylight (though somewhat chemically enhanced daylight).

I stood in a vast sand desert with a lone boulder. There were two beings by the rock, who were to forewarn me of his presence, and kept saying, "You will receive a gift that many have cried out for, for lifetimes. You will receive the gift that cannot be earned." When the Master arrived, there was nothing but the liquid folds of his inundating violet light field. I could not see his face (or anything else) for the light, and I don't recall that he said any words to me. My entire being was infused and transformed as I was bathed in his consciousness. He left behind a 'calling card', which was an elongated cube of pure healing light. It looked much like a brilliant honey comb. I've since carried it with me in the Etheric for these almost 50 years. Other gifts/talismans have arrived at times, but I cherish this as the one, because it truly re-sparked my DNA.

Other conscious visitations with Ascended Masters have guided my life and taught me about Light, Life and Love. And though there have been some words, the power of their light and de-lite is the only message I felt the need to retain. Infinite Love, infinite healing, in this very Now.

At 19, I was led to spend years in a monastic mystery school, in a mystical land called California. My teachers in the community were women and men, all supported (ideally) in their own realization path. As Occultism must be balanced with Service, the Order ran shelters for women and their children, and I was highly involved in one of the shelters long after I returned to 'civilian' life. Today, I run a Cancer support group, which I find is not much different than being with frightened children.

They say that a rising tide floats all boats. And the energies available to us NOW are, while not at all unheard of then, exponentially more available, and free of dogma and rigid forms and symbols. I release all beliefs, so-called knowledge, and familiar/safe patterns for Gaia's Ascension. And thus, my own and those that are open to her loving touch through me.

### **Hello Neptune**

After those years, Self demanded that I dive head first into the World, to experience 3D as fully as I could. Even then, I knew that this was all Maya/illusion, but was necessary in my Life Plan. Diving into what was often so dark as to be close to despair, I worked my way through engineering and business school, over 15 years or so. I sold insurance, returned to playing in rock bands, worked the railroads, became a trust banker, Union carpenter, robotics mechanic, and consulting software engineer and fell in and out of out-of-tune relationships. It was like taking a nostalgic long, last look and deep breath of 3D Earth, before letting it all go. Even the smallest remembrances of my Higher Self would keep me afloat and pointed at Source through the haze, and in the darkest hours.

### **11:11 Wake-up Call**

A few years ago, I was at my wife's cousin's house in Palo Alto. The husband of another visiting cousin (a strong lightworker) met me, looked at me, and announced to everyone, "He's one of my brothers!" This declaration popped me out of a frequency range of which I'd

been banging my head against for years. It initiated what I call, my 11:11 journey. Everyone has their own interpretation of such numbers. To me, this one came to mean the gradual re-integration with my Higher Self. The Light Language Clarion Call.

It was natural to me to search for further specific instruction on the Internet! Yes. I have been 'radiated' one-on-one by many Masters, but now I need the Internet to log in to my Ascension! Hey, I make no pretense! We can be shown and told in myriad ways, but it's only when we experience it and command it that we are it.

I ran into Sue during this process on a Web Radio interview, and was immediately intrigued. I hadn't heard any Arcturian messages, but had a great affinity for the Pleiadians for many years, and was ravenous for more information and direction. So few channels resonated for me. After viewing several of Sue's YouTube videos, which she so generously makes available, I listened to her Gaia Series and \*whack\*. I've known for most of my years that I was here to be present and to be a portal, but serving humanity in coordination with the Planet we are made of, totally shook up my concepts about My Path.

I'm remembering how to work together to do a job which, in my memory, has been burning in my soul for millennia of earth-time. I'm going to stand on the corner with a sign that says, "The **NOW** of the World is at Hand!"

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During this Leaders4Gaia course, I've been learning more about connecting with Portals, the Elementals, and Unity Consciousness, and I'm finding that the veil between 3D and 4D is dissolving! In train with that, I'm being shown how to un-create my own veil to 5D. in the Name of Gaia, I bow to us all in gratitude.







# Group 3

Beth Shanahan

Rachel Saunders

Ana Garcia

Joan Wallace

Nicole Lorenz

Kim St. Germain



## Our Star Flower Being

I wish to imbibe our star flower with the abilities of energy healing, to connect with higher beings and astral travel. I also place within our Star Flower the gifts of sewing, and making jewelry which makes my heart sing! As I write this I am reminded by my higher self that we can place these gifts within the core crystal of Earth so that they can be available for all of humanity. Joan Wallace

I see myself imbuing the Star Flower with the quality of TRUST, trust in Its/Our own beauty and power to express as Love. We are one with all of the qualities of our Star Flower Being.

I also add Creativity. I imagine this Wondrous Being as flickering light into new possibilities with joy and confidence! It spins Webs of Wonder with tendrils of intention.

I celebrate within this Collaboration the beauty of my Cosmic Family with the qualities we are each aware of and those that are yet to reveal themselves. And I see this Star Flower brimming with mirth at Its Cleverness. It can resolve anything before It with ease, knowing that solutions are always within reach. Kim St.Germain

The essence of the Starflower connects us with the subtle beauty of GAIA! Her perfection and fragility reminds us of the balance, the simplicity and beauty of a 3D flower. She teaches us the wisdom of just being, of standing still and enjoying keeping it simple. The Starflower tells me the greatness of being incarnated in GAIA, the joy of watching and feeling the bugs, the water, the wind and just letting go. She connects us with the ONE and brings us to acknowledge beauty, love calmness, joy, softness, kindness, niceness. Her colors and shapes are the true jewels of nature and when she blossoms it makes our high heart open and shine! ~ *Ana Garcia*

For me, the Star Flower Being of our creation is something I am doing with my spiritual sisters on a human, 3D level to try to bring the esoteric, without words 5D and above experience into a relatable human construct. If I were to give it attributes, they would be warm transformational energies, and colorful expressions of infinite amounts of love, joy, and truth. The Violet Flame of St. Germain as well as the tri-fold flame of each of our I AM presence are at the center; the glow of which extends throughout every perfect cell to the hearts of all who gaze upon her. ~ *Beth P Shanahan*

I would like to add the Music of the Spheres to the essence of the Star Flower Being. By focusing on our own inner harmony, the musical tones within our bodies, the music of the spheres, and the musical harmony that emanates from the Star Flower Being, we can clear and release any dissonance we encounter. I also place strength, fluidity, grace, and shimmering stardust within the Star Flower Being to assist us on our journey. ~ *Rachel Saunders*

# Awakening

## Joan

Yes, I feel I can write about what I'm becoming or who I am at this moment more easily than who I've been. (The past doesn't exist, only the now)

To begin my homework, I took a deep breath, and centered myself in my heart chakra. I then asked my higher self to join me for this exercise and bring to me what they feel best describes me in this moment of now.

I am strong, resourceful, powerful, helpful, and kind. My heart is open to all who show up to me. I love without boundaries. I seek to be the highest reflection of Christ Consciousness I can be in each moment of now. I work in concert with higher dimensional beings to bring love, trust, compassion, and joy to all of life on our precious Gaia. I embrace the new experiences that come to me with each day, knowing that we are all one, and all who show up to me are meant to be in my life. My job is to bring love into each experience and ride the wave above any drama.

### **My higher self has now asked me to replace each "I" above with "WE" / "OUR" so here goes:**

WE are strong, resourceful, powerful, helpful, and kind. OUR Hearts are open to all who show up to US. WE love without boundaries. WE seek to be the highest reflection of Christ Consciousness WE can be in each moment of now. WE work in concert with higher dimensional beings to bring love, trust, compassion, and joy to all of life on our precious Gaia. WE embrace the new experiences that come to US with each day, knowing that WE are all one and all who show up to US are meant to be in our lives at that moment. OUR job is to bring love into each experience and ride the wave above any drama.



## **Kim**

My heart song is to be LOVE as fully as possible in each moment. I do this in different ways. If fear comes up I remind myself of the truth of life and re frame my perspective from a place of love. If a judgment comes up I challenge myself to look at the person or situation in greater depth, to find common ground and compassion for their own expression of life in that moment. I choose to live joyfully and embrace everything that comes my way with confidence and awareness of my inner knowing.

I am a divine being of light, so full of inspiration and competence that nothing can shake me for long. I allow my inner knowing to guide each experience, each decision, every word spoken, and every thought. I know all is well in my world even when I may feel some discomfort momentarily. I am aware of my connection to Gaia and to all of my brothers and sisters no matter where they may be. The power of this connection cannot be compromised by any outside influence, and is only strengthened by any perceived opposition.

In this truth I rest this day! And all that I may need flows into my experience with grace and ease. I open to new possibilities with curiosity and wonder, knowing that the best is always within reach. And I am so grateful! I am grateful for this perfection and my awareness of it! I am grateful for all who are a part of this perfection! Thank you Self! Thank you Self in Others! We are truly magnificent! And so it is!

## Ana

I always knew that I was more than this physical body. I think the first time that I really acknowledged myself as a light being was fifteen years ago when knowledge from India came into my life and I was trained as a guide on past life regressions. I learned how to access the akashic records and search for the karmic agreements we made before taking an earth vessel. I also learned how to heal through the visualization of colors; I now realize that all this healing is done in the 5D. I was taught that the linear time just existed in our 3D reality, that in other dimensions everything happens in the now!! I was also told to not try to understand it because as I was incarnated in an earth vessel it would be difficult for me to understand it.

After, I engaged myself in a 4 year process as a “Mesa Carrier” on the Lakota tradition!! This wisdom taught me about the importance of the elementals and the power they have to heal our earth vessel!

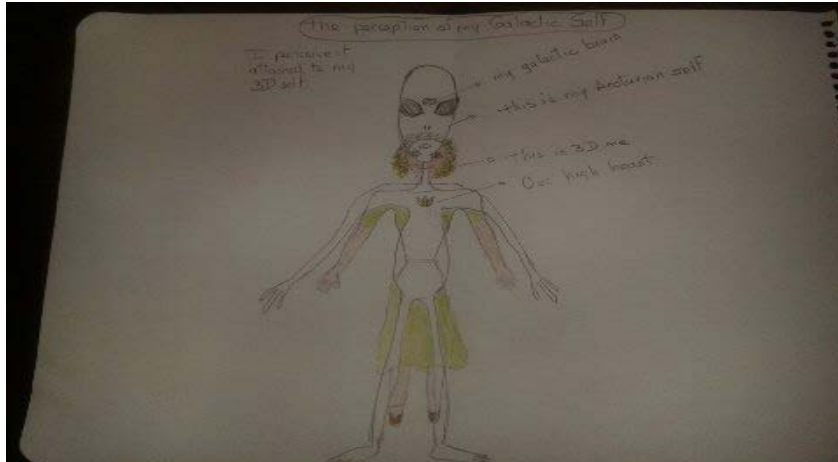
At the same time, I started walking the mountains. It was a hard time emotionally for me and I noticed that when I went in the mountain my body was tense and tired and after my walk I could feel myself at peace and full of energy!!

In those days a teacher came to my life and explained why the mountain was such a healer. I was walking on the energetic veins of GAIA!! They have a high vibration that recalibrates and balances the energy of the physical body!! That is why I was feeling so good!! He taught me how to use those paths in a sacred manner!! I was then when it came to my awareness the energy of a Dakini Regina, (a being of high consciousness) who has the ability to communicate with the mountains and the elementals!! She is known as the Queen of Mexico. She was brought up in Tibet where the monks raised her until the Chinese invasion where she went to hide in the Himalaya Mountains and then to a Chinese prison before she was able to come to Mexico. Her mission was to awaken the two volcanoes (Popocatepetl and Iztazihualt) the guardians of the consciousness of the Mexican People!! She arrived to this country in February 1968 and through several rituals made with the true keepers of the wisdom of our people and the sacrifice of the lives of 400 Mexicans including her own life, generated enough energy to accomplish her mission! The Chakra of GAIA situated in the central part of Mexico is fully activated NOW. That is why the Mexican people is been able to remember who they truly are!! I have been working with her energy for a while now and she has taught me ways to communicate with the elementals and to work side by side on awakening people’s hearts. With the remembrance of this knowledge I started guiding groups through the sacred paths of Mexico, working with the vibration of the elementals to connect people’s hearts with their true essence.

Considering myself an earth person, for a long time I did not want to have any galactic trade, I just thought this world was enough of a task for me to deal with. In 2012 I participated in many traditional rituals sending GAIA as much light as we could; we somehow knew she was in the middle of a battle with the dark forces of her human children! In 2013 I got in touch with

Drunvalo Melkisedek a teacher that lives in Sedona Arizona and that claims to be a Galactic being. I was drawn to him because I became very interested in sacred geometry and Quantum Physics! His story is wild but somehow it made sense to me! I read his books (the flower of life and some others) and a new perception of reality open for me. He confirmed the power of the work I was doing with the past life regressions processes and the power of the frequencies that the visualization of colors represented. Quantum physics helped me build a bridge between a spiritual language and the scientific one and create a common language available to the 3D minds!!Thru Drunvalo I learned about our High Heart (ATMA), Pineal Gland, and Third Eye, and how to move the energy to access a higher state of consciousness. And for the first time I connected with my multidimensional being!!

In 2014 while I was practicing my daily meditations two galactic beings appeared on the scene. They were weird looking almost like insects; big white egg heads, with black big eyes, small nose and small mouth. They were tall and had 3 fingers in each hand. I didn't know who they were but I knew I felt a deep love for them. One had a male energy and the other one was a female! I asked for their names and they told me that one was Siefed (Male) and the other one's name was Sara (female). They told me that I needed to go to the mountains and find a man that is connected to the Andromedan civilization. So I went to the middle of nowhere and found this person and asked him if he knew these beings that had brought me to him; he said no he'd never seen beings with the description I gave him! Oh well I thought! Maybe it was my imagination!! But the next day he came up to me and told me that my friends visited with him the night before and told him that they were Arcturians and that I was one of them working in the ground team!! I felt excited and fearful at the same time!! The connection got stronger with time and I started receiving different messages!! A lot to do with vibration frequencies; Alpha, Beta, Delta and Gamma waves!! Until one day they connected me with Suzanne Lie and her channeled messages! That is when I heard about the leaders' course and I just knew that I needed to attend!



What I have learned during the course

TRUST! Is one of the valuable things I have learned!! Speaking the same language with the group has put me in a place of confidence!! I'm not imagining things! it is true! And to know it for certain gives me a lot more power! I feel safe!

Another thing that I have perceived that my fears are decreasing, the certainty of been a multidimensional being and to acknowledge that whatever emotions are surfacing in the now are part of a purification have put me in a more peaceful reality.

Two great gifts I received are the affirmations:

**I refuse to participate in that reality (send unconditional love and violet fire)**

**Thanksgiving to the substance at hand will it duplicate the substance indefinitely!**

I repeat these affirmations constantly when my thoughts are engaged in something I don't want or something I do want. I have been more aware of what my thought are and I think I'm making a good progress in the mastering my emotions.

I also learned about the power of documenting and how to bring to the 3D whatever I perceive in the 5D reality, building that way a bridge.

The integration of my galactic self has been another great gift. I perceive myself as one.

And finally, SURRENDER is something I try to do more and more each day, trust, let go and surrender to the process. I acknowledge that I'm in a mission and the plan has already been agreed on.

I will incorporate what I have learned the my forest therapy with the wisdom of the elementals and I will my multidimensional awareness to the past life regression therapy

## Rachel

Since the past, present, and future all exist simultaneously within the NOW of the One, as I change myself in the present, I am changing myself in the past and creating my future from my aspirations in the present. My/our entire story is changing all of the “time.”

As I began writing my awakening story, I became very confused about the sequence and even the details of the events, especially the dark fog leading up to the awakening in 2012. Here is what I have for our purposes in this NOW: I had spent my life making myself do 3D things I never wanted to do and trying to force myself to have a personality because that’s what I thought I was supposed to do, but I kept bursting out of the box. I didn’t know what I wanted because I was in such a dark, depressive fog, but I knew I couldn’t be in the box and follow the status quo. I was on a fast forward downward spiral when I had what doctors thought was a seizure but what I know now was my kundalini forcing me to awaken. I say this because once I regained consciousness, I was suddenly able to perceive other dimensions. My body also began changing its shape into more of a straight and narrow figure. I sought a children’s yoga teacher training program, but I was not so much interested in teaching yoga to children as I was interested in being taught the children’s yoga as a child myself. I became fascinated in all things pure, innocent, light, whimsical, magical, and beautiful. I began connecting to my inner child. Family and friends were building their lives, and I was engaged in this inner re-discovery, but I didn’t care. I couldn’t do it any other way.

I began to feel strong, empowered, and invincible. Everything was humming and glowing with strong life force energy, vibrancy and aliveness. I started seeing and experiencing light flashes everywhere. Also, light bulbs would flicker and I found I had to stay away from certain electrical appliances or the circuits would blow up. I began connecting to my Self as I discovered peace and stillness within.

As empowered as I felt, there was still so much I didn’t understand. I signed on for a year long yoga teacher training program and began connecting with my body in the process.

About mid way through that program, I went to California with some others on business. I would take yoga classes at the hotel and go to the beach in the afternoons. Once I turned my attention to the abundance of quartz washing up on the beach, I felt that the waves would come crashing in bringing a whole new batch for me to explore. As I stood there on the beach collecting the rocks, I somehow knew that I was also the ocean, the sand, and everything else. I began connecting to the Earth. I could even feel and hear the Earth shift beneath my feet.

One day that summer, as the sun was coming in through the window, I looked behind me and saw light beaming out of my back. I really didn't know what to make of this. So I told a friend who got kind of fussy and said, "Human beings can't beam light out of their backs!" I had no idea what was happening to me. I knew this light was there, but his comment kind of shut me down. I questioned the experience. Was I delusional? Was I just going to burst into light? What was going on? I had to know more. I finished the yoga training then received my certifications to do hands on energy treatments. I had been collecting a lot more crystals that I found were teaching me and showing me a tremendous amount of helpful insights. I also started reading channeled messages. Enter dear beloved Sue Lie and the blessed Arcturians.

In connecting with my Galactic Self, I have found myself on spaceships, I've seen trails of diamonds/stars swirling behind me, I've seen sacred geometry in the sky, and I hear the music of the spheres, choirs of angels, and actual light language. This is being experienced in daily life 1111. Sometimes, I can even see through myself. In other words, I will look into a mirror and my reflection blurs into nothing. It completely vanishes.

One day, I connected with the Monad and was shown that we are in the process of rewriting and/or activating our (dormant) DNA. I didn't know exactly how it would happen, but I knew it was going to happen and is happening for those of us that are ready. As I have reached higher and higher and the more I open up, the deeper the cleaning and purging. It has been enthralling, extremely intense, and remarkable - definitely a wild ride.

Being on this journey and not ever really speaking with anyone about any of this has been strange. The Leaders4Gaia group has provided such a wonderful place to share and connect with others of ascending frequency through unity consciousness. Specifically, I have been able to see and understand the unity in diversity and to know that we all are the same one thing in different expressions. Sue has really helped to build my confidence and pull my voice out of me. I am so very grateful.

## **Nicole**

My contribution is surrendering to the NOW. The beingness of being. Thus my contribution is...

Lovingly,  
Nicole

## **My Awakening Process – Beth P. Shanahan**

I've always felt that my body vessel could never fully contain the essence of my powerful being. I've been a very physically, mentally, and spiritually, active energetic being since day one. My heart is so full of love for all that I move in concert with and all that I yearn to know.

As a child my nickname was Dynamite, yet I was a sentimental, affectionate, whirlwind combination of gentle artistry, tough, daring, tenacious perseverance, and poetic optimistic idealism. I was and am, a seeker for the truth of all things loving and the purpose for all things living. I will color in or outside of the lines, whichever way is most effective and feels most right, just, fair, and true for any situation.

When I was 8, a sweet, young aunt of mine died, leaving four boys 5-13 without their mother, and I embraced my Catholic faith more to find the answers. When I was 13, and my father and 8 year-old sister died in an accident, our own happy families' world came crashing down, and life would never be the same. I had to grow up quickly and help my heart broken mother. That was when I first had the thought that no single religious faith contains all the answers to the questions and tragedies of life. I began to think outside the box, but only in a small way. I still felt the security of church dogma, and hoped mystical faith held the answers somewhere. When I was 15, my best friend in high school died, and I was desperately trying to figure out how to make sense out of being close to people only to lose them. The awareness of a much bigger picture kept growing deep within, yet I was still so much a part of the ordinary way of living, doing, planning, and being.

I met the love of my life shortly after sending my powerful wish out to the Universe as a young college girl, and I tasted the infinite ability of my will to manifest. He was everything I had ever dreamed of and more. Our love felt bigger than the Earth, the sky, and the oceans. We were blissfully married and lived a fun heaven on Earth together. In time we had two awesome children, a daughter and a son - but only when we agreed to welcome each in turn into our paradise. Yes, we felt we could be, do, and have all things. Our amazing love was proof of that. We did not have a great deal of money, but we didn't want for more. Our happy treasure was in our hearts and joyfully we all lived as one.

My loving man was a seeker of universal truth as well and opened my mind to a world of spirituality outside the one I was raised in. The Masters degree in Psychology I had just earned seemed off point for the type of metaphysical, intuitive work that now intrigued me. I took a low paying, interesting job at the University as part of the research faculty working through a grant, in the Department of Behavioral Genetics. But at the same time, I began to meditate, and I started to embark on a spiritual journey for knowledge that I still see as never ending. I would soon need some of that new, insightful perspective.

When my sweet everything husband died young, I too wanted to die. I felt like I was from another world and wanted to return to it where I would find him again. As a software engineer, he was the main income source, but he had only begun his first really high paying job a few years before. I was always a student, an artist, and a professional wannabe. We were still living in a mobile home. I knew my children (a daughter 7, and son, 5) would find their way with the help of God, their angels, and my mother and older sister. That's what I told myself as I grieved. I loved them dearly, yet the dream of our happy family died along with my husband. I knew they looked to me as a role model to be strong and carry on, but I was struggling to find joy in living again.

My will to live came back as a gradual piece by piece awakening. I wanted to continue raising and loving my children but I needed more understanding of how the Universe operates in order to carry on with courage and hope. One night, a few weeks after losing my love, I was shown in a dream that I chose to accept this possibility of his early death and departure from my life before we ever met. In fact, before being born. I had no idea why I would make such a painful choice, but it expanded my consciousness to understand that I am a co-creator in a way I never knew. In fact, I saw we all are. I studied life between lives and learned about all the many choices we make before even arriving in a particular incarnation. I became cognizant of the many paths there are to God. I realized that the duality concept of helpless, separateness was one of many false programs we were taught to believe.

I gave up my conventional career, sold the mobile home, used life insurance to put a down payment on a house, and set aside all my



worldly money so that: 1.) I could put my children's upbringing first. I tried to be both mom and dad to give as loving, happy and supportive a family life I could provide them with, and 2.) I pursued a myriad of spiritual studies to advance my soul's evolution and fulfill my life mission of this incarnation. To the first end, I did everything possible to assist, love, play, and just 'be' with my daughter and son. I was several times a homeroom mom- a Scout den leader - a girl's softball coach, boy's basketball coach, chaperone for field trips, - anything to be there for them - work, and play with them. I tried to teach my children the 'unseen' spiritual and also worked with them on their nightly homework as an extra teacher/tutor of sorts, determined to help them anyway I could so that they would have the love, attention, and support to succeed. No single parent victimhood disadvantage story allowed! I didn't drink, drug, or date in order to be fully present for my children. We were, and are, still very close with a special bond of love. Meanwhile, I spent time and potential inheritance from my mother-in-law on trips back and forth to Florida so she could enjoy time with her only grandchildren. Two years after her son died, I helped my mother-in-law pass over peacefully. I think she died from a broken heart after the loss of her husband, daughter, and son. And five years after losing my husband, my supportive, best friend/older sister also died. I'm thinking, who will be next? Please not my kids, my mom, or our dog ... seriously.

In my spiritual quest, I began with angel studies, became a Reiki Master, then an ARCH Master, and then went on from there to a dozen spiritual certifications as an intuitive, medical intuitive, 'other side' medium, spiritual counselor, energy healer, etc., attending countless seminars, reading many books and doing various studies near and far, over many years. I found a few spiritual mentors too. And of course through meditation, I found the answers within. I also had a few very amazing mystical experiences that I took as proof I was on the right path. I still read spiritual information on the Internet for hours every day.

My 'job' as a spiritual practitioner has never brought in much money. When insurance money and social security benefits stopped coming, I struggled to get by, filed for bankruptcy, and eventually lost our home to foreclosure last year. By now, my daughter had just graduated from the university in astrophysics and my son was in college studying sound engineering. (Both are great students, but I am most proud that they are

beautiful, kind souls!) I had thought the house was too big for me anyway. But I always had faith that I would be taken care of. I trusted in the Divine Love at the center of the universe and it didn't let me down. Our home sold at auction at such a high bid, that I was paid the generous overbid. Great twist of fate! God I am. Thank you! I am so grateful to the Divine Mother/Father and angels and the spiritual teams that my children and I have. I know my husband and sister, mom-in-law, grandparents, and deceased aunts and uncles bargained with the angels to help their Earth family and Gaia too, and between them and our own faith and trust, we have been blessed and cared for. My mom lives in another state here in the U.S. but I am grateful she is also still alive to love and love us. I feel the human family of all the world is interconnected as humanity on a sacred journey back to Source while living out Divine Love through human experiences.

I know that I am one individual part of the great leadership into the golden age of Earth-Gaia. My belief in a positive outcome has led me this far, and I know that God will never leave me, or anyone else, to deal with difficulties all alone. Such Faith is a gift I invite all to seek. I am a star seed with a whole spiritual team of assistants, including angels and ascended masters. I have tools I can utilize such as the Violet Flame of St. Germain. All with sincere intent who desire to, are assisting the Ascension process. You and I, my two sweet children, you and yours are all a part of the plan. I am awake and aware of the oneness of all that is. We are assisting to create the heart-centered world that we so desire.

I am gratefully happy to be among the teachers/healers/way-show-ers. I don't know exactly what lies ahead of me, or my children, but I believe that my role in our Ascension process is ever evolving along with Gaia herself and we will, all of us, each one of us, be shown our way. I am confident that the emerging new world of peace, joy, abundance, and most of all love, is just around the corner. My infinite self and unlimited conscious awareness continues to grow. And as I, and all others evolve, Earth's collective consciousness is also expanding and awakening.

As we remember who we really are, I think it is important to know that things are not always what they seem, and, our thoughts do influence and create our reality. Ah life. I still struggle with depression. I like to keep saying to myself "Everything always works out great for me!"

# WE ARE ONE!

(Group 4: June Can, Bob Richey, Luke Davids, Tommy Freeman,  
Sarah Tilson, Jennifer Pagel, Yin-Ping Li)



(All paintings lovingly created by June)

## Becoming a True Portal of Light (June Can)

My life has been a series of awakenings from a very young age. As a child I was very aware of Nature, and felt energies there. Throughout my life Nature was always a safe haven for me, a place where I totally relaxed and enjoyed what I saw and felt. Nature was like a constant friend.

As an adolescent I would connect with higher energies when I danced. I always had a deep love for movement and dance, and would pour out my turbulent emotions in dance. I would put on music in the living room and start dancing and the atmosphere in the room would change. This used to frighten me because I did not know what was happening, but I needed to dance and always felt better after I did. My whole life I seem to have had a lot of energy running through me and dance was a way to express some of it. From the age of 7, I started writing a diary to a lady named Elisheva. Throughout my life, I would pour my heart out to her, and always felt her loving presence quietly listening to me, supporting me, and healing me. I later learned from a psychic that she really did exist. I had always thought that she was in my imagination. I didn't know that imagination was 5D thinking then!

As a young adult I was great searcher, forever looking for answers to life's great questions. I found groups, and schools and studied a lot of esoteric knowledge. I opened up to being psychic then, as I started to ask questions and receive answers from the unseen worlds.

Healing was always fascinating to me, and I sought out many modalities, and studied as much as I could. I was well aware of the healing force and was quite comfortable with it.



Up until this point in my life I believed that I was separate from everything I was connecting to.

It was only when I heard about the Pleiadians and started listening to a Pleiadian channel here on Earth, that I met my higher self. It was at a seminar in Minnesota, and it was after two days of the seminar that I sensed and met my higher self. She looked like me and was smiling at me very lovingly from above.

When I heard about the Arcturians and began to read Suzanne Lie's books and blog postings, multi-dimensionality began to reveal itself to me. Before this course I was a psychic channel and a medium,

believing that I was always connecting to energies and beings outside myself. I now know that I am those higher beings in other dimensions.

It was through the process of reading something and it sounding very familiar, or feeling a deep homesickness for home and not knowing exactly where home was, that I began to remember other dimensions that I had been in and reside in today too. The idea that all the dimensions are accessible to one spirit of mine was a mind-blowing realization. Not only could I be Pleiadian, I could be Arcturian, Venusian, and live on planets very far away from Earth. At first these memories were separate exciting bits and pieces of my self-knowledge, but slowly they began to merge into a much larger reality than I had ever known. When I began to understand or know that I truly was a multi-dimensional being who had chosen to take an earth vessel here on Gaia in this NOW, a great clarity arrived. It made so much sense.

Also meeting others who had also volunteered to help Gaia was such a confirmation. Through everyone's sharing I remembered even more of my higher dimensional selves. It is very joyful to meet and remember with everyone!

Through understanding the multidimensionality of myself I can understand the process of pulling down light into Gaia from the higher dimensions. I get it now that I am a portal, by definition. And as a portal I can draw in light, and love and violet fire for all of my incarnations on Earth, and for Gaia, as I help her ascend.



In this course I learned  
That I live in many more  
Dimensions than one.

In this course I learned  
That all parts of me are one  
With planet Gaia.

My water, my earth,  
My air and my fire are  
All elementals,

That we share with her  
That we all transmute with her  
To 5D New Earth.

# My Awakening Story

(Bob Richey)

## 3D Physical Experience

As a young child of 4 or 5 years I used to wonder how I was perceived by everyone else. I could always see others and how they acted, but how about me? I could look in the mirror and see my human reflection but that was not the answer I was looking for. Even at that early age I questioned my purpose. Who am I? What am I doing here? What things am I good at? From there my curiosity grew and continues to this day. My dad was out of the picture most of the time and mom was always busy working and trying to make ends meet. So most of my time off from school I was alone and left to wander. I came to enjoy that a great deal. I spent grades 1-8 in a catholic school and developed a powerful longing to know God, however I soon found that the queries I put before the nuns and priests were not being answered satisfactorily. They really didn't resonate with me and I was not one to accept things on blind faith. Graduation also marked the end of my practice of the catholic religion.

## High School

My friends and I started a rock band when we were still in grade school and it carried over into high school. So we were hanging with all the older crowds and one day a person asked me if I had the opportunity to smoke marijuana would I give it a shot? He didn't need to ask me twice. I had wanted to try it for years but was afraid to talk to any body about it. The year was 1966 and I was 13. I can still remember laughing so hard I couldn't breathe. I loved seeing the world from a deeper perspective so later on that same year when I had the opportunity to have an LSD experience, I jumped on that as well. That changed my life. Haight Ashbury was in full swing at that time and it was only a 2 hour ride from my house. I spent as much time as I could there. It was an atmosphere of pure Love. Many of the hippies had left their homes, jobs etc. just to be in that environment. Therefore they didn't have much but they were always sharing whatever they had with any and all because they seemed to be aware



of the law of reciprocity. And there always was enough to go around. There was so much joy. I sorely regretted having to leave. A couple of months into my sophomore year, I decided that I'd had enough of the educational system so I quit (of course without any word to my family). Then after my second or third truancy beef as well as drug related charges, the school decided that they had had enough of me too. How convenient I thought! WRONG!!! I got sent to live with my dad in southern Calif. who had always been out of my life except for brief moments when I was growing up and had no real clue as to how to be a parent. This was my first experience of Hell-under the charge of a coarse, redneck-type of individual who I never really knew.

### More Religion

In my early 30's I again got that strong pull to know God better. Attended a few Christian churches but still felt that great distance between God and myself. So then I got into the Hindu religion and eastern metaphysics which led me to Siddha Yoga and awakening of the Kundalini through a process known as "Shaktipat". The Kundalini is awakened and then travels up the spine by way of the sushumna until it reaches the crown chakra. This awakening took place in my case a few days later. I was having a dream where I was standing next to a guy who just got hit upside the head with a soaking wet towel and the splattering sound it made when it hit caused me to completely lose my composure. Man I was laughing my ass off and couldn't stop. I woke up and still couldn't get over it. I laughed hilariously for the next 5-6 hours. I felt for my kids who had school the next day but no matter. I really couldn't help it. For the next 2-3 weeks I got no sleep while the energy integrated but of course I was never tired. After that, insights galore occurred with great frequency. After that I hooked up with the Sikhs and Yogi Bhajan for awhile and soon had too many questions for the guru to answer so I was sent to to Dr. John Demartini for answers. After a 10 day intensive retreat and a lot of one on one time with Dr. John about absolutely everything I could think of, I came away with a storehouse full of knowledge that also took a couple of weeks to integrate. But again more questions led to more seeking. So from there I studied with Sai Baba, Deepak Chopra, Neale Walsh, Joe Dispenza, Wayne Dyer, and Masaru Emoto. What I gathered is that all of these teachers are

aiming at the same goal as the teachers of old- Krishna, Jesus Christ, Buddha, Allah, Zoroaster etc. To let the world know that Love is all and the rest of this is only temporal.

### Near Death Experience

About 5 years ago, while building our house here in the jungle in Thailand, I was electrocuted. The cost of lumber in this country is prohibitive so all the walls are masonry and roof structures are steel. With my arm draped over one of the steel trusses. I brushed a wire out of the way - since it was white or neutral- should not have been an issue. However some curious being working for us decided to mess with the junction box taking all the wires apart and reassembling them at random. The electricity in Asia is all 240 volts and the wire was a heavy gauge for a big exhaust fan for the kitchen which was high amperage. I sat and watched as my fingers slowly closed around the live wire as all my muscles quickly began to contract and I couldn't move. At that point I knew was going to die. The pain was excruciating as I looked out the window at the beautiful green jungle for the last time. My thoughts at that precise moment were. "Well OK Lord if this is the plan for how things end then so be it. BUT THIS IS REALLY LAME! THIS IS A STUPID WAY TO GO OUT". The pain increased to the point that I lost consciousness and everything went black. Then I seemed to awaken, however my perspective was changed. Now I am looking down at my body from about 2 meters above. I began immediately coaching my lifeless body to take action. "Open your mouth. Let somebody know what just happened. Yell dummy" No response. Then the reality hit me. "If I'm up here, how can I be down there? Aw shit-I'm already gone". Then I went back into the blackness. However this time was different. Now I am just floating. No physical senses but all of my thoughts and emotions exactly as before. Additionally there was this feeling of being completely safe. Moreover, I experienced the total absence of fear and in it's place complete protection and warmth - aspects of unconditional love. I rather enjoyed it actually. Cozy feeling. I have no idea how long I was there, but then the lights came on again and I returned to where I was floating above my body. More coaxing. "Wake up. Come on yell loud. You can do it" This time though my mouth began to slowly open and emit this weak, tiny sound which

quickly increased in volume to my normal voice and then beyond. I have a very powerful voice and the vibration seemed to pull my spirit back into my body. So there I was back again and no more pain. I just hung there for a long time waiting to see if there were more experiences to come. Man I was not going to budge. The bare wire had been burning through my skin and muscle tissue, searing it along the way until it reached the bone and broke the contact. Consequently I no longer have any fear of death and that takes a lot of pressure off.

## Learning to Flow

(Luke Davids)

What I like to call my pre-awakening phase started when I was 18 and learned to meditate from my dad. This put me on a path of research and discovery, reading a lot of self-help books and exploring the idea of our thoughts creating our reality. I was just dabbling at this part of my life. I found my way to Abraham-Hicks material and was hooked. I listened on and off until I was about 24. I put these teachings into practice slowly, here and there. Sometimes forgetting about them, never really making it a new way of life. But in 2013 I put several things in my life on hold, several plans that I was trying to force myself into making happen for myself and decided just to focus on this ‘creating my own reality’ thing and being in alignment with my Inner Being. So 2013 I explored and practiced becoming the Master of my thoughts and emotions nonstop. Reaching for the thought that feels best in every moment. Journaling a ton. And noticing my thoughts and emotions manifesting throughout my day in small but noticeable ways.

On July 4th 2014 (Independence day in America which is quite a funny synchronicity given this is the day I started to discover my true independence) what I call my Awakening phase started. I experienced an intense discomfort in my stomach in the afternoon of July 4th. Preceding this I was feeling great emotionally and physically. It seemed to come out of nowhere and was so uncomfortable. It felt like how you feel when you hear really bad news and you get that pit in your stomach feeling. It came and went

with seemingly no cause or way of controlling it at all. For the first few weeks this was the way life went. Feeling really, really uncomfortable on and off and not knowing why. I was still focusing positively; nothing in my outside world had changed at all. But then I started to notice what I could do to help the feeling subside a little and what things triggered this feeling.

1. Any time I started thinking of a moment that was not the NOW I got this feeling. When I started to think of ‘what will I do today’ or ‘what is going to happen next’ it was painful. This taught me how to center into each moment, and relax into the flow.

2. Also this feeling arose whenever I tried to view myself from the perspective of someone else. Comparing myself, judging myself against other peoples achievements or ways of doing things. Or judging myself against where I thought I should be in life and what I thought I should be doing in any given moment. So I stopped that, over time, by refocusing every time that happened. Until eventually it’s no longer a part of my experience at all.

At this point in 2014 I slowed way down on listening/reading/learning and started focusing fully on practicing. This involved a lot of slowing everything way down. Going into nature and visualizing and imagining in order to center myself. This is the year I started receiving guidance through visuals out in the world. I’d see a sentence on a billboard or passing truck and get a feeling that this was guidance.

In 2015 my intuition really opened up. I learned that my guides were guiding me and giving me help through visual symbols throughout the day, out in the world, and eventually in the latter half of that year in numbers. I started to perceive with my inner vision as well. Seeing images that were guidance or receiving numbers rather than seeing them repeat in the outside world. Once receiving a number I would look it up to find out the meaning and deduce what it meant for me. Through this process I learned that I am here to be a leader and to be of service through loving unconditionally and utilizing my natural talents to help others.

I have more recently learned that we are releasing pent up emotions from all of our incarnations in order to ascend and have learned the importance of Unconditional Love for myself and not judging myself based on what is being released.

I'm excited for how this is all snowballing and am so thankful to all of those teachers and leaders who have laid a solid foundation of knowledge for us to learn from.

Through this Leadership course I have greatly furthered my understanding of what Unity Consciousness is and how it operates as well as discovering that I am a portal of Light for our planet. Learning about the Elementals and their role in ascension has been a huge help as well. Thank you x a billion to Sue, Shawna, The Arcturians and all fellow classmates for helping me to more fully integrate my Multidimensional Self



## My Journey (Tommy Freeman)

In reflection my journey has always been laced with memory markers, however just like light language I was unable to read it.

My story today is about my stepping into my light/love and how that process began. It began as a child I was always a little out of the box, looking for something, but I just couldn't put my finger on it. Yet I continued to venture off into new age energy. Never really religious or spiritual although I knew something was at work. It was only in the last 6 or 7 years that I have begun to connect the dots to see a bigger picture, which has now morphed into my flow. I was introduced to Christ consciousness and knew that I had found what I was looking for. This journey was soon paralleled by the Arcturian messages. Several lessons I had to learn and these lessons became obvious because they were in front of my face. Every soul has an individual journey, just ponder that. To ponder is to seek which will open a door for you to explore within your silence. Trust that you are exactly where you are meant to be. Embrace yourself with unconditional love, release all judgments again and again, they can be stubborn, but they also teach us to master our thoughts. Thoughts have energy, although this energy frequency is invisible to us quantum physics has validated its presence. This holds equally true for our emotions as well. This process is unique to each individual the theme is always the same. The emphasis for me telling my story is that it is time for us to embody our true self. A self without limitations, a self who knows that all is love, a self who knows intuition is whispering in the NOW of Universal flow, Divine intelligence. It's time for humanity to unite in Unity Consciousness.

If you want to see a new world than be the world you want to see.  
(Tommyism)

From our class I gained a much deeper relationship with the elementals, a greater acceptance of our diversity, and a deeper connection to our UNITY CONSCIOUSNESS.



# My Awakening Story

(Sarah Tilson)

First of all, I am so thankful to be here now. I am thankful for Creator and love. I have always felt what others around me were feeling, heard messages and saw things others did not see too. The power of the Holy Spirit and God was prevalent in my childhood. However, knowing a relative died before we received a phone call, did not fit into the South's bible belt idea of God. Quickly, I learned not to share these knowings. I wanted to make sure that I did not scare people or feel more isolated than I already did.

I always questioned why is there so much pain? Why can't we all get along? Why are people mean? Oh they're hurting, let me help. Along with this came a lot of anxiety and controlling tendencies, which encouraged my ego to judge others and myself harshly. If I could control these heart-based feelings with my mind, maybe I wouldn't hurt so much?

I adapted by trying to be what certain groups seemed to want of me - family, friends, school, jobs and etc. Perhaps I could show others that I am worthy, since I did not feel as if I was worthy or belonged. But each time, I told myself I was wrong for feeling a certain way, or took to heart a negative comment, or went against my intuition, I left a piece of myself behind. Despite, my higher self's reminders about spreading love and hope along the way. At this time, I stopped applying this loving guidance to myself.

The consequence of forgoing my empathetic feelings was a detachment to my inner guidance, which led to anxiety and fear. During college, once on my own, I began meditating automatic writing and yoga. Although, I still seemed to always be looking outside myself for answers.

Through all of the phases of my 37 years, childhood, adolescence, college, 20's and 30's, I had many happy and miraculous moments and devastations. I was and am still devoted to my family. I looked for love in too many faces, and am married now. I received bachelor and master degrees. I had successful jobs as well as struggled to find a way to survive. I had emotional ups and downs. Through all of this, I knew there was something missing. The spark in me – the connection to the love inside me – was very quiet.



In 2012, my life changed. The normal routine was no longer working. My health issues, endometriosis, pain, surgeries became too much. There must be a better way. In my “it’s the darkest right before dawn moment,” I prayed for God to help me and really dedicated myself to the good of all. Always, a self-help reader and researcher, I decided to investigate. My higher self jumped for joy, and helpful events began to occur. Miraculous happenings, coincidences, messages from animals and children, and love continuously serve me.

In the fall of 2015, the coincidences, intensity of feelings, and the duality of earth, provided a sense of urgency to connect to spirit. I finally threw off the shackles of what the world wanted from me. I said yes to Creator and GAIA, how can I serve? A whirlwind of ascension began! I am so proud that I have learned to love myself and trust in divine will.

Loving others and myself unconditionally is the key to awakening. I am so thankful for Creator, Father and Mother love, Ascended Masters, Angels, Arcturians, star groups, Leaders4Gaia, and all the beings of love.

I now celebrate my empathy, my love, and my light. I am ready to serve Gaia by helping her inhabitants realize the love and hope inside them.

This course helped me to develop unity consciousness and to transmute the dissonance with violet fire and unconditional love. I learned to look inward to find answers, rather than to others.



## The Awakening of Skye!

(Jennifer Pagel aka Skye)

I was 30 years old. I had just gotten married and I noticed that I was still crying every day in my cubicle at work. I thought to myself that I seemingly had all the things I wanted and I had just gotten married. Wasn't I supposed to be in bliss? Why was I so sad? It was at this time that I recognized that something had to change. I didn't know what, but something. I googled a therapist that very day and this is the person I ended up working with over the next 2 years. I delved quickly into the layers of pain I had been carrying for a very long time. At that time, I had a tendency to go in hard and fast when I was ready to make a change. To this day, when I am ready, I make changes quickly, however, I now know that change can be smoother and easier.

I grew up in a difficult family environment where I didn't receive much love and support. I learned to shut down rather than express myself because I got in trouble when I did speak up or I was told that I was too sensitive. My mother was very depressed and often took her pain out on me. She often had severe mood swings and I felt like I was walking on eggshells throughout my life. I never knew moment to moment if I would be showered in love or told that I was one of the worst humans on the planet. My father chose to deal with all this by avoiding at all costs as he was also hurting very much inside. He used to tell me that if he stood up for his children than he would suffer the wrath of my mother. Home was quite chaotic and I experienced a good deal of emotional abuse. My self confidence began to plummet as I took in the programming I was receiving. I began to see the world as very scary place full of negativity. And I often contemplated killing myself. The pain often felt like too much to endure as I had no refuge at home or in school.

I was painfully awkward as an adolescent and I had 1 friend. I was definitely an outcast socially and couldn't quite figure out how to fit in. This meant that I spent a lot of time by myself. My adolescent years were some of my darker years as I often lay in bed crying and asking "Please, can I go home. I just want to go home. Please." I didn't even know what I meant. I just knew I wanted to go "home." After my adolescent years and once I went to college, things improved a bit. I met 3 other girls who ended up showing me different

perspectives of the world. This is something I very much needed. One of them is still one of my dearest friends today and a huge part of why I made it through some of my more difficult experiences. She never stopped loving and supporting me through it all. I went on to be a social worker as something inside me always knew I wanted I wanted to work with people.

Over the next several years, I found myself in unhealthy relationships with men. One after another. I married when I was almost 30 yrs old and we were married less than a year. I had this idea that if I got married than everything would be ok. Everything would fall into place. I was after all, following what I was “supposed” to. College, work, marriage, and then somewhere down the line.. kids. We didn’t end up having kids and things didn’t change after I married, in fact, I was finding myself sobbing at my desk most days without having a real “reason” as to why. On the surface things seemingly appeared fine.

This is when I decided to look for a therapist. I knew that I had a lot of pain around my childhood and adolescence and I knew that I did not feel good about myself. This therapist felt like a life raft in a raging storm that I was quickly drowning in. She helped open doors inside of me that I never knew even existed. *Hence, the beginning of my awakening.* New, exciting worlds begin opening up to me. I began stepping back into my sensitivity that I had shut down long ago. My therapist introduced me to new ideas and perspectives. I had been hurting for so long that I drank in all that she had to offer. I was so hungry to learn and to change. After expressing the pain I felt around family and some of the experiences I had growing up, I was slowly able to begin seeing that I was the creator of my life. And signs showed up everywhere! Number alignment, a particular line in a song, a sign in the window, a person saying just the right thing at the perfect moment, etc. Animals began appearing on my path and I knew they were telling me something. One day, I went for a run and every 20 feet, sat a rabbit. One after another. The message was to face my fears. I had many to face.

It is was within the first few months of therapy that I cut ties from my parents as I recognized that I needed space to really focus on healing within. As they were unable to respect boundaries that I was learning to set, I realized the only way for me to really build a new foundation was to do so totally alone. This of course rocked the entire

family dynamic and in turn, my brother and sister cut off from me. This was one of the most painful things I experienced even though I knew it needed to happen. Not long after this, I realized I also didn't want to be married anymore. I had gotten married from a very unhappy and unhealthy place. My husband and I divorced soon after my awakening began. Not only had I decided to cut off from my family, but now my husband too. My world was definitely changing.

I was numb for a period of time just to get through it all. I moved in with a woman and her 3 children whom I had met through my therapist until I was strong enough to find a place of my own. It took about 3 months before I was ready to live on my own. I found a tiny cottage out in the country and purposely made the decision to learn to be alone with myself and enjoy it. I decided no TV and no internet. This was one of the best things I have ever done for myself. I really got to work on myself. It was so quiet. I had nothing to distract me and I was really ready for a different way of being in the world.

The next few years were challenging and rewarding all at once. I learned so many different things about myself and I continued working in therapy and began opening up to new guides as well. My entire life, I had always been interested in the spiritual world and constantly sought answers to what is my purpose? I had grown up in the Methodist church, but church did not resonate with me. I questioned early on why one religion would proclaim to be the "right" one. What made them right and not the others I wondered? I found much more peace out in nature than I did in church. As I began to open up to new possibilities, one door would open and I would walk through and another would immediately open. On and on it went. Eventually I came to understand, it really doesn't stop. We just continue to expand. I also learned that I had been living as a victim, and in turn, continued to play out victim scenarios in my life. I was led to many books, teachers, workshops, youtube videos, and so on to help me peel back another layer. I started tuning in more to my intuition and actually listening to that guidance. I learned that our thoughts plus our emotions create our reality. What we feel inside shows up on the outside. I began practicing changing my thoughts and became quite good at affirmations. I posted them everywhere to remind myself how I wanted to feel and to what kind of life I wanted to create. I also began to notice my emotions and how for so long I allowed my thoughts and emotions to rule me. And I began to

understand that I could consciously allow my higher self to lead the way. My higher self has always been at the wheel, it was the ego me that wasn't paying attention. I started responding from my heart instead of my head.

All along the way, I began loving myself more and more. There was a lot of work around my inner child who wanted to be seen and loved. I also began to learn that all of my feelings are ok just as they are and I would lovingly bask them in unconditional love as these are aspects of me. Time and time again, I was reminded to love all of me, especially the darker components as I would a sweet baby or child. I had been so harsh with myself for so long and was learning again to treat myself with loving kindness. When I found myself looking for change externally, I started remembering to instead go within and transmute the darkness inside. I began to understand that the world changing meant each person changing within, each person tapping back into their own light. Then I recognized that as each light turned back on, soon the entire earth would be engulfed in light and New Earth would be created. My expansion continues on as more doors are thrown wide open and I step through.. again and again and again.

Eventually, my foundation was strong and sturdy and I was able to reconnect with my family. I was looking through a new set of eyes and our relationship transformed. I now know and understand that all of my experiences have contributed to this awakening!! Without them, I would not be here today. They have all been utterly perfect and divine. All that I had labeled as good or bad, I recognized were not either, they were experiences that I wanted to have as Source energy and to enable me to ascend from a third dimensional reality to a fifth dimensional reality!! All the players in my life have assisted with this awakening and I send love and gratitude. Separation has always been an illusion. We are ONE. As I uplift and support others, I am in turn uplifting and supporting myself. Change doesn't happen by looking out there for something to fulfill us, change happens inside ourselves. All of our power is within and we all have the choice to view things from a different perspective at ANY TIME.

My mission is to assist our dear, beloved, brilliant Gaia with her ascension from a third dimensional reality to a fifth dimensional reality as well as all of her inhabitants. It is in particular, my mission to ensure that no one is left behind. One of the coolest parts to me is that we aren't going anywhere externally, we are going somewhere

internally which essentially brings heaven to earth... our New Earth. We get to experience not only our own ascension, but the entire planet! The joy and excitement that I feel that I am here on Earth at this time and get to be part of this mission is beyond what I could ever express solely in words. However, I know that all who reads this, will feel the vibration.

\*My given name is Jennifer, however, as I have awakened, I am embracing my true multidimensional essence. Her name is Skye :)

We glimmer, we glow, we sparkle, we shine  
Together, we make ONE  
of our own design

Through this workshop, I have learned the importance of sharing with one another as we all benefit by doing so. I learned to embrace the divine expression that I am and how I express is exactly perfect. I learned that we are all a dazzling and brilliant unique piece that makes up the whole.. the ONE. I learned more fully how to drop labels and judgments and to embrace all experiences as part of the whole. I now have a better understanding of the elementals and acknowledge them daily. I have known for the past few years that I am here on a mission, this experience has confirmed that mission. We are here to assist Gaia with her ascension and I will specifically work with those that are just awakening and will ensure that no one feels left behind.

I dedicate my awakening story to Gaia and all of her inhabitants. I love you all.





## Awakening to Unconditional Love

(Yin-Ping Li)

Unconditional LOVE, the love of our Heavenly Divine Mothers, is the KEY to all treasures of our LIFE....

In my twenties, I browsed money for my one-way airline ticket, landed in this Land of Opportunity, America, with no money in the pocket, no background, no English, but, with one burning desire to live America Dream.

In my thirties, I succeeded in obtaining my Masters degree in Mathematics, working in the cooperate as an Actuary, and creating my business as an Entrepreneur. And living a wonderful lifestyle for myself and my family of two gorgeous children. It looked great from outside in. I thought I had achieved my America Dream! But, the truth was deep down, I felt trapped, lonely, unhappy, and not fulfilled. The more "success" I became, the more work I took on. I completely lost myself... And, I had forced to give up my entire business...

I remember vividly, I am sitting at my kitchen table, looking out at the sun down at my sliding door and wondering is this all there is to life? Who I am anyway? Why am I here suffering? What's my purpose here on earth? At the moment, I feel anger, shame, and emotional disappointment. But, I decided to set out to discover these truth for myself. This is the define moment in this day of my life. Quiet surprisingly , I hear the voice of my soul, "Let go and go within!" The most profound 5 words I have ever heard in my entire life! And I did!

With this decision, all the universe aligned to support me in a way beyond my mind CAN comprehend. As I let go I feel immediate charge of energy and feel so light and happy that I have searched my entire life COME to me totally blow me away with for tears of joy. I take a vacation to visit my Family, as I return AN EMPTY JOURNALING BOOK was awaiting me. For whatever the reason this book fought my attention. I decide then to journaling and meditating each day as the most important job of my LIFE.

I AWAKENED....I REMEMBERED... I discovered the truth... I now know who I really am and why I am here...

I am so deeply grateful for all life's event and all people in my life and all my guides, Angels, archangels, Michael, my own soul self, my beloved KUAN YIN and ALL THE DIVINE MOTHERS, THE LIGHT BEINGS, ALL THE BUDDHAS, THE JESUS, ST. GERMAINE, MOTHER FATHER GOD, and all those who have contributed I don't have name for them for my awakening into my glorious and multidimensional being of who I truly am... No words can express this deep love and gratitude for ALL..

In my fifties of NOW each moment, I started my second life, a life of my soul signature self. I fall in love within my being, my body, my work, all about me. I stabled into a soul lovers path, fall in love all over again, I see and feel deeply within with joy and fulfillment in service of humanity and planet earth as my soul blueprint has layout for me, and living each moment with the guidance and insights of the glorious, loving, wise, and powerful soul self, KUAN YIN, THE MOTHERS, the team of my divine helpers and the entire universe and mother father GOD.

I LOVE ALL THAT IS! WE ARE ONE. I AM YOU AND YOU ARE ME. WE ARE GODS AND GODDESSES!

I love you for eternity,  
Yin Ping





# Group 5

## On the Edge of the Void, and Ready to Leap

Zina Canton

Mariah Fournier

Karmyn Vaughn

Darren Scaramella

Elena Cantavero

John Acheampong

Ashwini Shetty

## Karmyn Vaughn

### Group 5 Journal

I've always had a relationship with my higher self and spirit guides. This relationship transformed when there was a trigger from my guides a few years ago. I began to see sacred geometry in my meditations. I was informed that this was a download. I made a strong and loving connection with my Zeta guide that I began to perceive with clarity and who told me I was never alone and he was always with me. We had an exchange of UL. A stronger galactic sense of self began to come into awareness. I had always known that I was a galactic from the stars but didn't know what significance it had in my life other than I was a stranger on a strange planet.

Through a series of synchronistic events, I found Sue online and scheduled a reading with the Arcturians. It was the reading of my life, I was ready, more than ready to know exactly who I was and they certainly reminded me—I found myself on the starship Athena but then flashed into a past life where I re-experienced crash landing on Earth as my Pleidian self, eons ago. During that remembering of how I got here and as I was crash landing, the fire alarms were going off in my house screaming EVACUATE. It was all happening in the NOW during that reading. I certainly remembered how I got here! I also became aware of an Antarian warrior self and of course I already knew my Zeta self. I felt elated! I remembered who I was.

Since then remembering came in like a freight train, my fire alarm would beep when my higher selves wanted my attention, even my fan would beep until I was still and got the incoming message. Had I not been on a spiritual journey for many, many years I'm sure I would have been sure I was losing my mind. I recalled other selves in higher frequencies – this opened up a rapid influx of information and I came to realize that my personal spirit guides were not outside of me but WERE me. My meditations were vivid and filled with information that I knew I had agreed to share with others to assist them to awaken too. I realized this life was really unique and I did have a mission. In my early to late teens and early 20s, I had felt I was here to something very unique but as time drifted by I thought that this feeling was a dream of youth that everyone had and eventually grew out of. I was reasonably happy with my life after all and being of service to others. But NO! My imaginings were real – I actually did come here on a mission. My inclinations towards the spiritual life and the invaluable lessons from my spiritual teachers along the way fit seamlessly into the puzzle of who I really was. The depths of darkness and pain I had experienced through my life along with the invaluable love and care of my spiritual teachers made me wiser than I knew, stronger than I knew. I already had many beautiful tools. The lessons of learning to love myself, the light and the dark within me, the memories of past lives with magical powers, the Karma worked out with friends, lovers and family all began to make perfect sense. The journey began to become clear as well as the reason for it. Once I remembered who I was, all that I had forged in myself spiritually seamlessly fit into who I was now.

Information and learning came through from my Multidimensional Selves. I heard their voices, I could sense them near me, I felt their presence energetically.

ArchAngel Michael came into my meditations to reconnect our ancient alliance and bring through information about Gaia's ascension. Ashtar then came into my

awareness to remind me of my alliance with Ashtar Command. Through connecting in unity consciousness with other galactics within a leadership group created by Sue – my psychic and channeling abilities expanded exponentially. The realization came that I am connected in Unconditional Love and Unity consciousness with the smaller group I was assigned to as well as the larger worldwide group. I loved these beings and I knew I was connected with them all. They felt like my “real” family. As a total, my galactic family that resided with me on the 5D starship were the microcosm of an immense galactic endeavor to assist Gaia move into a higher vibration and heal. In unity consciousness, we were putting the pieces of the puzzle together. How do we do what we came here to do? What does it even look like to ascend a planet. How to remember it all? I understood I was to receive and share information pertaining to opening the portals within Ourselves, the cosmic and Earth portals. I understood that in some manner this information should be extended to the macrocosm of the larger world. It became apparent that some of us were working closely in 5D and that our higher selves were also working together in 3D to create wonderful teaching tools and triggers of remembrance for others. It became clear that others also needed to remember their mission as our vibrations together would raise Gaia’s and every other beings as well! It is a blessing and an honor to be a part of the unity consciousness of our family Facebook group. Unity consciousness and unity in diversity and Unconditional Love is the Force of the multiverse and embracing these concepts in the 3 Dimension is the key to ascending Gaia and as many of her inhabitants as possible. The remembering continues and is wondrous and awe inspiring.

How do I lead?

In my work as a psychotherapist, I will expand the consciousness of others to the extent that they can accept information. I have always had a talent for feeling this out. There has been a shift in work and I am excited to see where it goes. A new client came in for her second session and told me that she picked me for her therapist because she knew that I had “gifts” by looking at my picture on our website. She asked me, “You talk to angels don’t you?” It’s hard to throw me but I was not prepared for that. How did she know I received information from Angels? I suspect those that need my knowledge will find me. It has always worked that way. There are no accidents. I know that my galactic family and I will lead together, as well as separate. Unity Consciousness is Powerful and we each bring parts of this process called ascension or Incension where we Embody our higher selves in order to bring Gaia back to her divine frequency. We lead individually to our capacity and we lead together.

Elena Cantevero

My Awakening-Group 5

Warm Hello to my wonderful friends.

When I chose to come to this planet called earth, I was already quite old. I knew what I was volunteering for, and I also was told it was not going to be easy. So, I took a deep breath and Became.

My infancy here was with no father, he disappeared and I didn't see him till I was 9, for just 10 min., and then he was out of my life forever..

My siblings, 4 of us in all, when we were still together we played and played. I remember laughing so hard, and having a blast. That only lasted for 4 years...then the Spirit said; Okay we have work to do.

We were separated, and I was placed in a foster home, which I stayed till I married.

My angels were always with me, guiding me every step of the way. They made sure I was placed in a most loving home, and I am so grateful to them for this. I was given an abundance of unconditional love, because that was where my focus on this earth was to be. So now, I had to feel the emotion of unconditional love and surrender so that my time here would be complete.

I hated school. Besides, that wasn't something I was sent here to do. All I could do was look out the window and communicate with the beautiful woodlands, which my desk faced. I excelled in sports, art, and home economics. There were no barriers, I got along with almost everyone. I was a part of all groups, I gave unconditional love and it was returned back to me by those that needed to respond. It was wonderful, and I could have done it forever. But, this was to all change.

My next lesson was for me to walk in unconditional love and surrender when I did not receive it back. This lesson for me was to be my last, and the most hardest of all.

I married at a young age of 17, to a dark soul that I had never seen before, so I didn't take heed, but then again this was a new lesson to be learned, so there were no mistakes on my part.

I remained married to this man for 46 years who emotional abused me. There were times my earthly life was almost taken, but my Guides said, No not yet. And, the wonderful part of it all was...I came out shining. I was protected by my Spirit Guides, my Angels and now see the Arcturians were all involved during this whole time and to the amazement of all who had seen the terrible episodes.

My husband has now passed over, and has asked for forgiveness several times. Which I have given in abundance to set him free to move him on to his next lesson. I haven't heard from him in a while, so I think he must be onto his next step.

During this married life of mine we had four children. I became involved in the organized church, it was a safe place for me at the time, but I had to leave after 30 years, The Spirit said enough, it's now time to move on to a higher frequency. Since, I

now had started to experience the Multidimensional SELF part of me, which somehow I had forgotten. But, then again, there are no mistakes. I am so grateful for this journey, because it has given me such depth of character and understanding, I would have never known. I now am learning to trust and live in my 5th-dimensional consciousness returning to 3D knowing it's all an illusion.

I have been told I'm done and have fulfilled my karma, I now give unconditional Love/Surrender plus encouragement to other women who are suffering through this lesson. Understanding everyone's walk is different.  
Blessings.

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Ashwini Shetty

BE what you seek the most!

My life story in this physical incarnation started, 40 years ago, in a family with very rigid beliefs about caste and religion, contrary to my feeling of oneness with humans, animals and plants. But I was very closely attached to my family, hence all along felt torn between following my inner prompts and toeing the do's and don'ts of my family.

I chose 2 lovely people as parents who, due to their own circumstances didn't know how to love and extend appreciation, even though I was a topper at school in studies and extra-curricular activities, but all I got as a child was criticism, criticism and criticism. I later learnt that, my mother felt, if she pampered me, I would turn out to be spoilt brat and hence she was strict with me. During those painful days, my source of strength was the Ascended Master Shirdi Sai Baba, to whom I would confide all my pain and feelings and in turn HE guided me and loved and kept me sane in the 3D world.

In short, grew up yearning for love and validation. When I did not receive it from my primary source, I secretly kept seeking it from external source, which was my addiction to sweets. Sweets made me feel nurtured and loved, without realizing the detrimental effects of it on my well-being.

Then came the second phase, 17 years ago, got married to my ex-husband, much against my parents' wishes, as he wasn't from the same caste as I was. He played a perfect role in the cosmic script of my life, a good human being, but who was also deprived of love, and hence couldn't fulfill my need for nurturing. Who I thought would be the source of love for me, was himself in his own journey of addictions of all kinds due to his painful childhood.

So there went the next decade, working 12 hours a day in my corporate role as a head of digital marketing, and coming back home to empty 4 walls where ex-husband would go out to drink and have fun. I never resonated with alcohol and hence

stopped joining him in his drinking spree parties. While I internally felt the void in my married life, I continued learning various healing modalities, became a certified Advanced Theta Healer, Angel therapist, Access Consciousness Facilitator and many more.

So the journey of not being fulfilled from anyone outside me as a source of love continued, till 3 years ago, when both of us decided to amicably part as friends and continue our lives journey.

It was during last 3 years, when I had quit my job, to spend time with myself, I started learning more about myself and peeling one layer after the other of unconsciousness within me and healing my inner child.

In this self-healing journey, my awakening moment was, when I realized one thing, in this world, everybody is as hungry for love as I was. So what can one beggar expect from another, that day, I promised myself, no more seeking, only giving, in abundance - LOVE. I keep meeting my own shadows in my journey from darkness to light, from fear to love, from conditional to unconditional love, but thanks to my workshop with Sue, instead of self-criticizing myself, I offer myself unconditional love and violet flame. And what I am realizing is the more I am able to accept and love myself the more I am able to accept and love others.

There are times, when I meet people who are trapped in 3D world and react in an unconscious way, and the 3D part of me would love to react in 3D way, but I close my eyes and remind myself to let go my 3D way of life, and embrace the 5D way of life.

Very honestly, it's something, which I have not mastered yet, but the process is on.

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## Mariah Fournier

Hello my lovely group! I just finished my Awakening Story.  
Here is:

I grew up in a very conservative Christian home, but we were always moving churches. My friend and her family went to a local Anglican church, and I fell in love with it and brought my family to it. I loved the traditional aspects, the beautiful brick church. Everything seemed so pure, so holy, and so full of Light. I thought the prayers were beautiful, I thought the songs were beautiful, and the feeling I always felt within the church was a feeling of absolute Love and Peace. Lord Sananda (though at the time, I identified him as Jesus) was always with me. In fact, he felt like my best friend, or perhaps, an imaginary friend. I was aware of his presence wherever I went, whether it was with friends, in a car, in the store, at my house – wherever. Silly as it might sound, there was even a time when I considered becoming a nun (of course, I was about thirteen years old), because I just loved Jesus so much. I felt so

close to him, I felt so close to God. Church was my favorite place to go. Sundays were my favorite days. When my alarm went off in the morning, I would get right up, get dressed and make sure that my siblings were getting ready – just so that we wouldn't be late. At a young age, I guess you could say I had gained a sort of presence within the church. In the youth group, I sang in the youth band, and I was asked to be a Junior Leader. I often sang in front of the entire church. It was never about trying to look good, never about trying to impress others. It was always just pure love. But, when I read the Bible, I interpreted it very differently than the people of my church. It was like I could envision a deeper version of what I was reading. Whenever I read, I was transported into another place. I would get these proud revelations and try to tell my father, and he hardly paid attention and would just say, "Oh, you have such a big imagination. You are so creative. Write a fiction book about it." This always gave me so much frustration, because I was so serious about what I was trying to say. I also knew from the very beginning of my life that I was psychic, and I thought it was completely normal. I knew that when I slept, I was going to other places and leaving my physical body behind. It was never just dreaming to me. I was also able to feel peoples' emotions, and I always had a knowing that I had chosen to be here (within this reality). When things got rough with my family, I would sit on the floor in a locked room and cry and ask myself, "WHY did I choose to do this?" I would beg God to take me back, right now. This belief in reincarnation and the ability to choose my incarnation came seemingly out of nowhere, because it wasn't talked about around me in any way.

For what seems like forever, I have known that I CHOSE to live this life. I have known that whatever I have experienced, that I knew exactly what I would experience – prior to this lifetime. I knew what I was getting myself into. Recently, I was told:

"You have always understood surrender. It is just the obstacles that 'got in the way.' Though, truly, they were never actually in the way, because these experiences were tools to assist you in honing what needed to be strengthened. There is truly no time, but within the 3D/4D, there are chronological events that you experience throughout your journey. This is where the illusion of 'time' can be used as a tool as well (which relates to the initial reasons why any of us came to experience the polarities and other illusions that define the 3D/4D realities).

"You wrote a contract prior to this incarnation that 'forgetting' who you truly are would not be easy. Traditionally, one chooses to forget, because forgetting within the 3D/4D gives us all a certain advantage, especially during the formative years on Earth.

"You, however, did not forget so easily, and that was your choice. This choice did have its 'consequences,' but as you knew (and know), these 'consequences' (or, in other words, 'trials') were completely purposeful to your mission."

The 'trials' that I signed up for within this reality had a lot to do with clearing/balancing karma, and they also provided me with tools that I needed to push me to the experiences that I needed to encounter. One of these trials was depression, and addiction.

I was addicted to self-mutilation for quite some time. I had a paralyzing amount of anxiety, and depression, and the only thing that ever made myself feel better was

self-harm. That went on for many Earth years.

The self-harm went much deeper than drugs. It was me giving into fear, and I reached a point where I was unable to fathom the meaning of “surrender.” One day, I felt emotionally pushed to the edge, and decided to attempt suicide by taking all of my sleeping medication, along with my antidepressants and anti-anxiety medication. I got comfortable on my bed, and I waited for “death” to embrace me.

Then, Light filled my bedroom, and my Higher Self came in and showed me images of my younger brothers and sisters, and how much they needed me to be there for them. My Higher Self revealed to me very important details about my journey/mission (which of course slipped into my unconscious mind, because it was something I needed to hear, but that I wasn't consciously ready to remember yet). I immediately leaned over and grabbed my phone, and called my dad (who was downstairs, because I was still in high school and living with my parents) to come upstairs, and I told him what I had done.

My experiences of darkness brought me to places that I never could have dreamed of, back in my days of desiring only Light and Love in my life. But, these were all trials, and I have learned so much through this trial, and “error.” No matter how dark it got for me, somehow I was never truly within the darkness, because I was always able to gravitate and desire Light. After my attempt to “end” my life, I was given a newfound understanding that I was meant to be living within this reality, and that somehow, I had a purpose. Ever since that trial, I have not been able to consider going back to that again.

Those experiences are done with, and now I can tell my story to whoever needs to hear it. I have gained the perception that somehow, my experiences do help those that need to be assisted within their journey. I have gained – or, learned to remember – that these trials that have been put in place are beautiful, because these trials create the astounding metamorphosis into the embodiment of the Lightbeing within our Earth vessel. These trials teach.

“You are here to teach,” I have been told. “That is your role. That is your mission.” My place here is to teach. I AM here to teach, but I can ONLY do it with Unconditional Love and surrender.

I AM not here to judge. I AM not here to control, and I AM not here to cause negative feelings within others.

My purpose, my MISSION, is only – ONLY – to EVER LOVE those around me and to have absolute surrender to what must unfold.

My new mantra:

“I AM not a fuel for darkness to sustain.

ONLY LOVE and SURRENDER shall EVER remain.”

05/11/16---Zina Canton's Life Review---



---Zina's Life Review---

Your life has been a process of...

Beauty and unfolding

Beauty and integration

Release and cleansing

You had to embrace fully the gifts you have requested

You've had to face the residue of this lifetime and all of your others, the buildup of consciousness is no longer necessary for your continued growth.

The final piece of the merge happened with the generational break, the death of your ego. You were then filled by the light, filled by the LOVE of "All that Is"

Your ascended master selves, galactic selves, angels and all others who are present to support you have all merged, and you are fully complete in the embodiment of "Oneness"-- So you can now touch, go through and swim in the ---All that is---

You have always had the ability to see the global perspective to witness and BE the observer, your amnesia served as a filter for integration and the full embodiment of each step of your unfolding.

Your 1st use of it, the witness/observer was to disassociate from the trauma of not just this life but all lives, this came to a flashpoint and made itself manifest in this current life. That is why it "felt" so challenging.

As you grew you achieved something amazing and miraculous in the 3D existence and the timeline of your current life. You merged your 3D personality selves –all the pieces that split off were made whole... You then had to live 3D life fully “feeling” the pain of the merge.

This at that time built up layers of sorrow, unhappiness, heartbreak and disconnection... Thus began the seeking, seeking and continued seeking... living with and fully feeling the pain some more, embodying it to the precipice of destruction. Looking, learning and expanding... breakdowns, breakthroughs and continuous searching... to bring into your 3D life the KNOWING of your wholeness as the culmination of lifetime after lifetime.

LOOKING/INTEGRATING/SHIFTING

Most recently... that has all changed...

FEELING/WITNESSING/EMBODYING

Always witnessing as WE the all of US...

WE are holding your hand and showing you what is next,

WE have always been with you through thousands of existences

This WAS/IS the LIFETIME.

You can choose to directly touch and BE the “All That Is”

OR

Go thru the ascended masters any ascended master, as you are US and WE are

YOU... connected through all dimensions.

These are not your only options, but these match your particular frequency in this dimensional NOW...

And so it is...

## Darren Scaramella's Evolutionary Life Path on Gaia

Hello my name is Darren Michael Scaramella. I am growing up in a small farm town in Hebron Connecticut USA at the age of 5 with an eight year old sister named Tracy. My mom is an accountant and my dad is an engineer. I ride bikes and play little league and skateboard while my sister does gymnastics. We have a very normal family and we go to church every Sunday to eat doughnuts.

I'm now 15 and it is summertime. I just returned from my sister's college where I had my first beer and smoked pot and it was wonderful. I have met new friends that are older than me and I am now over their house about to watch Cheech and Chong's up and smoke and puff on marijuana joints throughout the whole movie. Later we are going to a party. Life is good. I have no idea where my sister is. Last weekend I heard her stumble upstairs (drunk) and my parents were yelling her. A week before that I heard something about a bad acid trip that she had as I listened through the door crack. I will never do anything like that. That's not me. I got this world by the horns. OK back to the movie. Puff puff pass.

High school was a blast running from the cops from keg parties in the woods and besides I got a B average in catholic school and I am now at a Business School College in Rhode Island. I found out that there is more fun when I pledge a fraternity and they have better drugs like cocaine. Well it is my junior year and the people who supplied the cocaine have graduated so I decide to hook-up with a RAVE Techno dance connection I met and go to Brooklyn NY to start importing cocaine into the school. It's OK if my grades are dropping because the demand to computer science people in the workplace is so high in 1998 that I will surely get a job and I do. An internship. Too bad it is at my father's employer and I failed my last class and I will have to finish at public college. How embarrassing. Oh I also drove home drunk and hit a telephone pole asleep at 75 miles an hour and got ejected out of the car and I did not get hurt at all. Somebody is looking out for me up there. Not even a DUI.

I'm now out of school but I just got my first DUI and Oh crap I just got hooked on Special K and I am getting arrested for a second DUI. This might be a bit of a problem for me now. I just went on a vacation with my parents to Victoria British Colombia for a RV trip. Unfortunately I almost died because I spiked a 104.5 temp after detoxing from special K. Who knew? At least I can drink and smoke cigarettes.

I'm now 24 and I'm getting married to my wife and we are about to have twin boys. I still have a drug problem with cocaine and alcohol and any other substance that you put in front of me. But it does not matter because I perform well at work and people have no idea. At least I hope not. Flash forward to age 35 and I start having health problems. Surprise, surprise. I now have major intestinal surgeries and chronic kidney stones. I get introduces to Xanax and Percocet. The substance abuse continues until one night on St. Patrick's Day I get in a fight with my wife and she tells me not to come home. I went out and got drunk and could not get ahold of any of my regular dealers. In a split second I decided to go downtown to Hartford Connecticut (City) and get 10 bags of Heroin. I went back to my hotel room and snorted all 10 bags and then I was back downtown at 3AM getting more with

somebody shooting up in my car. Thank God I never successfully shot up. This is how addicting this is!!!! I am now a slave to the darkness and I don't even know it! I was spending \$1000 a week and I was living in hotels. I had a surprise intervention family changed the locks on the door. My wife miscarried and I had to clean up the fetus on the bathroom floor. I blame myself for the stress I caused her and the miscarriage. I have since forgiven myself. Not sure if she has. Then one day for no particular reason I decided to go to rehab. By this time I have 7 kids. The first rehab did not work so I went to outpatient and another rehab at age 39.

The awakening.....

On June 11th 2015 at my second rehab and on my 3rd day at Highwatch in CT something unexpected happened to me. But first let me tell you what led up to it. I had a horrible day on June 10th. My wife who is pregnant was mad at me and told me that one of my six sons had been having really bad mental problems and was doing really weird things and needed to go to advanced therapy. I felt responsible because of my addiction and being the center of attention for so long. I admitted that I was self-centered to my wife and that was I problem I needed to reconcile the day before my wife had demanded I tell here everything about my relapse. I told her no this is not the time but she kept demanding so I spilled my guts. I surrendered and admitted my faults.

So this is where it starts. At 11PM I took a shower in rehab and at that time I felt so hopeless. I was certain that I would destroy myself and more horrifying my family 6 boys 1 girl and my wife is due in Sept 2015. Yeah I got my wife pregnant between rehabs. For the first time in my life I felt death. Death was in the shower with me. It was coming. The shower walls looked horrible and was on the brink of suicide. I got out of that shower and dried off and tried to sleep because I already took sleeping medication. I thought maybe I could sleep it off. But I couldn't. I was too upset. So I read the only book in my room. Luckily I had no roommate. I read the Alcoholics Anonymous Big Book from the cover to about page 18 and then tried to sleep again. I couldn't and then I noticed that a firefly was in my room and it landed in my lamp and it lit the lamp even though it was off, I said ok dam bug I will read some more. I read another 30 pages and the same thing happened when I tried to sleep at another 2 am on June 11th. The firefly lit the lamp so I turned it on and continued to read the big book. Now during the reading of the Big Book I consumed it and was immersed in it. I was so desperate and in a dark place that I was willing to do anything do get rid of the insanity. The anxiety was massive. But as I read the book it started to subside. That night I made some very important decisions about myself, some psychic changes. I consciously decided that I would never drink again. Not pot or other drugs. No Xanax. Nothing! And then through the readings I understood that I have to believe in God. I used to believe God was lonely and that he rolled the dice on the universe and that he was waiting on evolution to produce a God of an equal state so he would no lonely. I believed that God had no impact on my life. How naive I was! How blind I was. I tried as hard as I could to visualize God and at first I saw a black dot as big as the sun and then I saw a bright white light similar to the sun. As I realized that new connection at 4:03 am I closed the big book at page 63 where I read a passage that "Gave my will to God". My will was compromised until this point by the darkness. Once I pledged my will to God and to love the connection to the

darkness was severed. Once I read that passage, I did not need to read anymore. I felt the connection and confirmation that there was a God. I instantly was not afraid anymore. I physically felt a massive weight leave my body. I immediately felt serenity. I was not prepared for this felling at all. I sat in my bed and smiled and laughed. It was surreal. What I was honestly able to do is change my perspective on myself and the necessary reliance on God. So it is a complete perspective change. I had to take down all my walls to let God in. Pure surrender. So I sat in my bed with no sleep and I smiled because in two hours the sun would rise and I could not wait to see the sunrise. I now know God is everywhere. He is my original mother, a life force and my guide through his will and a way out of my insanity/Alcoholism. It is so comforting to have confirmation that God exists and Loving. So around 6AM I got up and I was so energetic. I was utterly connected with nature and everything. I kept second guessing everything I did. I kept saying what would God do? All day. I started to realize the suffering of all the other Alcoholics at HighWatch and wanted them to understand what I had gone through. Remember still no sleep. In fact when I went to get my medication from the nurses I asked "What do you give to someone who did not sleep all night on sleeping medication that was happy about it." The nurse looked puzzled but I just smiled. So I am still at Highwatch until July 3<sup>rd</sup> 2015 and my anxiety is gone. I don't think about the past or future at all. I never feel alone. God is there to help me. All these years I had blocked him out. So I know this was a Spiritual Awakening. I got out of my way and broke down my walls and let him in. I feel excited to get out of Highwatch and get to AA for their Thursday night meeting in my home town of South Windsor. I now know why half the group in that meeting always smiled when I went to that meeting. They are on the path that I now discovered. Forget Alcoholic thinking and drinks and drugs. Knowing absolutely that there is God connected to me is like no other. I love you all. God bless. Darren S. Age 39

(Note: I was later told months later by a spiritual peer that it was Archangel Michael that awakened me.)

I learned a great deal about life because of this path. I would not say that it was all dark but towards the end it got really dark. Once I awakened and the spiritual door was cracked open I started listening to my inner voice/higher self. I started going to AA meetings for 90 days straight and without knowing started confessing all the faults and issues I had. I was clearing karma quickly without even realizing it. During the summer in July 2016 I was guided to do a Third eye awakening meditation. I performed the meditation twice and the second time I did it I became weightless in the meditation. At that moment I later realized I opened my third eye. Soon after I started seeing peoples aura's including my own and streaks of colors when cars passed by. It was like I was tripping without the LSD. My kundalini was activating. This was so exciting. I had massive amounts of energy. In fact I stopped driving and took up biking everywhere. Meditating in the park, talking about being all love and no fear in AA meetings. My face changed, my body had so much heat coming off of it. I literally had energy pouring through my root chakra that it was burning and drying out my skin at the base of my tailbone. I was so happy that my wife sent me to multiple psychiatrists and therapists to see if I was manic or bi-polar.



They thought I was going to crash and was afraid if and when I did crash. I never crashed☺. This was a full-fledged beautiful spiritual awakening. Then the karma clearing and psychic abilities turned on; Telepathy, channeling, feeling spirits and viewing energy and spirits with my own eyes in and out of my house! Hi grandma Nana!

During my awakening I had a spiritual mark put on my forehead. I have later found through my higher self and Sandanda out that mark signifies that I am one of the 1440000 (eagles) from Venus who volunteered many, many incarnations ago to help this planet ascend at any cost and any sacrifice.

Now I talk to any spirit that has passed on. I congratulate them on the completion of their mission and what they have provided to Gaia. I have talked to Prince, Michael Jackson, and Pfi Dog from a Tribe Called Quest, David Bowie, relatives, etc. It does not matter because they are all connected together in unity consciousness waiting for us to fully adjust to their consciousness. No separation. They are all here to assist with the ascension of this planet. We have a massive amount of resources available to our consciousness.

After going to Meetup Groups and reading endless hours of material on the internet and watching Ascension You Tube video's I finally was guided to take Sue's class. I was reluctant at first to pay \$600 but that is where the trust came in. And that trust paid off. I have learned a lot through the class and why I enrolled in it. You see the reason I went through the course was to understand how to relate to different people on different levels so I can help as many people transmute their darkness into light so they can begin and complete their ascension process. And then I can in turn help them to become teachers to the next group of people they run into. The more people who find their spirits and embrace the light and surrender to them the better Gaia will be which will create a better evolution for all. An evolution of love and unity. A world without darkness.

Unity and Evolution – Darren Michael Scaramella – May 13 2016



# Group 6

Alexandra Brandes

Alex Alfa

Annie Felix-Spencer

Jan Sebjørn Engebretsen

Nuri Akyol

## Coming Out - The Time to Speak is NOW

“Who am I and why am I here?” I heard this question for the first time in 2001 while watching the Ophra Winfrey Show; she was discussing this with one of her guest. Those words caught my attention and I took time to listen and watch the show. I can't say I remember what was said on the show that day, but that was the beginning of my awakening process.

I was quite interested to find the answer to that question. I felt there was more to life than the daily routine of eating food, going to work and paying the bills. I bought books of several spiritual leaders and tried to practise their teachings and while I enjoyed the reading and learned a lot, my question was not answered.

Then one day someone posted a link on Face book about the Mayan calendar and I copied it into a word document to read at a later time. To my surprise when I clicked on the link I did not get the Mayan calendar but it opened a page with the title “Galactic Channellings”. This was a page of channelled messages from Beings of Higher Dimensional Consciousness. One day I was guided to a website with many channellings of several Higher Beings; I had access to more information teachings and insights. Looking back I can now see I had a broad group of Angels, Ascended Masters, Galactic Brothers and Sisters coaching me, guiding me and teaching me. I still consider myself very fortunate and I know that this is how I had planned my life path before I was born. Nevertheless I felt fortunate that the circumstances supported my plan.

It was as if I had found the “Book” I had been searching for. I had now an ocean of information, insights and answers to all my questions at my disposal. I admit it was dazzling in the beginning, this was all new information, teachings and explanations that I have never heard of before.

My awakening process was now on a fast train and I was loving the ride! However I did not see any other passengers on the train; I had no one to share the excitement and experiences with. I did try to tell my loved ones, they listened and let me talk and then said I doubt if that is true, you should not believe everything you read on the internet. My friends were a little more polite but it was a lonely trip. That did not take away my joy or the feeling I felt inside, the knowing that this is true!

Among the many messages I read were also messages from The Arcturians channelled by Suzanne Lie.

I always felt a bond with the personages in their stories and I was excited to read any new posting of their message. In 2015 I attended my first online training course by Suzanne Lie and the Arcturians and I loved it. Now it felt as if the teachings and guidance were personal and my awakening process changed to a higher gear, I was on an express train. After that first course I attended more Lectures and I was getting to know the real me better. During one of the Lectures I discovered during a group meditation that I was here for Gaia. I finally knew why I am here on Earth at this time.

I AM here to assist Gaia, our beautiful planet return to be the planet she once was!

I discovered that the key to awakening was and still is Loving Myself. Saying everyday “I Love ME, I Love Myself” and repeating it throughout the day whenever I can, makes a huge difference. That statement gives me a warm and soft feeling, it brings a smile in my heart and that smile automatically appears on my face. That feeling can make me feel as if my heart is going to burst with Love, the Love I feel for myself. This feeling of almost bursting is my consciousness expanding, I learned to surrender to the expansion, I go with the expansion, and I allow it. I feel myself growing and growing, becoming larger and larger, filling the room. I can literally feel myself becoming huge. I became aware this happened every time I meditate. Both Sue and the Arcturians kept saying to make an effort and meditate each day at the same time and same place. This way my body will automatically know what my intention is when I sit for meditation. So I sat aside time to meditate everyday at the same time and same place. I'm alone during the day so my living room became my place of meditation.

I started conversing with my Higher Self (to many people known as intuition) and I became aware that it always led me to an answer or a solution. My Higher Self communicated with me through thoughts, these were whispered to me. I began examining and exploring my thoughts. This resulted in new thoughts and when a penny dropped, I knew it was my Higher Self. I would always "OK thank you, it was you who assisted me!" I would immediately feel the overflow of Love, almost as if my Higher Self is applauding me and lovingly smiling at me. Now when I have a question, I just wait and see what comes to mind, if necessary I ask another and wait and if I get my answer I'll say "Oh yes, that's it. Thank you".

Then one day I was communing with my Higher Self, and while engaged in my thoughts I suddenly heard the words spoken out loud. The words that I was thinking in my head were spoken out loud. I was pleasantly surprised and thought "Oh my inner hearing is being activated". Then I heard the whisper "No my dear Annie, you **can** hear me talk to you!" I was overjoyed, I had longed for this day. I began talking more to myself in my thoughts and am delighted to get a spoken response.

At the beginning of the six weeks training both Sue and the Arcturians advised the class to make sure we have a journal to document on a daily basis. So I document my conversations with my Higher Self. I also document my dreams, my experiences and insights on a daily basis. It is fun to pick up a journal and read what I wrote a few weeks or months ago. I can see clearly how I have changed and grown in awareness. For my dreams I keep a journal on my bedside table and write my dream as soon as I awake. If I do not do it right away I will not remember it when I'm fully awake (tip from Sue)

Participating with this six weeks training was one of the most rewarding thing I did. The Arcturians were the teachers and they knew exactly when we were ready for something new. They taught us how powerful the breath is and how we can use our breath to help Gaia. We, the humans on Earth have treated Gaia badly and she needs to be healed. We are living on a beautiful Planet, and most of us are not aware this is a privilege. We all need to become aware that we have to start caring for her and stop abusing her. Gaia is our home, she provides us with water, food and air; we need all three of these provision to survive life here on this beautiful Planet.

The good news is that there are small groups around the world actively cleaning up and caring for our Planet. It is a beginning, all it needs now is a few more to stand up and say I want to help.

One of the best things I got from the class was, finally being with likeminded people with whom I could share my experiences. It was heart warming to hear others share their experiences and to notice how the sharing helped each of us with our individual awakening process. It was as if the more I share the more aware I become. And the more aware I become, the more I can 'go with the flow' and the more I can 'go with the flow' the easier it is to let go.

By letting go the need to make an issue or drama becomes less and life becomes easier.

And yet although I was amongst likeminded I still felt exposed sharing certain stories. Coming out of the closet is not easy, it means allowing others to see me as I really am. This is also about letting go, letting go and breaking down the protection I have built. But I did it and it turned out to be liberating!

Being with likeminded gave us a feeling of unity; this was amplified by the online meetings and discussions.

I am now in the final week of the six weeks Leadership Training given by the Arcturians. Writing my awakening story is the last assignment of this Training. It was an intensive six weeks, but it was also full joy, fun and laughter. I have made new friends, friends who like me are here to help Gaia. With all the teachings of the Arcturians, my friends and I are available and willing to teach others to join with us and help Gaia. Of course we are available and willing to teach and assist others to become

aware and more awaken as we were taught. We had great teachers and they will always be there for us; so in a way any one we teach is actually being taught by the Arcturians just like we were. To anyone interested we say "welcome aboard".

For me some significant insights from this class are:

- Saying 'I love me' to myself every day;
- The Power of Unity;
- Talking to my Higher Self is natural;
- Document my dreams, my experiences;
- I am here for Gaia!
- Have Fun, have Fun, have Fun!

And last but not least a big thank you to Shawna, Sue and our teachers and mentors The Arcturians. Thank you, thank you, thank you. We love you! Namaste  
~Annie Felix-Spencer

~~~~~

The Left, the Right and the Middle.

Let the people see you, from the core, from the depths of your soul. That's scary and requires courage. I am not alone in this story. I exist namely of numerous "selves" and my shape as Alexandra works with all these selves to share my story.

While I'm writing this, I count 41 years of life. 41 years on planet Earth, in this timeframe, in this reality. But what is this reality? I do not know better or there is another world, a world in which I seem to run away from my earliest childhood. But was it a run? Is not another reality? A world high above the clouds with God, angels and friends to talk to and play. And above all, a safe and loving place. Even though it was not nice to have to step out of the world experience every morning and go to everyday life.

Fantasy they called it, childlike innocence, which I've never lost. During all my life I live in different worlds. The world of books, since several people may well imagine. The world of "fantasy" in which as a child I lived exciting adventures, just in my bed. The fantasy world where I process, find solutions, make quarrel, make friends, have fun and sadness, a fantasy world that is very similar to my daily life and yet so different. This world is much different than meditate? Is it all really a non-exciting world? How is it that I do things "fantasize" that are then said or that something happened that I was first "invented"?

I found out that I live in two different worlds, and I am at least aware daily. One world is here at Pacha Mama and the other "in my head." Both are reality, one in 3D, the other connected to my Higher Self with all his selves.

"Imagination is fifth dimensional mind"

I started to read since puberty about spirituality, the whole library I devoured. I became gradually aware of energy and I used energy to survive. It was a confusing time because I felt that it was happening energetically everything, but I was not very conscious.

I've done several energetic courses to learn how my energy and that of others can go. I was very aware of the energy of others and that made me sick.

One tip I got was returning energy to the recipient. Well, I've known! The first time I did that was that person lame the next day for months because of a blocked nerve. But I did not made the link between the energy and the physical problems of the person. The second time I sent back the energy conscious the other was hospitalized with a heart attack. And that's when I have made the link between the two events, and my part in this. At that time I told myself that I will never return energy to people again.

Then I thought, I'm just not receive. And that had the effect that people got headaches when they came near me. Not an ideal situation. I'm then left to the Higher Powers, because I had no clue how to deal with this. Hence, I could not be more in groups of people, was often ill, often migraines, very

tired and that was my way of dealing with the energy I received from others and free and for nothing.

Through a forum I got in touch with a woman who pointed me in the course Spiritual Response Therapy (SRT). When I went to do this training a whole new world opened for me. Solving instead of working, stop repeating trauma which made this deeper and deeper securing into your system. Solving karma, solving emotions, solving programs and best of all, work with your Higher Self and Spirit/the Source!

The soul clearing until today remains one of my fondest and most powerful tools.

And yet there was something missing. All well and good to stay in high spirits, but it was not complete.

Over the years I have always absorbed in nature religions, but never found the connection. I read about them, studied different traditions, but how to continue, how to connect?

The woman who brought the SRT's attention, meanwhile, has become a dear friend, put me on the path of the Incan shamanism. What a homecoming!

Read about it, experience, share with others, action, what was a new world for me! Especially when I was taught by traditional Medicine Men and Women. Every day my relationship with Pacha Mama grew stronger and stronger, I felt her speak to me, inviting me to make the ceremony and I see and saw the earthly beauty around me every day.

The further I went on the Inca Trail, the better I got stuck in my energy and the energy of others can leave it at the other. Instead of all the energy I want to give the heavy energy now as gift to Pacha Mama.

Then again, I've also been through very tough times, black snow I've seen. People who gossip and they wanted me to move away from the path of Pacha Mama, people who claimed that I am not pure, and not in connection with the Earth. Time after time I went every setback and situation with Pacha Mama and my Higher Self. Any challenge brought me more in connection with both of them and most importantly, myself. This taught me that I'm completely responsible for everything in my life, my emotions, feelings, thoughts and events.

I learned to take my responsibility for all that concerns me and fix this in myself.



I have repeatedly said from the depths of my soul and being at Pacha Mama, I'm here for you, I am here to live with you, I surrender to the way that you give me. You are my mother, my earthly form, we are together 1. Help me and show me the way. This is my life, my way with you.

Once I had my difficult and challenging situations solving these actually disappeared. They seem no longer to be part of my reality.

I've learned to connect me with the daily elements. The Earth element which takes care of my form, the element Air which is connected to my mind, Water which is connected to my emotions, the element of fire which takes care of the transformations and Ether which is connected to the intentions.

And when it was time to not only walk the path from the right side, the side connected to the higher dimensions. And not to completely and only road to walk on here on Earth, the left side. The time has come to integrate both and keep learning every day. I listen, I watch, I experience. I am open to the stories of Pacha Mama and those of my Higher Self that speaks to me through my "fantasy". I look at the world around me and enjoy everything that grows, blooms, lives and manifests itself in the air, the plants, trees, water. I see a spark of Spirit in every person and even though the packaging may be difficult to fathom. I learned to listen to my own voice and to follow a teacher or master. I see a teacher and master of everyone who crosses my path, the greengrocer which makes me laugh when I'm grumpy to the one who gives a course, workshop or training. I have the wisdom of Pacha Mama, the wisdom of Spirit, the wisdom of my higher self and above all, my own wisdom!



At the time of this writing, my Indonesian grandmother almost 96 years old and when I look at our life together, I realize that it is my role model. I want to share with you why.

My dearest, wise and stubborn grandmother, she gave me of the Pacific Force energy.
 My dearest, wise and stubborn grandmother, pointing me repeatedly on the beauty of nature.
 My dearest, wise and stubborn grandmother, who did not indicate teaches me to others.
 My dearest, wise and stubborn grandmother who teaches me to be grateful for every day.
 My dearest, wise and stubborn grandmother, who learns to live in surrender to me.
 My dearest, wise and stubborn grandmother, which is so connected to her Higher Self and pleasure in its earthly existence.
 My dearest, wise and stubborn grandmother, thank you that you are my grandmother, for all you have taught me and still resists me daily. Enjoying life and the beauty of Pacha Mama.

Dear dearest, wise and stubborn grandmother, I hope we still long can sing many songs!

**Pacha Mama
Earthly Mother**

**Alexandra
Earth Child**

**Inti Taita
Heavenly Father**

I exist because
 in Spirit my intention
 was to wear an Earth vessel.
 Combined with the elements that gave
 me my shaping and together with my Higher Self
 and Spirit we will create a heavenly paradise on my beloved Mother Earth.

Step by step, human by human



~ Alexandra Brandes

~~~~~

## Alex alfa ashton     my awakening story book om blessings to all !.... i arrived here on this space/time-

line, where we are now meeting ... already with some conscious awareness of what's really going on : just some..... as soon I arrived I was like a innocent naïve little being but immediately started to feel I was surrounded also by huge cage-lies :holographic projections (also collective ) disconnected from Truth and Oneness : holo-distorsions.....this FEELING grew passing the years but I was unable to manage anything effective and risolute ..so hard ,so much suffering... so I started to try to pilot my individual ship in a specific holo-fashion/format :I programmed myself to focus on learning- knowledge-research for a Truth : I fell intensely in love with TRUTH.. it became my life inspiring leitmotive .....as an attitude I have had to apply it at all various aspects- components of my life ..this behavior has given to me unspeakable heavy work/sacrifice/issues but has- is -will be my salvation escape redemption safety.. I received very great help from (the objective simple basic principles of) Yoga :the real one Yoga, cause nowadays there a lot of confusion and lies (we must filter in and out always! )

One utmost important help and dimension has been is will be :Conscious contact-merging.intermingling with my REALSELF .. Which is conduit to HigherSelves which link to AllThatIs.. And all bring to RealReality:Truth and Oness

..along my awakening I thank also Tibetan teachings ,Kundalini yoga simple effective -with Indian yoginis(NOT the yogi Bajan's one at all...I find it almost unintentionally-misleading), MotherNature/Gaia-spirit, Kriya yoga (from Yogananda –Babaji Purnavatar–Kailash not imitations..)but other yogas too , the lord Shiva, jogiriji DR George King(not his Society),deserts I have crossed



**,all they who love etc .. and in the last years the sharing/cooperation with DR Caroll Suzan (and the Dr D. Shawna ) has been like instrumental to spherically synthesize....to make a synergy,integrate and share in all dimensions ...the core essentials of an awakening process journey . Most of all the greatest help comes from the infinite unconditional love-multiD-light from the Infinite Spirit ,which flows to us uninterruptedly and we so often forget and we bounce back to the Sender,consciously and unconsciously...**

**Yes I saw/see Realization-passport is INBORN and so very SIMPLE ,so I had to start learning to ...search/look within not outside and to remain SIMPLE ,stay simple .....I have ascended more than once in this life too.. Had some explosive amazing blissful immense Kundalini experiences after,long,cleaing, training,study, (real and objective,no illusions no drugs)**

**...a...First part of my awakening was for years kind of personal ...Then after little-big ascensions and other experiences (I also had to go alone in caves for long retreats) I was shown that my way, my attitude, was also to collect/gather as many data as possible thinking that is Knowledge!.. at one point I was (brought into Spaces..and)SHOWN clearly that real Knowledge is only in merging/melting (in bliss/love too) with the One,with Life as a Whole ..And knowledge without love is empty form and power without love is violence.....**

**Then a 2<sup>nd</sup> part awakening ...My life ( oceans of no-stop personal BLISS,houses,lot of money,high class women,travels,abundance ,et similia)suddenly utterly changed to best,at one point later: I was suddenly a living burning heart.. started working for years for any being in a worse situation than mine ,for Life as a Whole.....I was falling again in love with this marvellous miracle :LIFE anywhere.....So I produced paid did practiced various interventions for blind-deaf-handicapped-old ones,mental-hospitals, orphanages, asylums, sanatoriums, nursing homes, homeless, drug addicted ,alcohol addicted, stragglers, demons, possessed, all kind of ill people (I had to learn Energy Healing : contact/absent).....**Believe me now :i was always feeling good and or in bliss!!!--never tired or sad...I of course needed to balance and the solution was to spend some time into Nature .. on the other side even if I was really very kind,gentle ,calm with my teams,almost no-one was able/willing to match that flow and cooperate,be of Service for long time: after some time everybody would disappear!! cause tired or afraid of contracting something !!even young alternative beings!!****

**So after some years ,I entered kind of a stalling .... I was hyper-full of light to share but I needed a team to ground so much light ,as it was impossible:too low frequencies around, I closed myself in a Couple-relationship with a wonderful woman:half a goddess :it worked several years : we 2 powerful more than a sleepy group.. then unfortunately dark Forces, unable to stop me ,kidnapped my wife(and amazing helper) and lobotomized her ,so after 10 glorious years together I fully lost her (she doesn't literally recognize me anymore till now!)..... I fell in a horror-dark despair almost died ..took years to recover enough.. and now I see clearly that I was too naïve ,too open,too ready to help,to give ...so darkness could come in, hit.. Meanwhile luckily my lovestory with Gaia had already started exploding outbursting again ...(still in progress!)...and then blossomed/are blossoming some decades of**

Service to (LIFE as) GAIA until now, through: studies, shares, heroic moments of intense activities for years,during which I(as conscious-conduit ) have activated ,informed, turned on thousands beings by paying producing organizing:meetings, screenings,cleanings up, festivals,polls, exhibitions, fairs, concerts, shows, charity, seeds planting,offering multimedia info-situations etc....all dedicated to Gaia/LIFE and Truth...(actually I also belong to the Cosmic FORCES that operate for LIFE as a Infinite sole Whole ..to be taken care of .)

I essentially think/feel global (the Infinite) but I act local too: GAIA now ....Dark-relatives have done to me horrible terrible things and have punished me severely to have started to collapse their empire and still are very active in haunting me ...but I would start from the beginning.. no fear..just love ... I have missions I am on duty and gonna complete all.....Besides huge rollercoaster moments.. at the same time the infinite Spirit gave/gives me wonderful gifts,awareness,consciousness ....IT showed-my awakening was and is in progress...taught me we are essentially consciousness,and ONE.....I thank all real teachers and helpers :these are the ones that help you/us to manifest the master/the helper you have/are inside .**And I feel Dr Sue and Dr Shawna belong to this highest level Helpers ...**

My/our awakening was-is-will be in progress,seen in divided spacetime ....In reality it was-is-will be always potentially-essentially here now .....The matter is: how do we perceive-move-choose?..... I have had to start realize that : **Circumstances don't matter,,,,,, State of consciousness matters** (blessed Bashar..)....

In my awakening I have had immense help from Nature,element(al)s,Gaia ,this local Sun,the Galactic center , the multiversal Core ,the Center of Centers 'the Core of the Absolute, the Infinite's SpiritEssence.....Now I have scars issues woundings debts in 3D but I can honorably face the Infinite Spirit 'cause I am here to give too not only to have ..My awakening is and was directly proportional to how much I have been/I am sincere, entire, decided ,sure, brave, clear,detached, intense ,global ,bold,spherical,holographic,, simple, turned on, passionate , concentrate ,intuitive .researcher and lover of truth.....Truth and Oneness are the most important.....

## Significant insights in this course

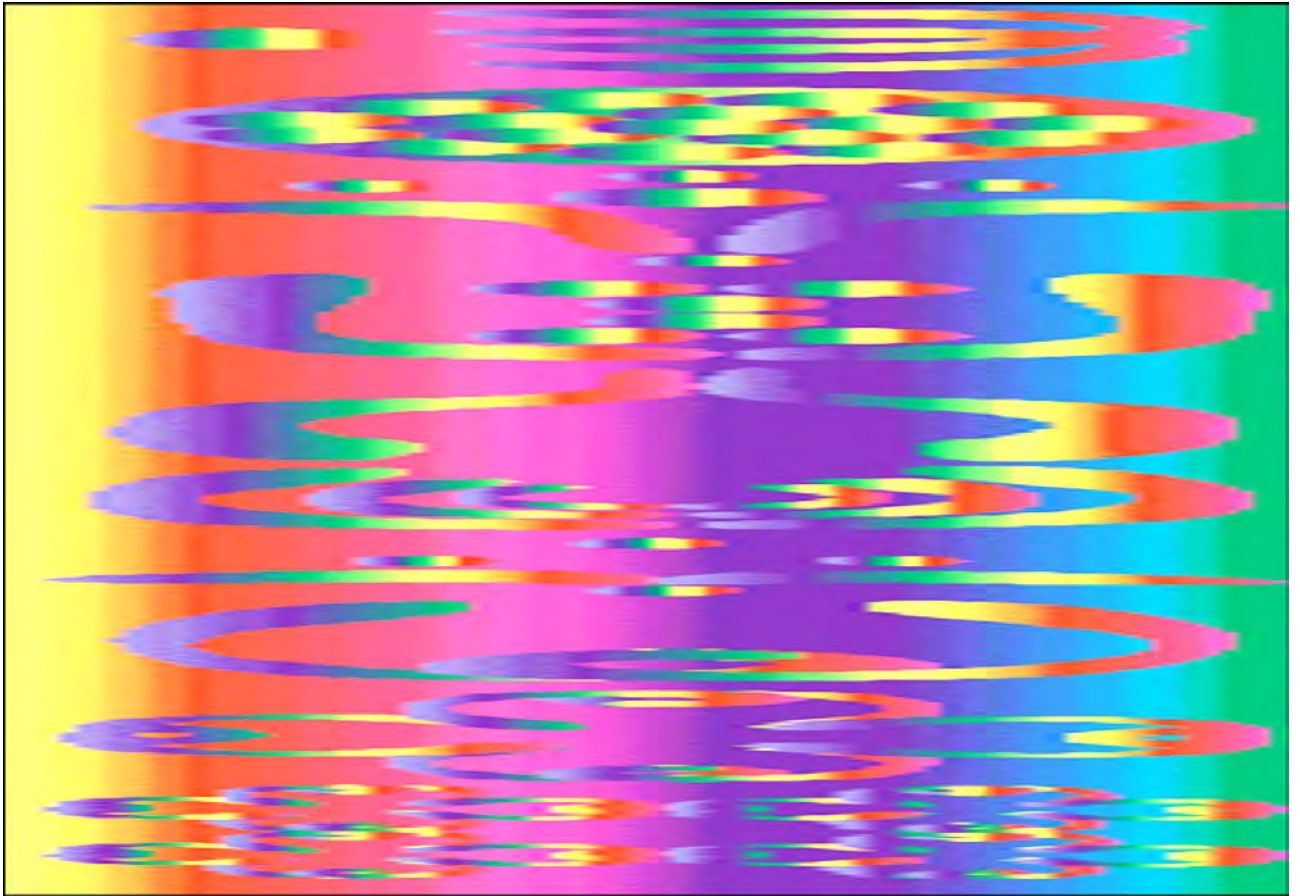


**INNER ACTIVITY, AWARENESS IS OF UTMOST ABSOLUTE IMPORTANCE**

**We must have an ongoing and intimate relationship with our RealSelf**

**ooooooooooooooooooooooooooooooooooooooooooooooooooooom  
mmmmmm**

Here's just one pic below



**END** ■ ■ ■ be glad for the song has no ending,,blessings be

*I am a beautiful multidimensional lightbeing, and my work is for the highest good.*

I were born to this planet of earth, Gaia, in 1954. My childhood was good, and the years up to teenager. During my teenage period, I started to feel something missing in my life. This feeling I had up to age of 16-17. Then came a turning point, after struggling with my life.

I SAW AND FELT THE LIGHT. **MY AWAKENING TO THE LIGHT.**

My thinking, which had been quite negative some years, started to become much more positive, after this experience.

I started to read some books. Actually I read almost the whole bible. Why? I really do not know. Searching, probably. Also read several books of Tao, and did exercises.

A period of a few years came without any special spiritual activity, even I knew within me, that there had to be something more. When I reach the age of 27-28, I began more reading of books, and did meditations. I read many books of spiritual art, and learned different forms of meditations. I also began feeling higher energies during my meditations, visiting starships during meditations and during sleep at nights. Sort of «waking up», and not be able to move a finger, (were out of body). Guidings with the archangels and masters into higher dimensions have also happened to me, during these years. All this made me believe in these things. Then came some years of on and off, and even some doubts.

It is the last ten years of my life this really have taken off. I have attended several courses in healing techniques as Rainbow Reiki, Healing with Gaia, and Angelic Reiki. Healing with the Arcturians I have also attended courses with several levels. All this have awakened me more and more to the light. Shamanism is also one of my interesting activity, which bring me close to Gaia. All this means a lot to me. More than I can describe with words.

Now I am attending a course with Sue and the Arcturians, «Leaders for Gaia». This course brings me closer to the light and higher energies/frequencies. I love this course, where the unconditional love and violet flame flows. The small group I attend is amazing, and the persons are just wonderful. I love them, and we are bringing up the energies to higher and higher dimensions. So with the class, also. During this course the kundalini activity in my spine is increasing, and I can feel it more often.

During my meditations, I have more experiences with the light and with journeys through the space and higher dimensions. Among this, are experiences with earth- vessel / MerKaBa. Contact with higher self/heart.

I am the Soul. I am Light. I am Love.

I can't wait to continue this journey, assisting Gaia in her ascending process, and ascend with her.

I am a beautiful multidimensional lightbeing/soul having a human experience, assisting Gaia in her/our ascension.

Unconditional love & violet flame flows through me, and all my sisters and brothers.

Namaste! Thank you, I am grateful for all my experiences!

With much love and gratitude

**Jan Sebjørn Engebretsen / Kongsberg, Norway**

## Grounding My True Self in the HERE and NOW – Nuri

### How did his Awakening start?

Although the awakening has started from birth and even before the real decisive moment in the NOW was when my ego self just finished his studies. He had a wonderful and ecstatic experience of an ending of an era but he could not have foreseen what came next.

He fell into a state of not knowing what to do next, lots of doubt, insecurity and a strong tendency to escape 'the collective reality'. This was a harsh time for my grounded One, but I was there sending him Unconditional LOVE and Violet Fire.

We guided our Grounded One towards doing research to gain information and towards experiencing and integrating the world of subtle energies. This was a time of high excitement and a sense of adventure and a huge learning curve or should I say '*remembering curve*'.

### Could you elaborate a bit more on the process?

The perception of how my beautiful Grounded One perceived reality was changing rapidly. His belief/thought patterns were being challenged to the core. This was not always pleasant as it was accompanied by a redefinition of what he perceived as truth.

He proceeded with vigor and a strong determination towards what he at first instance thought was his 'goal': to escape this reality to a better one. He was not at peace with himself and this was expressed in how he perceived the outer reality.

He was not able to stay in the HERE and NOW and was sucked into certain belief patterns. All is well, because this was necessary to be played out and experienced for the purpose of being released ONCE and FOR ALL!

And off course we were there to guide and protect him on his journey and we always will be for You and WE are ONE.

### What were the decisive choices in his life?

There was always an inner knowing, a subtle memory one could say in our Grounded One as to how LIFE can be. An important choice was when he decided not to work in the corporate world. He just knew that that was not his path. The job he did choose for in the end provided him with sufficient space and time to accelerate the awakening into his True Self.

### Is there anything else 'You' would like to share?

My beautiful Grounded One is in the process of fully embodying his mission. We are more and more 'allowed' to merge with him for there is a growing amount of space in his Being. This is creating upheaval in him because the more our Grounded One is allowing the merging the deeper the releasing is. We are so proud of him. He is remembering his True Nature; he is soft, vulnerable and powerful at the same time.

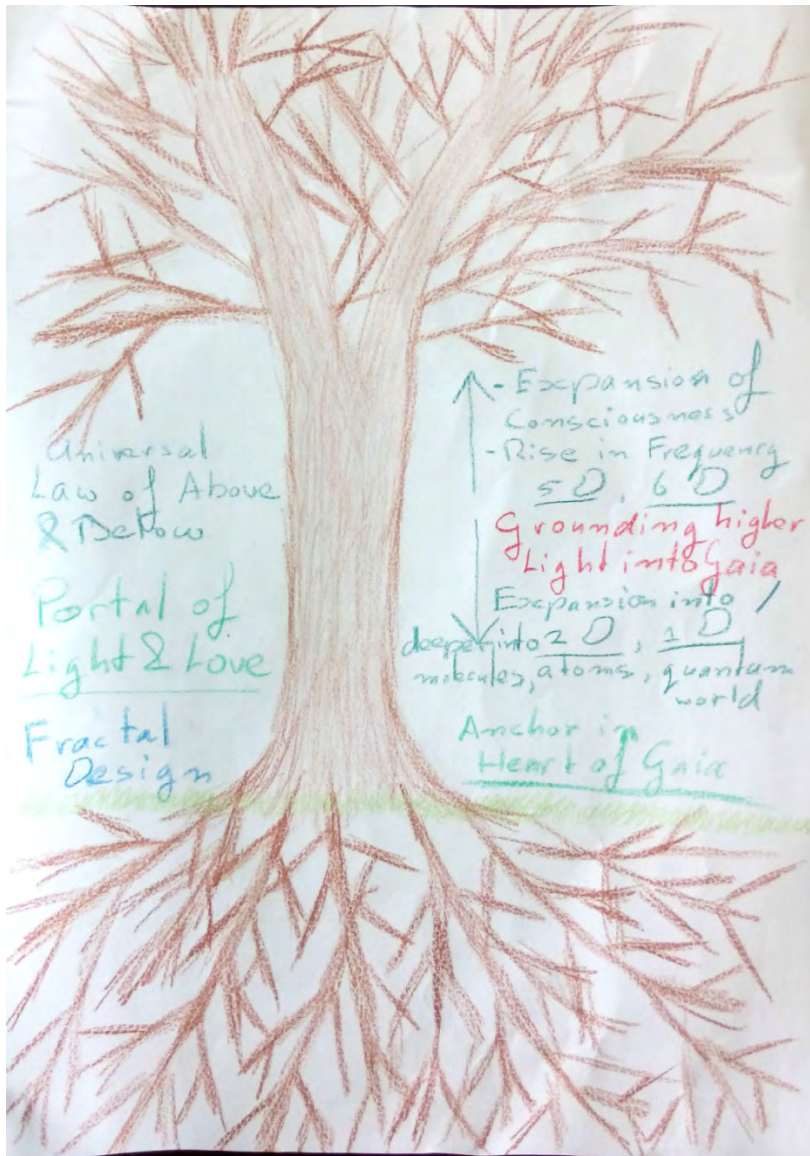
We would lastly say to continue sharing your insights with the like-minded and like-hearted Galactic family you have met in whatever way you see fit. This is an excellent way to ground the higher vibrations into your vessel, which stimulates the remembering of your True Self and therefore assists Gaia in her ascension process as well.

You are such a stunningly beautiful group of people who are intricately interwoven bringing forth your own piece of the puzzle in order to help each other to remember and thus assist Gaia through Unity in Diversity. Be infinitely patient and compassionate with yourself for you are trudging new territories. Be kind and loving towards your beautiful bodies especially at times when it feels exhausted. Be grateful for his service.

### What did this course teach me?

It taught me to trust my inner messages and intuition more and surrender into my imagination. I feel that I am becoming a stronger tree with thicker roots going deep into Gaia. At the same time I feel that I am growing taller and expanding wider as I am becoming more able to capture and receive the Multidimensional Light and ground it into our beloved Mother.

The feeling of focus in respect to fulfilling my mission is growing stronger by the day. Simultaneously, the feeling of JOY, Bliss and the desire to co-create New Earth is increasing as well. I feel that this course has contributed significantly to that.





# Group 7

Edouard Gaudot

Emmanuelle Pries

Karla Engemann

Mischa Merlinson

Monica Poka





## TWINKLE'S JOURNEY TO THE BONFIRE

*Karla*

Twinkle was a little unicorn. She was wild and curious, adventurous and also a little careless. That means she actually cared very much. She was very sensitive and she suffered when people around her were quarreling and shouting. She was sad when the people she loved laughed at her and even blamed her self for being different. She was so young and she could not yet remember that she had created her appearance all by her self. Her grey mane was a bit longer and a tinge softer than that of the other unicorns. And her horn was silver and not golden. So she was different and she got attention wherever she went.

In her young years she was very lonely. Her family did not care much for her and her friends and classmates recognized her as their leader but there was always an invisible boundary because she was so serious. Nonetheless she was happy to be alone in the sunshine, listen to the leaves of the trees and talk to the birds and the flowers.

When she was afraid - and in her young age she often had great, great fear when she was all alone in her huge bed beside the wood fired oven. But she had learned that it was not good to approach the adults for help because this would remind them of their own hidden fears. In order to avoid this they would make jokes on her. So she faced her fear and surrendered to it. BUT THEN it happened - when she was afraid and could hardly bear it any more she saw wonderful light balls moving up and down around her. She felt like being cradled and finally fell asleep. As a child she loved to go to the church all by herself. She loved the music and the peaceful contemplation there. And she loved the stories of Jesus and of the saints and all kinds of miracles. So she started reading and as she grew older reading was her main activity.

She left her home and her family early, knowing that this was not really where she belonged. And yet she was longing for HOME. Her life was full of questions and she was seeking answers.

So she traveled to the world of the philosophers. Indeed, what they said was of deep insight and wisdom. But these reflections were highly intellectual and caused a kind of separation between the physical mind and the physical body.

Maybe, if she studied the "high literature" of famous writers and poets she would find the answers of life. She was thrilled by the overflowing inspiration, creativity and diversity of the literary kingdom, yet the horizon of the lettered world shrank as soon as she closed the book and got back into "3D reality".

Why not engage fully in 3D reality? She plunged deeply into organizational work, took on voluntary tasks, and tried her best to help herself by "rescuing mankind". She also met with partners but as she had not learned about real partnership in her childhood she felt like 'being from another planet' and got to learn difficult and partly painful lessons about herself and her patterns about belief and behavior.

So she was happy to meet her Guru who taught her that sexual life was contradictory to "spiritual evolution". No, she watched the scene attentively and took care of herself and her spiritual balance by following a female Guru as well. Safely protected between the masculine and the feminine polarities a completely new world opened for her when she first read the Bhagavad Gita. - No, it was not at all 'new', it was like coming home. This was what she always 'knew' but could not explain.

For many years she regularly went to India, lived in Ashrams and spent the days "just sitting at the holy river Ganges". She mastered the postures of Iyengar's Hatha Yoga, studied the scriptures of Vedanta and loved the brilliance of Jnana Yoga in the "Yoga Vasistha", at the same time serving herself and mankind with Bhakti and Karma Yoga. In her country she edited a Yoga Magazine for about 7,000 copies. In her mind she had the vision of her own Yoga Center.



## My Awakening Process

Monica

My Awakening process, which I associate to the moment I heard the voice of my Higher Self for the first time, or at least of one of them, began in 2010. During my childhood I had several communications with the unseen worlds, but because I didn't know what it was about and I was scared having no one to explain what it was, I closed these communications and I chose to "fit" in this world, something that I could never do.

I went through many challenges, trials since childhood and I have always been strange, rejected by other children because they felt that I was not like them. I grew up, I married, I gave birth to two children and my life seemed "normal", but I felt that I didn't fit in with anyone and anything.

One evening when I had one of those endless discussions with my husband, in which again I was to blame for everything that was not what he wanted, I usually defended myself, I heard a voice telling me gently "Shut up, do not answer. Just listen. See what happens if you do not answer. "

So I kept silent and listened. In fact, I could not hear what my husband was saying because I was so surprised by that voice that all my attention had gone to the new appearance, however it was not new since she told me what to do in that situation. Then gradually this communication began to take shape somewhat, though it was not constant. But I knew it was there for me every time when I needed it.

And so I began my journey towards me. It was not easy, it was not hard, it was with ups and downs, was and is the most beautiful and complex journey that I could ever wish for me. I began to see the perfection of each life experiences that I had and I started to smile and bow in front of me for the great work that I called in the beginning Awakening, and now Ascension.

Regarding my mission, I can not put my finger on it and say "This is my Mission," because everything I do/be is my mission. I AM My mission, it is not a specific action, it is All That I AM and I choose to BE. At least this is what I feel NOW in relation to the eternal question that I have been asking myself up to now: "What is my mission?"

I think choosing to live of WHO I AM is part of my mission, that being HERE and NOW is part of my mission, helping "others" to begin their own process of awakening, to travel toward himself/herself, is part of my mission, there is nothing that is not part of my mission but to be part of my life and my life experiences.

Regarding the role of leader, I started this training 27 years ago when I was put for the first time in a position to lead an office within a company. From that moment, and then I founded my own company, I was in positions to lead collective increasingly larger.

Last year in September I "got" the largest group ever to lead: 256 people gathered as a result of a call from me and we formed a group to work on "cleaning" the lower vibrational energies which "pollute" Gaia's aura and beyond.

In "time" only 130 people stayed because as the saying goes, "Many are called, few are chosen" some chose not to follow the call to which they responded after the initially momentum. It is not easy to be consistent in what you do, especially if you have not yet reached the level of consciousness necessary to sustain you. On the one hand, distractions are everywhere, people remain in a place / situation until they have completed what they have to give / receive what they have to give or need to receive. And this is good as it is.

It is not easy to be a leader, the challenges are huge, especially when you get a group of people you do not know, you do not know their training, nor how advanced they are on their journey, but you need to make them work together as ONE. But at the same time, it is wonderfully

beautiful, because you first have to learn to work with yourself. It polishes you to become crystal clear to reflect who you really are.

And at the same time it is the best way to learn to be ONE with "others" and with All That Is. I'm glad I was "sent" to this course, Advanced Multidimensional Leader Training, organized by Suzanne, Arcturians and our Self. I learned a lot from you / us, and I am grateful for everything you brought, each of you, in my experience. Although I was not physically very present in your discussions, I enjoyed reading your posts, and comments from that I learned a lot.

It is a great pressure put on the person who is the leader of the group, because everyone expected guidance from him / her and sometimes it's hard to do it. But if you learn, you as a leader, to look at yourself as a part of that gear named group, if you can accept that it is not necessary to have all the answers, because each person in the group has a part of the answer, things are easier. If you see the larger puzzle, then you have a wonderful chance to share this with others.

Thanks again for this wonderful journey together, a journey that does not end with the completion of this course, which is nothing but the beginning of a new and beautiful journey together. I thank especially my colleagues, Emmanuelle, Karla, Mischa and Edouard for the beautiful meetings we have had together and that helped me a lot in overcoming the complex I did not know I had.

Blessings to all!

I remember when we were little and used to play in the sand together. You loved little stones and wooden sticks. We would push each other and laugh. Your eyes radiated such kindness, I loved the way you looked at me, I loved your intensity and your fiery personality. As we became adults, I-WE would sit together, the 12 of the 12, the 144 of us. You showed us how to merge our consciousness and empowered us to BE the vibrational beings that we were. You initiated many of us how to work with energy, how to travel inter dimensionally and how to master the power of unconditional love. We were your initiates, the ones to continue your work and to share the message that unconditional love is our essence and the force that animates each of us. I remember the day you left us, shortly before your last breath, your head tilted and you whispered “ I love you”. Those were your last words to us. Thunder erupted and I can still remember how shattered I felt. You flashed into your light body a few days later and appeared to us again. Your appearance had changed as you had now moved to higher dimensions. I do not remember much of what happened to me after you left our reality besides this overwhelming feeling of grief that I carried on into this life.

*“You and I are ONE”*

*“I am always with you.”* You used to say this so often. I did not know what it meant until you started to visit me in this life. It did not occur to me until this very moment that you came back to activate each of us with your divine grace so that we would remember who we were. So that we would remember that we agreed to come here and be the way showers.

And so you visited me during my childhood to remind me again that when you and I expanded our consciousness I could land on the shore of your unconditional love and feel the signature of my own essence. I had to meet you halfway, but this was okay because I knew how to do that. I used to cry so much because I missed you so, and wanted you to take me with you. Do you remember how often I bargained for you to take away my sensitivity? I wanted out, I no longer wanted to feel as it was too painful. I bid adieu to you when I was in my teens, as I decided to lower my vibrations and live my third dimensional life.

You gave me time, a lot of time actually. It is not until much later in my life that you came back. Of course, I understand now, I would have not listened to you anyway. I fell on my knees one day because I remembered how you died. I was struck with such grief that I cried for days. You came right away through my sobs and took my head in your hands. *“ I love you”* you said. It was so real, so so real. I felt such a stir in my heart, something of a such a magnitude that I could no longer ignore the yearning for more.

You then brought the celestials to me so that I could remember how to travel through dimensions and open portals. I did not understand for a long time what we were doing. It seemed so fun and easy to go places outside of this realm, to see and learn so much. I had no idea that I was learning how to raise my vibrations and heal this heart of mine from the emotional density that was clogging my energetic pathways.

You left me with the celestials for a few years and I loved being with them, they taught me how to weave my way back to my gem self through sacred geometry. By then I was communicating in light language and able to receive messages. I knew I needed to step out and lead others as the angels had told me that I would help people “ to retrieve their soul fragments”. Sounded good to me, except that I had no idea what that meant.

You wanted me to remember more, so you guided me into taking a class on healing. I never wanted to be a healer and resisted it for a long time but I met this person whose essence stirred my heart and I signed up for her class. Oh my, what a reunion with my galactic family. I went into shock as Ashtar and the Pleidians engaged with me directly. I fell on my knees and sobbed. I was about to pass out when Archangel Michael came down, grabbed me in his arms and took me

on a ship. Oh, this was the first time I had ever been on a ship. And I saw them: the Pleidians, I knew they were my family and I heard them say over and over again, she is in shock, she remembers... well no kidding...I saw you there and was confused, what in heavens were you doing on a ship?! I begged not to return on earth, I begged to stay. But you all sent me back down, cradled in your unconditional love

Becoming aware of my galactic self was a huge milestone. I guess you would call that one of my divine appointments. This is when I realized that I had a mission. I was not crazy after all, those years of yearning, feeling a calling. It was in fact real as real as my imagination was. I knew I had come here to do something, but what? My imagination was now incorporating all kinds of beings. When I would do a healing on someone, beings would come and perform all kinds of stuff. I learned later that this "stuff" was what Ahstar calls etheric surgery. This is when my hands started to fly, I would see in people's body what needed to be "fixed" energetically and voila. It scared me and I did not want to believe it because it was so easy.

This is the moment you came back to me and showed me that we used to do this, *"you know how to move energy with your consciousness"* you said. You showed me the seed that everyone has in their higher heart and how to activate it. The first time I tried it on a person, you came in my body and my right hand moved by itself. You totally startled me, I thought I was going to levitate. It was eerie feeling, yet your presence inside of my body was exhilarating and exhausting at the same time. The memory of your energy, your essence came back in my consciousness and the search for what I was here to do intensified. I used to feel so guilty to be able to do all these things and to keep them to myself, but when I would share this with others, it would threaten them and so I decided to play small and stay hidden.

I started to remember faster and faster. My physical body began to adjust and my mind to expand. This is when you told me that ascension was a lot simpler than what people were talking about. You showed me the heart and all the emotional density around it. I was able to see it in people, it was extraordinary. You told me that the density needed to lift so that the light could flow into our earth bodies and travel to our cells. We needed to create space for the light to come into our bodies. Because we were here to remember who we were so we could help Gaia and humanity. This is when I understood what the angels had told me years before *"You will help others retrieve their soul fragments"*...Ah... the fragments they were the bits of our soul residing in other dimensions, right? Correct you said, and Ascension is just that, bringing the parts of you vibrating at higher level into your earth vessel and ground that frequency in your vessel. A process you said, a process that demands a lot of courage...*Bringing the kingdom of God to Earth*. This is when you said that I needed to stop looking outside of myself. You left me that day with a powerful message *"You are the one you are looking for"*.

*"You and I are ONE"*

You told me to go and teach others but I did not budge much, I was afraid. Afraid that I would not be good enough, that I would fail. I had failed so many times in the past. Afraid that if I showed my gifts, people would resent me. It has brought much confusion and sadness because I do not understand. My reluctance to move forward did not go unnoticed. You all came to me numerous times but I was not listening and continued to make decisions based on fear. But you have got to understand, I was scared, so scared of being me. I have and could always feel the power within me, but what would happen if this power unleashes itself? How is my life going to change? What if I really follow my heart? Help!

So you all heard my prayers and one night of May 2014 my husband had a horrible car accident. My whole universe crashed as the police came at the door at midnight to tell me that he had been rescued by helicopter and that he was very badly injured. He was in a hospital 500 km away and I had to wait until morning to go to him. That night was the night my heart broke. It broke into a thousand pieces, pieces of density flying off uncontrollably. The fear, the fear was unbearable and I went in and out of consciousness for hours while every fear I had ever

experienced came up for release. My physical vessel shook the whole time and I was exhausted. In a blink of an eye I saw a huge bright light emerge within and I met my authentic self. I got to see my truth, I got to see my limited belief and and emerged in a world where my potential was unlimited. *WOW. I felt you, I knew you we were part of something so big.* I saw and felt the vastness of my soul with such clarity and realized how far I had veered off from my path. My whole life as it was was a reflection of the fear I held within. You showed me a seatbelt and a roller coaster, and I knew time had come.

Your friends the Arcturians showed themselves to me for the first time and blessed me with their unconditional love. I knew with certainty that everything was going to be okay no matter how painful it would be. The emergence of a new consciousness sprang forward and I knew that I needed to step in my authenticity and live from there. I started to live in the present and to love unconditionally, one step at a time. I experienced the trauma of my third dimensional life completely falling apart in every area while experiencing the magnificence of my vibratory nature. I was forced to live in the present to survive, unconditional love was my anchor, the force that dictated my every move. I was a third dimensional mess with a fifth dimensional operating system. It was surreal I kept on switching from 3<sup>rd</sup> dimension to 5<sup>th</sup> dimension, as if I had split in two different people. I started to experience miracles in my three dimensional life: the result of my ever expanding awareness and total surrender to Love. You whispered “ *Your alignment has begun, accept your magnificence, experience your vibratory nature and bring your Heaven on Earth*”

*“You and I are ONE”*

Yes you and I are ONE. I remember *now*.

*Are you ready? Are you ready to lift the consciousness of those around you? Are you ready to be my feet, my hands, my eyes and my voice? Are you ready to open the door for others to walk through my Kingdom? Are you ready to be a way shower in this collective shift we call ascension? For this is why you are here to open the portals of my consciousness, to lead and help others remember that they are ONE with me too.*

Yes, I AM ready, I AM ready to be my truest expression.

*“Tell your third dimensional Self to sit in the corner and give it toys to play with”.*

LOL

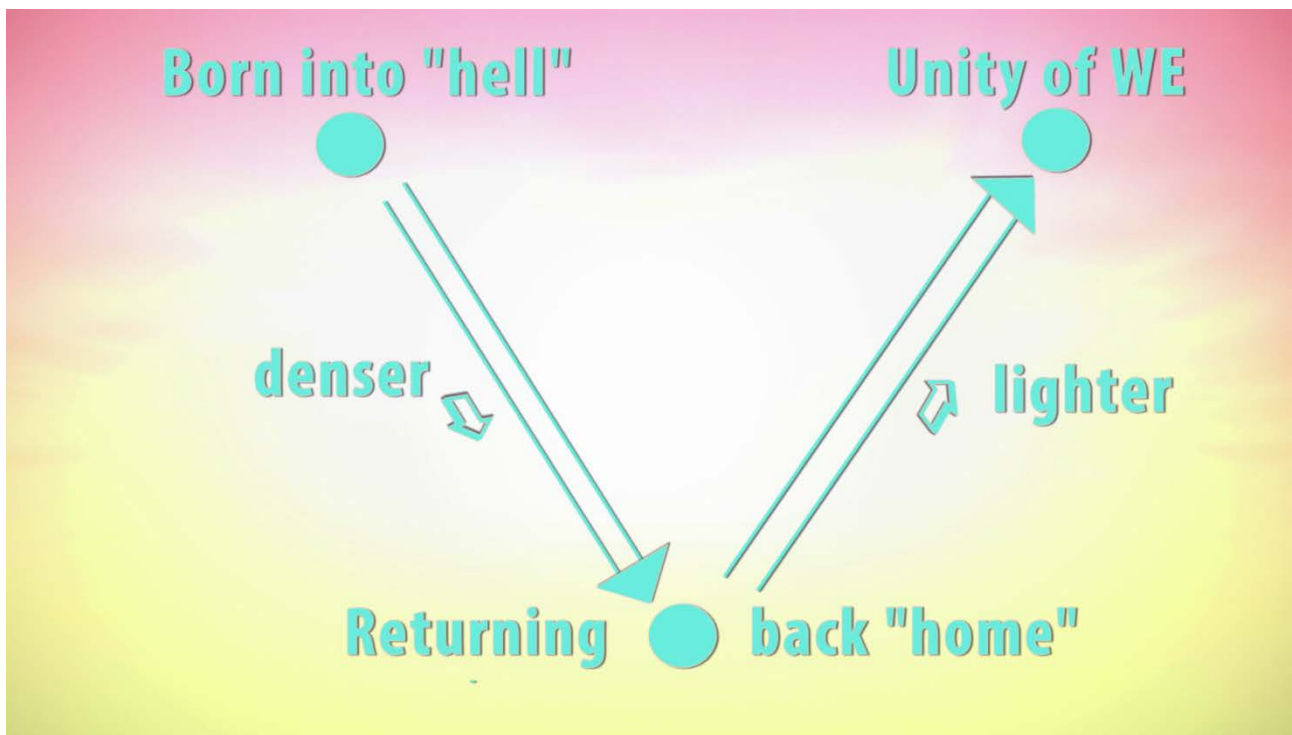
My favorite quote from Sue

The one that expedited the integration of my Higher Self into my physical vessel

THANK YOU

Thank you all for expanding your consciousness enough  
so that I could tap into our group consciousness  
and remember that  
I AM WORTHY.





Falling,  
Mischa

standing

up

&

flying

### **Falling... (INSCENSION)**

#### ***Falling is a kind of flying (with wings closed)***

We all fall in this 3D-world with its highs & lows. And we all stand up & up again & again. We learn this in our earliest childhood.

Some have helpful parents during this process & others have not.

My childhood felt like hell. It felt like hell because my parents did not have parents who weren't able to help them in this process because their parents weren't able to help them either & so on & on... They all were hurt children. And a hurt child is not able to look over its violation. It is still falling & falling & no one is there to help and to stand up for the child. So even an adult is not able to help its own children to stand up because it has not learned to stand up for himself. This is the endless inheritance patterns of the hurt inner children. And this was a fact in my family tree. And I guess it is very common in other families.

### **Standing up... (ENLIGHTENMENT)**

#### ***You can never fall deeper than into the open wings of love***

I helped myself to stand up over the years of my youth by comprehending this fact more and more. Part of this comprehension is to forgive my parents where I can for their mistakes. If I go deeper I recognize that there are no mistakes. On one hand my parents must act like they did because from their point of view as hurt children it may have been an act of love. And on the other hand the so called "mistakes" that happened in my life revealed themselves to be important steps on my way to who I am now. And who I am now is all-ways good.

And if you read this text up to this sentence here & now dear reader, than you can be sure that you too are already aware of the beautiful powerful light being you are! And in truth you are!

There was a turning point in my life ~ and I guess there is one in everyone's life ~ where I decided that I felt deep enough. Until this point I didn't have to repeat this process of falling & standing up anymore in such a profound way. From there on I am aware of the fact that I can never fall deeper than in the open wings of love. And even ***fear is a daughter of love*** who likes nothing more than to be back in the wings of her mother. But you have to open your wings by loving & forgiving yourself unconditionally! With this awareness you are already on your way back home to Surge/Spirit/The One/God/All-that-is/Allah ~ doesn't matter how you call it.

**Flying... (ASCENTION)**

***The deeper you fall, the higher you can fly (with wings open)***

We all are still falling & standing up after this decision to go back home. But with open wings it is becoming lighter & lighter & more fluid. We become transparent for fast vibrant frequencies & take ourselves out of the separation of this world by expanding our consciousness into higher & deeper realities. We say also “deeper” because at this point of our awakening multidimensional mind We have no ability anymore to classify in good or bad, higher & lower and so on. We are becoming aware of the fact that it is always both & We are not separated from the other pole ~ just as little from other people. Maybe this world will be the same but in our expanded consciousness We are aware of that We are **in** this world but **not from** it. That makes personal ascension superfluous. We are already ascended in our higher expressions. We are here for Lady Gaia. She felt like us also very deep down into the third density where everything is separated.

And now we ascend back into the Group Consciousness from where we actually slip into New Earth. It is this state of Unity Consciousness where We & The Planet are one! If this occurs We **don't live** on a planet anymore ~ then **We are one with a living planetary being** like on a planetary spaceship. And with this “Earthship” we are free to travel thru this universe as united mankind with our Earth Council, full member of the Galactic Federation & living keepers of the Chronicles of Akasha.

Is this flying high enough?

Come on brothers & sisters, the cosmic wind blows, let's fly on & see you all on New Earth!



**A leader needs no channeled information from others  
A master is the 3D-Expression from his/her Higher Self,**

**Thru my creating I exhale everything that I perceive has to do with me  
&  
But not everything I perceive is linked to me by my exhale!**

**Planet & people are slipping into New Earth as one being  
If we agree with the Unity in Diversity!  
Which is the Unity of the WE**

**A few more of Us like in Our class  
Are able to make the difference this world needs  
So let us activate them with Our teachings**

**We are the ones we have been waiting for because  
WE ARE ALREADY THESE POWERFUL BEINGS WITH SUPERNATURAL FORCES  
In Our 5D-Versions of ourselves  
All what We have to do to be the ones we have been waiting for is  
To expand our consciousness into this being we already are**

**~ Mischa ~ a-Son-of-Merlin ~**



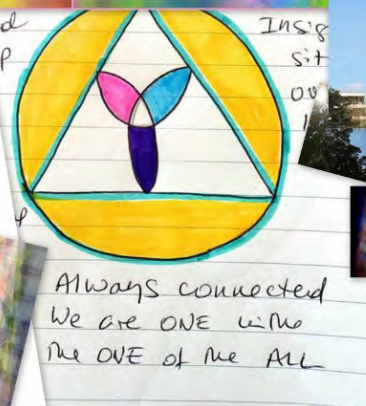
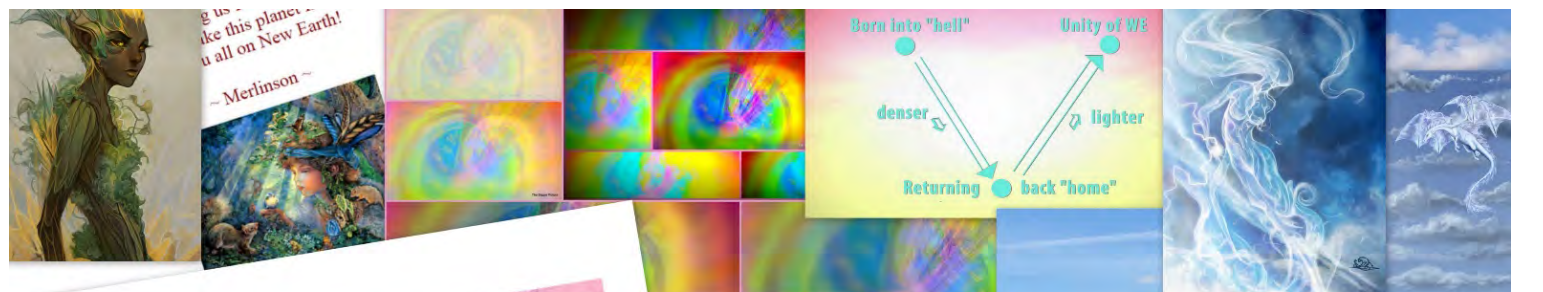
**“Merlinson ~ Videography with Empathy” proudly presents the New Earth Unity  
Conscious Productions:**

**“ASCENTION into the Bigger Picture”: <https://youtu.be/lvmkCDbuhKI>**

**&**

**“The Bigger Picture”: <https://youtu.be/oiKZf1y67mg>**





This is the clarion call  
 Call to remember and to share.  
 Share that which you remember in  
 whatever your present body finds most  
 creative.  
 If you share in a manner that is creative,  
 your consciousness will expand further.  
 Expressing your creativity pulls you back  
 into your multi-dimensional self,  
 where all your TRUTH is stored.

The Architects  
 Dr. Suzanne Lie

Thanksgiving for the substance at  
 hand will duplicate the substance  
 indefinitely  
 ~ 666 8 69 8 999 ~  
 (re-petence of Suzille)  
 Dankbarkeit für das bereits  
 erreichte, wird das Erreichte  
 unendlich vervielfältigen



"YOU are changing.  
 And we tell you, there is no right or wrong way  
 Each of you are Prototypes. Each of You are  
 ones to fully embrace...and there are many  
 ready to embrace ones. More than you might  
 we ask you to fall into that state of conspi-  
 ever expanding group of consciousness.  
 Planetary Consciousness, Galactic Con-  
 Consciousness..."

Floating up by  
 Suzille & the Architects

Pockets of the NOW  
 ✦ ✧ ✨  
 Before I can feel somehow  
 The Pocket of the NOW  
 I must release the shine  
 in a Pocket of No-Time

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Fantastic 5 Artwork



# Group 8

## Power of Oneness

Gordana Jelisavac

Gisele Gambi

Hayley Barkla

Karen Muscat

Helen Boyd-Newton

## Group 8

# Power of Oneness

### **The Journey of expanding my consciousness – Helen Boyd-Newton**

After a myriad of experiences and a long and winding path of searching for most of this lifetime; I found Sue and the Arcturians in the later part of 2015.

As I listened many of the videos and explored Sue's site Multidimensions.com, I was instantly drawn to the 'Leaders 4 Gaia' training when I first saw it on her site. Early on I just knew I had to be part of this and it resonated deeply within my being and a realisation dawned on me that I had come to a soft launching pad where I could really take off on my journey to 'Remembering'.

As we began our Leadership training, I felt a shift of the group into a unified commitment and deep sharing which brought us together in such a truly wonderful and unique way. A realisation came to us that "Yes, we really have made a pact prior to coming here to meet at this point of miraculous changes to Gaia and a shift had started for all her beings to move out of the darkness of Kali Yuga's lowest point back through the doorway into the Light of the ONE."

Just prior to starting the course, I had participated in Sue's 7 week chakra meditations and embarked on a journey back to self-love, which I'd come to understand in a whole new way. The words 'Love yourself' were not new to me and I'm sure all/most have heard it said many times over the years. In the first instance, I was shocked and saddened to realise how neglected my inner child had been for so long.

I had to ask her forgiveness initially and started to more consciously love her every day and to be more attentive to her needs.

My next powerful awakening came when a whole new and profound understanding and awareness that all in the macrocosm is in the microcosm as well and that we are all ONE. I'd heard this as well, however, the difference was NOW... I could really feel it more and more.

The elementals took on a whole new depth of meaning and as I walked in nature in awe of her beauty and diversity, I came to feel the connection of the elementals within me as interconnected with the elementals of Gaia and all her beings. I'd never really thought of it in this way before.

As I started each day, sending the elementals love and consciously raising the vibration of the elementals within me, then sending this gift to Gaia and

her beloved elementals who are working so hard to raise the vibration of the damage humans have inflicted on her over eons of time, I first felt the sadness on her behalf, then moving to a joyful anticipation of her healing and reunion with 5D and beyond.

I've been deeply moved and inspired by the beautiful and heartfelt expressions of artwork, writings, music, video links and poetry we collectively shared as we continue our awakening.

Our connections in other parallel/multidimensional realms is so profound and a realisation of our return to ONENESS, a full integration into our MD/HS and the soon to come Golden Age is magnificent and long awaited.

One of the deeper awakening moments for me was when Emmanuelle shared her remembrance of the Insignia and table of 12 as I felt a skip of my heart beat and an energetic feeling throughout my entire body. I was able to recollect being part of that and as my higher Arcturian self. I had a window into that with some information coming through to my consciousness about it, and later in meditation, felt the silver thread going from my crown to the heart of my Arcturian being. I await more recollection and experience of this is still to filter through.

After the 2nd webinar, when meditating, I was shown an image of a place with a blue moon which was over water. I saw a huge silver arc shaped control panel on a ship and saw my arm (which was blueish) reaching out over the panels. I then heard the word 'Sirius'. I have often seen a speckled iridescent blue/purple spiral (since starting the course) and it seems like a vortex. Then, after hearing the word 'Sirius' .....I heard 'This is why we show this to you.'

I had a recollection of being part of the Lemurians who came to Gaia, as well as vague memories of being in temples and on a floating planet in other realms.

As we progressed on our Collective Journey, my passion for Gaia and an all-encompassing longing to be living my mission for Gaia in full remembrance has grown exponentially as my connections to 3D are becoming less and less significant.

The power of the tools of Unconditional Love and the Violet Fire have been helping me daily to transmute whatever comes up to show me what is next to be released of the now defunct 3rd and 4th dimensional collective illusions and misconceptions passed down through the generations as All/Most slipped further and further away from the Divine Light of that which we all are within the ONENESS.

The meditation... 'Journey To the Central Sun' has been a very powerful one for me as well, and I'm so grateful and thankful to Karmyn and Jessica for sharing this with us, along with Sue's 'Floating Meditation' and a gentle reminder to 'Let Go' from the Arcturians. This was a great reminder for me as I'd get anxious sometimes and want to be fully integrated right NOW and whilst that is possible (all is), I came to understand that our physical bodies are going through phenomenal changes and being recalibrated in a huge way to enable them to take on the Power of our full Multidimensional/Higher Selves, so we can bring in all we've come to do for Gaia as our inner child is healed and integrated within our Atma.

I'm drawn strongly to the Power of the Divine Feminine energy as this has been squashed systematically throughout many centuries. This Divine Feminine holds immense power for the good of all and is a Major piece in the puzzle, otherwise why so continual attempts to crush and diminish it.

Also, I'm drawn to the Indigo children coming in with fully awakened souls as many of these need support during this transition as all may not come into awakened families. Although, Now it's possible for families to be drawn together quickly into the ONENESS where all are equal, loved and included and can shine in the Light of Unconditional Love.

As we are on the brink of massive planetary changes to Governments, financial and global changes to societies as a whole we prepare to shine our Light for all so that Beloved Gaia and all (or as many as possible) of her varying beings can return home with her or to live on New Earth where all is balanced and completely WHOLE once more.

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### **Gisele Gambi**

"You have integrated much. You have heard us well. There has been an upgrade in your leadership, an opening to a realm of communication that has become accessible to you almost instantly. As we say, you have heard us well.

We came to you in August 2014. You smile as you remember. In a dream you heard us speak. Then you awoke and felt tingles on your head. It was us tickling you, asking you to listen as we had more to share with you. You took yourself to the beach and you heard us speak about POWER. It was our subject of the day for you to hear - firstly for you and then for others. Indeed you were offered a new version of reality, although you were not conscious to this at the time. This version of reality that we spoke to you almost two years ago now was a version that speaks to expansion. Again, you did not

consciously define it as this at that time. But what you were being challenged with was to drop some rules and beliefs that you did not know were rules and beliefs. And again, we gently nudge you today as you write to consider some rules and beliefs that you currently live by that you have not perceived as in fact being rules and beliefs!

So, back to August 2014, you were challenged about money! Ha! You laugh again! 'Money' has been the catalyst for your awakening and expansion. Oh do be in reverence to that. 'Money' has been the catalyst for your awakening and expansion! You heard our instructions in your dream to bring 3 people on directly into your Mastermind Program. Prior to our instruction you had never considered this even as a remote possibility! The 'rule' was that people would start with you in your 8 week program and then upgrade into your Mastermind Program. But we begged to differ. And so we wrote through you. We wrote about POWER. Interesting mirror isn't it? The frequency of the vibration that was spoken through your fingers as you typed called a particular person in; one who had issue with the power and with money. Ha! You laugh again. Again, be in reverence to 'money' being the awakener for you and others. Yes, we see that you are in reverence now as you feel this privilege in your body. It is a privilege to know yourself, whatever the awakener is. And look at the results that were facilitated. It was a manifestation that occurred in the 5th dimension. Time, or at least not much time, was needed. Circumstances were also not part of the discussion. But unconditional love for self was. It was this decision to unconditionally love yourself first, in your decision to follow our guidance, no matter what others would think, that enabled others to unconditionally love themselves and have that be the decider to partner with you for a year or more. Do you see how powerful this 5th dimensional conversation is? You have never considered or defined it as such, but each time you have a direct and immediate manifestation of what you've chosen, it is because the decision, the action and the conversation was rooted in this 5th dimensional conversation of unconditional love. You pause a moment to take that in. So much gratitude you feel. What a privilege it is to live in this paradigm, to take direction from, to communicate and to have relationship founded in the conversation of unconditional love. It is indeed the highest, most powerful, most healing conversation that you can have. What a privilege it is you reply back to us. Yes indeed it is. You pause again.....

And now, particularly in the last few weeks, your system has been upgraded such that are you have again been instructed to source your conversations from this field of intelligence that you find and commune in with us. 'Connectedness' was how the instruction was first heard by you. You marvelled at the connections that were being made and at how realities were being created between people with no audible communication or physical connection needed. You have always been fascinated by this,



calling for the invisible connections that would come alive in group settings. You also believed this to be true in relation to your 'sales' process, having once been firmly rooted in 3d linear mechanical thinking. You have indeed seen this connectedness 'work' for you on the sacred plane bringing those to you whom you know you have sacred work to do together. It has also been present in your relationship with Michelle for you to not see her in a physical sense very often and yet there has been so much magic that has unfolded regardless of your physical contact. But now, we instruct you to deepen your connection with 'connectednesses. This urge that you have had to hear the masters speak to you, through you and through your clients, which you have not defined it as we have defined it here, as you have defined it as 'knowingness', this urge is your next directive. It is why you are able to hear us instantly now. It is why your natural leaning is to lead with this conversation. It is why we have come through you about your clients and you have passed our words onto them and that has had an impact that has defied time and space at times. This conversation has the ability to make the conversation that the identity is addicted to having redundant. This is where you are to lead from. Yes of course there is space for you to hold to acknowledge the conversations that belong to the version of reality that 3d consciousness creates. It is indeed necessary. As you rightly said not so long ago, you must be grounded first in order to listen to the heavens, otherwise you will be delusional. It is in fact critical that one's humanity is cared for AND it is the unconditional love that belongs in the realm of 5d consciousness that will have one be in reverence to their humanity. You have come to earth to experience your humanity! Again, that is a privilege. Why? Because through all your stories that you believe to be so real, you get to awaken. It is only by having stories, it is only by believing that you are asleep, that you awaken. For if you are awake, how do you know that you are awake?! Thankfully you have always known this to be true. Even when you were a little girl there was a curiosity with who you are.

And so back to our instructions. You are to lead with the conversation sourced from 5d consciousness and beyond. You are to hear the masters speak through you. It is I, Elohim, who speaks through you today. Thank you for accepting me as your teacher. I love you. I AM. You I AM. We are one. You are home. You pause again as you hear that.....

Welcome home. For we are one. We speak of Love. You are Love. I AM that. Love. It is your ultimate purpose. You have always had a capacity for unconditional love. Look at all those whom I gave you for you to have this experience. The most perfect parents. They all loved you unconditionally and look at Terrie (birth Mum), she loved you unconditionally with no physical, tangible contact needed. And your parents. There was no 'blood' that was needed for their love of you which had no, no bounds! Your Dad, whilst not in physical form anymore, there is a great 'connectedness' there. And he with

your Mum, in her own dreams. 'Connectedness' is built into your family system. It always was. Again, what a privilege to be born into this. You were unconscious to this until now. You innately knew 'connectedness', but now we consciously bring to you this thought system and way of being and we instruct you to lead from here. Words are not necessary when working in the realm of 'connectednesses. You use them because they are fun and bring you joy, but they are not necessary. As Michael Muir said, your work is changing. The work, now fundamentally resourced from this realm of 'connectedness' has a higher vibration. There will be more direct and instant manifestations in your group because you are leading with this conversation. Remind them to always be in reverence to their humanity and that will lead them to their own divinity. It is this that will create their external results. Not marketing per se unless they love that. It is their resonance.

Elohim, you speak a lot about my work, but what about my family? We have already instructed you here. It is all the same. It is the frequency of the vibration that you hold that is your greatest gift to your family. Again 'money' still provides the catalyst for awakening. Your awakening first, then theirs. You know now that you can receive, that your deservedness levels have surely awakened and you are grateful to what you are able to bless the family with. You are so grateful to the changes in thinking that you have seen in your husband. You are so very grateful to the lifestyle that you now live. You are so very grateful and we are grateful of that. And now your expansion includes the expansion of 'money'. And there it is again. What a privilege! You are about expansion my love. Expansion lead by a conversation that is rooted in unconditional love and reverence. Expansion within. Expansion without. And so too this applies to 'money'. You can receive. Now you will expand. You will expand what you have received and will receive. How you ask? Last week you asked us if you were to partner with those whose mastery it is to expand 'money'. But no, this is your role again. It is all the same. Unconditionally love and be in reverence to all that isn't and to all that is, to every contraction, to every constriction, to every resistance and there will be an expansion inside and out. There are thoughts and assumptions here too that you have been cleaning out in your relationship to your relationship to 'money'. Keep cleaning those out. You are not here to expand 'money' through the consciousness and constructs of 3d reality! It is not your way! Again lead from the consciousness of 5d reality and beyond. Invest in that and 'money' will expand. This is your mastery too. So ironic you think. It is your mastery for you to receive and for you to hold space for others to receive that it is too their mastery.

The Acturians prepared you well. They reconfigured your system such that you could hear beyond the realm of 3d consciousness. Each time you came to place of unconditional love, each time you heard us speak, even back to when you received your first instructions after Joshua's death, you were

always in conversation with us, although you would not have defined it as such. As much as Joshua required your unconditional love when you chose to not make his illness matter to you, he too gave you the return opportunity to experience even greater levels of unconditional love when you heard us speak through you. 'You are here to ignite peoples' spirits and hearts' is what you heard in 2002. Perhaps that instruction has greater meaning for you today? We believe it has. When you consider all the suffering that belonged to that period of your life, to all the roles that were played, what a privilege it was, for the entire orchestration was an immaculate co-creation offering you the choice to unconditionally love all. Indeed what a privilege it was.

And so as we close our conversation with you for the purposes of this summation, we tell you that your system is configured in such a way that you walk in unconditional love and presence to us. Even when you think you don't, even when you are in judgement, even when you experience tension, even great tension, it is because you have chosen to walk in unconditional love. You have chosen to see that I AM that is everything. That there is no such thing that is not love. You see this. We see that you see this. This is your mastery. And ultimately, because you see this, 'connectedness' belongs to this version of reality and so you must continue to work with this, to live with this and to lead with this conversation."

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### **Awakening Amery - Hayley Barkla**

*Peace. Purity. Purpose. Consciousness.*

*Remember this child.*

*She's so perfect. An angel. Look at her.*

*Don't do that. Sit there. Be quiet. Perfection. No exception.*

*Anger. Fury. Fear.*

*Don't you love me?*

*My divine feminine, my worth, my essence strangled under a blanket of loveless imagery, loveless intimacy and disrespect.*

*Why am I here?*

*I see things. I feel things. I know things. They scare me now I'm alone. But they are my truth.*

*Why can't you see?*

*I drown myself. No one will notice. I'll hide from the biggest force that I can; me. A true mastermind of this game, unaware I'm even playing.*

*Who am I?*

*Rise for air. I see my light. Follow that. See you do. You do remember. Breathe in the joy. Let her teach you. Rediscover your talents. She's giving you the clues.*

*You believe in 'what!'?*

*Dig deep again. Furrow into the depths of deception, exploitation and manipulation. Be the hand of the pawn and the queen at your peril. The power. The pain.*

*Who have I become?*

*A breakdown. A breakthrough. Treasured moments of darkness rise up to shine a light on it all. A glimmer, a sparkle of truth. The answer lies within my inner child. My outer child even.*

What was it that I treasured so?

Writing. Yes that was it. Writing. A book written as a child, a poem as an adolescent. That was my key.

Uncage yourself. Quickly. Run. Start anew. Feel the freedom. Taste the excitement. Bewilder in your own creation.

Get busy. So much to do. So much to unfurl. You haven't even scratched the surface. Heal old wounds. Reflect, understand, accept, and grow.

Repeat. Repeat. Repeat once more.

Stop!

Exhaustion. Where did all this pain come from? Will it ever end? I feel such momentum, then stuckness. Such love. Such agony. Seething anger and profound joy.

Start meditating. Start dreaming. Writing has become my sanctuary. Build my knowledge. Expand my understanding. Ground. Accept myself. Accept others. Keep on practicing. Be still. And smile. Don't forget to smile.

We can see you in there.

I still can't take the first step to be truly, wholly me... outwardly, publicly and unashamedly.

Plateau again.

Stop punishing yourself. All is as it should be. Witness the beauty of this moment of NOW. Look around. Above, below and everywhere in between.

*Our wondrous Earth. How blessed are we?*

*The green of a lush forest that echoes the enchanted winds. The brilliance of the butterfly as it dances to its own tune. A sandy beach that beckons forth the crashes of waves from a dolphin's playground.*

*How did I not see you earlier?*

*My new eyes open my new heart and allow love to flow.*

*Albeit the game continues on, the rewards keep getting sweeter. The masterful ways of creation. The peaceful reflection. The utter gratitude for life. For being. For IT ALL.*

*I walk in these new shoes. I've been wearing them for a while now. They are magical. They open doorways I never dreamt would exist. But I woke up.*

*A lifetime of polarity, duality and diversity leading to our ultimate reality.*

*And as the pendulum slows, I smile. Oneness dawns.*

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#### **Leaders 4 Gaia Report- Karen Muscat**

Connecting to a group of like-minded people from all over the world, who have star seed connections, has been a life changing experience.

As soon as I connected to the group, I felt a sense of unity, as I was told by my multidimensional self "UNITY CONSCIOUSNESS". I quickly became aware of the work we were all doing, as we slept, our multidimensional selves were working as a group, together, working to assist with Gaia's ascension.

Sue's notes prior to starting the course, triggered the recall of dreams: I was with my sister, she was teaching and I was with her in a foyer. I was sitting in front of a table, with stones and crystals on the table. A lady came up to me,

fair with red hair, we started discussing her connections with Sirius and my potential connections. The next thing I know I am in another room, and I am in a meditation, and in my mind (I am still dreaming) symbols start emerging-a download, like mathematical equations. I am fascinated by this, I was able to slow them down and zoom in. They were a golden colour and I am giggling, knowing this is real, amazed and in wonder. The next thing I know I see a white being with almond shaped eyes, we connect for a moment and it was gone. I awoke that morning, so excited by this dream, so happy to have this connection and knowing I was about to start this wonderful course. After having this dream, I've come to understand that I was on a ship.

As I continued the course, I felt a strong connection with everyone, which helped me to raise my connection with my higher self and the discovery of automatic writing has been an amazing part of connecting to my higher self. I began to disconnect with my 3D reality, disconnected to my general surroundings, my connection to food, my connection to the usual stimulations i.e. the local paper, shopping. My stimulation was now coming from a different source, my multidimensional self, and a higher energy source, that is so pure of love, light, and infinite intelligence.

My passion for plants and my strong connection with Gaia has been a life journey leading me to this point in time. Connecting to Sue and our group, provided further clarification about who I am in this 3D reality. This course assisted me in visualising my Arcturian self, after a group meditation with Sue and I've come to learn about my Pleiadian female self.

Connecting with everyone in the Facebook group has been an important part of the course particularly with my personal development. Hearing everyone's evolvement, created triggers in myself, especially about connecting to Sananda and I see him regularly in my third eye, he is calling me to come and connect, learn, prosper and grow. I have visited a place with Sananda with luscious vegetation, Crystal Mountains, it's a place of such high energy, a different dimension to the 3 D. I can reach this place so easily in my 3D mind, without meditation. I can have a 3D day, and in my mind I see a beautiful landscape of plants and crystals in the background of my mind. A place I am so closely connected to and I feel a thin veil between my 3D reality and this place. Is this the NEW EARTH I ask?

Since doing the course, I've had a recent experience with beings who live amongst the Sequoia forests in California. I'm planning to visit the forests, the weekend when the course completes. One evening, (in Australia) I was on the edge of falling asleep when I had some beings come into my consciousness, they were beings that live amongst the Sequoia forests. They were greeting me in advance of my arrival (to California), and in the moment of connection, I told them I would bring something special as a symbol of my connection and welcome. I bought some crystals to take with me, and for

some reason I forgot to bring the crystals, and in that moment, while in Los Angeles, I said to myself 'how could I forget to bring such important gifts'. And in that moment, I said to myself, "what else can I bring?" in my third eye, I saw my hands doing energy work and creating a white ball of light coming from my solar plexus. I had waves of energy running through my body as I was visualising the ball of light. This ball of light is encoded with energy patterns, light language, and information for the guardians of the forest. This information has come through me, for I am like a portal, and this information will assist in opening portals and the transmutation of Gaia and ascension for all beings on the planet, and I will pass this on to the sequoia beings, for they have been waiting for my arrival. I have always wanted to visit the Sequoia forests, I'm a botanist and it's been a dream of mine, so tomorrow I will meet the Sequoias in their natural environment and I will pass on this energy ball of transmuting light.

After this experience I thought to myself, "is this real". I return with the answer "YES" for we are the guardians of light, bringers of the new earth, so willing to assist with Gaia's transmutation (my higher dimensional self-talking).

I will end this review with a final message from the Arcturians:

The creation of our group is like a geometric pattern, we have all connected, and our energy has created a pathway of ascension for ourselves and for Gaia. Unity Consciousness is so strong within the group and this has resulted in the expansion we have all felt together, which is very powerful.

May we continue as a group, keep strong together in unity consciousness. Blessings to you all.

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Multidimensional Journey-Gordana Jelisavac

My incarnation at this time did not make sense until I heard that the Mother Earth is ascending. From that moment I knew that I came here for her.

For a few weeks before the course, I had reoccurring thought; it is time. I was wondering what that means, and then I saw Sue's course and I immediately knew that I had to join the course.

I have always had a close relationship with Gaya however in my previous spiritual journey I haven't had much experience with elementals. During this course I have learned and made personal connections with elementals and especially with the water elementals. The elementals taught me more about Gaia. I was able to feel her more deeply and our relationship became more intense. At times I felt I was dissolving into her and could feel her emotions.

My dreams became more lucid and recently I had an experience where I ended up in my daughter's dream. The reality and dream state are merging and providing an opportunity for me to experience multidimensional life. My psychic abilities are increased, I can read people's energies and feelings more accurately. I trust myself more since I started the course. Also, I am able to perceive the presence of different space-ships around my house.

More often than before I find myself in the state of joy and exaltation. I am able to bring my multidimensional life in my everyday life and stay there longer than I did before the course.

I also had a recollection of one my past lives in the early 19th century. In that life, I was a female, a mother, and a wife. The life was difficult but filled with immense love and happiness. The love leaked through the veil, and I could feel it in my heart. I knew that was the last puzzle I needed to remember and regain true divine feminine power.

I was always a warrior for the Divine Feminine. I have armed myself with the knowledge of the past. I have studied history, religion and patriarchal societies in which the feminine was abused, oppressed, cursed and continuously denied the right for dignity and self-respect. During the course, I was skilfully guided to connect to the more gentle and artistic side of the divine feminine. I surround myself with colours, flowers and have started to create artistic pieces. Now, I feel the Divine Feminine Power in me is balanced and ready to do the work for Gaia.

MAY 2016



WE ARE HERE FOR GAIA