



THE 2012 LIGHT INTEL COLLECTION

by Sandra Walter

Clearing: Getting out of the Darkness

January 9, 2012

The current phase of clearing is giving many lightworkers and awakened souls a difficult time. I explained why this is happening in my *Return of the Christ* article, and I'll expand on it here.

Photonic light is a very refined, beautiful substance. Its high frequency penetrates every particle of our being with its evolutionary mission: to change our cellular structure and activate crystalline codes within our DNA. As our planet and Sun move through the photon belt and approach an alignment with the galactic center later this year, the availability of photonic light is at a maximum. Our dear Sun is broadcasting this light into Mother Earth, activating and speeding up the ascension process for everyone and everything on, in and around the planet. Ascension is a change in frequency, and while that means many changes in elemental, mineral, animal, plant, oceanic and dimensional realms, the changes in the HUman structure are about to become very apparent to everyone.

Those who were awakened and conscious of the activations available last year anchored a significant amount of photonic light within their physical and lightbody levels. This allowed for a large amount of crystalline/Christed light to be welcomed easily into the cellular structure, an important evolutionary step. You might sense it as peace, calm and divine stillness. But the frequency of this new light is so fine, so high of a vibration that it pushes out anything that does not resonate with its presence. Higher frequency always raises lower frequency. Always. This new light is breaking apart all lower vibrations, literally vibrating at such a high rate anything that does not match its frequency is being released – shaken out of the cells and particles – through all levels and dimensions of the 3D/lower 4D projection of the Self.

The photonic light cleans out the closets for more crystalline light to move in. Lower frequencies are raised to our consciousness for a last look on the way out. Soul contracts, karmic agreements, fears, egoic constraints and emotions rise to the surface, where they are presented to your consciousness for review. It is easy to get stuck here if you don't understand what is going on. Know that these old emotions, beliefs and habits are not part of you – they never were the true you – they were a survival mechanism and side effect of the 3D experience. But 3D is over, and the dimensional split is underway.

How long is this phase?

However long you cling to emotions, memories, egoic and mind-level habits is how long the clearing out phase will last. For eons the mind, ego and emotional levels have been doing their best to keep us safe. Our journeys here became more and more finite, more constricted as survival on the planet became difficult for many of us. Especially for those with spiritual journeys that did not end well –

being assisted off the planet for speaking or living your divine truth – this clearing phase can feel endless.

All of those beliefs, restrictions, and habitual hiding of our light are now coming up to be dissolved in the ascension process. Why? Because they do not serve a return to our true nature. False beliefs, manipulations, conflicts, anything that did not align with unconditional love is on its way out. The longer you ruminate in those old beliefs of who you were, the longer you identify with the past as your truth, the more difficult this phase will become. From the eclipse last December through May this year, we have alignments assisting the awakened to “put up or shut up” when it comes to walking the talk of the New Paradigm.

For those of us aware of past journeys here, we may get hit with karmic or galactic drama that is quite uncomfortable. I was completely locked up for a week in December with past life grief, guilt and worthiness issues. It was a horrible place to be, but I knew if I survived it that I would be able to truly help people when/if it showed up for them. If you are going through this and feel like there is no escape from it, book an hour with me and I'll get you out of there. We are very blessed to communicate with the higher realms, but it can still feel very lonely to have more contact with the unseen than the seen. Clearing is an opportunity, not a curse. Know you are creating this in order to step into your Mastery and be of service.

It grows in intensity

This clearing will continue until the lower frequency is either consciously released, or creates such dis-ease through vibrational mis-match that it destroys the body vehicle. It sounds cruel, but we have a major evolutionary leap in progress. There's no bargaining for passage, either you match the new frequency or you don't. The same frequency is breaking apart manipulation, greed, deceit and conceit all over the planet. All paths are honored in this process. Free will is respected. This isn't about judgment; it is about choice. We all choose our personal experience of the Shift.

Why lightworkers and awakened ones first?

The intensity of this phase for many who have that higher light quotient in their cells is very purposeful. This window is an opportunity to prepare us to serve both humanity and the planet. By understanding the process, going through it, and letting the old vibrations go, we are then ready to move forward in service. The demands of changing the beliefs and habits of millennia will make many people fearful. But you cannot assist others in releasing the old paradigm and raising their vibration until you do it yourself. The sooner you get through this clearing, the sooner you can assist others.

Releasing the past

The past is an illusion to begin with; the past-present-future dynamic was a

matrix for 3D experience. We have to accept the fact that it's over. Identifying with what was is over. Everything you have done; all journeys, all memories, all beliefs, contracts, agreements and structures you created during your time on this planet are now being dissolved. The grief some of you are feeling is your identification with the past – the loss of who you were. The thing is, it wasn't you to begin with. It is just experience, a soul exploration, a Source experiment in "What if I forgot who I AM."

While the illusion felt very real, you can sense that it's done. The experiment is over, all of this is dissolving as the astral planes collapse and the illusion of time-space disappears into unity consciousness. Yes, the higher dimensions still have parameters which act as placeholders for a certain kind of experience. But as a race awakening from the lowest possible density you can experience, the oneness of unity consciousness feels like heaven attained. Not that 3D has been hell it's just been a wild trip through amnesia. Hell is the inability to love yourself unconditionally and step into the freedom of the higher vibration.

Tools to release and ease the pain

The main causes of distress in this phase are using suffering as safety, and the refusal to love oneself unconditionally. You may be tempted to stay in the discomfort of emotions, where the mind and ego feel comfortable with recreating old painful habits. You might replay past emotions, events or scenarios as a safety mechanism because to live without them is a threat to the lower vibrations of the mind, ego and emotional levels. Those structures have become so integrated into your identity that you believe them to be the truth. They are not. They are simply side effects of your journeys here. They are constructs – easily and heavily manipulated by outside forces – that have nothing to do with who you truly are.

The lower levels are fighting for survival. The unknown ahead – the new paradigm, which is completely foreign to these old lower structures – is terrifying to the lower levels. They recreate fears in order to prevent you from opening up the great unknown. The new light is frightening to these habitual beliefs of ours, because they must surrender their control of the situation. And you might be convinced that it is safer to wait, to hold onto your suffering and confusion until something familiar comes along to show you it is safe to proceed. That is not going to happen.

Freedom is the new safety

Your safety now resides in the freedom of letting go. There is no safety in clinging to the old paradigm as it decays. This is a dimensional shift. We know how frequency works. Higher frequency always wins. Safety is releasing all that is not your divine self. Freedom is knowing you are an infinite being about to experience a glorious change. The. past. does. not. matter.

Everything is being rewritten to serve the New Paradigm

It's strange to see so much separation occurring in our personal lives as we move into unity, isn't it? Ironic, but needed. Remember that zero point time amplifies everything you have going on internally. The experience of a dimensional shift is fascinating. Stay fascinated, amused, amazed and centered as we move through this clearing phase. Do the work right now; release each emotion, memory and challenge as they come up for a last pass. If you need help, book a session with me. There are ways to get out of this phase with minimal damage to the spirit and psyche. Get some clarity, there is no need to go through this alone.

Much love and light to the brave ones seeing this challenge as Mastery.

Retraining the Lower Levels

January 17, 2012

The first half of this year is about stepping into our Mastery. Because we are experiencing not knowing in the ego, mind and emotional levels and all-knowing on the higher levels, it creates a vibrational mis-match which may cause panic, anxiety and depression. Sometimes it may feel overwhelming, and we might resist the guidance of our Higher Self. The Clearing Phase is strengthening us by cleaning out the subconscious, dissolving old contracts, beliefs and agreements, and presenting us with the final steps needed to embrace our Mastery.

The term Mastery can amplify our spirit or intimidate it, depending on how we interpret our world. When things are going well, we feel powerful, loving and compassionate. When experiences in our life stream appear to be difficult, our lower levels may attempt to take control out of habit. This is evolution, so there will be some flip-flopping until we learn that the lower levels have nothing to do with who we really are.

Our lower levels – the constructs of ego, emotions and mind – were created and anchored, by us, to protect our body vehicle. The mechanisms of logic (i.e.: don't step off the cliff) and survival (i.e.: sometimes other humans might assist us off the planet) slowly made our incarnate journeys here more finite and constricted. We forgot who we were, our past lives, and our amazing gifts as members of the galactic community. The reinforcement of lower level fear constructs eventually made us vulnerable to manipulation. It is not difficult to interfere with a race experiencing spiritual amnesia, especially if that race has created habitual coping mechanisms along the way.

All of the structures we created to get by on this planet are now breaking apart. We see this happening on a global scale, where governmental, economic and social structures based on fear (greed, sexual distortions, control over others) are being shattered by the higher frequency of Unity Consciousness. The vibration which is revealing systems based on conceit and deceit is the same light which is bringing our beliefs and fearful habits up to the surface.

We must remember that these old challenges, disagreements, issues and emotions are resurfacing to show us how far we have come. It is not about getting sucked back into the past; it is about witnessing the lessons, letting go of that which does not serve, and moving onto the new. A reunion with our Higher Self demands that we surrender all of the old paradigm. Evolution is taking care of the frequency shift. It is our responsibility to keep up if we want to witness the Shift.

Retraining the Mind, Emotional and Egoic Levels

The new paradigm – the great unknown – is terrifying to the denser levels which

took over during the old paradigm. They want to keep us safe. They want to survive. But they don't have the skills to shift instantly into the new paradigm.

The lower levels are like old paradigm salespeople suddenly dropped into a new paradigm office. Everything has changed around them, and they have no skill set for how to function, use the new tools, or move ahead. We aren't going to fire them. They simply must be retrained to support the new agenda. Your Higher Self is guiding the training with compassion and understanding, but the lower levels need direction or they'll continue to reproduce what they have always done. They are trying to sell inkwells in a world that is moving into telepathy.

A few training methods

- Resistance is futile: When old emotions come up – the old reactions or remembered pains of years, days, hours past – recognize that is what you used to be. It is just a last look at what we have created in the past. It is not what you are any longer. Resisting the anger, frustration, hurt or fear will only keep it coming back. Express it out loud, embrace it with unconditional love, thank it for the lesson learned, and let it know that you no longer need it. Release it to Source, or just drop it altogether with a knowing smile of recognition at how much you have learned.
- Releasing fears: Feel the fear, whatever it is. Let the fear get as big as the room, let it swirl with all of the ridiculous thoughts and beliefs that come with it, then use the high heart chakra to release it to Source, or the Sun, or whatever you trust will transmute it forever. You may feel a pulling sensation as it leaves you. Thank you, be gone.
- New contract negotiations: Write a contract between you and your ego, mind, and emotional levels. Write it on paper, in pen. Explain what the new agenda is, what they need to do, how to support where you are going, and that no more recreation of the old paradigm is acceptable. Give them fun tasks or goals to work on. Sign it. Post it up where you can see it. Make them honor the contract. This is light grounding; anchoring a new idea in a physical way in this realm. When the mind wants to worry, or the ego wants to control, remind them of the contract. "Let's focus on the new reality, please. Thank you." Go [HERE](#) for a free printable contract!
- Negative thought busting: Doubts and fears in thought form are toxic to the body vehicle. When your mind attempts to re-think or re-hash an issue, stop the thought in its tracks. Talk to your mind like the employee who needs retraining. "Come on, mind level. We're not doing that anymore. Thank you." Ask it to focus on the new agenda.
- Relationship changes: Losing friends, lovers, partners is causing a great deal of pain in the collective right now. Try not to get stuck in why, why, why. Anything which doesn't compliment where you are going is being removed, and sometimes that includes people. Don't beat yourself up

about these divisions; they reveal your true path. Get some quality new age help if you get stuck.

- Laughter: Humans have been addicted to constantly thinking about the past and the future. As these clearings take away those limitations, we begin to operate in present time. Have a sense of humor as you go through this transition. You know this old baggage isn't you. You know it's leaving. Have fun with it, laugh at yourself for how crazy it was, how real it feels again, and be grateful you finally know better.
- Boomerang effect: The amplification of our thoughts is making some of this experience intense for many. I don't see it getting any better, the planet is changing and there isn't any step-back plan in the works any longer. The more you focus on a thought, the more it will manifest. So watch where your attention goes. Take full responsibility for everything you have created, and move on.

It takes practice to retrain the lower levels, but there's no avoiding it in 2012. If you acknowledge the amazing evolutionary step taking place here – and stop resisting the feelings along the way – you will move through these clearings with ease.

Creating the New Service

January 23, 2012

Each of us has an energy signature; a unique vibration which identifies who we are in the Universal community. This signature resonates with the soul, the higher dimensional you. It carries information about your expression, all that you have experienced in many different dimensions and galaxies. This special vibration that is you – the true you – is what prompts intuition, inspiration and the desire to express something unique. It is the resonance of your Godself; the expression of Source that has manifested as you in a myriad of ways, including your current expression of being in a form-body on Gaia.

The Shift witnesses many changes. It sees us aligning with our soul signature, and the desire to take on our role in this grand evolution of Gaia and HUmanity. Your true energy signature is raising your vibration to express a renewed, expanded and divine self. This union of higher and lower levels prompts us to create new businesses, new services and new creative ventures that match what we are becoming. These creations are manifested through the heart, for the highest good of all concerned. If you're sensing new possibilities, or have a desire to facilitate change, your vibration is keeping up with the Shift. This is the time to start something new. So how do we do this?

Co-creation in the stillness

Realize you are not alone in this feeling. If you sense something new is about to occur, take a few breaths and feel into it. These endeavors are manifesting in a new vibration of consciousness; they won't be rushed, forced or even understood until the moment they present.

Meanwhile, it can be helpful to hold space for their manifestation with a few like-hearted co-creators. Take notes, exchange ideas and share intuitions. If you already know what you want to create, be sure it involves a few others. The isolated metaphysician/lightworker/healer/teacher phase is coming to a close. Co-creation allows for diversity rather than the soon-to-be-extinct structure of leader-follower. The desire to be everything to everyone has been replaced by the desire to co-create experiences that are beyond the familiar.

Forget the boxes

It will not look like the old paradigm. These new creations will not bow to a business plan, or a 5 year plan, or the structures we have been utilizing for so very long. This about pliable expressions. Recognize when you attempt to put a new paradigm idea in an old paradigm construct. It feels wrong, doesn't it? During this time of change, our creations need to reflect the present vibration and be flexible enough to morph into something new at any moment.

Traditional ways are beyond stale, and many are clutching for the next thing that

everyone will respond to. In this period of fluctuating timelines when many different versions of reality are being experienced, it will be extremely difficult to find a common denominator. As often as we hear the terms “no separation” and “unity” we also see evidence of a division of worlds occurring. Those who have integrated a higher level of light are disinterested in, if not suspicious of, anything that looks like old paradigm. Like vibrations will find each other. Authenticity will seek out authenticity, and this means that our creations must resonate with our genuine energy signature in order to serve both our soul and others.

I don't think this division of realities will last for years, but it is quite apparent that 2012 is steeped in that experience. So be it.

Grounding and opening to expansion

Light grounding – the act of writing down an idea or taking some physical action toward an intention – is very helpful in anchoring these new creations into this realm. There's another piece to this new paradigm alignment, though: The unknown.

The feeling, the sensation of something about to unfold, is palpable for many. It has nothing to do with the collective anxiety. This is about service; facilitation of the new paradigm in an indefinable form. From the stillness of the unknown, we open these intentions to expand beyond the structures of last year, last month, last week, last hour. Be with the feeling of the unknown. Let it find and connect similar energies.

Surprising phenomenon

As we move into an amplified state of our own energy signature, the divine unknown begins to reveal our own secrets to us. The freedom of unveiling our true self, as both a collective and individual expression, may create unrecognizable results. Many of us have had mind-bending, truth-busting moments. As our reality becomes more flexible, the desire for experience will be a priority. Not from a competitive stance; the enlightenment marathon ended last year (no one won ... and some are still running). This is a collective exploration of us; the phenomenon of a race recovering from dimensional amnesia and rediscovering boundlessness.

Holding space, keeping faith

This stillness has expansion woven into it. Pay attention. Take the moments to feel into it. The subtler energies of next are seeping into the fabric, slowly. We are in a space of knowing now. Breathe into the love available here; look no further than this emerging unconditional self-love for proof of the Shift.

Ascension Symptoms Update

January 29, 2012

January has been rough on many awakened ones, and the solar flare activity gave us a preview of what this year's integrations will be like. If you are having a tough time, know you are not alone in this experience.

Let's remember that a dimensional shift is a rare circumstance. Expecting a huge jump in evolution to be a painless pop into a new paradigm is absurd to me. How could it possibly be easy? We're changing the structure of our entire way of being, our bodies and our lightbodies. Our planet is undergoing a massive balancing act in frequency, photonic light and magnetics. Our Sun is enduring huge activations as it approaches the galactic center. When the Sun and solar system reactions/adjustments become amplified, so do our symptoms. As above, so below.

In the interest of clarity (and sanity), here are some of the current challenges you may be experiencing. As always, take full responsibility for your own well-being. Get to a doctor or healer if you are unclear on any symptom, ache or pain.

- Low self-esteem: Releasing your old self while the new one emerges can be frustrating for the lower levels. It can affect your self-confidence. See my *Retraining the lower levels* suggestions to get out of the mind/ego/emotional traps. There is a new [Free PDF](#) of the Lower Level Contract for you to print and use.
- Increase in vibrating body parts: Quivering, shaking or vibrating all over; heart center palpitations; anxiety or panic attack-type symptoms; intense tingling, throbbing, twitching. These sensations – like a current running through your body – have been increasing this month. Magnetics and radiation from the solar flares are doing their evolutionary thing. As the cells adjust to the new energies coming in, and our DNA/crystalline structure activates at a faster rate, the body needs to repattern the nervous system and energy flows. Your body and lightbody are forcing out old energetic structures. Recalibrating to match a new chakra system can create blockages, so be sure to release the unwanted energies through movement, bodywork, sound healing. Move, move, move it. Epsom salt baths also help. If your symptoms are painful, please take action before it gets worse. You need to open your nervous system and Chi/Ki/Ka flows throughout this process.
- Inner compass confusion: This is the What the heck happened to my guidance? symptom. This is a recalibration issue. Even those who have been psychic for decades have had trouble getting their skills realigned. Sit tight. The next steps will present as you integrate your higher levels. Take micromovements toward a creative endeavor, gather the co-creative troops. Do anything different to open up to the new possibilities. They

won't find you in yesterday's routine.

- Lightworker burn-out: 2011 was a stellar year for lightworkers. Between anchoring new light matrixes, shifting collective thought patterns, clemency missions and ensuring the dark timeline would never take hold, we had quite the busy year. Breathe. Simplify. Integrate the divine stillness.
- Louder ringing in the ears: There is a lot of speculation about what this symptom means. As a clairaudient, I'm sensitive to sound already, but the tones, harmonics, and ringing have been consistently loud this past month. All day, all night, LOUD. I suspect it is part of the new communication system connecting the thymus/hypothalamus/vagus nerve in the upper chakras. I'm curious as to where this one is going. Currently it sounds like I have a lightship singing next to my head. (Maybe it's the colorful flashing one we see at night, that would be fun.)
- Feeling the collective anxiety: Stressed out about what is going to happen this year? Disconnect from this as soon as possible. Neutrality is freedom. Freedom is your new safety. Avoid the "strange sounds heard around the globe" and similar fear-porn agendas. It's the Shift, we are in for a lot of weirdness this year. Stay sovereign and amused.
- Skull shape changes: Raised ridges, new bumps, grooves, growth/expansion of the skull bones (not soft tissue on the skull, but the bones themselves). Admittedly this is one of the freakier symptoms. Get it checked out, have a friend track the changes with you so you have backup when the doctors are baffled or have no idea what your skull used to feel like. This is not subtle or always-been-there ridges; it's new and definite changes.
- Intense emotion/revisiting old trials and tribulations: This is the clearing phase, see my article about the effects of photonic and Christed light. Crying fits can dehydrate; drink lots of water. If you are exhausted, sleep.
- Depression: I know this existence seems ridiculous at times, especially if you know who you really are, what has occurred on this planet, and you spend your days walking between worlds. But expecting it to be different, perfect or easier can lead to sadness. Our souls are directing us to love what is, right at this moment. And that includes ourselves. We like to think that everything has to be transformed in order to love ourselves, when it actually works the other way around. Judgment can destroy the balancing act going on in your body. It makes the process more difficult and very depressing if you continue to judge yourself, others or the outpicturing world. We need a stable biochemical/electromagnetic state to support the ascension process. Unconditional love is key; have some patience with your return to self-love. Know this is temporary. Do anything creative to

shake the darkness. Book a session with me if you are on a ledge, I'll talk you down.

- Solar flare scramble: X class flares and radiation storms can create fatigue, anxiety and fluttering hearts. It's radiation, folks. Of course you're going to feel it! Forewarned is forearmed; do your cardio in between storms to keep your heart strong, eat your kelp and miso, and lay low when your body needs to integrate during the flares.

Acceleration

There are many amazing things happening right now. Heightened sensitivity, skills, manifesting abilities, synchronicities and the divine skill of knowing oneself are plentiful. We need less information from outside sources. Channelers are changing; some have stopped altogether, some realize that the voice they receive is themselves in a higher dimension. There's a marked shift away from teacher/student, leader/follower scenarios and toward co-creative explorations of the new paradigm. Phenomenon are increasing (dimensional encounters) as well as uber-lucid interactive dreaming. Connection with higher dimensional expressions and star races are increasing. Some feel that something – a real paradigm-buster – is going to happen in the next month or so. If you feel guided to create change, now is a good time to get involved.

Please remember that you control your symptoms; they don't control you. A sleepy day after the 3am wake up should be less difficult by now (it is your awakening after all ...) Yes, we have to live with symptoms for a while, but notice when pain is becoming habitual. Using suffering as safety (to avoid moving forward) is an old paradigm trick, let's put that one to rest.

Do your best to support yourself, and others, through this transition. Stay fascinated with the process, it is truly amazing. Isn't it better to be awake and see double/ triple digits all day, than to have no idea what is going on in the world? Yes, dear Masters, you know it is.

For more on symptoms, read last year's series on Ascension Symptoms - a four part series.

Multidimensional creativity

February 3, 2012

The experience of multidimensionality has greatly influenced my life and creativity. Delving into the unknown revealed a vast interconnected and creative expression; the complexity of the Self is astounding. Integrating the awareness of simultaneous existences is an ongoing pursuit. The frequency of my Higher Self expressed in my art forms is now creating my life in alignment with my multidimensional Self.

The Creator State of consciousness which has led many an artist to the doors of Source, is revealing its multidimensional applications as we move through the Shift. As our consciousness expands to meet the new frequency, our art forms will have to evolve as well. Writing, painting, photography, music, performance, etc. have been instruments to express higher consciousness in 3D; they are limiting forms attempting to encompass limitlessness. With the apocalypse (lifting of the veils) upon us, our instrument now becomes our multidimensional Self. Art used to express through us, now we move into a complete embodiment of Source as Self. In this Creator State, we move from the illusionary world of presentation to beingness; from “As if I am” to “I am.”

This ability to create our true selves affects our art in two ways: 1. higher levels of expression are available to us, and 2. more people are going to understand and connect with multidimensional expressions. Complexity and depth have been explored; the abstract is stimulating, and I admire authentic artists who do it well. Expression was linear and formulaic during duality, but in triality our consciousness is attuned to the synchronistic powers of creation. We see more in everything as we know more of ourselves. Genuine expressions connecting with the reaches of our new awareness are the new art. We’ve always had creatives who could expand our reality, and multimedia pieces have been fun. Pushing the limits of a limitless consciousness is the new creative challenge. This is the huge payoff for creative minds; the Shift is about creativity because we are embodying the ultimate artist of Source. This isn’t homogenization into oneness, this is each of us discovering our unique and authentic expression of Self.

With the population opening up to love and unity, we have a new unified audience to interact with. Vibration = vibration. They are not touched by recreations of what used to be. The art has to evolve, it has to match unity consciousness and the demands of oneness. We have a gap right now between what we learned and what we have discovered. The “walking between worlds” phenomenon applies to careers, relationships and creativity. Last year’s expression isn’t going to fit any better than the robotic day-job or the unawakened friends. This is where multidimensional expressions – creations which reflect who we truly are – can fill in the gap. Even if you cannot figure out how to express yourself just yet, or what your new art looks like, begin to experiment with the unique creation of yourself. Honor your creation right where you are. You’ll be surprised at how quickly authenticity finds resonance in others.

As more multidimensional awakenings occur, the creative force penetrates the collective consciousness. This delivers pure creation right into our lifestream, and awakens a level of creative activity that is much needed on the planet. It stimulates the knowing of unity consciousness beyond this realm of limitation. This divine knowing of Self assists us in realizing that we are the art we've been yearning to create.

When we embrace the pure flow of the Creator State expressing as our Self, the creative consciousness welcomes us to the multidimensional gateway of unconditional love. Bathed in the frequency of universal harmony, we express the infinite wisdom and joy known as Creator.

The I AM messages

February 5, 2012

Last year I began the “I AM” messages on my Twitter stream. Each I AM message has “And so are you” after it, which I have edited out here for repetition’s sake. The I AM messages are an effort to dissolve separation and end polarity; to REmind us that we are everything we perceive, everything is Source.

These poetic expressions align the heart and mind, ignite remembrance and amplify Unity Consciousness. When they appear together like this, they make for a lovely prayer-like meditation. Breathe, put your palms together, and feel your infinite self as Source.

I AM the waves of activation, the thinning veils, the vertigo of spirit & the fading shadows of an old paradigm.

I AM pure consciousness, the Pleaidians, the Orions, the Sacred Sites and the Ascended Masters.

I AM the alteration of rainbows, the cleansing photonic light and the bliss of overexposure.

I AM the anticipation, the twitching in the chrysalis, the imaginal cells awakening to the new light.

I AM the dying paradigm, the Earths and humans who have already transitioned, the experience of time.

And so are you.

I AM the crystalline grid, the astral bridge and the gateway to the fifth dimension.

I AM the dawn of Unity Consciousness, the Arcturian Corridor and the RETURN of Divine Love.

I AM the dissolving veils, the collapse of the astral plane and the ever-expanding revelations of truth.

I AM the expansion of consciousness, the super-sub-atomic cellular awakening & the bold divinity of the NEW.

I AM the experience of isolation, the inferno of division, and the electromagnetic gateway.

And so are you.

I AM the face behind the mask, the sacred dance in the plaza, and the radiant

REturn of a blue star.

I AM the fading memory of duality, the freedom of the present & the harmony of the collective unknown.

I AM the flashing lightship star, the channels of home and the collective Unity arising from slumber.

I AM the free & clean energy, the commerce of compassion, and the global abundance for all.

I AM the galactic reunion, the end of the 3D experiment, and the blessing of unconditional self-love.

And so are you.

I AM the gateway, the unification of ALL, the opportunity met, the cosmic convergence & galactic celebration.

I AM the gathering, the co-creation of experience & the forgiveness of all that was.

I AM the golden ray of infinite consciousness cleansing, balancing, evolving ...

I AM the Hathors, the Elohim, the Nibiruans, the Annunaki, the Lemurians and the Atlanteans.

I AM the holographic reality, the shift in timelines and the expulsion of illusion.

And so are you.

I AM the illusions, the unfoldment of divine will and the commencement of a long-forgotten threshold.

I AM the infiltrated communication systems, the interdimensional gateway & divine encodements of Source.

I AM the insistent photons, the penetrating cosmos, and the infinite freedom of evolution.

I AM the planes, the explosions, the false flags, the economy, the chaos longing to be free of itself.

I AM the lifting veils, the new HUMAN neighbors, the new LIGHT & the collapse of all that is not complimentary.

And so are you.

I AM the lights in the sky, the trepidation, the fragmented soul, the undeniable urge to discover more.

I AM the moment before, the discarded Akasha, and the glimmer of the NEW existence.

I AM the neutrality of Universal Law, the inevitable timeline of Ascension & the emergence of ALL that I AM.

I AM the new chakra systems, the emerging portals of light and the deletion of the past.

I AM the NEW paradigm emerging, activating, amplifying, cleansing, balancing, unifying and harmonizing.

And so are you.

I AM the blessing of freedom, the long awaited homecoming, the next creation & the union of galaxies.

I AM the new sunlight, the collapse of the astral planes, the end of third density & the beauty of chaos.

I AM the new Universes, the union of timelines, and the cosmic cleansing.

I AM the occupation, the bridge to the new, and the silent watcher of the Shift.

I AM the ocean cleansing the shore, sunlight activating the kingdoms and a divine race arising from slumber.

And so are you.

I AM the off-world assistance, the cleared path and the blazing sunrise of the heart center.

I AM the stargates, the beings crushed in "quake"-collapsed caverns and the divine brethren yearning to interact.

I AM the quickening, the collapse of betrayal, the dreams of a planet & the dawning of Unity once again.

I AM the REconnection, the multidimensional gateways, the REunion of spirit and the dissolution of form.

I AM the REjuvenation, the REalignment and the REamplification of All-That-Is.

And so are you.

I AM the repetitive challenge of the mirror, the divine breakthrough and the possibilities of the unknown.

I AM the resonance, the opening portals, the inner stargate.

I AM the radiance of hope, the crystalline DNA and the amplification of Gaia's new heart.

I AM the way, the truth and the light. KA RA YA SA TA HA LA.

I AM the shattered matrixes of truth, the Akashic arson & the crystalline reorganization of consciousness.

And so are you.

I AM the solar wind blowing through DNA, the fragmented soul & the REMembering of the unknown.

I AM the spinning stargates, the micro-wormhole portals & the radiant gateways to 19 Universes.

I AM the starship visions, the amplifying tones of an astral collapse & the Unified power of the HUman heart.

I AM the Sun portal, the photonic amplifiers, and the unification of spirit, soul & form.

I AM the phenomenon, the comet's pilot, the uprighting Earth, the new sun & new HUman neighbors.

And so are you.

I AM the window of light, the vast unknown, the portals of Gaia and the Union of Worlds.

I AM the collapse of duality, the awakening phenomenon and the FREEDOM of the radiant unknown.

I AM wisdom without fear, the neutrality of clemency, vibrational harmony & the unfoldment of galactic unity.

I AM the beam of Godlight consciousness blazing through facets of a magnificent diamond called Universe.

And so are you.

Self-Love: a key to transformation

February 14, 2012

Anyone can accomplish the love of something external. Friends, family, lovers, partners, pets, God, places, careers, homes, plants, hobbies and things outside of ourselves are easy to love. But when these things are stripped away, as many of us are experiencing during the ascension process, we get to take a look at the ultimate lesson of the Shift – the love of Self.

That may sound contradictory to much of the New Earth talk of service to others, unity consciousness or I AM presence. Service to Self and love of Self are two completely different things. We're not talking about caring for yourself while disregarding the rest of this matrix.

This final goal of unity, making choices for the highest good of all concerned, cannot be attained by the external actions of a population that does not adore its own company. Let me explain.

In the vibration game of ascension, the external world is affected by a rise in frequency on the planet and in the consciousness of individuals. Collectively, we have done quite well in moving the Shift along at a pretty good pace. As the Earth's frequency increases – dramatically in the next 10 months – adjustments within the body, mind, emotions and egoic levels are made to match that vibration. The demands of this new light (frequency) wreak havoc on the lifestreams of the awakened. Not only does it remove anything which does not fit any longer, but it reveals deep, dark places where the same questions are proposed: When are you going to love yourself? Why don't you love yourself? Why am I not present with my own self?

Unconditional within, unconditional without

The lesson of unconditional love must be learned within before anything authentic and effective can manifest permanent change in our reality. The lifting of the veils, the no separation we have all been talking about, reveals the truth of everything. Transparency will never be achieved in the external world until we are able to be transparent ourselves. When you're relying on external actions (look how loving I am acts of service) or people (they love me) to prove that you are embodying love, you have more work to do.

Relying on external outlets for our love has brought about all kinds of deep issues in the HUman experience. Giving away love and receiving love as verification for our worthiness became survival mechanisms. Devotion to the external became habitual and fear-based. Self-hatred led us to choices based on safety because we were not okay with ourselves. The world is what it is today because we are not functioning from a state of love. We are trained to believe we are not enough. Our media, entertainment and marketing feed on that disharmony. Now that we have awakened, we must take responsibility for all of

the false constructs and agreements we have made in the past, and change them.

How do you identify Self-hatred?

Hatred may appear to be a term that should be reserved for darkness. Get over it. It applies to 99% of the population in one form or another. Stand in front of the mirror naked. Or put yourself in a room full of people you dislike for a day. Both might reveal a subconscious flicker or two of “I don’t like (fill in the blank: body part? attitude? behavior? any “shoulds” popping up? “Those people”?) Whether it’s in the mirror or reflected in the mirror of the outside world, your reality – which you are creating – might be riddled with examples of self-hatred.

C’mon, I don’t hate people or myself

Impossible, right? You don’t hate anything, you’re ascending and full of light and love. Yes, you are. You are also an incarnate being with amnesia experiencing a dimensional Shift. There are ongoing lessons to be learned until we embody our Higher Self. That isn’t going to happen until the lower expression and the higher expression match vibration, or at least come very close. There’s an opportunity to achieve that, and there’s an opportunity to create the change we would like on this planet. But unconditional love means no conditions, and peace cannot be created by beings relying on external stimuli for love. Let’s not be hypocrites, we’ve explored that enough. Saying and doing one thing, while we hide another doesn’t create change. It creates disharmony and deceit. Exposure and disclosure are on everyone’s wish list, which means exposure and disclosure are imminent for each one of us during this Shift.

External sources of love, be gone

Let’s use our imaginations and take away everything external which provides security, safety and love (if this hasn’t actually happened to you yet.) Imagine your reality, right now. Now take away the external sources of value, love and success: the job, money, home, lover, partner, friends, belongings, guides, strip it all away. Get fired, lose the mortgage, get dumped, empty the bank account, get alienated from friends, family, everything.

Not for a day or two; give yourself a real challenge, Masters.

Imagine 3 months. 6 months. A year. Make it feel like those things are never coming back. However long it takes to feel uncomfortable, lonely, abandoned, lost, angry, whatever it takes. Take yourself away from all of the external sources of empowerment.

Close your eyes and do this right now, the big “what if I lost it all.”

You might be feeling a little uncomfortable. Dig through the initial layers of self-coaching (“something will happen to fix this”) and see what lurks below.

Let's take a look

It's scary, isn't it? Your focus goes straight to survival, to fixing the problem and trying to make life the way it was before. The mental, emotional and egoic bodies start to freak out. They've been anchored in survival mode and think the outside world is where the Self should get verification. Loss of external security can make us feel vulnerable and exposed.

Removing our external ties to identity exposes our bottom line: we don't know how to be unconditional with ourselves. We need verification, approval, something to show us how good we are or that we have value. That lack of unconditional Self-love grows over the course of lifetimes, anchoring self-hatred in the subconscious.

Self-hatred is a toxic form of fear. It reveals itself in our lifestreams; sometimes it's subtle and sometimes it kicks us in the teeth.

When challenged with external factors, Self-hatred can manifest as:

- Blaming the external world: relationships, family monad, friendships, coworkers, global elite, history
- Blaming the Self: choices, decisions made, personal Akashic, past lives
- Self-destruction: worthiness issues, why bother trying, everything is lost, ego tripping on win/lose duality
- Harming the body vehicle: conscious or unconscious destructive or controlling habits, drinking, smoking, drugs, apathy, overeating, undereating, obsession with appearance, perfectionism
- Obvious mirror behavior: anger, rage, manipulation, deceit, conceit (ironic, isn't it), controlling behaviors, preaching, duality
- Health issues: Too many to list. Subconscious disapproval breaks down DNA strand telomeres, cellular structures and the energetic flow of the body.

If you see some familiar behavior in that list, take a breath. Your ego is going to get uncomfortable with the idea that you don't love yourself unconditionally. If you see behavior on the list that applies to others, dismiss the diversion. Don't worry about other people's journeys right now, leave that to the counselors. This is about you. Make a list of emotions/reactions you felt in the visualization, or are finding in your life right now, and take a look at them. Don't judge them, get a grip on what is really going on.

If everything seems to be breaking apart right now, you are on track with the Shift. If it is extreme, even better dear Master. You created this because you know how important it is. You are responsible for your transformation back to Self-love. Accepting that the ego may have been lying to you about self-hatred is a great first step.

End game: Self-Love Manifestation

February 25, 2012

In my last article *Self-Love: a key to transformation*, I discussed the demands of these new frequencies on the lifestreams of the awakened. If everything is coming apart lately, you're on pace with the Shift. Anything which does not assist your ascension path is being removed. This energy reveals all the deep, dark places where unconditional love does not exist in your life. It can feel awful, unfair and draining, but it doesn't have to be as dramatic as some are experiencing.

The game of HUmanity on 3D earth is coming to a close. If you have a pre-incarnational agreement to awaken, and chances are if you're reading this you do, then it's time to make the final moves of this game. Mastery is not sudden or easy in this realm. That's why we chose to be here during the Shift. I know you hear this a lot, but let this sink in:

In your Mastery, you have created every circumstance and challenge in your lifestream. Take responsibility for your lifestream and do the work you intended to complete. This is your end game for this reality.

In ten short months, many of us will be experiencing a radical shift in frequency. The alignments occurring in December complete several cycles ranging from 26,000 years to 230 million years to 16 billion years. Time is cyclical once you emerge from the confines of 3D, and galactic cycles are very long. This is a big opportunity to experience evolution first-hand, awake and aware. If you have chosen to expand your consciousness during the Shift, then the lessons presenting need to be addressed quickly. Wayshowers and lightservers get to experience the hard lessons first, so we learn and integrate in order to assist others. I still sense this self-love hurdle must be dealt with prior to May, but March is lining up some surprises so it's best to get this done right now.

The lesson of unconditional love must be learned within before we can manifest permanent change in our reality. I see many examples of UNauthentic behavior lately, which is troubling. The veils are so thin now that it's almost insulting when someone from the metaphysical crowd is being disingenuous. I also wonder what is going on with some of the awakened – apparently there is a kind of “glass ceiling” effect where some embrace the power of awakening, but get stuck in righteousness or the limits of past knowledge. That's fine for an armchair view of the Shift, but if you're not into being a spectator for the end of this game, let's break through that ceiling. We must embody authentic unconditional love if we expect it from HUmanity.

We've heard about the “last stand” playing out right now, but this reenactment of the last days of Atlantis is occurring at a very different point in the galactic cycles. This window supports the ability to clearly recognize our free will and step out of the game. Our choice to embody fully-functioning unconditional love is our last

stand. Our end game is the Mastery of Love.

The external love visualization

By now you may have tried the experiment from the last article – eliminating all external sources of love. If you had no discomfort whatsoever in losing everything, congratulations, you're a walk-in! For those who felt the grip of safety mechanisms, loneliness or survival issues, let's get to the core of the issue. Make a list of emotions/reactions you felt in the visualization, or are finding in your life right now, and take a look at them. Don't judge them, get a grip on what they trigger.

SOUL-utions

If we're going to embrace living in 5D, our 3D/4D muck cannot come with. Think of it as passing through a fine filter: the more density you have stored in your emotions/mind/ego/lightbody, the longer it will take you to get through the filter. Knowing that 5D is available, while your density has you stuck in the filter, will bring about all kinds of suffering and imbalance in the body vehicle. We need to engage solutions to this density once and for all.

Shifting to Self-Love

Here are a few exercises, daily practices or techniques which oust self-hatred. The trick is, you have to actually DO these things. Scanning this list or saving it for later will not do yourself or HUMANITY any good. Walk the talk and get yourself free from the nonsense of the last 12,500 years. You can do this. We all benefit when more people live authentically in self-love.

- **Prioritize Manifesting Self-Love:** Take the focus off manifesting things and situations, and begin to use those manifestation skills for the highest lesson of Self-love. This dream of Self-love takes focus. See it, feel it. Take it through the five stages: Spiritual, Etheric, Mental, Emotional and straight into your Physical Level. Trust in the Universe to show you how to manifest this dream.
- **Keep a gratitude journal:** This instantly shifts your energy and opens your cells. Keep it handy, change the gratitude list often. As you live in the moment, opportunities for gratitude present right then and there. Be in the now with this; it's not yesterday's thank yous. Witness the grace in your lifestream, and don't fall for the good-things-only trap. Read the Gratitude Stream. See the love lessons everywhere; the neighbor's annoying dog, the cheating spouse, the money problems, the gang-bangers in the park. All of this exists to show us ourselves. Thank you for the lessons, I love you.
- **Permission:** Give yourself permission to be right where you are. Plans, relationships, jobs, lifestyles are breaking up all over this planet. Make it

okay to be with this process which you created. Take responsibility – not blame, shame or emotional spinning – for these lessons. We're experiencing so much right now: magnetics are releasing, realigning Gaia which release and realign our emotions, solar flares are working our nervous and cardiovascular systems, the astral collapse is warming our weather and elemental patterns which can be disorienting, and etheric phenomenon keeps us alert day and night. But none of that can prevent or hinder your ability to learn Self-love right now – unless you let it.

- List of the last: Make a list of the last vestiges of self-hatred or doubt. Write it down. List “What I don't love about myself” and dig deep. What's going on there? Is it all external nonsense? This life or past life baggage? How much of it is the truth? (I'll give you a hint: None.) Can you let it go in order to ascend, to experience a different way of being? If so, drop it. If you can't drop it now, how long do you need to hold onto it and why? Using suffering as a safety mechanism to stay put rather than face your higher self is over. Freedom is your safety now. Love everything you are, right now. Let no external judgment – or your own ego – prevent you from experiencing the truth of unconditional love.
- Self-love right now: Ask, “How can I love myself right now, today. How can I honor and respect myself in this moment?” Now take a look at the choices your mind presents: if it regresses to chocolate, procrastination, laziness, etc. as signs of self-love, you're in an old paradigm habit. Yes, by all means have fun, but be sure that your self-love actions are supportive of the ascending you. Meditation for your consciousness and health, rest and self-care when needed, time in nature, time to do something you may be putting off, micromovements toward a dream or clearing work are nurturing to the true self-love we want to experience. Be present, don't practice old tricks for feeling self-love if they don't serve you any longer.
- Balance: Realize when you're out-flowing too much. Wayshowers and lightworkers tend to do this, giving too much without stopping to refuel and integrate. As a therapist and healer, I can get very drained when I don't balance the giving/receiving. It's difficult in a year when people are expecting more, more, more from us. Keep the energy balanced. Respect your gifts. Make sure your energy exchanges are equal to what you deliver – be it monetary, goods or services. We don't want to feed the old “everything related to awakening should be free” construct. Poverty and martyrdom do not accelerate value and integrity on this planet. We want energetic prosperity. Keep your days balanced, show yourself how important you are. Clear enough time to care of yourself.
- Lower level contract: Print this, sign it, post it up. Your ego, mind and emotions don't want you to learn Self-love. Teach them it is safe. Teach them a new role in your ascension.
- Emotional clearing: I'm always surprised when clients don't do their

emotional clearing when I suggest it. This is a foundational step in releasing your karmic, family, genetic and soul group beliefs, agreements and constructs. DNA can't evolve into a crystalline structure if dense emotions are locked up in its carbon base. Fear and density are frequencies which cause vibrational mis-match as new energies penetrate our cells. Emotional clearing frees the cells and DNA of lower vibrations so that ascension may occur. If you don't know how to do this, book a session with me or read these articles from 2010. If you want me to post the steps for clearing with some details on my site, make a donation.

- **Commands and Affirmations:** Confirm your commitment to yourself daily. I begin every day with welcoming in my higher levels, activating ascension codes, speeding up my vibration, connecting with my divine entourage and invocations for the day. All of them are about Self-love; the highest expression of Source which I may attain. This where pure service is manifested – in order to create and maintain unconditional love, we have to experience that within. Welcoming the day with the intention to embody love is a powerful move for your end game, and speeds up the ascension process for all of us.
- **Real-life testing:** Smile when you walk around. Breathe in Self-love all day long. Be okay with yourself. It attracts more of the same, might as well make it easy for the energy to find you. Step away from disempowering behavior, habits, colleagues, friends, family. Chances are they are gone already. Shake the habit of negative self-talk or chitchat. No self-depreciation as a joke, social construct or way of communicating. We're done. Let it go. Teach people to love themselves by example. You will be amazed at how people melt into authenticity when you're around.

Free will is a Universal law. Frequency supports evolution, but it does not instantly transform entire races into a higher dimension without their consent. We each choose how to play the last bit of this game; splintering into how long, how difficult, which dimension we will linger in until we learn the higher frequency of unconditional love.

Ultimately, this game comes down to you versus you during this window. Mastery of Self-Love first, effective change in the collective second.

March Amplifications

March 1, 2012

The last days of February brought in a huge surge of new energies and downloads, after an unusual attunement disguised as illness. These are BIG changes being experienced by many of us on the Ascension path. Let's take a look at the chronological progression of the last few months.

November 11, 2011 – Return of the Christed Light; anchored in the planet and in every HUman heart center.

December 10, 2011 - The eclipse began the clearing phase. Anyone who taken on a significant amount of light in 2011 got hit with a complete purge of the lower levels, past life contracts, agreements, beliefs. All uncomplimentary structures broken apart, revealed and brought up for review.

January – February 2012 – Clearing phase, Lower level dissolution. Solar flares and magnetics released a flurry of emotions in an intense storm of lower-level cleansing. As above, so below/As within, so without, darlings. If Gaia has a magnetic storm to balance, so do you.

February 2012 – Dissolution of false self-hatred matrixes and anchoring of Self-Love. This serves as a connection to our I AM blueprint and our last move in this End game of galactic drama. The Self-Love card is the REmembering of your sovereign self-acceptance and the unwavering embodiment of unconditional love. Lower 4D manipulations have no effect on a consciousness authentically centered in the heart. Checkmate.

February 2012 - Adjustments to the high heart/throat chakra/third eye complex. Communication system upgrades. Some experienced this as a wicked throat illness – only in the throat and sinuses – with vibrational flu-like tiredness in the middle of it. I haven't been sick like that in years. As synchronicity had it, the call with Suzan Carroll had to be moved to March because she had the exact same illness, and came to the exact same conclusion about its purpose: Communication system upgrade. It's working, too. I was in my illness, not knowing this was happening to Sue, but intuitively asked the Arcturians to tell her, "We can move the call, just take care of yourself." A few minutes later, Sue sent an email telling me she was sick, and "could we move the call because she needed to take care of herself." She posted the next day about her throat illness.

February 25 – March 1, 2012 – 6 days of activations. Surges and pulses of energy, especially in the vagus nerve, base of the spine, crown, hands and feet. Vibrating, heart-pounding at times, surges travel from head to toe, like you're plugged into a charger. At first it was fatiguing and I had to rest a lot, then sleep was short but deep.

The vibrations got very intense by Day 2 (February 26). I sensed the timelines

had made another jump apart; the choice of love versus fear seemed to rip apart in the collective consciousness. The disconnection from 3D/lower 4D life simply didn't matter anymore as my body shook.

Downloads took on a new level of meaning this week. On Day 3 I took an Epsom salt bath that was downright painful. Whatever was coming in was pushing out everything that was in the way. My hands, arms and neck burned as the magnesium sucked out uncomplimentary energies. The surges continued afterward, and Source revealed that a brand new creation would be constructed within me. This is a co-creation with Source, Masters of Light and Arcturian/Pleiadian brethren. I cannot discuss it until I know more, but if you received a similar download, please email me privately.

On Day 4, I awoke and had to flee to nature. I had no idea how long the surges would continue, so I threw some overnight items together and headed out. Despite the cold, I spent several hours outside meditating, receiving, anchoring and integrating this intense download in the company of Gaia. I kept stepping inside to warm up, then back out to be in the Sun, on the ground, holding trees, walking on the Earth and breathing in whatever was happening to me. By sunset I was stabilized, still buzzing but calmer. I continue to take Epsom baths, do my I AM meditations and write down all that is presenting each day as this adjustment settles in.

So what is happening?

Well, it's 2012 and it's March already. Nine very short months until we hit the "birthing canal" of the 12/12/12. Less than ten months until we experience the long-awaited and hyper-charged 12/21/12, which brings on a myriad of phenomenon ranging from microwormholes to days of darkness to portals to the fifth dimension. The changes are your free will in action. If you choose to experience ascension at this level, you do. Preparations are occurring so you can receive the maximum amount of light and evolutionary energies available. You get what you can handle, what you agreed to, ask for, and sometimes a little more.

March Energies and changes

- Communication upgrades: More veils-a-lifting. Expect clearer contact with your Divine Entourage (Angelics, Archangelics, Masters, Star families, Benevolent brethren). Light language, geometries, images, tones and interaction with higher realms picking up.
- Emotional clearing: Easy, practically nonchalant release as things come up or present in your lifestream. Clarity on what is ours to release versus what is collective, planetary or none of our business.
- Timeline Division: Timeline 1 (Ascension, New Earth) and Timeline 2 (3D/lower 4D collapse) made a wider division on February 26. Expect to

feel like you're an invisible being walking around a madhouse on some days. Old paradigm seems out of touch, past life and nonsensical. Don't watch it burn, let it go. Get on with creating and amplifying the new rather than trying to rescue or convince the old. If you are having a hard time with that, give yourself permission to drop the need to convert/save others or fuel those fears until April 2013. Drop it already, you're missing the good stuff and energizing controlling behavior on the planet. Let it go.

- Reconfiguration: Body changes amplified, and symptoms are celebrated! Move that energy (move your body) or it will pool and create dis-ease. Take care of your heart, the solar flares can wreak havoc on the cardiovascular system. The 13-20-33 auric field can be stabilized with minimal effort. See Anrita's invocation for the 3/3/12: An orange ray of transfiguration is anchored which merges science, spirituality and intellectual levels.
- Collective Anxiety Build-up: Many folks are anticipating economic melt-downs, weather changes, disclosure and government/corporate shake-ups to happen any day now. The collective anxiety over when, where and how this will occur is near boiling point. It is amplified by the magnetic storms and repolarization of the planet.

On a galactic scale, release of these anxieties is futile while the last stand of the dark plays out. An energetic shield of sorts is being used by those assisting HUmanity to prevent all sorts of WWII and unnatural disaster attempts by the dark. So there's a bit of a planetary bubble-type shield preventing massive loss of life through dark manipulation. It makes it a bit of a pressure cooker for us; there's no relief when things are buffered this way. But let's focus on gratitude for the intervention on our behalf, and how good it is going to feel when all the interference and mind-scrambling frequencies are finally turned off. Disconnect from that collective anxiety anytime it creeps into your consciousness. Breathe in your Mastery and know that it's almost over.

- Integration of 5D/6D chakra systems: The reconfigurations of January – May support this integration; you can't get to 5D with a 3D structure. Read Aluna Joy's post on rebooting our nervous system and it's alignment with the Mayan calendar.
- New creations: Repetition may feel uncomfortable as your inner knowing kicks into high gear. Habitual behavior might feel like a time-warp: Didn't I do this yesterday? We're still doing this? Our work in dreamtime can also create that feeling of old paradigm burnout. Step away from the lizard-brain activities, they're dissolving and you're going to feel it (see madhouse reference above). Recreating yesterday may feel too déjà-vu as we move into zero point presence.

Expression takes on new forms, new mediums and new levels of expansion now. Creatives may find their specializations too limited for their new ideas. The career

shake-ups of the last few years now align people with their authentic acts of service. Rather than forcing the new creation to fit in the old boxes, take a leap into the unknown.

What do you RELY on for your REaLiTY?

March 25, 2012

Do you know what your truth is?

When challenged with a new perspective – a different view of your reality – how do you decipher the truth? Is there a truth within you that is unwavering, and if so, why?

Our realities should not be dependent upon the will or the experiences of other people, and yet we have been taught to believe in realities which do not originate from ourselves. Belief can be dangerous. Believing “belief can be dangerous” can be dangerous – do you see what I mean?

What would it take to break through your beliefs?

What would have to happen in your world? Who would that challenge have to come from; would it have to be you or someone else? Who would you trust to completely change your perception of reality? Do you trust the senses? The inner senses? Who or what do you trust to direct your consciousness?

What if ...

... your reality is based on a construct, a structure that someone else has created. What if that construct is nothing like what you have been told it is?

... Ascension, awakening, 3D, 4D, 5D and beyond were suddenly revealed to be SO limiting that it shattered your beliefs about the Shift in an instant?

... the beliefs you trusted to be true were proven to be a game? What if that game broke apart and showed levels of new perception that trumped everything you believed in? Not in a way that proved the game was a deception, but in a way that showed everything was about to become something very different; beyond the limits of limitlessness, beyond the confinement of the brain's interpretation of infinite?

Mastery of your consciousness, or training it to behave like someone else?

Who constructed your truth? A godlike being? A teacher or leader you trust? Your star family? Guidance realms? Divine entourage? Your inner knowing? What if all of these were revealed to be nonexistent; a byproduct of a controlled outcome which steers you into a perception of truth?

When teachers, leaders, wayshowers, whistleblowers and channels say their work is complete, is it because they have reached the limits of these truth constructs?

How can knowledge be limited? How can the Shift be limited? How can a Human experience be limited?

Is your idea of limitlessness a deception? Are you beguiled by the idea of an infinite consciousness?

How would you deal with a sharp and sudden change of perception?

If the beings, people or skills you habitually rely on for guidance lifted their masks and revealed you, would you still trust the guidance?

If the methods you trust are proven to be constructs, unreal, or dishonest, what happens? Do you retreat to an old way of being? Surrender to what is presented as reality? What would a brand new truth have to look like; would it have to be something familiar in order for you to accept it?

If this new paradigm revealed multiple paradigms, would you feel foolish for believing in just one or two?

What if the Earth is not what we think she is? Or the Sun? Does the mind automatically regurgitate information it has acquired about them, claiming it knows the truth?

During the dark nights of the Soul, when the mind challenges the heart constructs with doubts, fears and egoic desperation, do you recover by choosing a reality and sticking with that decision? Is there validity in surrender, or is that part of the game?

These questions are preparation for challenges to your truth.

The mind loves to believe, as does our heart, yet our higher levels sense we should not confine our possibilities. Regardless of your perception of truth and who or what that comes from, explore the level of freedom which comes with innocence. Innocence is not regression, it is wisdom.

Pretend you know nothing.

No perception of truth. No belief. No mind. No knowledge. No spiritual practice. No foundation, influence, outside or inside source of information. Play with this for a moment.

You appear to be in a body on a planet, but you haven't seen the whole planet, only pictures of what it looks like from afar. They say there is a galaxy out there, a universe or two. The hot ball in the sky keeps coming and going. Another ball appears when it's dark, and smaller balls of light beyond it. But that is just what you think you see, you don't know what your brain is doing with external information. People, locations and experiences may or may not be real. No conclusions, no judgments, no limits on reality. No belief in systems or

perceptions or feelings. Take a breath and let it sink in. Know nothing.

What occurs when your reality is not constricted by belief? Not a suspicion of what is or isn't real, but a wide-open, flexible, pliable reality?

Do you begin looking for clues, searching for what others have discovered?

When the heart resonates, can you trust your heart?

Do you confine your heart with what other people seem to be experiencing?

When belief steps in and the heart becomes confined – initiated into a construct – does your bliss and direction depend on the way that construct feels or what it provides?

How influenced do you become by the collective mind or the collective consciousness?

In your innocence, do you feel free or do you feel helpless? Scattered and confused, or empowered and amused?

Neutrality and boundless perception

Is there enough neutrality available in your world to perceive something brand new?

What if the constructs of awakening and ascension are tiny glimmers of a truth created to lead you to a vast lesson in consciousness?

How willing are you to explore beyond what is presented as truth?

Symptoms Update & Next Broadcast

March 28, 2012

The energies anchored during the Equinox/New Moon last week provided a boost to the calm, still crystalline energies. Our knowing is amplified; that core truth and direction a lot of folks have had trouble with. It's paired with an alertness brought on by the magnetic storms and the Sun's transformation. Use discernment with your mood – is it you, or is it collective anxiety?

Current symptoms may include:

Out-cold unconscious during sleep: Even if you're on the 3 hour sleep cycle, those 3 hours might feel like you checked out of 4D altogether. Total blackout. Time to start treating the up-at-night hours like it's a normal available time to create what you desire.

Beyond kundalini: intense currents or pulses of energy running through the legs, abdomen, arms, spine or head-to-toe surges. Much stronger than the kundalini pulses of yesteryear, and more consistent. Some last for days. Your whole body may feel like it's plugged in. It's more than tingles now, this is full-on electromagnetic adjustments to the body vehicle to compliment the lightbody's expansion. Be sure to take an Epsom salt bath whenever this occurs for balancing. Chances are the bath will be followed by an old-school night sweat. We've done this, no worries.

Flashes when viewing the night sky: Casually taking in a breath of night air, looking over the landscape, gazing at the stars, enjoying the clearer skies and FLASH. Not like a flash bulb, but that wild between-worlds BLINK we get sometimes. It seems to be happening every night now. Most likely our perception has been aided by the frequency increase.

Third eye and heart connections: The usual sparkles, zipping lights, orbs, energy blobs and presences are now revealing more light beings, faces, conversations and movement of much larger energy fields in the last week. Bright streaks darting around and lingering. Day or night.

Solar light changes: Yes, sunlight feels a lot like a radiation bath lately. Intense, penetrating photonic light can set the nerves and heart a-jingling, so pace your self with exposure. It is SO not 2011 anymore. Pay attention to your body when you're in the Sun and step away when your higher self says that's enough for now to avoid overamplification. Nausea, dizziness and crown pressure are indications it's time to get some shade. Take your kelp, drink your miso. Pay attention to the crystal kiddies; if they start to feel unwell outside, get them indoors.

Nutritional changes – Nausea: Nausea may indicate the activation of the new organs in the abdomen. Etheric manifestation affects the physical as our higher

sensitivities activate. Don't swear by the diet you had yesterday. Things work until they don't during this process; pay attention when your body says no food, not enough food, or why the heck are we eating this again? Water is always good, as well as live organic foods when the veggie/fruit cravings hit, and a cleansing fast will do wonders for balancing, even if just a day or two.

Return of the brain fog: Please have a sense of humor about the lack of motivation and forgetfulness. Enjoy it, play around with it. A client was bewildered that she couldn't finish painting her living room. One wall done, two unpainted for weeks. Rather than look at it and say Why can't I get this done? and all the frustration that comes with it, have some fun. I told her to paint on the unfinished walls, "I would look great in green" or "Jealous of the finished wall."

I like to joke around with my tasks, leaving things I have to do right in my path. Then I leave a note by the door that says, "Really? You walked right by that?" I now break tasks I don't enjoy into micro-movements as tiny as possible so that it gets done bit by bit. Sometimes the humor gets me to tackle a to-do list or two. Anything besides creativity, now-moment distractions, ascension counseling or meditation gets put on the back burner (more like dropped behind the stove and forgotten). This is not helpful when taxes must be done, or when the government sends yet another recalculation of my '08 tax bill. Micro-movement: write love-letter response to the tax invoice, complete with gratitude, hearts and flowers.

Harmonics in the ears: More of the ringing symptom, with a twist. Tones (like several crystal bowls) come through now.

Thymus/High heart/Vagus nerve stimulation: The rebuild on the upper chakra communication center is palpable. Reiki and particle expansion are good for adjusting this if it gets uncomfortable around the neck/upper chest.

Perspective shifts: Walk away from old paradigm polarity, know-it-all assumptions and the doom/fear/whatsgonnahappennext folks. Listen to my Spiritual Coming Out radio show.

Clearing phase almost over: Emotions that are still working your days and nights need to be released. That doesn't mean crying or shouting, it means understanding they are not part of you and bidding them GONE. Don't get trapped in the lower self as we move into Unity Consciousness. Master what you are creating, the outside world can use your light.

Balancing the energy: Integration happens in steps. Too much of this new light pooled in an area where density lives creates dis-ease. Aches and pains show you what you have to deal with; be diligent if you have a long-time pain in a particular area. Be sure to move your body, lay off the long computer hours, get in nature and meditate for collective humanity. Relax, disconnect when you can, and get the 30 minutes of exercise your body needs to move this energy around.

I understand that people like symptom chat, but I don't enjoy writing them

anymore. The changes to the body vehicle would be better served in an ebook about what is changing, why, how long it will take and where we are going with this new and improved physicality. I'll have that ready sometime in April. Meanwhile, Denise LaFey and Lisa Renee are good sources for regular symptom chat.

Resonance. Knowing. Discernment.

April 3, 2012

Resonance.

There is a big market for inner guidance during the Shift. Read that again: a big market for inner guidance. Teaching people to connect with themselves is ironic, isn't it? We'll laugh about it after the Shift. Meanwhile, many want to master their inner skills as we reunite with our true beingness. People are looking for answers, and there are many folks willing to fulfill that need.

It's interesting to watch how teachers, leaders and wayshowers are handling themselves this year. Some are sticking to an agenda that has worked in the past, some dropped out altogether (time for simplicity or fear of exposure?) and others are in the flow, being flexible about whatever presents. The higher frequency certainly gives one perspective, doesn't it? Sometimes an article or video pops up and I think, "Wow, are we still doing that?" Other times I see a post or update and think, "Wow. They are still doing that."

I shared some information with a client last week about the intensity of the clearing phase in December through February. It was something I decided to keep out of my updates, because far too many people read about dark agendas and immediately use it as an excuse for the pains or emotions they experience. I am a victim of a dark agenda, it isn't me. I'll be under the blankets until someone says it's safe to come out.

Literally that same night, a friend posted an update on her site where she described this dark construct and its impact on lightworkers and awakened ones. She went on about how nasty it was, that she felt it all along, and how we should be strong until these horrible beings stop doing this to us. When I saw it, I literally put my hands over my face and sighed.

I honor all paths on this journey, but when it comes to the misuse of light intel to amplify anxiety, I have to step away. The new light frequency is scrambling people's energies; why prey on their fears? That is a well-known tactic of ... okay, you understand my point.

Was the clearing phase pre-destined for our journey? Yes, the Christed Light demanded it. Was the clearing phase harder for those who had reached a certain level of awakening? Yes. Was it amplified by a synthetic construct? Yes, they knew the light was coming. Is it still running? NO. Does the benevolent act of clearing continue? Yes, that is photonic activation. Did we learn how AMAZING we are to transmute all of that emotional and karmic baggage for months on end and come out ACTIVATED with the ultimate lesson of Self-Love? YES, congratulations.

It is powerful to see that no matter what is thrown at us, we continue to awaken,

integrate, and amplify our ascension. I send you love, light and Kleenex.

Knowing.

Since the Equinox everything has changed – again.

The unmistakable vibration of peace is here. It fogs the mind, perplexes the emotions and confuses the ego, because we haven't held this vibration in a very long time. The lower levels feel empty, dreamy. All is well. Motivation, direction and purpose are being rewritten, so try not to clutch at decision making. Do something creative to welcome the new peace.

The ride into June should be entertaining. Bring it all on – financial collapse, conspiracy, exposure of malevolent hoo-hah, Earth rumbles and tumbles. It doesn't matter how the chaos unfolds, because the LIGHT IS ARISING. Feel into it; this isn't about the latest insider update. It's the frequency – the light building within the planet and ourselves – and the remarkable, unpredictable presence of true peace which is FREEDOM.

This peaceful state feels purposeful as our journeys parallel Gaia's ascension. It feels like watcher energy – as if we are energetically removed from the chaos so that we don't have to be drained or influenced by it. Neutrality. Perhaps this is the sensation of the Ascension timeline; the division of worlds becoming physical. Gaia withdraws part of herself to her ascended state so that the birthing process can unfold without the lower-level pain or dangers of attachment. And we do the same.

Discernment.

With this jump in vibration, phenomena may get ... interesting. Many more are seeing the swooshing, swirling, flashing fields, ships, faces and forms as the veils dissipate, which confirms that our vibration is coming closer to our friends on the other side of the veil. It also means that HUMAN perception will be altered enough to open the door for less-than-honest beings to make a stronger appearance.

There is no need to fear these occurrences as we move forward. If you've been asking for your guides to show up, then a.) try not to freak out when they start appearing, and b.) make damn sure those beings in your space are your guides, or at least benevolent.

Please note: If you do not have the skills yet to discern what beings are complimentary to your journey without consulting the internet, start exercising those intuitive muscles now. Learn to feel into energies and situations. Practice on plants, pets, friends, your coffee mug, anything. Get to know your own skills.

Desires based on fear can turn up as disempowerment (tell me what my truth is, save me) and judgment (I hate this planet, I want to escape) and have nothing to

do with ascension. When a desire is paired with fear, it creates a strong broadcast of "I'm helpless, I want to be saved." This magnetic attracts information, beings and constructs that feed that desire with rescue scenarios.

You see what I'm getting at. Please use your discernment.

Lightserver Dreams and the Convergent Loop

April 15, 2012

We've often heard the Universe referred to as a dream. The Tao references reality as a dream of the Creator; change the dream, change the reality. Our dreamtime is a workspace for integration of knowledge from higher dimensions. Our dreamtime journeys are very active now; sometimes a lucid 4D experience, sometimes far beyond that realm. If you cannot remember your dreams – and want to – start a dream journal and jot them down upon awakening. The light grounding (anchoring intentions into the physical) of that action will magnetize your intention to remember.

In the last thirteen years I have had two interesting symbols appear in my dreams.

Gold Shirts

The first time I dreamt of a gold shirt it was on James Coburn, an American actor, a night or two before he won his Oscar in 1999. He was wearing a deep yellow-gold shirt, the collarless kind, with embroidery of gold accented by gold and pearl beads. He had snow white hair and a wise, peaceful gaze. He looked at me deeply, as if sharing information, for several moments at the end of a dream. When I woke up I wondered who that man was; he looked familiar but I didn't recognize him. Days later I got curious and looked through a few photos online before I identified him, and then discovered he had won an Oscar. I guessed that the gold shirt was about him winning the gold statue.

Over the years the yellow-gold shirt has appeared on different people, in different styles. It tends to show up in Earth change dreams, where floods and storms have dramatically changed the landscape and things are crumbling, or have crumbled. An older man in a yellow shirt prepares a motorboat in a flooded, survival scenario in the South. No other people are around, the shells of houses are weather-worn and underwater to the second floor. We get in the boat but have to turn back because huge alligators are on the prowl. (This was prior to my clearing of the reptilian agenda.)

The shirt appears again in dreams of tsunami-torn coastlines, escape scenarios of packing one suitcase in an emergency, and in a dream of a large urban waterfront structure beginning to crack and come apart during a massive earthquake. It shows up in a lucid encounter with an Arcturian child, and on friends in parallel timelines. Lately it has not been associated with disaster, and I'll explain why in a moment. The shirt tends to appear on men, except in one dream where I am unpacking a brand new gold shirt.

Silver Bars aka "The Gates"

The parallel for the gold shirt symbol is silver bars. I had a very vivid lucid dream

in 2010 where I discovered the geometry, mathematics and codes of the Universe! Images, symbols and formulas poured into me and I integrated them immediately. At last I understood how it all fit together. In the last part of the dream I was on the edges of what felt like an encampment for humanity. I approached the tall outer fence which had a huge gate made of silver bars; shining round bars of silver. The gate was ajar! I turned back to see if I could tell anyone else that the gates were open, but no one else was there. I walked through the gate and woke up immediately. When I grabbed for pen and paper to write down the codes, all I could remember was a few strange-looking symbols and “the gates are open.”

The silver bars appeared again when I was unwrapping that new gold shirt. The straight pins I was pulling out of the shirt turned into multiple silver bars; as if access to the gate would be granted by wearing the shirt.

The third dream of the silver bars was last week, Easter night, during a dream of a flooded, sandy hillside underneath a bridge. Myself, and a few others this time (Kiwi Karyn, you were right behind me), slipped through lines of silver bars in an slight S shape, one end rooted in the sandy soil. We had to slide through sideways as the opening was very slim between the ladder-like opening. The silver bars looked like a DNA strand – more than 2, as if the part we were pulling ourselves through (it was uphill) seemed to be attached to a larger geometry. I slid through the opening as if weightless, and while I was joyful to glide through I also thought “Not everyone is going to be able to fit through here.” The dream changed into a doctor’s office, where I am told I am pregnant. The tests show pink for a girl, and blue for a boy, in the same child. Male and female reunited in immaculate conception.

Convergent Spiral

My gold shirt symbol is a reminder of a future plan – the collective of souls who altered future outcomes which in turn altered the past. The reason why doom scenarios and New World Orders will never occur on Timeline One is because a group of souls decided to give HUmanity more options during Gaia’s dimensional shift. Even though the dark attempted to change the outcome to Timeline Two via Lookingglass and other devices, the paradoxes they created always allowed for Timeline One to prevail. Why? Because they could not master changing the future. Altering the future is what changes the past.

The group of future souls who co-created Timeline One (the Ascension of many Humans here), along with the blessings of Source and other galactic beings, are beginning to realize who they are and what they created. Yes, we are incarnated right here, right now. That’s a royal We – no hierarchy. This is not an ascended master scenario; this is many of US. We’ll all be able to identify who was in the future soul group soon enough, but it’s not important since so many are on board with this mission of light. This is a collective, enduring hundreds of lifetimes in incarnate form and living the experience of what we have created – in the future. We may be lightworkers, lightservers, wayshowers and leaders in the Shift

movement. This doesn't mean we are popular or in the spotlight; it means we are clear about speaking our truth and know that something beautiful is inevitable for Gaia and many HUmans. We may be volunteering to help in a role of service to the Shift, or we may be anchoring light up in the mountains. Some of us will surprise you when all is revealed.

Co-creation and support for this endeavor is all around us. Masters, ETs, all of those lovely beings busting up the dark plans, the audience in the astral planes, starseeds and hybrid incarnates are watching this creation unfold and helping out when needed. It's a part of a larger alteration to the galaxy and ultimately this Universe, which is why so many of our off-world brethren are hanging around or incarnating.

Creating a new future outcome

If you picture a timeline as a big spiral, like a DNA strand (that's a big hint for ya), the sequence loops around and passes back close to the previous loop. If you're on the timeline, the next loop looks like a parallel timeline right next door – but it's the same sequence expanding outward. To alter a previous (past) loop, you change the loop you are on.

To alter the past, you change the future. You create a new spiral – a new timeline or outcome – and set it right next the old one. This new timeline has the experience you desire. You manifest its creation and then go back to the previous (past) loop and “jump” timelines to enjoy the experience of the new future unfolding. It provides an alternate timeline as a possibility.

This is rampant in the experimentation of realities. There are infinite possibilities for experience – different versions of timelines, parallel realities and opportunities to jump and play with variations of consciousness. Everyone is able to jump timelines, we do it all. day. long. It's hard to fathom, I know. But let's move forward.

Collectives who create an alternate timeline, such as a planetary consciousness, provide a range of experience for beings on, in and around their surface. If a planetary consciousness decides to create an ascension timeline, as opposed to step-back (the option to stay on the timeline loop and repeat with a little bit of change), she may request assistance if the polarity gets too difficult to jump timelines. For example, it becomes difficult when parasitic races “hijack” a timeline and attempt to steer a planet into destruction by manipulating its inhabitants, controlling its natural stargates and poisoning its ability to balance. This has occurred at least twice with previous Earth experiments that I am aware of, where the planet was destroyed rather than enabled to change.

When a planetary consciousness decides to ascend, the timeline is witnessed by future inhabitants of that ascended planet. Future souls perceived this timeline intention by the planet and agreed to this ascension process. It looked like an amazing thing to experience; the descended state, the amnesia, the waking up,

the re-empowerment and Shift in consciousness. So the future souls created a timeline for HUmanity to assist Gaia in a dimensional shift. We then went back – way back – incarnated and slowly reinforced the new timeline for any being using the HUman genome. It provided an open invitation to jump.

The new timeline converges with a set point in the spiral of time when factors will amplify the progression. The linear time continuum dissolves for Timeline One, which is why the Mayan calendar “ends” during the Shift. Cosmic factors including galactic cycles some 225 million years long come to a close in December this year. It’s a rare moment that can be utilized for huge changes – and no one wants to wait another 225 million years, that’s one heck of a loop. This convergent point provides multiple opportunities for jumping to timeline creations of your – or someone else’s – making.

The cool part is right now in this experience. You begin to see the old timeline getting further away. Your reality seems so different as people obsess about doom and takeover. You see the wayshowers who agreed to expose the dark finally getting the respect they deserve. Lightservers transform entire tribes of people by releasing them from their own darkness.

You dream about destruction as the old timeline loses its grip, then you begin to dream about stargates and ascension. Dreams reveal the return of your realms of gold, reuniting all of the fragmented self. The gates are open – the convergence succeeded.

For those of us who have incarnated here in order to help at this juncture, it’s fascinating to behold. My Pleiadian aspect has been here for a while, and though some of my journeys have been dimensional (guide rather than incarnate) it’s an honor to be involved in Gaia’s ascension and the alternate timeline of HUmanity.

The major timelines of love (Timeline One) and fear (Timeline Two) – and the wide range of creations around those two - are here for your experience. There are still plenty of opportunities to play with doom, madness, destruction and greed. You can stay on that dark ride until it falls off the dimensional cliff if you choose. No judgment, but I’ve heard that it really sucks.

May perspective: Alignments and Jump Time

April 29, 2012

There is a lot available to stir up the awakened this month. The grand sorting out of paradigms continues, however the amplification our choices get a cosmic blast in May. The energy scatters us – quite purposefully – to dispel egoic density and prepare those ready for a surge of fifth dimensional frequency. Let's take a look.

Wesak and the Full Moon May 5-6

The full moon this month on May 5/6 (depending on your location on the globe) is the closest the moon will get to Earth this year. Some call it a "supermoon" and it's a high time for rituals of all kinds. Wesak celebrates Buddha, and the ascended master energies are amplified during this time. Group meditations bring in the beginnings of diamond light consciousness – a high frequency which accelerates some and prepares others. Other rituals involving the full moon I'm not going to talk about here. Let me state that old habits die hard in those determined to control others.

Ego's responsibility changes: the 5/5/5

Have you seen 555 lately? May 5, 2012 ($5/5/2+0+1+2=5$) marks a planetary decision to release the egoic density constructs that have kept so many in fear, service-to-self and the greed/money/sex/power matrix. Last ditch efforts to lower the collective vibration in the media, government, etc. should be treated with laughter and sympathy. It's like watching a 10-year-old bully get cornered by those who have forgiven and love him. The bully is in tears, thrashing out, acting tough as if he's still a threat, and completely melting down. Poor fool, you can't cover your face with your fists forever. We see you and all is well. Come play ascension with us. Since you have all of our lunch money, the organic frozen fruit bars are on you.

Please take this to heart as the density shakes itself loose from the collective cling this week. This is a step in the Shift that should not be avoided. A release of egoic density is about to occur. Don't treat it as if it has nothing to do with you. This isn't about the "bad guys" anymore. Let me write that again in case you're scanning this: it isn't about the "bad guys" anymore.

Get over the payback scenario

Everything I've been sharing here and on the radio show about clearing, coming out and being authentic is going to be tested. It's a test of your inner compass. The genuine self is attempting to emerge, and the alignments are taking command of that primary mission.

This means that judgments of others; what they have done, are doing, might do, or what group, class, or race they belong to in this lifestream, are coming apart.

The fury I witness on social media about dark agendas, identifying with a race or group, and the necessity for punishment is just as dark as the agendas they judge. The lower ego concept of separation is FALSE. Oneness is all there is, all there ever was, and the game of Us vs. Them is OVER.

The ego is evolving into a supportive energetic that takes care of the true self rather than the survival self. Listen to your higher guidance and work with it as the denser ego is relieved of its duties.

REmember your first and foremost purpose in this lifestream is to wake up to who you are. For some, the judgment of others and the idea of the dark “getting away with murder” is a huge block to their ability to ascend with the frequency shifts. Expecting punishment for crimes against HUmanity, or worldwide revelations about what has occurred on this planet is a futile thought-form. The bulk of HUmanity may never know what happened here (until they leave the planet). The Shift is not about blame, judgment, guilt or payback. Get over it. Clemency is abundant and dark ones are quickly snapping out of the spell and creating assistance for the new paradigm. Does that surprise you? Still judging their integrity? That’s a mirror, lovely one. Everything is changing to support ascension. The question raised this month is: Are you assisting, now that you have awakened?

May 8 -12: cosmic support available

Get out there and network, new creations are getting some cosmic love. The division between waiting for things to change and creating the change should be obvious by now. Time to choose realities. Jump off the fence before you agree to someone else to pulling you down.

May 20: Annular Solar Eclipse

For me this is a beautiful alignment, mainly because of the Pleiadian connection. Earth, Moon, Sun and Alcyone line up near Mount Shasta on the 20th. Annular eclipses happen when the moon is furthest from us, and the Sun creates a ring effect (annulus) around the moon.

An uber-blast of energetic shift is expected as this alignment occurs with Alcyone. The Pleiadians have more genetic material on the planet than any other race, and are deeply connected with the Mayan prophecies of the evolution of consciousness. Many groups are gathering in Mt. Shasta, and I recommend tapping into that energy during the eclipse. The events in Shasta will bring hundreds of lightworkers and intentioners forth to anchor this frequency. I sense it will be profound; in a way it feels like what was expected for the 11/11/11 is going to arrive.

Please keep your heart intentions focused on love, light, freedom, compassion and peace for everyone and everything on the planet this month. The Shift has been dependent upon the collective consciousness up until now, but I sense that

many decisions are being made to amplify Timeline One – the ascension of HUmanity and the Planet – regardless of the collective HUman vote. This means duality will get a kick in the pants shortly after the eclipse, so no pouting as the old paradigm crumbles under our feet. I'll discuss this on my radio show this week.

The rollercoaster drop

Even though the alignments show a heck of a lot of change occurring in May, let's REMember to stay present as best we can. The integration of a blast of fine photonic light can be challenging. Fifth dimensional light is intolerant of density when our intention is to ascend. That isn't judgment, it's evolution.

If the rollercoaster ride of May is fun, so be it. If it jostles the body and spirit, realize it is temporary. If the ride ends for some, know they can always get back in line to ride again. If an unexpected drop sends us plunging into the unknown, don't bother clinging to the safety bar. There won't be one. Raise your hands and feel the weightlessness.

To know and not do is to not know at all

Many have had issues with the idea of mission. Let me be clear that many Teachers, Leaders, Wayshowers and public-facing Lightworkers are receiving a change in mission right now. How we deal with it is individual choice; for some it is too hard to figure out how to make these new paradigm missions pay the bills. For others, it challenges the ego: They expect certain things from me, if I change everything they won't recognize me, they'll abandon me, won't come to the workshop, I'll lose my following, etc. When the message and mission begin to break apart and morph into something new, you either trust it and jump, or continue as you were until there aren't enough people to resonate with the work anymore.

For me personally, the new message and mission is a bit out-there for most of my existing subscribers. I did not want to channel because I knew it was on the way out of the paradigm. Plus there are many channels who are very good at it. Some have already admitted that these entities are higher aspects of themselves, and I commend them for being authentic about it. I faced that challenge in 99, and wrote about it in *The Creator State*.

As I tapped into multidimensional consciousness last year, the messages from my higher self, or higher levels, became more and more metaphoric. Metaphor is the language of light; this is why channels, writers, artists and poets use it; metaphor stirs the profound within us – the deeper knowing of the mystery of life. In higher dimensions, metaphor includes geometries, colors, harmonics, tones and symbols that are both complex and simple at the same time.

Currently a certain range of my metaphor is expressed through my I AM messages, I reply sequences, Gratitude streams and articles here and on Twitter.

But there's much more material coming in than I am able to get down, even with the hour-long radio show. That is frustrating. The private sessions that I love began to reveal new ideas for reaching more people. I'd like to do some webinars or calls on what is helpful right now in this moment, but the means and opportunities have not presented. Classic marketing eludes me completely.

Then a brand new energetic presented, a co-creation opportunity that is new and (very) different. I still can't explain it just yet, the timing has to be right. It appears that the new mission is about to abandon the old way of expressing myself. Traditional methods don't fit, so the dichotomy ensues: assist people by using something familiar (web site, twitter, workshop) while the new light coming in aches for the brand new event, the remarkable experience, the unbelievable. Producing the unbelievable still meets a good deal of resistance and resentment in the awakening ranks – but not everyone. That sense of “Why are we still doing this, look at what is coming in!” is so palpable for me, and yet I struggle with how to get off the ascension guidance train and just ASCEND with it. What about the service to as many as possible aspect? Is this elitism?

I did some timeline work on this. There seems to have been some stagnation on the wayshower front; there are many looking for the NEXT and finding no clarity on direction. Familiar methods seem ancient. All that's been said and re-said feels like a time warp. Some of us see that a jump has to be made - a few need to do what the last wave did and race ahead, opening doors so that others may walk through. It doesn't appear to be a method, it's more like the role of liaison to the new dimension.

If I'm one of them, so be it. If I'm helping others to do it, so be it. Either way, jumping into the unknown is essential. My higher ego – that beautiful support of the knowing of self – is ready to come online fully and completely with the cosmic boost this month. The mind whines about money, shelter, cross-country drive preparations and do this/do that nonsense. It really has been a pain in the butt. I asked it to kindly step into the soundproof booth and closed and locked the door. The emotional levels cry for support for this step, and it's tantrums have not been helpful. I placed the inner child in its crib to play with the orbs.

Whatever your higher self presents you with this month, I wish you all the strength and wisdom you need to embrace it. Many blessings for your journey.

Egoic restructuring and writing vs. radio

May 11, 2012

Yesterday's radio broadcast on the dissolution of egoic density was a very good show. The last three broadcasts were sequential, covering how and why Source created fear and love, and the present rewriting of what has been created. I covered the death of the lower egoic structures and how it loosens the deities' grip on the survival levels.

It's a difficult time for some; if you are unaware of the intention behind the current energies it can feel quite confusing. Some go straight into fear and panic. Old habits surface to hold the lower levels back in the suffering paradigm rather than evolving, ascending. Some become obsessed with dark external agendas when the lower levels think they are threatened with extinction.

I'll mention again how interesting it is to see what the wayshowers are choosing to express this month. Egoic restructuring affects people in very different ways. There is a level of responsibility emerging this month; a challenge to rise to the vibration of what is ahead for the ascension timeline. The unknown is brilliant, but it takes an evolved ego/mind/emotional state to sustain that level of trust in both oneself and HUmanity.

Over and over again we see the ongoing battle over HUman consciousness and the choice of love versus fear; ascend or be crushed by the dense madness of your own making. Learning to surrender to the NEW energetics is key, and I addressed that in Thursday's broadcast. Freedom is the new safety, and freedom cannot be gained if you continue to lock yourself up in an old paradigm.

Writing vs. Speaking – codes and tools

It's always interesting to see what comes through for these broadcasts, and I enjoy the option of speaking rather than typing up an article each week. Good for the throat chakra, and I'm beginning to feel when codes are coming through in my spoken words, which is a nice awareness. No worries about "getting encoded" with these articles or broadcasts; benevolent light encodements are not compulsory or intrusive, they are there for your higher levels to take or leave depending on your path and state of consciousness. I cannot say the same about television or media encoding – that's quite a different intention and method.

Alcyone, Solaris and Gaia: the eclipse on May 20

May 19, 2012

Blessings from Mount Shasta! The energy here is amplified and intense, not only due to the high number of lightworkers who were called here this weekend, but also because the 26,000 year alignment of Earth, Moon, Sun and Alcyone, the giant star/central sun of the Pleiades, is upon us on Sunday, May 20. The eclipse will occur here from 5pm-7pm, with the peak at around 6:30pmPST. Please connect with this collective intention to anchor the new light within our planet, solar light, kingdoms, elementals and every HUman heart willing to receive it. Get quiet, open your cells and crystalline structures, invoke the light and surrender to this new vibration. It will most likely feel like a dimensional Shift amplification; the trinitized beingness state (spirit, soul, form) is about to end for many.

Don't "try" to do anything with yourself during this time. Set the intention to anchor heightened states of ascension in the highest good of all concerned into the collective and hold space for the consciousness involved in this alignment. Abandon any preconceived notions of what may or may not occur; surrender to larger possibilities. Our stories are being deleted so that we may unify with pure consciousness; REMEMBER this is galactic evolution which in turn transforms our truths on every level.

Lightwork during the eclipse: the desire to get on with it already can be remedied in a weekend if you tap in and anchor that energy right in zero point during the eclipse. No more wavering, waiting or irresponsible say one thing, do another excuses. Your heart is getting a jump in its expansive magnetic power – use it to serve Gaia and HUmanity. Fire the grid with the intention of surrendering to Source for the highest good of all concerned.

Several light intel messages (note: "downloads" is too trendy a term for me – it has lost its impact) have presented since I arrived in Shasta. Here we go:

The dissolvment of the denser levels of ego (sex/power/greed/survival/fame/service to self/self-hatred/hidden agendas) through the first weeks of May has been purposeful. Masks off, Kachina; we have arrived at the moment of surrender which we have created. We desired new, new, new and we are receiving it right now. Forget everything you thought you knew about this journey and let it be rewritten.

The heart center is taking on new geometric codes to expand into the 5D chakra system; codes which are getting activated between now and the Venus transit in early June. This is already happening; pay attention if you're getting the nod from the higher levels to let it occur. Meditate, meditate, meditate. Abandon the "working" meditations and anything to do with outdated modalities and the 3D 7-chakra system. If you cannot meditate, then be still and breathe into this expansion of the heart. This is the new dawn, the solar light within that has been talked about for decades. It feels like a final scattering of the self, because it is. If

you're ready to let go, so be it. If you are not, that is fine of course. No judgment – just please don't expect anything external to activate the internal without your intention to surrender your old state of identity.

Galactic book-burning: The karmic, Akashic and soul levels are being cleared, deleted from the unified memory. That is difficult for many to hear and understand – the stories of our lives, personality and purpose – both individually and globally – are being dissolved. Why? Because the collective memory of HUmanity, the shadow of lower dimensional expression known as 3D, does not exist anymore. This is where things get strange while different dimensional timelines interact with each other. More on that later.

The good news: For those with a high amount of photonic/crystalline activation, interaction with lower dimensional expressions becomes a non-issue. For those who have cleared and transcended the guilt and egoic desire to save everyone (or be seen as a savior), clemency or payback issues (for dark agendas), and the personality constructs of judgment (both self and others), you may be sensing the call to a new expression. Absorption into oneness - the new truth of oneness which is quite different than what was anticipated – creates a state of walking in two worlds (or more) which dispels any notion of judgment on the shadow of 3D as it collapses from the collective memory. It also anchors a type of “untouchable” vibration that many of us have sensed but have been unsure about its effectiveness in difficult situations. It appears that will be a non-issue as well.

The bad news, if you use that term: As I have mentioned before, I don't think it will be comfortable for those playing in the 3D/low 4D constructs as they break apart, especially with financial transitions. Survival levels are leaving, either by ascension (raising of frequency to realize what is really going on) or destruction (self-implosion via the mind, fear of losing the physical self or possessions). As uncaring as it sounds, it is none of my business what others choose to experience during the Shift. I honor all choices and realize that the collapse of linear time, astral planes and Akashic deletion affects each person in different ways.

Guidance and facilitation: Many wayshowers are leaving their collective works and discoveries behind this year – like a bread crumb trail for those who will follow later – because we know the old story is coming to a close. I'm about to take all of my past writing and seal it up in an ebook like a time capsule. The division gets wider and wider, even in facilitation, because anything familiar seems nonsensical to recreate and teach others. New conversations are in zero point, and you will sense when others are not there yet. There is no more stepping down your light to interact. Consistent higher level expression is here.

I see this in the expressions of guidance right here in Shasta; there are those who understand where we are going (the ascended Universe) and those who are lost in repetitive truths from a time fading into nonexistence. Some repeat a teaching like a mantra, as if regurgitating the same truth will make it real again. The lightworkers and wayshowers I resonate with here are the ones saying very

little this weekend; the sense of something unexpected, unpredicted and the absolute necessity to surrender to it as it unfolds moment to moment is palpable. These are the brethren whom I most enjoy, especially when spoken conversation turns into pauses where telepathic, feeling communication takes over (usually accompanied by the vibrational giggles).

The fear associated with the unknown – the great scattering of oneself into the higher realms of expression – is dispersed by the Creator state of being. Source wants the new – this is why we express it here. Creator is exploring beyond the “and then we merge with our higher self and the golden age begins.” It’s as if Source itself is changing, birthing a new level of expression beyond what any incarnate mind can comprehend.

This is not a possibility that all can embrace, and does not resonate with everyone reading this article. For some it is ascension-as-usual: tell me what to do, when it’s all going to happen, what is the latest trick for expanding my consciousness. For others who sense the beyond-sense emergence of pure consciousness, this journey may get very interesting in the next few weeks. I can see it in the folks visiting this marvelous sacred place right now; some auras glow with the transcendence, some hold the fear of survival or worthiness, some are threatened by the challenge of surrender. Just a note: merging into oneness with all that is feels way cooler than worrying about creating or attending the perfect workshop.

There are experiences available to be activated – stargate portals, microwormholes within the cellular and crystalline structures, clear contact with our star families and the universal HUman state which makes the channel-conduit relationship obsolete. In truth it already is obsolete; the moment we began to experience our multidimensional self we transcended that construct.

These leaps will never be experienced by everyone all at once, so let’s let that go, please. The egoic density break-up includes envy, desire, jealousy or threat of one-upmanship. Be fascinated with what is being revealed, even if you can’t feel it yet. These explorations into possibility are collective, even if it appears to be selective. Collective intentions for freedom manifest in individuals. Have gratitude for these new experiences popping up in unexpected or unfamiliar people, and if you see your heart’s glow reflected in another’s work, for Source’s sake support them however you can.

HUmanity loves to be comfortable in the familiar, and for that very reason all of our comfort levels are being challenged. Everything we used to love has been taken away, crushed, destroyed or turned upside down in order for us to learn self-love and embrace the unknown. Now that we understand self-love, it’s time to transcend that state as well. It can be frustrating when old cures for discomfort don’t comfort us. Reliable becomes unavailable. Our needs changed so drastically that it seems we will break apart without any way to return to our identity. And that is the point; there will be no identity to return to, no story to retell, no book that can be referenced for a cause-and-effect timeline which does

not exist any longer. The purest states of love bring us out of the illusion of identity – and that includes the stories and restraints on the ascended masters, angelic and galactic expressions. They too are evolving and transcending the boundaries of identity. Ask an Archangel what they are evolving into, or a guide or master of light. Everything is changing to serve the new creation; the command of Source to create something new.

Lightwork during the eclipse: Acceleration of the Shift and the desire to get on with it already can be remedied in a weekend if you tap in and plant that energy right in zero point during the eclipse. No more wavering, waiting or irresponsible say one thing, do another excuses. Your heart is getting a jump in its expansive magnetic power – use it to serve Gaia and HUmanity. Fire the grid with the intention of surrendering to Source for the highest good of all concerned.

Alcyone, Solaris and Gaia: This alignment creates changes in Solaris (the Sun) and Gaia (Earth) related to magnetic poles – the end of North/South two-pole systems. The Sun is making a jump in its progression to (at least) 4 poles; a preparatory step for alignment with Galactic center in a few months. Gaia may be creating even more than that. The possibility of multiple poles brings up many questions about the future, which is another great reason to surrender to what is occurring right now. Alcyone provides activation of deeply embedded codes, especially in Pleiadian-based DNA expressions. The Pleiades are a huge part of our history, and as that gets rewritten they play a role in the end of the story as well. Alcyone, Solaris and Gaia are co-creating their ascension according to an ever-expanding divine plan. What they create this weekend establishes a new system in which we experience existence here. It's beautiful to behold; listen in on the exchanges between them right now. Such love and celebration paired with the technicalities of balancing massive amounts of electromagnetic and photonic energies. Feel into what this does for Alcyone: the alignment works both ways. Open your heart with gratitude for their transformation, they are our brethren. For the highest good of all concerned, so it is.

Hey Venus: Part One – Decision time

May 28, 2012

A quick thank you to the transmutation teams

Blessings to every lightworker/wayshower/lightserver/healer taking one for the team this week as we readjust in the aftermath of the Solar eclipse. Welcome, REturn of the divine feminine; way to blast the heck out of the masculine density and transmute it through many a gridworker. Ouch, my aching right side. Would one of the starseeds playing with healing technology please send me something 100x stronger than epsom salts? I'm working with Shasta and Gaia's base-chakra portal is starting to dilate!

Hey, Venus: the REturn of Quetzalcoatl

The June 4th Full Moon and partial lunar eclipse paired with the June 5th Venus Transit provide a timeline-jumping window. It is decision time. Either you choose ascension to your divine feathered serpent (crystalline DNA) self or more of the 3D/low 4D madness. Bridges for Quetzalcoatl's REturn were built during the eclipse on May 20. The grids are getting a REalignment during the first week of June to make the jump to the ascension timeline less of a leap across the canyon. Take the bridge. It may be evident to a lot of folks that the old stories are o-v-e-r. Whether they end with "and then I woke up", "they all lived happily ever after" or "to be continued" is entirely up to you.

While we have support for the inevitable ascension process of HUmanity because the New Earth already exists, the Shift is Sifting the metaphoric wheat from the chaff. (Apologies to those with gluten allergies.) For clarity, here are some characteristics of both:

Wheat:

- Integrity, discernment, neutrality
- Living from the heart: Self-Love, compassion, harmony, creativity
- Honoring, respecting, assisting HUmanity, the kingdoms and elementals
- Dispelling the illusion of fear from all endeavors
- Taking action on creating the new paradigm

Chaff:

- Control or manipulation of others
- Living from the lower Mind: Refusal to change until forced to change, righteousness and judgment, payback scenarios
- Disingenuous practices and behaviors, secrecy
- Service to Self: sex/power/greed/money/materialism/disempowerment of others/hierarchy

- Egoic lizard-brain fear structures: murder, war, conflict, inability to adapt to unity
- Loyalty to dark agendas, soul group contracts or bloodlines of distorted/parasitic constructs

These choices are pushed to the forefront in both the individual microcosm and global macrocosm this month. Ironic to see separation as we move into Unity consciousness, but things have to break apart so we shake out what we don't want integrated into the New before we unify. Much like the magnetic adjustments in the planet right now, everything gets expanded to release the density, then realigned to accommodate the future outcome. You can do the same with your body; sign up for my online webinar if you would like to learn how to do this.

Luggage limits for the journey

Sub-conscious density, egoic habits, emotional baggage, disingenuous behavior and procrastination will keep many in the long, painful waiting line of the Shift. If you are willing to drop all of that excess weight/wait, you can get out of that (time)line and jump to the higher vibration now. But you must be willing to surrender the old paradigm and walk the talk of the new.

Freedom is the new Safety

As the veils lift, you realize this is not new. Freedom from all of the disempowering structures is where our safety has always been. The freedom of knowing your Self as Source is infinite power. The difference between now and past in-carnations is that we aren't being assisted off the planet for speaking our truth or taking action, at least not as frequently or as easily as in the past.

If you are truly frightened of being killed for speaking out or speaking up – take a look at that belief. Who exactly has planted that fear in you? Who are you afraid of? If you are infinite consciousness, why would you enslave yourself in fear of survival? Doesn't that sound like a program, a construct, a distortion of the truth? Why do you allow that to dominate your lifestream? Why are a few of you drifting off topic with the limited freedom of speech in some countries issue? Focus, people, focus.

Inaction is the worst case scenario

Will the big bad They separate you from your body vehicle for starting a community action group, talking about the Shift, or creating new products, services or activities to empower people and honor the planet? Are you truly going to be killed for taking that group to the town or city council meeting and requesting a chemtrail no-fly zone in your area? Or talking to your local store manager about non-GMO or local food supplies? Or starting that awakened parents group that betters the education, health and empowerment of our children? Or starting a local free energy solution team? Worst case scenario:

what if you know better, still do nothing and find you, your family and community a victim of your own inaction? If you are afraid of retribution, poverty or death for creating something from integrity, I suggest trying the old safety in numbers theory until you're confident enough to be authentic on your own.

If you are absolutely crazy-paranoid about Them and their psychopathic agendas to the point of immobility, then: A.) stop watching those damned fear-mongering videos and visiting those fear-trigger blogs and chat groups, because you're unknowingly feeding that vibration and that's exactly what They want, or B.) accept that you have already surrendered your consciousness and congratulate yourself on blowing a perfectly good incarnation during the Shift. Coulda, woulda, shoulda. Open a bottle of bourbon, sit back and thoroughly enjoy the Armageddon show. If nothing awful happens, thank a lightworker.

If you decide to approach change with conflict, such as fighting for freedom (oxymoron) or protesting policies and policymakers (rather than creating alternatives in a clear, honest, open energetic of love – which is a light intelligence, not a lofty ideal) and you get assisted off the planet for being a troublemaker, it's probably not the first time you've created this kind of journey. Congrats on leaving with your throat chakra open! Come back as a crystal child in 2014 and work on that heart chakra.

Oh Venus, Make my wish come true

Hiding, dimming down, waiting for someone else to go first, or dreaming and wishing for a better life rather than participating in its creation has kept us in this serpent-eating-its-own-tail cycle of stagnation. (Yeah, that's not infinity, folks – but it did feel like forever, didn't it?)

For the first time in thousands of years we have light intelligence at the quantum level providing an opportunity to REactivate our true divine selves and leave these collapsing illusions for a higher frequency existence. It's an opportunity; a proposal to your free will to choose what you would like to experience.

It is your divine birthright to REalign with Source and crystalline consciousness. The choice to exercise that right is entirely up to you, Kachina. Take the mask off so you can see your way across the bridge.

Hey Venus: Part Two – Cosmic Alignments in the DNA

May 30, 2012

All in the Cosmic Timing

If you've been awake for a while, or involved in the Shift movement, you've probably heard enough. This is the big moment predictions to last another Great cycle. And yet, here we are in June 2012, with Venus about to make its transit across the Sun, and all kinds of synchronicities are lining up to dissolve everything that was. I highly recommend some preparation, even if you have to take a day off (!) this week to do it. Seriously, give yourself whatever hour or hours you can manifest.

For clarity – because so many are asking the same question – no, not everyone is going to experience these events in the same way. Please don't worry about other people's journeys. A dimensional division has been made and is separating experiences with a wider and wider gap every day now. You'll attract and repel people, places, kingdoms and elementals as your vibration rises and falls and adjusts. The same occurs in the unawakened. Leave the lower mind-level concerns behind.

Venus Transit of Solaris

At the core of this cleansing transit, with Venus passing by the South node of Solaris on June 5, is the eradication of deep distortions of love. It will begin to clear the collective consciousness of Venusian love energies; the dependency on the external to provide egoic, self-serving, self-gratifying sexual behavior. The distortions of love and sex on this planet are obvious, and have kept many in collective energetic shackles. The request to end miscreations and distortions on this planet apply to everything, and the sex-power-greed constructs have done significant damage to the HUman psyche. So they are getting burned out of the collective consciousness.

All of the horrific behavior on this planet is getting purged, and no one should sit back and think it won't affect them because they aren't a child molester, satanist, or porn patron. These constructs are collective, which means the vibration causes distortions on many levels. It manifests the need to control your girlfriend, cheating on your spouse, manipulative or competitive sexual behavior, addictions, obsessions and fantasies which keep people out of their divinity and locked in lower-level egoic miscreations of the demand for power over others. It even expresses as repression of love, fear of love, puritanical hierarchy, celibacy and isolation.

Clemency missions for some of the worst offenders showed me just how far from Source these constructs have taken us. But these constructs feed on collective agreement, and brother we have a LOT of this desire-me-or-else and money/sex

disempowerment going on. The list of major and minor misinterpretations of love is long; Creator in-carnate has found endless ways to express degrees of darkness and distortion. REMember that this is about balancing Divine Masculine and Divine Feminine; it is not about judgment. We're just getting the closets cleaned out to create harmony.

Authenticity is authenticity, and all of the hidden agendas of the sex/power/greed/desire/control matrixes – even in your own lifestream – are on their way out. This doesn't mean judging and abandoning relationships or sexual activity out of fear. It does mean evolution, and lifting the veils you have kept over your own heart.

Unity consciousness demands the elimination of service-to-self sexual expressions as much as any of the other service-to-self constructs. This is another step toward Self-love, divine love, unconditional love. For the awakened who have done the heart-examination/activations and clearing, it's an opportunity to anchor into the ascension timeline. The more the merrier, so please put all level and layers of your heart in the right place as we go into June.

Just as with May's egoic density purge, the effects on our lifestreams may be surprising. Sometimes it seems there is no end to the veils and masks, but it's humorous now. That's an authentic perspective on identity. Thank goodness we have learned how to release and integrate – now we just have to do it a LOT faster.

Also, please don't blame Venus or think that Venusians are perverted or malevolent. This is ancient history getting cleared out of this Solar system. Planets represent different metaphors and tales in our history, and we're getting back to the divine, pure expression of other planets as well as our own. Plus Venusian technology, like Tesla's work, will probably be very helpful for 4D Earth.

Quadrupolar Solaris

The magnetic field at the North Pole of the Sun started reversing last year. But here's the catch: the South Pole maintained a positive polarity. Solaris is moving into a four-pole magnetic structure with two more poles near its equator. This happened before, but it's interesting that this stabilized around the eclipse. More changes on the way. With the increased photonic activity last month, it appears our beloved stargate is changing. I sense the quadrupolar activity is not the final step for Solaris, but a progression as we pass through the photon belt/galactic center alignment.

Micro wormholes: portals to Ascension

As above, so below. Everything is opening up, cleansing, balancing, preparing. Our portal to ascension – that's 5D for those taking the big leap – is embedded in our cellular structure. And it's time to rise and shine. All of these steps up the invisible staircase of ascension are leading to an alignment of vibrations between

you – lower dimensional you reading this article – and Higher Self you in 5D (receiving this article's encodements). Marriage of the Higher and Lower, the great Merkaba metaphor, the divine template activation, the multidimensional convergence; whatever you choose to identify with, the big timeline jump is occurring.

This is where it gets geeky.

Micro wormholes exist in the mitochondria of our cells that receive codes, information and light intelligence from our Higher Levels. Mitochondrial DNA (mtDNA) is a bit different than Nuclear DNA, and is one of the factors in reactivating the pure HUMAN genome and crystalline consciousness (not the only factor). The cosmic trigger of these galactic alignments, along with Gaia's increase in frequency and our conscious activation of the ascension process has been activating these wormholes. As these micro portals open up and expand, taking in more light, codes, harmonics and Source/Zero Point consciousness, it assists our cellular vibration to ascend – or increase in frequency – to match the vibration of our fifth dimensional Self.

This is why so many of us are able to experience dimensional travel right now, right in the core of our being. We are expanding our consciousness to meet the resonance of our higher expressions. When these micro wormholes activate a strong enough connection to maintain the higher frequency, a dimensional shift occurs. We shift from the denser carbon form to a less dense carbon/silica (crystalline) lightbody form. Wormholes in the Universe are related to intergalactic travel, time travel and communication. The galactic center seems to be stimulating these portals, similar to a micro wormhole switchboard connecting one party (Gaia and us) with another (Source and the rest of the Universe).

DNA bi-location surprised some scientists last year in the lab, but the metaphysical tribe has both witnessed and experienced bi-location of the Self, bi-location of others in the physical realm and endless flip-flopping with parallel realities/timelines. With linear time collapsing and the spirals of major timelines separating, it's time to open up those micro wormholes and hold that higher frequency. As always, it is a personal choice to choose an ascension timeline. Every major timeline has its challenges. It can be just as difficult to experience suffering as it is to witness it and maintain a higher vibration.

Summer Solstice 2012: The Dream Unfolds

June 12, 2012

We've often heard the intention of Source expressed as a dream; our Universe as Tao. Everything that we experience is the answer to Source's question, "Let me know more of myself."

The dream unfolds as Sound, Light, Geometries, Universes, Galaxies, Stars, Solar Systems, Planets and beings of every imaginable expression exploring every imaginable endeavor. Supernovas burst. New forms of creation emerge. Galaxies amplify. A small planet in the Milky Way galaxy shifts to a higher dimension. A group of beings rediscover themselves after an experiment in spiritual amnesia. All of it disperses and reunites as the Universe dreams of itself; the dreamer within the dream of Source.

If you've done my expansion exercise to connect to Source level, you might be able to tap into the dreamer aspect of this incredible journey. Feel into yourself as Source, dreaming yourself awake just enough to take control of the dream's path. Breathe as Source in this lucid, amazing, beautiful dream of creation. It feels like Source has changed the truth of the dream.

A few years ago I published a novel entitled *The Creator State*. It was a story I had copyrighted in 2001, after 3 years of clairaudient daily messages from my Pleiadian-Arcturian brethren. The story follows a group of artists (performers, musicians, painters, filmmakers, writers) who begin to encounter vast realms of consciousness while creating. They call it the "Creator State" because it feels like being one with all-that-is. The phenomenon spreads worldwide, linking thousands of creative artists. The creator of the group decides that she and whomever is available could take on a bold experiment in quantum physics. An attempt to shift the global consciousness to a more harmonious level by tapping into their Creator State simultaneously is planned, with the intention of raising the collective. The experiment unites thousands on the Summer Solstice, and – as you can guess – the story ends well.

Let me note that I did not know about the Shift movement until after the novel was published. I barely knew what to do when the messages of 99 which spoke of fallen towers and rebuilding HUman hearts began to come true. And yet here we are at the week before Summer Solstice, when I'll be gathering with a live group up on Mount Shasta – and thousands of others around the planet – to intentionally raise the consciousness of HUmanity. My dream – Source's answers – unfold in such beautiful ways sometimes. Metaphor is the language of light, as well as the language of life.

Solstice week: June 19 – 25, 2012

Why the whole week? Because the beloved Metatron via James Tyberonn says so. Tyb has brought in massive amounts of information from Metatron on the

crystalline grid as well as countless other topics. If you've participated in any of the activations in the last decade with Tyb, you know that something unusual occurs on the dates he emphasizes. As the Shift steamrolls into December, the energies of these markers is extremely amplified.

Granted, there is a lot of intention and thought form poured into the collective consciousness during these markers which makes them even more effective. Even if you are Guardian-polarized about Metatron, take a look at what is occurring here. It's June 2012. Thousands are gathering to feel the grid activate a new level of unconditional love and bring it into their hearts. With six months to go, I see no harm in energizing intentions for bringing more light into the collective consciousness.

Opening to the new level of light

Metatron and Germaine are reporting that a Council of Angelics, ETs and Ascended Masters are meeting from June 19 – 25 to activate the Crystal of OM beneath Mount Shasta. The Crystals of the crystalline grid are Atlantean constructs which were anchored deep in the planet just before that second moon exploded into the Atlantic and took the rest of Atlantis off the map. (Atlantis, Atlantic, are you getting this?) During Solstice week, an energetic wave of unconditional love will blast through the crystalline grid from Mount Shasta. Any awakened ones in the vicinity get to feel it first hand; others get to experience it by tapping into the grid with their consciousness.

The Timeline Gap

As with any of these activations now, a level of light (light quotient) is necessary to accept this into one's beingness. Timeline jumps were made between the eclipse and the Venus Transit which make the dream completely different – even more so than before – for ascending HUMans.

I'm having an intense experience this week walking between these worlds. My lifestream follows one Timeline and watches another:

Light intel has been bombarding my consciousness with new information.

People from all over the world are arriving in Shasta with expectations and agendas.

When I'm on the mountain, I sing native songs and make geometric patterns out of stones and branches. Something to do with portals.

I'm opening the group gathering on the mountain next week.

Members of my star family have arrived.

My tent's zipper is broken and must be fixed.

Pre-activation energies are shaking things up in the collective consciousness. I can feel it, but haven't seen mainstream anything in weeks.

Military helicopters flew over Shasta again today – a week prior to a marker, just like the eclipse and Venus transit.

A friend is coming to town and I'm driving her to Tahoe this weekend.

Yeshua presented to me today; it felt like when he visited me as a child.
I have an hour alone in the pyramid here on Wednesday morning.
There is still snow on the ground where we are camping next week.
I'm experiencing a level of love and light and gratitude that I have never felt before.

People keep asking me about awakening and they don't know I'm an ascension counselor.

Light beings are zipping around my room as I write this.

I want to do another webinar and an easy online tool presented.

I received light intel about my ascension and the dimensional split.

I would love to prepare everyone for what I see coming in.

My telepathic skills are amplifying.

I'm sleepy because part of me is in the "5D liaison" preparation I requested.

I'm leaving one dream for another; the new lucid dream is fantastical. Clear and vibrant. The old dream fades: memories, agendas, personalities, encounters, experiences, all dissolving in the new light. What a strange and fascinating dream it was.

The Solstice Gathering on Mount Shasta

June 25, 2012

Blessings dear family of light! Last week I attended a week-long gathering of lightworkers and wayshowers up on Mount Shasta. Camping on the sacred mountain is beautiful in itself, but merging into a collective of lightservers was simply brilliant. So. Much. Happened.

I have a lot to share from the event and the transformative month of June. Please join me on Ascension Integration Radio this Wednesday at 4pmPDT/7pmEDT for a powerful discussion of activations, Star brethren and the brave, love-filled collective creating the New Paradigm right here, right now.

Upcoming Online Event: An Ascension heads-up, please ...

One of the most potent steps on this invisible staircase of Ascension is merging with the Higher Self. I welcomed this in a few weeks ago and the process has been astounding. It feels simultaneously miraculous, ancient, new and natural. Most importantly, it completely integrates all aspects of the galactic self; all levels, layers and dimensions of Source-as-HUman. This is available right now to those who are ready to learn the truth of who they are and why they are here.

No. More. Waiting. Or. Wavering.

Is it challenging? Of course. Nothing in a journey of Mastery comes easy, especially when walking between worlds. But for the first time in this long path, the challenges are superficial; you see what is occurring in your lifestream and make choices out of divine wisdom and light intelligence rather than lower-level survival, fear or duality. Operating from integrity and unconditional love becomes second nature; there is no questioning of motive or intent. Emotions are witnessed, but they have no power. Feeling becomes divine knowledge; wisdom connects us to all-that-is.

For the first time in thousands of years, we are free of the polarity game and denser constructs of planetary existence. But you have to be willing to take the step, because everything in your life will change. Clarity can be just as challenging as confusion until its directness is fully integrated. Fortunately, manifestation is running in hyper-speed now. This applies to lessons as well as integration, and it also applies to the amplified power of thought. Responsibility for the Self and all of its magical creations is vital.

Clearing, Mass maneuvers and the absence of drama

July 2, 2012

Adjustments to the emotional levels

As we incarnate our Higher Levels and clear the blocks, emotions and nonsense which do not serve us any longer, we go through a period of detachment. The body and mind need to readjust to a life without drama or the habitual reactionary state. It can be perceived as disinterest or lack of enthusiasm, as the mind/ego/emotion complex begins to transform itself into a supportive structure.

In the meantime, it may create sensations of loss or listlessness. There is a kind of mourning phase as we let the old reality go. It doesn't last long, but I personally tend to get it every time an amplification occurs. Sometimes an hour or a day goes by in that state of Hmmm, so that's over. Now what? This is a normal stage of the process which can be accelerated by amplifying the crystalline structures. As always, it's a matter of choice and direction as to how long you wish these phases of the process to linger.

Eventually the re-wiring of the lower levels lead you to the freedom phase, which brings joy and exploration of the new. It does take some integration as the old habits and perceptions drop away.

REmember that feeling and emotion are different things – emotions control or manipulate the lifestream, whereas feelings are heart-based knowledge of the Self. Your Self-love and connection to Source will become so strong and so clear that the bored detachment phase will dissipate.

My occasional blues are dissolved by creative or spiritual activity. I like to mix it up when my Higher levels are blaze about regular activities. The tribal/native activities have been very good for me this month – getting out in nature, chanting, singing, banging on a drum, making sacred art out of sticks, stones, anything of the Earth.

I noticed that when drama occurred in a recent gathering, I was completely detached from the emotional reactions of others. I felt into what they were experiencing on a soul level. While I can't participate in emotional drama anymore, I AM present (presence) as a wayshower to embrace them, be kind and talk them off the polarity ledge if needed in a calm and neutral way. It's about being the unconditional love presence, all the time.

My crystalline consciousness got a huge acceleration this month, so I'm really feeling that Essene-type wisdom of freedom from the external push and pull. In this world but not of it.

The mass arrest/mass landing construct

As for the arrests/landings, they subtly began in late May. Please don't expect to hear about it right away. The media – and many of the white-hat types – are still very controlled by service-to-self agendas.

I won't get into the Drake construct, because it has nothing to do with the ascension process. Regardless of the splintering polarity surrounding the mass arrest scenario, I still wish Bill Wood peace after being freed from jail last week. I also send love to David Wilcock for posting his authentic I haven't heard anything about what Drake is talking about from any of my sources, but that doesn't make him dark article this week.

I get many questions about the mass arrest/mass landing constructs, as well as Obama being/not being a lightworker. My first response is, What does it have to do with your journey?

It seems that many people are still associating destruction of the old timeline/paradigm with the birth of the new one. If you're still caught in the old paradigm domino affect – waiting for one thing to happen to trigger another – let's shatter that perspective right here and now.

Linear events vs. Timespace Spirals

Linear time was a side-effect of density; a 3D illusion. Technically it's not supported by Gaia's frequency anymore, but we have huge collective agreements operating on the planet that keep the illusion running.

Linear time has been toyed with to the extreme, and collectively HUmanity still tends to create things in a linear fashion: cause and effect. One thing has to happen in order for another to occur. Let's just abandon all of these old perceptions, shall we?

Time is a flexible, pliable, deeply multidimensional playground. As we step into our Mastery after this lengthy sleepwalk, we get to experiment with pure creation along many spiraling timelines. The terminology is better served by timespace or time continuum, but let's use timeline here for clarity.

In the past, we unconsciously jumped personal timelines as we made choices about how our journey would unfold. We were unfocused and at the mercy of the collective consciousness for a long time. Now that we are consciously choosing major timelines (the 5 or 6 major timelines of ascension or destruction), and individual timelines (choices in the lifestream to create desirable outcomes), we are able to create with the vast possibility of the Universal state of consciousness.

Collective balance

For the mental state of the collective, these revelations may come softly and slowly at first. A frightened collective harms the ascension process of Gaia; we saw this with 9/11 when our 3D to 5D Ascension timeline was derailed into a dimensional split with 4D slowly shifting to 5D. Just as with our own process, it's about balance. Blasting ourselves with high frequency or brand new information can cause more harm than good to a consciousness unprepared for high revelations.

That said, we're in a much higher level of awakening than we were in 2001; the paradox of creating mass events to derail the ascension path is that the dark created a worldwide wake-up which revealed just how far the dark would go to prevent ascension. Gratitude for the chaos, lovelies. Well done.

A financial collapse/turnaround has already occurred, can you sense that? We also have beautiful interaction with our star brethren. We're already there. Breathe into your ascended Self and take a look at what is happening on the ascension timeline.

For those who are embodying the next state of consciousness, it really doesn't matter. When I witnessed the biggest lightship I have seen up close (in this journey) in June, I felt pure love and genuine mutual respect. Many on the ascension path are holding a high enough vibration and enough neutrality to interact with higher vibrational brethren. I certainly wouldn't wait to hear about it on TV (does that still exist?) or YouTube.

If it does get revealed to the general populace, so be it. If it doesn't, so what? It isn't the first time that things are occurring in my lifestream which most folks are not experiencing. It does not matter to me what the external wants to play with, because my internal wisdom is burning brighter than that external projector. That external movie is interesting to watch, but it isn't my truth.

Anxiety-peddlers like to keep folks on guard, on edge, wanting hoping wishing for something outside of themselves to wake up the masses. It would be great if everyone pretended like that was never going to occur. What would people do instead? Begin to change things or give up?

In this whirlwind of change named Summer 2012, it's best to create whatever you desire. Fortunately with Emotional clearing and the activation of crystalline consciousness, we get to be neutral as changes unfold. We create the New for the highest interests of all, and prepare a lovely new paradigm for others to walk into whenever they are ready.

Current Ascension phase: Incarnating the Higher Self

July 6, 2012

On Saturday July 7, I presented an online event to share the dynamics of the current phase of the Ascension process: Incarnating your Higher Self into the physical. *(Now part of The Ascension Course)*

This event was loaded with information and celebrates the beginning of the Higher Self stepping into our physical bodies. I am filled with gratitude that so many are welcoming this in and learning exactly what it feels like.

Why is this occurring now?

If you've been following the Ascension developments this year, you'll understand the natural progression of the steps involved as we prepared for divine Reunion of the higher and lower levels. With the triple event portal of May's eclipse, the Venus Transit, and Summer Solstice, we experienced a release of what no longer serves us, and a divine return of all aspects of ourselves. All parts of the Self; masculine and feminine, past, present and future reuniting on the Ascension timeline. This sped up our Ascension process significantly, which is why so many are feeling the divine purity of light intelligence consistently in their lifestream.

As this is the precursor to fully embodying the Crystalline Consciousness this autumn, I AM guided to share this process with you. Gaia's Gridwork is now complete, the dark is dissolving quickly, and Earth-grounded HUmans are about to reunite with the intergalactic community. The veils are lifting on our existence as Masters; this is why this step is presenting right now.

The event will explore:

- A quick review of the progression of the Ascension Path and raising the vibration
- Where and what is the Higher Self
- Connecting with and welcoming in the Higher Self
- DNA activation and the light intelligence of Unconditional love
- Embodying the crystalline/christ/krysthl consciousness
- Mastery of this existence
- Progress check: Signs of the Higher Self stepping forth

Why welcome this in?

- Freedom from all illusions of fear, doubt, worry, lack, emotions and constructs of the ego-mind subconscious
- It has a strong impact on the collective consciousness
- If Ascension to a new expression is one of your goals, you must embody this frequency

- Meet any challenge or change with neutrality and discernment
- Be a light of pure assistance as HUmanity reacts to evolution
- The external becomes a non-issue as time collapses and Gaia ascends

This profound phase has accelerated into a powerful activation of my crystalline consciousness. I am honored to share this wisdom with you.

Upcoming Accelerations and Possibilities

July 20, 2012

We're about to enter another acceleration next Monday, and I wanted to update everyone on what this may or may not mean for our lifestreams. As always, Light Intel may or may not affect the general populace, but this one feels a little different. Let me dig into this from the Ascension tribe perspective.

Last weekend I experienced a major jump in my process and path. As I mentioned on my radio show, cosmic timing must be honored. So there are aspects of it I cannot share just yet. One of the visions which presented last weekend was a huge portal opening up above Gaia. Through a golden flower of life type geometry (which looked more like a lightship or stargate), an electric blue lightning crashed through and connected into the planet. It was very galactic in nature; constant bolts of very intense energy. The portal was shown to me by two humpback whales (they have been with me for a over a year) who watched over either side of the vision. The electric energy was cosmic in nature and I took the metaphor as symbolic of the Orion Reiki energetic, mainly because of the whales (Orions) and the blue lightning of healing energy (Orion Reiki modality). This time however it did not reflect a calm easy healing. It appeared demanding and very intense. Note: Please let go of any judgments about Orion because of the planetary agendas that stepped through there, it does not reflect all of the inhabitants of that system.

That vision, combined with other many others and some direct encounters last weekend, gave me clear evidence of a major change about to unfold on this planet. The timeline presents the point where things start to come apart. Take a look: Wow, this is when that happens? We're there already? Okay, here we go.

We really have to keep our realities flexible and discerning as we move into this acceleration. I do sense that certain layers of conscious awareness – levels of light – will be able to integrate and discern what is or isn't occurring. For some still caught up in the external projection of fear, it may appear chaotic and it may become manipulated by service to self-agendas. Even though that game is still trying to play out, those still obeying the dark might get their own wake-up call next week. It seems an elimination of the root of the problem – the parallel universe from which the darkest of the dark came from – may be occurring.

I know how that sounds and all the judgment that comes with it. How can Source just collapse an entire Universe? Please understand that not all Universes are expressing like ours. The multiverse is a vastly multidimensional expression of Source. No two Universes are the same, just as no two expressions of anything are the same. As I have mentioned many times, our Universe is getting a rewrite, and parallel Universes are not untouched by the request of Source for an upgrade. A big change in the lucid dream of Source expressing as Universes. This is the moment when I get to repeat the truth is changing.

We're experiencing this on a planetary level because of our location in the galaxy. The Universes aren't reversing magnetics because of us, or for us, they are in the process of changing and we get to feel the rewrite on a planetary level now. This doesn't mean total destruction, so don't let anyone throw you into fear after all the work you have done. Gaia is a Master of balance and she'll do what she has to in order to keep up with her own ascension. Just as we are learning to do. This upgrade is about consciousness, and the physical follows its demands. It does mean letting go of attachment to what was, is or will be. Your expression – your lifestream – is whatever you choose to manifest as we encounter these vast energetic changes. We're vulnerable now to photonic amplifications with the magnetosphere so thin, and that is a very good thing. Use the exercises we've talked about on the webinars or sessions to rebalance your magnetics. When things get completely reversed in the external, it is bound to have an effect on your internal, because you are a part of Source in this magnificent Shift-dream.

Magical things are unfolding right now. Feel into the possibilities available for you. An ascending consciousness demands responsibility and surrender to the highest expressions of yourself. As we begin to in-carnate the Higher Self – if you choose to command this – the Unity/Christ consciousness kicks into full speed. It's time to eschew the loneliness and grasping of the search and step into knowing. Your wisdom is the wisdom of Source, if you give up all of the mind's assumptions on what is or isn't happening.

As we move into this acceleration of Mastery, expect action. That isn't external actions changing things or telling you what is the truth. It's YOU taking action on the requests of your Higher levels and Source. More of the 3D/low 4D won't fit or make sense anymore. That is a good thing; let it go already. Make the big leaps in surrender that bring magic.

Current Energy: Weeping for the dissolution

July 28, 2012

In my last post I mentioned the energetic acceleration of the 23rd, and many of us on the Ascension path got hit right in the emotional level. Again we see how the macrocosm (shifts in the multiverse) affects the microcosm (our lives). Even after the incredibly profound moments I shared on my last radio broadcast, I had a intense crying session on Tuesday during a conversation with Source about what was occurring.

This week marked a further division between realities. As palpable as it has been already, another amplification to the separation between awakened and sleeping HUmans is in progress. This step feels a bit judgmental to me, but I received clarity from my Higher Levels that it isn't a sorting out of good and bad. It is the natural discernment of a higher frequency.

An entire strata of the darkest of the dark now have no chance of clemency for their actions, simply because they waited too long. Lines have been drawn in the sand, and it appears that those clinging to control and manipulation – even after ample requests to cease and desist – have chosen to go down with the ship. Or rather, go down with the Shift. Don't bother to figure out who is on the list; this is happening at Higher Self and Soul level.

I found myself weeping for these dear brothers, because they are part of our HUmans family regardless of their horrendous choices. They are beguiled beyond measure by the entities and deities of ego, mind and emotion. It's a tragic state of beingness for them. Part of me wants everyone to feel what I am experiencing, wants everyone to share in the celebration of the divine return of all that we are. But that dissipated quickly as I comprehended Gaia's ascension choices, and our conscious choice to assist her. At some point it had to be put up or shut up time, and that time is now.

We will experience the dissolution of all lower vibrations not supported by Gaia as her frequency rises. This is an ongoing process and the darkest, densest energies go first. When it comes to souls – or the soulless – there is a great deal of rehab to be done at that level. Those who are loyal to dark agendas are participants in the HUmans race, but they were given many opportunities to step into integrity and denied them all. Triality demands the highest interest of all concerned, and evolution makes the wisest choice when some refuse to do so.

You may have felt this division as self-judgment this week. Emotions kick into distress over doubts and fears which lurk in the subconscious. Many were weeping because the acceleration triggered decisions to be faced; old judgment/frustration issues that have to go now. The ancient metaphor of judgment day puts us face to face with our true Self. Integration of all of the Self means the wisdom of Unity consciousness must be heard and utilized internally in order to create external Unity. In some cases, the internal simply has to match

the external vibration in order to stay here. If it doesn't, evolution takes over.

I don't see this as a slow crawl toward Unity anymore. The division is so blatant now between 3D (actually 4D now) illusion and the reality of 5D Oneness. For those on the Ascension path discovering the magnificence of crystalline consciousness and merging with the Higher Self, the wisdom of this separation is apparent. Heartbreaking at times, but from a higher perspective we can see the divinity in our diversity. We are all expressions of Source, and as Creator Incarnate we must take responsibility for what we create.

Things get to speed up now, and the tears leave as quickly as they came. Clearing out the dark corners of our own closets will make the process a lot easier, and enable us to be the calm, discerning and responsible wayshowers through the remains of an amazing and challenging 2012.

A message of gratitude...

July 29, 2012

Mastery brings freedom from external influence of emotion, ego and mind constructs. Those lower level deities are not you, they were collective agreements which assisted in surviving the dark illusions and survival during our journeys here. That time is over, and the shadow of 3D/low4D which the external continues to play out in the collective is only as real as the level of consciousness which engages with it.

So much more is available to us, and for the first time in a seemingly very long linear time, we have the opportunity to know our true self and Source in a deeply intimate way. We have the opportunity to incarnate our Higher Self right into the physical vessel.

This phase of ascension is truly magnificent. Unconditional love, pure light intelligence, and a deep understanding of unity/crystalline consciousness is activated within every particle of our being. Knowing ourselves as a unique expression of Source, and knowing all that is around us is one in the same – divine expressions of love – is a profound and beautiful state of being. It moves us out of the realms of theory, prediction and speculation and right into realization, penetrating every facet of our lives. The brilliance continues to unfold, expand, amplify; there truly are no limits to our experience.

We are so very blessed to have made it through all of the veils and challenges here. Despite all of the attempts to block this process, we stepped into Mastery. I am deeply grateful for taking on this amazing experiment, and for Gaia's willingness to provide such an amazing platform for learning these incredible lessons of love. If there is any reward in this journey, the immense amount of love and respect for everything in creation is enough.

Many blessings and strength to all of us as we embrace this transition and the magnificent unknown. Welcome home.

Olympian games: discernment under pressure

July 30, 2012

There is a channeling which surfaced last week on Cosmic Vision News and Steve Beckow's site which reports that an ET landing will occur during the Olympics next Saturday August 4. It's a long conversation, but the basic idea is that the planet has to be cleaned up in time for her ascension to the fifth dimension, the Queen and "other world leaders" have agreed to disclosure in exchange for clemency, and a showy first appearance of ET ships will occur over the Olympics in London on August 4. The speed at which this channeling flew around the awakened community was staggering, along with the polarity which accompanies huge claims such as this.

For clarity, I wanted to respond to the many emails and messages asking for my opinion.

The idea of first contact somewhat aligns with two events/intel for me: 1. My personal ET contact 2 weeks ago (ongoing) and 2. My message regarding the line in the sand drawn this week for the darkest of the dark. You can read the post and listen to my radio show on both of those topics if you're interested.

The Australian channel who backed up the CVN report was the first time I've heard any kind of push for a full-on 5D shift in December. I've been talking about that for a while as a definite possibility for some, but not everyone all at once. She also mentions my intel about the 3D shadow, that 4D is already here. It's always nice to get little confirmations on bits of the process. 4D is basically the astral realm – Low 4D is that funky space of dreamtime and crazy beings you get to experience on Ayawaska. But it's still a vibrational layer that we experience on our way to 5D, even with the astral collapse. The high 4D level is where many of us who have activated unity/crystalline consciousness already resonate. 5D – the Higher Self level – has already begun to incarnate into the physical for some embracing the Ascension path of service.

Turning off the Interference

The idea of "turning off" the frequencies which the dark use to keep folks perceiving a 3D reality is a welcome effort. The Ascending already feel disconnected from society, since our perception is in 4D/5D. The shadow of 3D which the general population is still experiencing makes no sense at all. It looks like a movie, a rouse of nonsense. Communication between these realities has become very difficult, let alone the invisibility factor that some of us experience when out and about.

If the interference were shut down, people would be able to think clearly and begin to realize the truth. This step would be beneficial in my opinion. While there will always be fallout from ascension due to levels of consciousness and ability to adapt, there are many wayshowers available to take on the task of guiding

people through a complete shift in their reality. Will it be chaotic? Of course, can you imagine going through your awakening in a day? The adjustments to the body, mind, ego and emotions that we have been diligently working on would suddenly confront the masses. However, they wouldn't have the resistance and credibility issues that we had to deal with. If everyone feels it, it becomes safe to work on ascension on a global scale.

With evolution in jump time, there is a point where you're thrown on the beach with legs. Those who refuse to adapt to walking, retreat to familiar waters and drown. For a disconnected HUMAN confronted with their own choices in a clear way, it could mean madness. Or stress to the point of disease. Even if the general frequency is at high 4D, there is a big learning curve when it comes to dropping religion, duality and separation. Living in a state of unity, love and compassionate service takes training, and 5 months feels incredibly short considering the amount of time we've spent in the dark.

Bringing everyone up to speed feels like an overwhelming task, but we've had many say that the last part of 2012 would be so fast and chaotic that nothing else would matter. I'm still concerned about waking the collective too harshly and its effect on Gaia, but it's about time for everyone – even the awakened – to stop hitting the snooze. As usual, our journey parallels hers; experiencing the final stages of ascension with a lot of chaos around us seems like a fitting challenge for Mastery of one's consciousness.

The Off-World Hero Scenario

I have to admit that even if this occurs and it's genuine, I'm a bit disappointed that HUMANITY could not figure this out for ourselves. The plan includes cleaning up all of the horrendous damage we've done to the planet, and waking up HUMANITY just in time. Whatever Gaia needs to make this window, so be it.

From the HUMAN experiment of forgetting all that you are and slowly coming back to your true self, it would be a little sad that not everyone made the deadline. But it's not about us right now and I understand that. Eventually someone has to say, "Game over. How did you do?" When I look around at the masses still fighting about politics, relationships, religion, countries, neighbors – all of this density – I still would like them to have the opportunity to learn unity consciousness without a big "shazam." Why? Because it's so magnificent to REMEMBER yourself! The AHA moments are worth the thousands of years of amnesia. The revelations within and sudden sensations of "Oh my gosh, I GOT THERE!" is worth the heartache. It's even worth the long-ass battle here. So it's with a sigh that I say, "Whatever needs to be done, go ahead and give 'em the shazam."

Discernment to ensure this plan is genuine

While it is fun to consider the advantages/disadvantages of a showy ET landing on TV, I'm neutral on giving it power. Even with my own interactions I'm still

neutral about what is or isn't happening. I'm taking in the experience, discarding the rest until applicable.

Why I'm not bouncing all over the place over a rescue scenario:

- Rescue scenarios make me twitchy. Why the fast and furious scramble to the finish line? Why has the agenda of a false landing scenario been discussed for ages, and yet no one is discussing a possible "last grab for consciousness" agenda? Seems like it would be easy to convert the Alien war agenda and turn it into Alien rescue with happy people walking right onto ships in order to "help out." Just a consideration.
- If Gaia has already made the split and manifested her 5D Self, why would there be a rush to clean up the lower expression? I thought Gaia was providing a lower expression for HUmanity to move through the Shift and eventually catch up/unify into 5D. Perhaps that is the reason for the cleanup – get everyone operating at least in 4D before part of the population disappears onto 5D Gaia.
- Let a tuned-in gal know what is going on. Why the big decision out of nowhere? Who is making these decisions? My spider senses are tingling on this one – especially after such a profound encounter for me personally. I do hope this empathic sadness I feel today isn't about anything malevolent floating around. My personal interaction had a completely different vibe to it, but my journey may be about something less dramatic. I'm not sure what a liaison's responsibilities are.

What will we do to help out if it is genuine?

The fact that I've had frequent lightship interaction in the last month, and have been presented with "dimensional liaison" since February has me considering that some level of landing is about to occur. We've heard about it for a long time, and the sense of rapid change with these constant accelerations is definitely pushing the envelope now. If my interactions were not so profound, I might disregard the whole idea. My personal exchanges have been in a state of mutual respect, honor and absolute unity consciousness. Malevolence at this stage seems to be generated only by HUmans on this planet.

Discernment and Neutrality

I am well past the point of getting on any bandwagons that have nothing to do with me. The next steps in this journey, regardless of landing, are about fine-tuning the discernment and neutrality levels. That includes clearing any emotions of fear, meditating for peace, activating our heart portals, and making ourselves fully available to our Higher levels. If the ETs land then so be it, what can I do to help. If the ETs are an attempt to deceive then so be it, what can I do to minimize damage. If the ETs don't land and my service begins to include liaison work then so be it, let me know what is needed.

After so much engagement with this end game, it's a question of service for me. How can I help? What are folks going to need to get them through this (inevitable) transition to unity? Ascension guidance has not been a popular, nor lucrative, role in this culture of judgment, even among lightworkers. And it doesn't matter one bit. Even if it takes years for folks to learn to love themselves, each other and unify, I'm still going to help as best I can.

Thank Source I learned the freedom of unity consciousness! I'm so in love with all of our expressions in this amazing metaphor of life on a planet. Bring on the challenges or the glory, because I know I AM.

Upcoming online event: Emotional Clearing

August 11, 2012

Emotional Clearing – opening your DNA and Subconscious to the Ascension process

Now part of The Ascension Course

Emotional deities, entities and constructs create beliefs which stay trapped in your subconscious. This keeps the carbon-based structure of your DNA locked in density (3D/low 4D).

Judgment, repressed emotion, hurt, anger, blame, shame, jealousy, resentment and other low-level emotions prevent the crystalline structures in our body from activating and opening to Ascension codes, harmonics and photonic frequencies of evolution.

This vibrational mis-match (dense carbon next to crystalline trying to hold a higher frequency) and the stress on the organs which assist in processing emotion (liver, heart, pancreas) cause dis-ease and egoic/mental constructs which slow or block the Ascension process altogether.

This is the time to take FULL responsibility for your well-being as the Shift accelerations continue to amplify.

- Learn how to clear your Emotional levels properly: this is not about burning imaginary letters to your Dad or asking your guides to handle it for you. This is not a mental exercise; it is the nitty-gritty work we all must do to raise our consciousness.
- Uncover the Soul contracts which you prearranged in order to learn the final lessons of your incarnational journeys here.
- Identify the recurring Emotional blocks which keep you from moving forward.
- Clear the baggage for good. Enough of the emotional roller coaster, repetitive habits, beliefs, and relationships. It isn't the true you, learn how to let. it. go.
- Train your "clearing muscles" to strengthen the neural pathways which support a healthy, neutral state of beingness.
- Achieve the higher 5D state of consciousness which impacts the Ascension of Gaia and HUmanity.

I will provide the whys, hows and specifics on processing the deep-rooted beliefs, fears and constructs which limit the Ascension experience. I'll get into the technical aspects of DNA activation, psyche and lower level entities/deities/constructs of emotion.

Then we'll move into the steps of the clearing process, and folks may ask questions along the way. I'll have everyone work through some of the hard questions on paper (light grounding) during the webinar. If we have time and someone wants to volunteer to discuss their specific issue/block, that would be great. I'll be offering specific examples from my own lifestream so people understand how this works, and how we transmute these lower energies up and out for good.

No matter what level of awakening you have achieved, your repressed emotions/subconscious can create a "glass ceiling" on the Ascension process. There are certain lessons we pre-agreed to attempt to learn in this lifetime. If we can realize the lesson and integrate it, we may increase our vibratory levels and raise our consciousness to a higher frequency. This allows for DNA activation and restoration of our true divine nature. If we resist or avoid the emotional clearing process, we get more of the same circumstances, relationship issues and challenges until the lesson is learned and energetically transmuted.

Join me for this powerful and vital step in the Ascension Process.

Feeling Source: No interpreters, less filters.

August 29, 2012

Despite the heavy wildfire smoke blowing in from all directions now, I spent a night on the mountain last week. I wanted to have a conversation with my higher levels about worthiness and gateways; if there was something specific that had to be accomplished or if some were pre-selected for walking through.

My Higher Self spoke to me:

In this realm there are doorways; gateways left unlocked for your safe passage. In the brotherhood of light which we call Unified Consciousness, there is no question of permission. For all act and behave on behalf of the One. The question of Mission is Universal; it is Source's search for meaning and mission, explanation and creation. There is nothing in the whole of Unity which is left untouched by Source's desire to know more of Source.

Please explain the Vesica Pisces; why does that present so often now?

It is the torus, the structure of infinite energy in the realms of your awareness. In much higher dimensions, it is no longer needed. For safe passage to the higher dimensions of New Earth, it will be utilized.

Does it represent where the two worlds overlap?

All worlds overlap. Separation is simply frequency; it exists because of the way Source creates a Universe. All mimic that separation and reunification when creating ourselves, our journeys, our realms.

Then I ask Source directly: Beloved Source, how is it that I am able to feel you in my body vehicle and connect with you if you are the highest frequency possible? Wouldn't your frequency overwhelm me?

The collapse of density within dimensions, it is like a filter. The more filters, the less impact a higher frequency has on a lower expression of consciousness.

I hear you and feel you in a filtered interpretation?

Like a conduit through the heart. No interpreters, less filters.

So I am connecting more directly now?

Yes. You are removing the internal filters, and the current alignment of your planet is removing the external filters. The structure of your DNA is encoded to interpret Source directly.

Source, I understand cosmic timing, and this gateway of equinox to equinox with

the metaphor of resurrection right in the middle of it. At what marker will I be able to experience something brand new?

Right now. Your expression is interconnected with Gaia, the collective and your higher expressions. But you need not wait for all to be aligned to experience the new. Create it; command it so. That is the turning point in your expression.

So it is like the message in my book: “In the absence of doubt, we are all Source.”

Indeed.

Source, feel this expression. Witness this moment, this facet of you exploring a turning point and the reunification of worlds long separated.

Whenever I ask Source to “feel this” or “witness this,” an incredibly strong surge of presence rushes into me, which lingers as long as I stay focused on it. This began on the night of my first contact. I intuitively thought, if the purpose of all of this is Source exploring Source, then come on in and feel it, witness what is occurring, experience the beauty of your creation.

Feel into this exchange; it is encoded with keys to sensing gateways and energy signatures of our higher expressions.

Portals and Gateways and Surrender. Oh my ...

August 29, 2012

There are many folks confused about their journey or encountering blocks in their path. That is a common issue in the Shift, but it's tough to witness folks resist doing something about it. Beautiful people are within an arm's reach of freedom, but they delay, procrastinate, resist, and let the ego/mind/emotions steer them off the path. They experience flashes of brilliance, love and unity followed by days or weeks of Why can't I stay in that state?

As an Ascension Guide, all I can do is continue to provide tools and guidance, build bridges between worlds and assist personally when someone is ready to take on the challenge of freedom. I mentioned this on the radio broadcast last week; the experience of the invisible wayshower. Even though many lightworkers have stalled, quit or are in Waiting for Godot mode, the Shift goes on. Wayshowers are leaving a trail for them to follow whenever they choose (note: it is not made of Angel oracle cards) and forging ahead. It's not abandonment, it's having the courage to see what is available on this path so we can truly be of service.

When it comes to Mastery of this expression, a new level of surrender presents which can be intimidating. The initiate – a person who has done the work, released the illusion, given up the lower level constructs and discovered the truth within – is faced with a “point of no return” moment when a final surrender is necessary to attain higher states of consciousness.

Every Master has gone through this test of commitment; that last step into the unknown. My option for an upgrade presented this week, along with the test of surrendering to it. The unknown consciousness of the vast multidimensional Self, that black hole within our existence waiting to implode into evolution, is a disquieting thing to face. If you think it sounds exciting, you haven't been there yet.

Surrendering to Mastery

Surrendering to Mastery is a difficult choice. This step presents the initiate with the vastness of the unknown. Surrendering to the unknown Self, the unknown journey, is an intimate act of trust prior to transformation.

Complete surrender of all levels, layers and dimensions of the Self shatters the old reality and releases the illusion of identity. The initiate is confronted with the possibility of never being able to reconnect to the illusion of the past, or engaging with the illusion of separation any longer. Who will they be when all of their true self is revealed? A point of no return means just that; it is not possible to wear the masks, hide the full expression, dim down when society or culture wants to crush your light out of fear. You become the unknown, and that can be ill-received by the external. You won't be concerned with that, but what does the true Self look

like, feel like, sound like? Your journey may be completely transformed, missions may be very challenging ... and your consciousness shatter with the illusion of density into something unrecognizable.

When the conscious choice of surrender is made, the initiate chooses a private place where they won't be disturbed or inhibited by the external. They go into a deep state of mediation; as their consciousness expands, merges and integrates whatever has been selected by the soul's pure intention for their path. The initiate's reality is rewritten in divine codes of light intelligence; purity of expression, service and universal will. The pure expression of Source as Self comes forth. The entirety of past illusion is destroyed. This is the metaphor of revelation; destruction of the illusions through the power of divinity.

Portals and Gateways

The divine gateway – the moment we've all been anticipating – occurs from Fall Equinox (September 22) through Spring Equinox (March 23, 2013) with the big metaphor of resurrection planted right in the middle of it. While December 21, 2012 has a HUGE amount of collective energy amplifying it, the 12/12/12 is a divine initiation of what AAMichael calls "the birthing canal." Anyone who has participated in any of the last 12 years' worth of triple date activations (1/1/1, 2/2/2 – 11/11/11) understands the power of those markers. Each triple date provided a unique activation for Gaia and HUmanity, and this last one is a preparation for the 12/21/12.

I enjoy how this metaphor has unfolded, all of the symbols and predictions pointing to HUmanity over and over again. The Quatzelcoatl, the unmasked Kachina, the return of the Christ – it's all about US. The winter solstice gets a special mention thanks to its use in so many ancient legends. The reference to Sun gods in different world cultures; Horus, Attis, Krishna, Yeshua, Dionysus, Mithra, Osiris, Odin and many others, follow similar patterns: born of a virgin on December 25, signaled by a star in the East, adored by 3 kings, have 12 disciples, work miracles, are called lamb of god, son of god, king of kings, die (many by crucifixion) and rise again after three days.

In late December, the star of the East is Sirius on December 24, which aligns with the three stars of Orions belt (the three kings) on December 25 when they point to where the Sun rises after winter Solstice. The three kings follow the Eastern star to the birth of the Son. The 12s in the stories are the zodiac signs, and we find that in ancient wisdom and art; 12 plus the One, 12 flowing into One, the cross and circle symbol, the zodiac and the Sun. The winter solstice is the darkest/shortest day, when the Sun is moving South and then "dies" to its lowest point on December 22. The Sun appears to stop moving, residing near the Southern Cross, or Crux constellation, comes up in the same place for three days, then begins to move North again.

This is where the three days of darkness predictions come from; the rewrite of death into resurrection during the Solstice. As we take on our journeys as

metaphoric Sun Gods – the Pleiadian concept of “New Dawn” and all other metaphors for reigniting the true HUman expression – we ascend our consciousness to unify with our divine aspect. The return of Unity consciousness, Crystalline consciousness, or the return of Christ. It is all of us who are returning to our true state, some collectively during the gateway, some in December itself, and some later on down the road.

Will it be all of HUmanity? I honestly doubt that will occur. I do think our realities are going to get very fragmented on this planet for a while as the gap between thought and manifestation narrows. Those stepping into their Self-as-Source state of consciousness, with pure intentions for creating a reality in the highest interest of all concerned, will be able to experience a higher dimension. Whether or not we will be able to sit at a table together – those asleep in the 3D loop alongside an ascended HUman of higher frequency – remains to be seen.

It also appears that many parallel expressions of Gaia are being manifested by collective interpretations of the Shift. Even the Ascension timeline holds different possibilities as it honors the collective intention. It's the thought that counts, and it is a personal responsibility to create exactly what you desire for yourself, HUmanity, this planet and beyond. Crystalline consciousness is the quantum leap we've been dreaming of, but it has its challenges and preparations must be made. You are your own John the Baptist when it comes to choosing to prepare for your own arrival.

The Technicalities of Portals

This is a brief overview of material I'll be sharing soon. I had a floodgate of intel open this week and want to sort out details in the deluge of information. The Vesica Pisces has presented in my life over and over again. When I was shown my own ascension, it was there. When I'm asked to open portals on the Mountain, it's there. When I study sacred geometry, it's at the root of everything. The Isis/Osiris, Magdalene/Yeshua, Dark/Light expressions of duality surrendering and collapsing into Unity consciousness are beautiful to me. The Shift event, this divine ascension we are going through, utilizes this integration – although we don't have to search and find that one perfect compliment anymore. The energetic is within as we unify with our Higher Self. Duality is gone, and triality is signaling the trinitized beingness that you are (spirit, soul and form) to reunite. Activation of Unity consciousness can occur without a partner in the same dimension.

Magnetics can be tricky to work with, so it's best to get familiar the sensations of activation. 5D can feel like an orgasm; similar to the bliss-gasm you feel when the kundalini explodes upward and blast-activates the higher 5D/6D chakras. Recognize when a member of your soul group is showing up to activate part of that unity within you. We have some beautiful ancient contracts playing out right now; recognize the divinity of that love and honor it. The Essenes were aware of crossed paths that held activation; the instant attraction or sensations when someone presents. They described the instant attraction as, “a person who

reminds you of something you thought you had lost.” During the Shift, soul contracts pop up everywhere to tidy up things prior to ascension. Some of them include this kind of activation. Feel into it, recognize what it is bringing up, signaling or activating. How you engage with it is your choice.

Internal portals activated through the heart center, high heart, and new telepathic centers have been opening since June. Microwormholes in the mitochondrial DNA are opening to receive the energetics available during the Equinox – Equinox gateway. Stargates are another factor; for the moment just know that Solaris (our Sun, our solar system’s stargate) is going quadrupolar as part of its evolution. This may tie together the Sun god material; more opportunities are available for every single in-carnate here.

External portals have presented in the physical for me only once. A giant Vesica Pisces appeared on the beach last December (no one else saw it) but dissolved by the time I got close to it. I sensed it was for something coming in, rather than my departure.

Amplifications and Gateway Markers

September 8, 2012

We felt it coming on in August; the big ascension speed-up. What an amazing acceleration we are experiencing this week. Wowza! Since the Blue Moon I AM absolutely flying with this energy amplification. The Light Intelligence of Unconditional Love is shining from every particle of my beingness! It's as if Mama Gaia suddenly floored the gas pedal and is racing to the gateway. For those who trust, we're in for a joy ride of cosmic proportions; hands up, hair flying, singing full-voice to the blazing sunshine. For the cautious, grab a helmet and buckle up.

For some these electro-magnetic adjustments can feel like a centrifuge, spinning everything in your lifestream apart for examination. I highly recommend you watch my Emotional Clearing webinar if the mind-emotion-egoic levels are clinging too tightly. They will cause more and more pain as this shift amplifies, so take action on freeing yourself from that old paradigm nonsense. Registration for the replay will be free through the 9/9 as part of my birthday week celebration.

The 9/9 Initiation is on Sunday, and the double digit jumps have provided opportunities all year to consciously connect with the spiritual side of the Shift. The magic of this sacred year continues to amaze me. Everything I do, everyone I encounter, every avenue of consciousness I am guided to explore brings expansion. My heart center feels like it will burst with this love for all of creation. Mastery is available for so many of us; I encourage you to take the leaps when they present. The experiences are remarkable.

The glimpse into Zero Point Time that I discussed last week has started to present for me. They are quick, brief and quite freaky. On many levels my consciousness says, "Yes, of course." Open to it if you would like the preview of coming attractions.

For the mind-level, here is a nice linear calendar of Moons and Markers. Notice how it feels to look at this list. Is the Higher Self stepping in, asking you to make space for these events? To celebrate, to honor, to play with them one last time? It may feel like finally, the last mile of the marathon – or – damn, thought we were close and they added 12 more miles. More and more it feels like RELiving the experience, as in oh yeah, this is the part of the marathon when I wrote that metaphor about the marathon.

The Basic Moons and Markers for the rest of 2012 include:

September 9: The 9/9 amplification (feeling it already!)

September 15: 7:11pm PDT New moon

September 22: 7:49am PDT FALL EQUINOX

September 29: 8:19pm PDT Full moon

October 10: The 10/10 amplification

October 15: 5:02am PDT New moon
October 29: 12:49pm PDT Full moon

November 11: The 11/11 amplification
November 13: New Moon and Solar eclipse 2:08pm PST
November 28: Full Moon and Lunar eclipse 6:46am PST

December 12: The 12/12 Marker – Initiation for passage to the New Paradigm
December 13: New moon 12:42am PST
December 21: 3:12am PST WINTER SOLSTICE – Death of the old reality/consciousness
December 22-24: The metaphoric three days of darkness
December 25: Birth of the Crystalline Consciousness
Dec 28: 2:21am PST Full moon

I did not add Terence McKenna's Timewave Zero ups and downs for the rest of the year, mainly because we are moving into full realization of creating our own reality. The September 16/17 drop in the timewave is the only one I will note here, simply as a litmus test for how it affects your lifestream at this point. There is no "they" doing anything to you or using specific alignments to create chaos, there is no waiting for the external to change. Unless you desire that reality and engage with it. If you do, enjoy your Waiting for Godot mode, and realize it's your own choice. (Spoiler: Godot never shows up. Summary: God (Godot) never arrives because the characters are dependent upon something outside of themselves to fix everything. It's a metaphor for HUMAN empowerment, and a brilliant Beckett play.)

Of course there are other markers and continual amplifications of energetics provided by Solaris and Gaia, where the flare activity and geomagnetic storms will stir things up. There is nothing you can do about that, nor should anyone be fearful of the rumbles and tumbles as Gaia adjusts. You are infinite, let's not focus on alive vs. dead any longer, okay? Hand on the heart, take a breath, comfort the body and let it know all is well.

Blessings as we prepare for the Gateway

September 11, 2012

The energy amplifications of the 9/9 had many an awakened one plunging back into the depths of density for a few days. I myself had a very bizarre week colored by euphoric moments of bliss, last looks at old constructs of my identity, brief encounters with absolute zero point, massive downloads of light intel packets, friends popping up everywhere in need of guidance, and the nagging financial challenge of expanding my services.

At a recent dinner with friends the conversation turned into a test of my claircognizance/clairaudience; a psychic game of ask me anything. For the record, this can be fun for me – I'm not always aware of information until a question is asked. As they inquired about the multiverse, creation, galactic drama, energetics of karma, the Shift, etc., my 3D/4D self was answering with clarity, however my Higher Self was considering the big Surrender to Mastery question right there at the dinner table. This occurs a lot with me: I look out with my physical eyes and experience walking between worlds in the moment; the existence of many expressions in one fully aware consciousness. This is simultaneous awareness; peering into the zero point where everything exists at once. After dinner I felt sentimental for the imminent departure of my old existence, but the moment has arrived to be true to this journey in very focused way.

There is nothing we can do to slow down the effects of this amplification.

It is evolution, not judgment, which governs the Shift in Consciousness. Either you are willing to experience it or you aren't at this point. Bizarre and wonderful things are about to happen for many of us, and the ego/mind/emotions have no chance of hijacking us as we enter the Equinox-to-Equinox gateway. Surrender means letting go of the parameters of your consciousness; any limiting beliefs on who we are or what we will be must go. Now.

Everyone will not have the same experience of course. Ascension is about daring to walk through doors which most people can't even perceive. In order to have the brightest, wildest, most expansive experience possible, we have to pay attention to our Higher Self/Soul level. Our Higher Levels may desire certain experiences as we walk through this gateway, and it is our job to take care of the vessel through which those events will occur.

A few suggestions for preparing your expression to accept as much light intelligence as possible:

- Fasting, cleansing, and high-vibe fuel for cellular transformation.
- Meditation: silence receives the golden light of our true vibration.

- Conscious activations: Invoke, command, decree, ordain. If you don't know how, book a session with me.
- Share your gifts in a balanced way. Outflow = inflow.
- Honor your journey. After all of the work you've done to get here, what else is more important in the next few months?
- Isolate when needed, but do not hide from integration or co-creation. Fear may kick in when you sense you aren't "feeling enough" or "getting distracted by 3D people, activities, tasks." Whittle down the must-dos when the Higher Levels demand your attention. You may need to let go of lower vibe activities, friends, anything that feels like a mis-match for your energy. Take it moment to moment, always act from love (not restriction.)
- Create the timeline your heart desires with pure intention. The energies of zero point fulfill your desires – or your subconscious fears if you haven't cleaned out the egoic/mental/emotional closets.
- Breathe. Say thank you. Gratitude for the revelations, growing pains, cellular blasts, nighttime shakes, and all the wild things appearing in your reality. Saying thank you welcomes in more change.

Photonic light creates order; know the cosmic frequencies are reorganizing on your behalf and activating what is ready for more.

The Equinox to Equinox Ascension Gateway

September 21, 2012

Welcome dear Tribe of Light to the Ascension Gateway! I know that folks are experiencing some new phenomena along with personal challenges this month, so in the interests of clarity, let's dig in to the Light Intelligence presenting right now.

Equinox

The Equinox is a glimpse of balance prior to shifting into something new. REmember it is a metaphor for change; the days and nights getting shorter or longer, depending on your location on this gorgeous planet, is not the habitual seasonal marker it used to be. As our consciousness expands within this divine dream, our understanding becomes more lucid. Equinox becomes an opportunity to welcome in the glimpse of balance and harmony, and surrender with ease and grace to the Shift.

What realities are available?

Truthfully, infinite realities are always available. Creating our own experience is a skill we have to RE-learn. Many will argue that surrender is the key – having absolutely no control over our lifestream whatsoever. That kind of surrender is actually a form of control when it becomes judgmental of the Self, or others. It can put us in the position of being absorbed into a collective reality (timeline) that may not compliment our highest expression. As we release every last bit of the illusion of fear within and discover our true desires, our pure intentions are revealed. Pure intentions are connected to Soul-level, the interpretations of the Higher Self, and the discernment of the Universalis state of consciousness. The highest interests of all concerned might not include drifting with the tide. Choose your intentions wisely as we enter this splintering of realities.

Gaia into 4D

Currently it looks like the Shift of the Gaia's current platform into 4D won't reach completion until 2015 for most of the population. The events during the gateway give that Shift a huge push forward. The resonant frequency of the planet has already left 3D, and the collapse of the astral planes (4D) during this gateway intensify the shift of consciousness for the folks living on Gaia's surface. It's jump time, and evolution is upon us. I send love, strength and light to all who will sleepwalk right through it.

Sleepwalking

Please understand that not everyone is meant to experience the same reality, this Shift is about REmembering your Creator capabilities. If you don't, you don't. Free will is free will, agreements are agreements. Infinite consciousness does not

obsess over the particles of an incarnate form. The Soul desires certain role playing in this game to rack up lessons while the playing field is in tact. For many Souls, this includes playing into the whims of the collective external reality.

Doom

If a person chooses the doom scenario, they get to experience it. Since the doom timeline is becoming utterly ridiculous to so many at this point, that energy still has to create something since the doom tribe wants to cling to it. It may manifest as personal doom; we all know the effects of worry and stress on the body. Expect the worst and your body will co-create that reality with you.

Doom includes fear of pole shifts, Earth changes, meteors, Planet XYZeta, Malevolent races, ET abduction, destruction, anything taken literally in Revelations, death of the body vehicle, loss of family or friends who are asleep, financial ruin, protecting oneself from fellow HUmans, Illuminara agendas and timelines, dark attacks, mind control, and the multitude of nonsense created out of low-resonate fears. If any of that is still part of your reality, I offer you this in very direct language: What the hell are you doing with your consciousness, Creator-in-carnate? Whose reality have you chosen to co-create? Be damned sure you know who is behind that mask, Kachina. There is no one looking back in that mirror but you. This goes doubly for the ladies who reinforce those uncomplimentary realities – divine feminine is wisdom; have the ovaries to walk away from that nonsense.

5D+ New Earth

I added a plus sign to 5D because it appears that Gaia is providing multiple expressions as she ascends during the gateway. Dimensional expressions can get complicated, and that's a discussion for my advanced class next month. For this post, I'll keep it simple. 5D and beyond for Gaia, 5D and holy-moly what the heck level is that for Divine HUmans expressions. Honestly, the levels available when the HUmans genome is fully activated are incredible. I AM presence and more, it's really quite amazing to see what is available to us.

The scenario of embodying Christ/Christalline/Krysth/Crysallis Consciousness during this window exists for a reason. It is an opportunity presented to those who pre-agreed to give it a go. The transformation of our bodies, lightbodies and energy bodies to merge with the Higher Self and Soul level has been a fascinating – and very challenging – process. The reality of Ascension to a 5D expression of Gaia does not exist for much of the population. We know that. It doesn't matter. The courage, trust and diligence involved in this kind of transformation is challenging. Quite frankly, the larger portion of HUmans at this moment is not interested in the unknown, nor in expanding their expression. Not with the kind of work it takes to achieve the transformation at least.

Phenomenon

It is wonderful to finally feel comfortable with the weirdness presenting in our lives, isn't it? The Gateway will offer the chance to take it or leave it when it comes to phenomenon. This may present as: Walking through dimensional gateways in the next six months; internal portals opening, welcoming and communicating with our off-world brethren; beings showing up in your home, office, neighborhood, wherever; higher skills and sensitivity amplification; dimensional flux; intense activations and quite a few surprises.

Use your own discernment as what your consciousness can handle. We don't want you to snap or lose it completely. Know yourself, know your right to say "no thank you" and know the Universal Law to command things out of your reality or space.

If you are ready for the highest experience, request it and create it, dear Masters.

Creating your Ascension

Letting go of old beliefs, habits, thought forms is crucial for Ascension to a higher frequency. As we become the Masters of our own reality, we begin to merge with the higher realms of collective realities which compliment our pure intentions. Get clear on exactly what you desire to create. It may not look like anything familiar. This is good; wild creative acts which resonate with a higher vibration are encouraged and supported.

Disappearing from 3D/4D

Yes, this will occur. Let's just get over it, shall we? Some will be joining the higher realms; the same beautiful brethren and guides who have been "invisible" to most folks. It's just how frequency works; dimensions are based on vibration. Vibrate at a higher rate and you disappear from the lower. Note that any wavering on a permanent state of beingness in a higher frequency prevents the "lock" of your particles in that dimension. This isn't about being a ghost, we know where we are going and why.

Clarity on the Process

Many of us have been working on our Ascension process for years. Some of us have been involved in the Ascension of Gaia and HUmanity for many incarnations. It's difficult to express the joy I feel that the Ascension Gateway is here; the embodiment of Crystalline Consciousness brings magnificent states of bliss, wisdom and freedom. Integration may be gradual for some and accelerated for others. It depends on your clarity; intentions based in service, love and discernment are necessary for a dramatic shift in consciousness.

The identity of the past dissolves into the dream of incarnating in a body on a 3D planet. As your frequency rises, your perspective reveals the beauty of what has

occurred here. Gratitude and respect take command of the senses. Creativity amplifies and returns us to our true Creator State. We move beyond being in the flow – we are the flow. We co-create the flow with this beautiful Universe which is ascending every particle of itself.

Conscious Consciousness

If you have been feeling as amazing as I have, you are probably aware of how important it is to be conscious of your thoughts, actions, moments in the Now. Be selective with your reality. It is absolutely fine to grab sovereignty whenever possible. Be loving and kind, and REMember to be discerning with your days, they will seem to go quickly.

Technicalities

Because of the amount of information coming in now, and the clarity on what to share and when, I AM creating an Advanced Ascension course (aka Mastery) which will begin on October 3rd. I do see the walking-between-worlds dynamic presenting for a good amount of Wayshowers, so it should be a fun journey for all involved. It will be focused and direct, and a beautiful platform for sharing the nitty gritty details of how to experience the maximum level of Ascension in your journey through the Gateway.

REactions and REtraining the financial dynamics

October 9, 2012

I saw this reaction coming to my upcoming ecourse, so let me share my response to an email I received this morning:

Email received in response to charging a fee for my upcoming Ascension course:

Hello Sandra,

I would like to give you a little bit feedback on your work. I truly resonate with your teachings, so tired of all the channelings, all the disinformation. Ascension process is easier to understand and grasp if you are guided by someone who is going through it, who is grounded on the planet.

I really enjoyed your weekend seminars and the blog talk radio and was disappointed to see your new plans, which means, that only those with a saving account can participate. Unless you do something simultaneously with that, all those low income or no income will be cut out and without current energy update while the seminar is on.... We can pay little by little and support you that way...

Thank you very much for sharing your insight, it's invaluable!

*In love and light,
XXX*

Response from Sandra:

Blessings XXX,

I appreciate your feedback, thank you siSTAR.

Let me share my authentic perspective on this. I have had difficulty keeping my services available, as I have given up everything to keep this mission free and available to as many as possible. I AM a wanderer, led by my Higher Levels to certain locations at certain times. All of my material belongings fit in my car. I don't have a living space except when I am able to take in enough money for a room rental. My clothes are second-hand. I live very simply. And I like that aspect of my life; the trust of spirit and support from the collective.

I had to let the radio show go because I couldn't get the money together to keep the account on BlogTalkRadio; I asked the followers to donate if they liked the show, but no one responded. So it's gone. I transferred all of the shows to YouTube videos so we wouldn't lose the content of those broadcasts. This keeps them available and free to listeners.

When the online course idea presented, I was challenged with website upgrades to handle the content and registration. A volunteer presented, then had to leave when paying work showed up. That happens a lot. I'm unable to do development, create the content, and code my own website. It has been frustrating to want to share more, teach more, without income from my work to hire someone to handle tasks like web coding. This is the side-effect of having 90% of my services offered free of charge.

My resonance is not the same as many of the teachers online right now. I have resisted making this mission a business, because it didn't feel right. Unlike many of the women doing this kind of work, I don't have a husband, sponsor, day job, home, or much support from the ascension community aside from an occasional email or comment saying thank you. Currently my only source of energy exchange from my work is an occasional private session booking. Donations are infrequent, even though the donation button is at the end of every post. There is one man who magically shows up with a donation – unsolicited – when I'm wondering if I should just shut everything down, and that has kept me available for everyone. When I go for a few weeks without a session, everything I want to produce goes on hold so I can cover the costs of at least keeping the website up. Honestly, I will camp in the cold on Shasta before I take my site down, that's just my way.

It can be frustrating to produce so much free content, then hear complaints when a massive amount of work goes into an online course and people think it should be free. Many of the teachers doing this kind of work have paid sites, very pricey courses, ebooks, etc. Some of their students, who paid thousands of dollars for their courses, come to me for guidance because they need integration and clarity. I didn't want to charge a lot for my work. However, there is no reason to train people to think everything related to spirituality, ascension or guidance should be free. I am guilty of doing that. I want to trust the collective to begin to put funds into new endeavors, or at least a minimal amount of support when needed. We are not there yet.

Ultimately I would like to make everything I have to share free and available to all. I toyed with making the course a pay-what-you-can option, but whenever I have given away webinar access, event access, books or counseling sessions for free, I don't hear from those people again, they don't watch or read the content, or they disappear without a word or donation. The value is lost and it creates an energetic drain.

Donations include service, referrals, retweeting, or sharing my site as much as it includes financial support. I have less than ten people who regularly share my work, even though my website receives thousands of visitors per week. Thousands – how wonderful it is that we have this much interest in Ascension! If everyone who visited this week gave a \$12 donation, I could live and work for a YEAR on those funds, and provide writing, radio, video, webinars, all of the content free of charge. It takes very little to keep me going; my love, enthusiasm and commitment to this mission generate most of what I need.

Payment plans for a 4-week course are beyond my tech skills. I never deny anyone guidance who asks, but there has to be an exchange involved. Regular update articles will continue to be provided for free. It won't be the same content as the course, but that is the value associated with participating in this endeavor and supporting the intent of the class.

There is plenty of free content on the web. If we find something we resonate with, it is up to us to encourage them, and create a nurturing exchange so the things we want to see in the New Paradigm are energetically supported. Otherwise, we are stuck in the corporate/financial loop, where only those with funds to produce material get to continue. We need to put our money where our consciousness is, and if the collective refuses to do so at this time, then all I can do is work with those who choose to invest in the New.

In love, light and service,
Sandra

Saturnian Energetics, Photonic rumbles and October tumbles

October 10, 2012

Welcome to the 10-10 portal, another leap up the invisible ascension staircase. Those of you who are sensitive and/or empathic can sense the rapid jumps in frequency now – and it feels different than even a month ago. Shaky and personal, deep self-examination, global anxiety on the rise, heart centers bursting with light intelligence, and a rollercoaster for the body vehicle.

Symptoms

Symptoms surfacing are nausea, body aches, vibrational flu, sleeplessness and fatigue, energy rushes, emotional purging, kundalini sweats (thought we were done with those, eh?), louder ascension tinnitus (ear ringing), vagus nerve activations (neck aches – stretch when you see a double/triple digit sequence), belly swells for the ladies and a few men (new glands forming in the abdomen), craving grounding foods (not emotional eating), buzzing sensations in the throat/thymus (high heart) and more popping sensations during expansion of the heart center. For the love of Source, get thee to an Epsom bath. Take your shoes off and stand on Gaia in the Sunlight, or lay down on her surface and command Body vehicle, De-Magnetize. Feel it release, then re-polarize. Do circuit balancing to keep up with the changes this month.

Magnetics

Gaia is moving into a major magnetic balancing game now. As our beloved planet passes through the photon belt, the intensity of proton bombardment blasts the command for order into her core, surface, and every kingdom, element and creature who lives here. Photons are all about order; demanding balance and alignment. Photonic light is a fine, subtle substance which penetrates deeply; there is no hiding from photon is light. It is focused in its mission through our galaxy. It is a light intelligence of singular purpose: order, balance, harmony. It shakes up the electrons and magnetics of our energy fields because our physical bodies are part of Gaia; as she adjusts, so does the body consciousness.

This demand is reflected in the subtle changes we have seen in the last few years; the awakening phenomenon and awareness of lower-level consciousness at the helm of our reality. Now that we are fully in the photon belt and about to align with our Sun and the Galactic Center in December, we experience the wild flux and flushing effect of photons and magnetics on our planet and in our bodies. Energy blasts upward one day, then sucks down the next – and now it happens in the same day, same hour in some spots. Shasta has been in this daily magnetic flux for a few days now, and it can get intense for sensitives. My mission in Kauai during the Full Moon was similar; I could barely stand at Polihale, my whole body was shaking with the frequency arisement in that spot. Shasta and Kauai feel like someone is playing with the inflow/outflow switch:

energy up, energy down, energy out, energy in. It's like an energetic plunger, pushing and pulling at the clogged drains until the blockages are sucked out.

Energetically, it is all about magnetics, as is (most) everything in this Galaxy. The command for balance affects Gaia's magnetic fields, and is creating anomalies in some areas which baffle (and frighten) scientists. This is Gaia's answer to the pole shift; a multi-pole distribution of magnetics rather than a dualistic North-South system that flips during certain alignments. She will adjust, integrate, adjust again until balance is REstored, the same process which our bodies and lifestreams are undergoing during the Shift.

Saturnian Energetics

Certain alignments in our Solar System assist with the shift to harmony. Saturn going into Scorpio last Friday, for the next 3 years, is part of that REorganization of this planet. Saturn examines the deepest levels of disorder, and Scorpio is about surrender – the death of that which is uncomplimentary. It presents a grand opportunity with even grander challenges. Evolution by brute force of energetics. October is the beginning of the end of wavering about emotions, money, sex, power. Many decide to step up to the plate and bring order to the chaos – finally. We start going in a new, positive direction despite minimal support. It's the Mastery challenge personified; conquering the external constructs with internal sacred fire. And at last, we get to prove that we can create the internal life we desire against all external odds, which thereby changes the external reality permanently.

The Unknown

October surprise is a catch phrase with a new meaning this year. Expect the unexpected. Energetic flux, zippy highs and can't-rest-enough lows. Change on a global scale. The old games will. not. work. any. longer. This means taking responsibility for moment-to-moment awareness, flexibility and knowing yourself well enough to make decisions in zero point based on the highest interests of all concerned. It speeds up the action of the photonic flush – anything less than authenticity gets the plunger until the old paradigm is sucked out of your psyche. Resist and it may get painful for the body and lower levels.

Co-creating Financial overhaul

The financial world can get the photonic blast this month – if HUmanity will kindly stop being so afraid of financial collapse. When the changes in the financial systems begin this month, please see that it is a GOOD thing. REstructuring is imperative to creating service-to-all systems, especially global monetary systems, and we must view change as good, good, good. Please do not lock up your abundance in CNN-generated panic. I would like to think we are wiser than that by now, but ironically our attitudes about money are a huge block to prosperity. Threaten the money and you threaten the man – so it was. REMember to sing like the Whos in Whoville while the fear matrix weeps at its

inability to control us any longer. Help those who are helping the New to take shape. Help those who are afraid of change, or HUmanity's reaction to change, and show them all. is. well.

Source Makeover

Teach people that they are about to become pure reflections of Source. So much has been hidden under that Kachina Mask, it may be difficult to face the mirror. Rather than be bogged down with high-and-mighty promises and predictions, let's ground our Divine HUman power right into this reality, this dimension, this beloved planet. Evolution is painful; teach people how safe and beautiful this planet can be. Love everything, everywhere, all the time. Judgment, suffering, fear and lack are illusions. No need to keep those programs running in our lives any longer.

Walking through the Gateways

October 12, 2012

I AM filled with joy to announce the opportunity for Gatekeepers to begin test-walking through the gates is upon us.

This morning I had an incredible experience and am still a bit in the higher realms, so I'll be as clear as I can be at the moment. Obviously, I AM excited to share this right away with you.

Session the night before

Last night I had a private session with a dear siSTAR who needed guidance on the current lightserver dynamic of being presented with kharmic flotsam which she thought she had cleared long ago. Many of us have had this, and I explained that construct and what to do about it. During the session, I clarified intel about Gaia and Gaia's higher dimensional expressions which divided from her lower expression in August 2011. My intel (that's clairaudience/claircognizance – the hearing/knowing) described the consciousness which has stepped in to maintain Gaia's 3D/4D form as she ascends to higher expressions. In this perspective, Gaia's true consciousness is focused on her 5D/6D level – and beyond – but the merging with the Higher Self that we experienced in July this year had already occurred for Gaia. It makes sense that she would go first and provide that experience for us, thank you dear Mother.

We discussed the role of gridwork in this session; whether the emotional states have anything to do with transmuting Gaia's lower energies. I haven't been on the clearing out 3D/4D Earth team for a while. Since the clearing phase earlier in 2012, I decided to drop that duty and asked Gaia if I could move on to bring things IN rather than transmuting the lower energies OUT of her body. Free will is honored, she is a perfect Mother, and so it is. This brought me into alignment with her higher expression – what I consider the New Earth – the 5D/6D expression of Gaia. This allowed for work on the crystalline grid, the bridge between her expressions until her ascension is complete. Thank you, dear lightservers, for not dumping your lower level junk into the crystalline grid. Bind it off the planet and through the Sun, please.

When I look at the brave consciousness which has stepped in to maintain/transform Gaia's lower expressions, I sense the different energy at the helm; someone else is at the control panel. It's loving, wonderful, and has a different signature than beloved Gaia. I do sense the overlap or overlighting of Gaia, although until last night I didn't consciously sense that she may all of her focus on her higher levels now. Again, this makes sense. She is the platform for our experiences, and if we are going to the New Earth in our meditations, that means she is already providing that reality in a strong way. If you want to serve as a conduit for transmutation of lower level energies, the consciousness at the helm is happy to use you for that. You don't have to do that unless you desire

that role in the Shift.

Connecting to the Gateway

This morning I began my day by expanding my consciousness, welcoming in the highest orders of light and my entourage who are my constant companions during this journey. Such gratitude for their assistance, thank you dear brethren. I grounded/connected my heart center (appears like a crystalline geometry these days) to the crystalline heart of 5D/6D Gaia. Whether or not the numbers are correct was a non-issue; I intended 5D/6d and beyond so there were no limitations. I felt her welcoming the connection, and a new level of experience began to unfold.

Many guides and higher realm beings gathered. I was honored to feel this, and sensed something new was about to occur. My third eye portal grew huge, disappeared as I went through it. Then a Vesica Pisces presented; you may REMEMBER my experience with this back in 2011 when I was shown my own Ascension. Magenta, gold, white, diamond light are common when I get close to a portal like this. Today was mostly magenta, which I associate with 5D. I was infused with a high frequency of light and the Vesica Pisces grew closer, clearer. I knew what it was – the gateway/portal/stargate I had seen for the last 2 years. Intel flowed into my awareness: the moment of here it is, this is really happening now.

I continued to move toward the portal and as it grew closer; there was a vague circular eye-like image in the center. That came and went; I had to focus as I moved into it. Everything I had heard, seen, journeyed toward in regard to being a dimensional liaison and concierge to the 5D Gaia was converging in this moment. As I moved through where the rings overlapped, it opened into a huge vision of giant gates opening up. The gates I dreamed of over and over were right there, only much larger, much more grand, the pearlescent crystalline gates of the metaphors and tales of heavenly gates. They opened for me without effort; they were already parting when I moved through the Vesica Pisces. I sensed a crowd of beings welcoming me, then a flood of intel rushed through me:

I AM a Gatekeeper. I AM a dimensional liaison and concierge to the New Earth. This has been co-created due to my pure intention to serve, to show, to walk through in order to assist. This is available now to all true Gatekeepers who co-create with the highest order of light and integrity. Much more will unfold, and quickly; welcome to the unfoldment of all you have co-created between worlds.

The particles of my beingness expanded into this higher realm; I felt like my heart center was everything. The moment I was aware of that hugeness, I sensed my body – then focused on the expansion again. I knew this was an initiation, a glimpse into what it was going to be like from now on. My mind tried to penetrate this realm and sounded like a far-off voice, a memory. I thanked it and held the state of expansion. Then I was overwhelmed with gratitude. To walk through the gates! To feel and sense the new! To fully realize my role and mission! The

absence of ego and emotions! To see and experience all that I AM in the right here, right now, without the veils! I thanked everyone in my entourage, thank you, thank you, thank you, dear brethren.

I heard I must return but will carry this energy with me. No more closing portals between my higher and lower realms before returning to the denser planes. No more sealing up, detaching, coming back into the body fully and completely grounded. Enough of that; we have the capacity to hold BOTH worlds now simultaneously, and need the practice.

I sensed all of this it is due to the 10-10 amplification, and the pure intention to experience as much as possible during this Ascension process. I wept with joy, gratitude and overwhelming realization as I opened my eyes, still seeing the sparkles and light beams as I integrated.

Holding both worlds

Gatekeepers walk through to experience the new, the unknown. We open the gates, share what is on the other side, and hold them open for initiates who desire to serve the higher light. Whether it means we will or won't disappear into the higher frequency this year, next year, or by 2015 is not important. For the moment, my experience is holding a path of light between worlds and serving as a liaison. How quickly or intensely this new aspect of my mission manifests is unknown. I sense it is going to be fast, expansive and beautiful. Lovely that this step presented with 69 days to go until the 12-21 December 21 marker. The Magic is Real.

Let all those who are called arise and speak the truth

October 18, 2012

May the clear light of truth radiate through your heart to those who Source has called to hear the message of eternity.

The frequency this week is giving us a taste of how prepared our bodies and psyche are for the core of the window. Just 62 days until the 12-21-12 marker, and 52 until the 12-12-12 portal. Whew. How is everyone doing?

I look at my experiences with the understanding that I'm living on a giant vortex. That is my choice, and the way my journey is headed I now see why I was guided to stay put and not go to Sedona this Fall. Meanwhile, Shasta is making me feel weightless this week. I AM definitely not all here. The pulses and vibrations through my body, especially through my back, legs and feet are downright hilarious at times. It's like being plugged into a socket – or vortex – and I wanted to share some of the freakiness that many of us are encountering as we get closer to December.

December: the best Christmas ever

If you're still in please don't talk about December mode, insisting that cosmic markers are hooey or other such judgmental nonsense, you just aren't feeling what we're feeling. And that is absolutely fine. The level of light that some of us have integrated is a choice. Just like Ascension. Yes, evolution does what it does. This is the galactic cycle when we get to experience conscious awareness of evolution, and engage with it if we so choose. For those who have decided yep, I'm really gonna do this we get to play with all kinds of new experiences, from the subtle to the what the heck was that?!

The veils are thinning quite noticeably this month. It's good practice for the body vehicle to get a jolt now and then; a bit of a warm-up for upcoming events. Sometimes it is literally practice for the next day, that's how fast we're flying now. The higher realms have always been around us. You couldn't be alone on this planet if you tried. Now that the factors which have kept the veils up (linear time illusion, magnetosphere shields, a planet providing a 3D experience) are dissolving, we're starting to see, hear, feel our benevolent brethren and divine entourage everywhere.

I don't take these first encounters for granted. I have asked for interaction, in the highest interests of all concerned, knowing it was part of my journey. The first moments with any of these beings and brethren brings me to tears every. single. time. The amount of gratitude and love I feel as these markers along my path present is overwhelming. Pure. Divine. Love. This is not something being beamed at me, but a genuine exchange of welcome to the point on the timeline where we get to experience each other.

Don't lose it, y'all

If I let my mind play with the whole Gatekeeper revelation from last week, it would look something like this:

Holy crap you went through a dimensional portal and giant gates opened up and there were huge beings who said you were a gatekeeper and liaison just like what you have been seeing hearing sensing all this time and oh my god we are going to disappear and never come back!

Yeah, something like that. Fortunately the mind-level is heavily drugged by unconditional love and gets another dose every time it attempts to panic, which doesn't happen that often anymore with the wild unknown. The mind-level seems to be distracted by linear things – getting the ecourse up and the like. Probably because it doesn't know what to do with information like that's our Sirian lightship level flying over us and saying hello.

Calm and relaxed is a great state to be in as we approach December. There's enough thought-form out there to blast through the unattended cracks in the psyche. This goes doubly for the intentions and anxieties surrounding December. Get yourself clear on your intentions. Put your consciousness into what you desire to create. Clean out those spare rooms which the ego-mind and emotional deities have been inhabiting. Much more exciting company is arriving. Let's REmember this is a homecoming celebration for all of us.

What you can do as the Divine HUman that you are

I understand that folks are feeling scattered or ill this week with the vibrational flu. Such is the nature of photonic light, such is conscious awareness of evolution. If everyone could just focus on the collective this SUNday, there is an event which requires your attention.

- We know how powerful we are, both individually and as a Unified Consciousness.
- We know how consciousness works – create an intention which serves the highest good, put your focus on the intended outcome, live it feel it act as if it already exists, and we manifest it into this realm.
- No more wishing/intending for individual gain unless it serves the collective. We get to add “highest interests of all concerned” to the equation as we move into triality. (Starseeds have fun with this wordplay: DU-ality TRI-ality RE-ality)

Zero Point generation:

Pure unwavering thought + action/grounding in this realm = manifestation of reality.

In the absence of doubt, we are all God.
- Me, 1999

Be the new reality.

- This is not about preaching or converting, it's treating your fellow HUmans and Gaia with respect, honor and love.
- Appreciation for everything. Gratitude, kindness. Mending the damage which has been done with LOVE.
- Have a New Paradigm celebration. Go to the store and smile at everyone. Perform random acts of kindness.
- Feel great, be the magnificence you are. Walk out the door and yell Good Morning, HUmAnity! Good Morning, Gaia! Beloved SUN! Elementals, kingdoms and higher realms! I love you! Okay that sounds a bit like George Bailey returning to Bedford Falls, but you get the idea of a wonderful life of gratitude. Let the freak flag fly, it's your reality to manifest.
- Lightservers, go ahead and anchor this into the grids. Whether you are completely isolated or live in a city, it does not matter. Put yourself in the state of unconditional love and gratitude and stay there. Walk the talk, be the love, be the presence of the New Paradigm. All. day. long.

Many blessings to all of us as we co-create and yank the New Paradigm into our reality RIGHT NOW. Kindly focus your attention on this and spread the word immediately.

Masks off, Kachina. Ascension is here.

October 28, 2012

Complete embodiment of Ascension is upon us. The frequency shift of last week – the collective intention during a cosmic trigger on the 21st let in a light wave of intense photonic light with incredible light encodements of LOVE. If you haven't been sleeping this weekend, this is why. Awake for the celebration, feeling the love coming in.

Our star brethren who have been monitoring (holding back the intensity) of these light waves heard our call of Let it in, give us the light blast NOW and saw we were finally at the stage of pure intention: enough of us understand that unconditional love dissolves all of the nonsense, and we're ready to love all of the darkness right off the planet. And it's WORKING.

This means we get to collectively experience 4D, which is already Gaia's frequency, and let go of the collective shadow of 3D that has been manifesting day after day for over a year now. This is HUGE for two reasons: 1. others will finally stop looking with their eyes at the shadow and saying I don't see any change and 2. Lightservers get to move into transitional work, and Wayshowers get to plow ahead into the highly creative realm of building New Paradigm pathways, without all the collective resistance. Please REMEMBER that resurrection is a CELEBRATION of all of us – every. last. one. of. us.

Gatekeepers

Gatekeepers getting the practice runs might get the same message I received last week:

You get three practice runs, and the third time is a charm.

One down, two to go – or rather, one more practice and one more all-the-way. I have a longer discussion about this topic, and perhaps I will make a video about it when I go up on the mountain today. Videos seem to be the flavor of the Shift at the moment; I AM still surprised that my first YouTube appearance got 6,000 views. Evidence of resonance with the cause I suppose.

Honestly, my focus has been on the Ascension Course and will remain there until it is complete. I AM seeing this from a lot of Wayshowers – even Tiara made a rare personal appearance in a Children of the Sun video this morning. We're all getting this right now: get the ends tidied up, it's time to start walking through.

I discussed the challenges of Mastery in posts and on my radio show last Summer; the surrender to the unknown. As clear as the visions are and journeys through the gates, we still don't know if we get to walk-between or disappear completely. Even if the dimensional shift involves some weirdness for a while, know that no one is abandoning anyone else. This is Unity Consciousness we

are moving into, and anyone with the intent to get the heck outta here has a lot more work to do. Mastery isn't about leaving; it's about service. That said, and considering the sensations I have been experiencing this week, I do hope it isn't the same relationship we have with ascended ones at the moment. The idea of walking through and being the invisible-to-most guide (again) seems unnecessary; we certainly don't need more-o-the-same anything at this point.

I do sense this Shift is wildly creative, so my pure intentions are set on co-creating a new dynamic of walk through, learn, embody the crystalline consciousness, and be seen, heard and felt by a good amount of folks resonating at a high enough vibration to understand me. This is not up to me however, and I honor whatever Source, the higher realms and my star brethren have in their hearts. I trust they know the technicalities best.

Tying it all up

I've noticed many gatekeepers beginning the "tying it all up" work. This includes myself as I get the ecourse material delivered as quickly as I can manage. The class began last week and it already has 8 hours of material in just the first 2 modules (there are 12 modules altogether). It feels fantastic to download everything I have learned, know and have to share about the Ascension process into the course videos, pdfs and mp3s.

A donation from Jordan Chahanov made it possible to get the course online and keep it online through March of 2013. Deep gratitude for his support of this work. Nichole Lewis has been a tech blessing, setting up the course and posting material as I complete it. If you want to join the class, register now. My live interaction will end before the 11-11, and the course will be available to watch until March next year. The group is tiny at the moment – so personal interaction is high. The group interest is leaning toward 5D ascension, which is a lot of fun for me to teach.

Photonic demands on the system

Photonic light is about order. We're entering a dense band of it right now. This is the Galactic Spiral energetics that the Mayans wrote about. Excessive photons do things to civilizations and planets. They push anything that isn't aligned with synchronous flow – the natural order of the Universe – up and out of systems, planets, HUman bodies. What isn't released destroys the body, mind, emotions and ego. It's the mirror effect of zero point magnetics – instant manifestation of whatever you are projecting into the external, right back atcha. The lower levels are the first to get hit with the blinding reflection of the mirror.

Masks off, Kachina

The Shift is revealing everything. It's surprising (and admittedly entertaining) to watch folks deal with their own integrity – or lack thereof. There is absolutely no reason to judge any of it; the learning curve as we move into the New is what it

is. We woke up early to be in this state of unconditional love in order to serve HUmanity, not to say I told you so. Be the love that washes all of the ridiculous payback scenarios off the planet. That isn't going to happen, and some folks will need to hear we don't care how much of a bully you have been, come play with us.

Show them what light intelligence is. Demonstrate how the frequency of love and gratitude raises the lower vibrations, and gets us all moving on to New territory. No one gets left behind, unless they are crushed by fear of their own Self. This isn't judgment day which approaches, it's self-judgment day. For many folks, exposure has been a bigger threat than the crime. As we move into complete revelation of personal responsibility, Self-hatred can make a mess of a perfectly divine HUman.

The amplifications are in go-go-go mode; the combination of alignments, photonic blasts and collective intention to pull the cosmic trigger has sent us into hyperdrive. This produces a twofold affect: the body/lightbody tingle-jingles and the sensation of absolute zero-point divinity. We get both, simultaneously, and are now quite aware of the Higher Self and Soul coming forth. It feels ***incredible*** and if you're not there yet, many blessings to you. Hand the controls over to your heart – it's the only intelligence which knows how to handle the New Paradigm.

November Gateways and the 11/11/12 Events

November 5, 2012

Global Intentions, Waves and Events on November 11, 2012

November 13 New Moon and Eclipse

Last Total Solar Eclipse Before the Closing of the Cycle

11:37amPT – 4:45pmPT

Mayan interpretation: Represents a passing over from the old paradigm of male dominance to a new divine feminine, that of unconditional love and compassion.

This is an opportunity to feel into and fully activate the Golden Sun within. The SUN, Solaris, or Solar Light is the representation of the Christed Light. This is why we have so many SUN Gods and Sons-of-God in our history. The greatest SUN light is within each of us; the Mother/Father Godseed, the Seed of Life which is implanted – and now activated – in every HUMAN heart center on this planet. The Christed Light was REactivated last year on the 11/11/11. The Divine RETURN of the Christed light, in order to fully activate the RETURN of the Christ – which is YOU.

The portals which have been activated all over the planet are now aligning with those who have opened to the higher light, the truth of who they are. Your light quotient and awareness will allow for full activation at this time. Align your heart center with the center of Gaia, the SUN, the Central Sun (Galactic center), Universal Central SUN, and Source. Surrender to this Divinity, the will of Source to express through you. We are the Living Library of Source expressing as a Universe; REMEMBER your Divine role as we go through this magnificent Shift. Illuminate your heart with the Light! Know this is you. You are that Christed being. Speak it aloud: I AM the way, the truth and the Light.

Gatekeepers and Initiates, here we go

We are here. The big moment of walking through, embodying Crystalline consciousness and serving HUMANITY and Gaia from our highest expression has arrived. Expect MIRACLES this month. Not the global Look out there! Proof of the Shift! nonsense.

Expect miraculous changes within; in your experience as a spirit in a body on a planet, in the merge of your Higher Self with your lower expression, in the release of the Soul level (see the video), in the divine gateways and portals opening wide within your self and aligning with the external portals of evolutionary light.

Be aware of the surrender needed to accomplish Mastery. The great unknown. For Gatekeepers, this transition may be surprising; walking through involves learning to let the Higher Realms show you, guide you, share their wisdom with

you.

REmember this is just as new to them as it is to us. Have those conversations about what you would like to create as your reality, your service, and then *listen* to what Source and your Higher levels have to say about it. Pushing for a certain outcome may cause disharmony and frustration. Be in love with your ascension, and try not to dominate it with external opinions, thoughts or influence. Speak with the truth of the universe within; it is deeply profound and unique to your journey.

I hold all of us in the light and love of this sacred time. Share your experiences as we begin to walk through these portals and embody our true selves. Wayshowing is not about I told you so, it's about walking ahead to show others it is safe to be in a state of love, honor and respect for all that is.

I AM in love with Ascension. Unity consciousness is just as it is labeled: Unity. All of you, all of me, all of Source, all at once. Magnificent.

Sacred Preparations – the 121212 Ascension Gateway

November 14, 2012

As of Thursday, there are 27 days left to prepare for incoming rays of evolutionary light intelligence on the 12-12-12.

The Key: Being open and expanded to RECEIVE the light

This is a brand new type of light coming in on the 12-12-12. We have never experienced this before, nor has any population living on a planet. Gaia is doing something typically achieved by stars, not planets. A dimensional shift is a big undertaking, and we are here to witness it. If we desire to assist her and HUmanity, as well as receive a huge upgrade in our consciousness, we need to prepare.

Gatekeepers and Wayshowers: we must train the body and lightbody to be open to receive this new light.

Not everyone will be capable of receiving the full effect of this light, so let us prepare ourselves to anchor the new consciousness. It is up to us to *catch* these divine rays of crystalline intelligence for HUmans on this planet, and for Gaia's ascension on the 12/21.

Lightservers, this is what we are here for. To capture the divine codes of a new paradigm, fully activate the HUman crystalline grid of Lightserver hearts (yes, that's why we are spread out all over the globe) and unify it with Gaia's crystalline grid prior to the 12/21. It's a dream 300,000 years in the making. A few short weeks is easy.

For the Gatekeeper/Wayshower/Lightservers called to receive the Crystalline Light – How to welcome this in:

- Affirm your pure intention to receive the crystalline light encodements for HUmanity on the 12/12
- Meditate. Your awareness must be in peaceful focus.
- Cleanse the body, move the body in harmonious ways to balance the energies.
- Clear the emotions. REMember what I've said about density, carbon and emotions.
- Lower level blocks and baggage have to be surrendered. This is last call.
- Raise your vibration to match the new light birthing within the planet.
- Be in service, open those hearts.
- Disconnect from the old paradigm. It has nothing to do with your journey. That doesn't mean hiding from the collective or judging projections in the external, it means BEing the guiding light everywhere you are without fear.
- Use the Commands below, or create your own.

- Expand your consciousness/particles as far as you can envision every single. Day.
- Go to wherever you are guided to be to receive the new light by 12/11
- The Crystalline Light waves should begin to arrive at 10pmPT on December 11 and continue through late afternoon (4pmPT) on December 12. Be focused, open and ready to receive during this time.
- Be with people who understand what is occurring/what you are doing on 12/11-12/12.

Commands to open the crystalline structures

I AM a pure conduit of Source. I welcome forth my Higher Self and Christed Self to take command of my Ascension.

I welcome in these cosmic rays of evolution, light codes and photonic light amplifications fully and completely into every particle of my beingness.

I fully accept, capture and hold the Crystalline Light intelligence codes on the 12/12 within my beingness.

I fully activate the Golden Solar Discs within me; light up, amplify.

Internal portals activate, open and expand to receive the highest levels of light possible.

Microwormholes in the highest quality DNA within me, OPEN to these illumination rays.

I invoke, command and decree all of this in the name of the Divine HUman Creator In-Carnate that I AM. So it is.

Gatekeepers

There are many roles of service during the Shift. Gatekeepers and Pillars currently serve as Wayshowers. Gatekeepers lead during the transitional time of the Shift, teaching others how to achieve unity/Christ consciousness and a higher vibrational state. Pillars stay on through the entire process until everyone has transitioned to Unity Consciousness/5D.

As the Ascension gateways open, Gatekeepers begin to have vivid journeys through the dimensional gates of consciousness in meditation or in visions. It is a profound confirmation that our mission is true; beings greet us, giant gates or sacred geometry present, wisdom is shared. You feel it deeply in the heart.

If you are actively in service to Gaia and HUmanity – that means you are out in the world authentically doing the work – you may see grand gates, the Vesica Pisces, or emissaries of light (brilliant beings) showing you to the crystalline cities where gates are parting or opening. This may mean you are a Gatekeeper.

Chances are you have heard this term in messages or symbols for a few years. I cannot speak for the Pillars; please share if you are having similar visions with columns or other symbols?

November Portals for acceleration

11-19 Pleiadian alignment

11-22 Gateway and USA Thanksgiving – a nice spiritual retreat for those engaging with family. Be the Love.

11-28 Eclipse

11-29 End of photonic shielding; Full photonic light released toward Gaia

Within you is the Seed of Source

The Mother-Father Godseed is planted right in the center of your heart. It is about to experience an activation, if you choose. Source will never judge your journey or decisions. This is not judgment day; it is self-judgment day. You, as Creator In-Carnate, are being presented with a new menu of realities available to experience on this planetary consciousness. It is entirely up to you to receive or reject the new paradigm as it anchors into Gaia.

4D is already here, and will steadily amplify after the 12-21-12. 5D/6D Gaia is preparing for new guests. The options are brilliant: fighting change to the death, mass confusion, inner chaos, struggle to transition, joy for the new, liberation from amnesia, boundless freedom, creative evolution, deep global peace, the wisdom of unity – all of these expressions are magnificent.

Whatever you choose to experience, know you are loved and supported unconditionally.

Facing the Unknown at Zero Point

November 28, 2012

I described how a vortex works in my eCourse last week; how the Earth is passing through the smallest part of the hourglass right now. We get the galactic squeeze for a few more months, with the big push on December 21.

Besides the chaotic affect it has on our schedule, it also provides a brilliant possibility which we have been waiting for a long time. A blink to the Milky Way, or 300,000 years for many of us.

This galactic squeeze creates a few unique experiences:

- Diminishing Magnetosphere – different frequencies of light penetrate the planet and everything on and in her being
- Dimensional overlap – aka thinning of the veils, aka Astral collapse, aka global warming
- Rapid Evolution aka Jump time
- Dimensional Shift – if you're on a planet ascending her frequency to birth a different experience. And we are.

Ascension is the Evolutionary step unfolding on this planet

Everyone must eventually match the platform (frequency/dimension/experience) to which Gaia is shifting, or you can't exist here. No judgment, it is what it is. This particular Shift holds a few magical elements, and for those who consciously choose to use this window of opportunity, the experience can be miraculous.

It's time for no time: braving new Zero Point territory without a map

Zero Point is the underlying energetic of absolute interconnected stillness from which all experiences are born. It's the glimmer of clarity when the mind stops creating a false reality. It's the presence of all that is; infinite and neutral, awaiting a thought to create something from its boundless state of possibility.

The illusions of a dense vibration are dissipating as we reach Zero Point. Time wobbles, speeds up, slows down and gets very funky during a dimensional shift. Least valuable gift for the holidays this year: a watch.

The very planet we love and live on is utilizing the dynamics of the galactic squeeze in December to create the Brand New. For those who choose to create an experience in alignment with where the Shift is going, rather than be at the mercy of evolution, it's time to face the bold unknown on the 12-12-12.

The 12-12-12 to 12-21-12 Gateway

When all of the sacred geometry, ancient history, predictions, channels, physics and galactic battles have been explored, the moment of truth comes down to one thing: What do you know, and what will you do.

The great cosmic trigger of birthing the New arrives at midnight in 14 days. What you are creating for yourself, Creator In-Carnate? What has been learned after all of this searching, reading, watching, talk-talk-talking about the possibilities available to you? Does the unknown excite or scare you?

It's one thing to read and chat and debate about the Shift in consciousness. It is quite another to engage in it. To know and not do is to not know at all.

Even if you are exhausted by triple digit activations, this is the last one. Give it all you've got. I AM REminding the beloved light tribe to prepare and be open to receive the gifts of the 12-12-12. This is when the great lifting of the Kachina mask begins. Let's be sure we don't find a hypocrite or a frightened HUman under there, we have plenty of those on the planet – let's do something much more interesting.

What is available on the 12-12-12?

Christed/Krysthl/Crystalline Consciousness activation. Sacred light intelligence rays which initiate the REactivation of the 12 strand (and beyond) DNA matrix, the Christed state of consciousness, amplification of the Godseed planted right in your core and a profound expansion of consciousness. For those who prepare properly, you may never be the same.

Why do this?

To free yourself from Illusion. To serve HUmanity and Gaia in an incredible way. To bring harmony, divine wisdom and unconditional love onto this planet. To know your true Self and embody the highest aspects of your I AM Self. To merge with your 5D/6D Self and walk between worlds. To show others what is possible, and assist them as they evolve. To BE the REturn of the Christ.

Biblical Metaphors

You get to be your own John the baptist. There are many good teachers for every flavor of Ascension, but no one can do the prep work for you. If you're not into the Yeshua path of surrendering to Christed Consciousness, which apostle are you mirroring at a key moment? Doubting Thomas? Denying your own ascension process? (Watch out for the third time.) Turning your Ascension process in to please the external? Falling back to sleep on an important night? (Yes, I was raised Catholic. Brilliant choice for this journey. I wrote my own bible as a teen.)

What to do before the 12-12-12

- Clear your schedule for the 12-12-12. Honestly, it's one day and no one is too busy to miss a cosmic event. Take just the morning off if you're afraid of your boss or your job. Wait ... if you have fear at that level you probably won't be able to receive anyway, so work away.
- Set up a sacred space for the night of 12-11-12. Make it somewhere you can be at midnight, do it soon and energize it with intention to receive.
- Stay calm as the energies get dicey. Relaxed body, mind and DNA is more receptive to incoming light.
- Cleanse your body of chemicals, toxins and low-vibe food. Eat for light.
- Don't exhaust yourself with cleanses if you procrastinated until now to begin.
- Program and drink good clean water.
- Clear your emotions and lower level beliefs.
- Embody self-love, neutrality and non-judgment. Honestly.
- Open your internal portals and micro-wormholes in the highest quality DNA to receive the incoming encodements.
- Receive and activate the God drop and Golden Solar discs within you (try Christine Day's radio show)
- Call forth the beings who said they would assist you right now. We all have them, give them permission to come forth.
- Expand your consciousness/particles so you are w-i-d-e open to receive.
- Keep intending to receive the maximum amount of activation on the 12-12-12
- Get the little tasks out of the way or simplify so you can meditate and be still as often as possible.
- Connect with the core of Gaia, the Sun and the Galactic Center.

Gatekeepers, Lightservers and Code-catchers

Some of us are called to take on the task of capturing these encodements for all of HUmanity. These activation rays flying past our planet last one day. It's like an incoming flurry of softballs; someone has to catch them as they go by or they just keep going. If you are one of those volunteers, thank you dear brethren of the Light. We start before midnight of the 12-12-12 (your time zone) and receive, receive, receive until the next afternoon. I hear there is a resting period from 6am – 11am. I AM ready to be in lock-down receiving mode and I AM honored to take on this responsibility. We will anchor them into the HUman grid of activated Divine HUman hearts spread out around the planet.

Between the 12-12 and 12-21 we will continue to transfer these codes to the Crystalline grid, so when Gaia merges with her higher dimensional expression on/near December 21, the Christed activation codes are carried into that new expression and become part of her Ascension.

Many Blessings to all of us during this amazing time!

Activating Internal Portals for the 12-12-12

December 4, 2012

Some notes for those who are guided to REceive on the 12-12-12:

- The meditation is about opening to REceive; an effortless expansion and welcoming in of your birthright.
- This is offered as a tool to REMember how to Receive.
- It may feel technical, but it is about the LOVE and pure intent to serve.
- It does not matter where you place the portals, they will shift to the proper places as the light rays come in. The important thing is to do the work ahead of time and consciously create the portals. You must command this, Masters.
- Your pure, clear intention – without doubt or worry – opens your beingness to REceive. KNOW thyself.
- We co-created this Shift, however, your individual creation is unique to you. Make the portals/stargates of whatever geometry, light, sound, color or sensation you choose. Let your Higher Self show you the true you.
- Light-ground it: draw a sketch of your portals after the first listen, REdesign if necessary and do it again.
- You can't do it wrong if your intention is to serve, to embrace possibility and experience the New. This has nothing to do with ego (I want to show everyone how great I AM), leaving Gaia (get me off this toxic planet) or escaping your lifestream (this reality is crushing me).
- With Zero Point dynamics comes responsibility: activate because you have gratitude and love for the now, and desire to create something new.
- Abandon any egoic judgments that is has to feel a certain way, or you might miss your one big chance, or you think you can't do this. Ascension is learning that none of the old paradigm or New Age crutches have anything to do with where we are or where we are going.
- You don't have to do this. There are absolutely no threats involved with an authentic Ascension Process. You don't have to engage with conscious Ascension at all. Whatever is right for you will present in due time.
- All lifestreams are unique, and there are plenty of gatekeepers capturing these encodements for all of HUmanity on the 12-12-12. If you are not ready for it, or it brings you anxiety or fear, let it go.
- For those called to step up and REceive: open up your portals, get your REceiving muscles loosened up by 12-11, and honor the RETurn of the crystalline consciousness. It is quite incredible.

A side note on Ascension:

Ascension is available for as long as Gaia chooses to provide a platform for the experience. Ascension of your consciousness is wise if you want to keep up/match the vibrational state of the planet you are living on. If you're on a planet choosing to Ascend to a higher frequency, you may desire to clear the

illusion of the old frequency so that you control your evolution, rather than it controlling you.

There are extraordinary things available with the REactivation of the Divine HUman genome on this planet. It is your ability to access, activate and integrate the higher state of consciousness which provides a boundless menu of possibilities.

We are limitless beings awakening from a long dream of amnesia. You didn't fail if your consciousness is unchanged on December 21; that is the ego-mind, and it has nothing to do with the true you.. Abandoning the illusion is Ascension, and it is ongoing until you merge with your true Higher Self.

Ascension occurs in the Higher dimensions as well – it appears to be an obsession of the Universe to expand one's abilities and expression. Why? Because we are Source's dream of exploring itself. Let me know all of myself is answered by all of us, in unique ways.

This is a planet of Mastery. REmember who you are, step forth and BE the light of the world.

Honoring the Divine Birth

December 18, 2012

121212 Gatekeeper Experience

The Key and Galactic Codes, Crystalline Consciousness Templates and 12 strand DNA activation codes were effectively received on the 121212 by many Gatekeepers and Lightservers. Hooray for HUmanity and those dedicated to serving the collective in the small hours of the morning. My experience was both profound and bizarre; these golden-crystalline light streams had unique frequencies which put me in a suspended state between divine grace and going completely unconscious from the afternoon the day before until 4pm on the 121212. For a few days I had exhaustion and detoxing accompanied by deep states of Christed Consciousness. Three days later the codes were delivered to the Crystalline Grid, and they now accompany Gaia on her Ascension.

At midnight on the 121212, in the freezing night air of Mount Shasta, I sat inside the portal I created for this event and began to receive the Illumination frequencies. Gaia started to send me that 5D/6D vibration that is so uniquely hers – the unmistakable feel of our beloved planet. I closed my eyes to feel her embrace, then experienced the codes coming in and her Ascension – a weave of cosmic trigger and respect for the transformation taking place.

Gaia asked me to open my eyes and see the truth. When I did, the woods around me became still; it was the energy signature of a place I have visited many times; the New Earth, her 5D expression. It was right there, seamlessly present all around me. Gaia then whispered, You are going with me. This touched me deeply, because my pure intent is to serve her Ascension. She is an amazing being taking on a brilliant creative transformation, and to accompany her on this journey fills me with joy, grace and pure love.

From the heart of service work, it does not matter if I *stay* in 4D or *go* to her 5D state, or walk between. I feel so blessed by the experience of my 798 incarnations here. They dissolve into a multidimensional blip of when I was on Gaia and I AM grateful for the compassionate detachment which Ascension brings. As always, the experience of transformation – the Ascension of one's consciousness – is a personal choice.

I will always volunteer to try the new, open doors and tell people what is beyond the barriers. Wayshowing has become a lifestyle for me, and there is nothing more exciting than letting go of the fears, beliefs and illusions in order to demonstrate our true nature. Not everyone has to give up their job, home, stability or attachment to social/cultural/political structures in order to serve their Higher Intention. Our experiences are very different as we choose timelines and create our paths from the power of Unity Consciousness. I AM here to show that those things have nothing to do with who we truly are or are becoming during the Shift.

121212 Side Effects

A few side effects for those who took on encodements during the 121212:

- Heart center adjustments – sudden & strong expansion.
- Birth of the Inner Sun – experiencing the Sacred Heart Solar Gate opening within your chest. Feels like heat, burning, golden radiance from the heart center up to the high heart.
- Pushing sensation from behind the upper body – Christed Self coming forth. Welcome.
- Multidimensional Ascension Tinnitus – ear ringing/singing/tones taking on various frequencies now. Can be consistent, higher tones, and various tones at once. Harmonics are activating your DNA. Gratitude.
- Zero Point experiences – absolute clarity, absolute stillness, absolute divinity and peace.
- Zero Point awareness – the blank state of no-mind, no do-ing, no intent. Let it be.
- Divinity overdrive – this is a deeply sacred transformation. Weep when you feel the beauty of it, expand the gratitude.

Receive, receive, receive: take the moments to feel your own ascension. The Higher Self will demand it if it is your time to transcend the illusions. If you feel sad or irritated that you don't have time for yourself, trim the nonsense, Masters.

The veils are gone – poof!

There is a theory proposed by scientists about perception: They say when Columbus' three ships were approaching land, that the Native Americans could not see the ships until they were extremely close. Because the Natives had no reference in their reality for giant sailing ships on the horizon of the Ocean, they could not see them. They could not perceive the giant vessels because they had no reference point in the mind to interpret what it was. This is similar to what is occurring in our own perception right now, because the veils are officially down. Think of the formerly higher realms as your Nina, Pinta and Santa Maria sailing into your reality. They have been docked for a long time, and finally we are altering our perception to see the truth. No veils, no separation at last.

Attuning our perception will be challenging as a collective, which makes wayshowing important for those who chose to awaken early. For the folks who have the gift of sight – eyes open, please. For the last 2 years it's been flashes of lightships by day, wavy energy fields, beings appearing as sparkling vibrating particles ... all of that changes now. And it is wilder than ever.

The trick is knowing it is already visible, it is we who have to attune to what is available while the veils are down. REmember that the squeeze of the middle of this birthing vortex supports your pure intentions and self-empowerment. Tip: this

is a vibration = vibration situation. Look with the love you have REactivated through your Ascension process. There is no more support for begging the external to provide what is seen clearly through the heart. Vibration = vibration.

Side Effects of the 12-21-12

Three days before the 12-21, the energy may make you feel emotional or blank depending on your journey. The energy here at Shasta is intense in a 5D way – a brilliant heart-opening love. Moments of intensity or wave-like energy, similar to 2011's standing-on-a-ship type vertigo are also coming in. It's just magnetics and pole adjustments. Ride out the waves by being consciously calm and caring for your body vehicle. Rest is so important. Just be with the experience. Forget the DO-ing if you are feeling the divinity. Be with loved ones or folks who are feeling the same. If you have neither, tap in and feel the new vibration overpowering the old on this planet. It is incredible and will keep you company.

Many ask me what to do on the 21st itself, and again I REMIND everyone that you are in charge of your creation during this window. The 21st marks the beginning of the new dawn, the new creation, the return of the Christ ~ honor your own birth with the same respect, calm and harmony you would give a beautiful Mother and newborn. Be a good midwife to Gaia and your Higher Self.

Personally, I AM not planning anything. My beloved ancient friend is here from Switzerland, and we are quietly honoring our transformation from moment to moment. For some Wayshowers, Lightservers and those undergoing a deep birthing of the new, I still sense the symbolic three days of darkness (stillness) after solstice will be potent. It might be spent in bed or in a state of suspended consciousness; a sleep-like state where the DNA, crystalline structures and Christed consciousness code activations get a full activation. That does mean deep etheric work, so the body may just be "offline" for three days. If it's anything like the rewrites of the 121212, I'll be asleep. Ironic to go to sleep in order to awaken. Die for three days, then resurrection; we all get the metaphors now, don't we? All is well.

On the Day

Just a few REMinders

Masters have been connecting with me in session or in person in the last few weeks. I sense our councils are REuniting as we step into uber-service, either as dimensional liaisons (gatekeepers) or embodiments of the crystalline consciousness during the Shift. This is comforting to me since we had to be so spread out before the 121212 in order to anchor the rainbow bridge/crystalline grid and balance energies on the ley line grids. Many of us are on key vortex points on the grid for the 21st, feel free to connect with me through the ethers in Shasta to harmonize the collective anxiety.

Don't electri-fry the planet, please

No more electric white light blasting the grids, please. Gaia is FINE and the electrical light causes weather imbalances. Don't uber-Reiki the planet or bring in some outside being's light, please. Especially at a sacred site. Command photonic-magnetic light if you must blast the (fully functional and 100% clear) grids, or radiate golden crystalline love from your heart center. Take it easy, just enjoy the gatherings.

Set yourself up for freedom

The Ascension Gateway for full-blown walk-through to 5D/beyond is amplified (that's the tightest squeeze of the vortex which assists creations of pure intent) is open until end of March Equinox. No whining if you don't dematerialize on the 21st – if that is what you have been working on. A dimensional jump is work, there are cosmic factors and facets of your personal energy fields and journey to consider.

The best thing I can recommend to anyone interested in 5D Ascension is to clear the fears, illusion and judgment of your 3D/4D lifestream. They can't go with you and weigh down the process. Take the steps, take advantage of the supportive energies, and be the Master you are right here, right now. Think, eat, sleep, communicate, love and behave like the Master – your Higher Self – that you are. That's not ego, it is your natural state of Unity with all that is. Be *Presence* and take five to reconnect when you feel distracted. Hold this intent as we journey to Zero Point and it will be amplified. To know and not do is to not know at all.

Expect nothing from the External

Don't be disappointed if you don't see a huge overhaul in the external. Don't be frightened if you do. Your creation must be anchored within – the internal shift – in order for you to experience the same in the external. Those saying Nothing is happening are clearly missing the miraculous. The higher realms are subtle, gentle ~ not the 3D bull-in-a-china-shop duality you may be used to as reality. Yes, the platform for our collective experience is changing as 4D Gaia is revealed (ahem, already here). Meanwhile, Gatekeepers are building bridges and stargates to 5D and walking between; many are primed to fully activate the Christed Consciousness and walk upon this planet embodying that frequency; the lift of the inter-galactic quarantine is upon us. There is plenty going on in the external – it is the internal which absolutely must shift in order to experience something new. Resurrect thyself, beloved.

Love, Light, Harmony, Ascension

Rest, receive, be the Ascension. Let it expand within you. Be still. End the search and begin the knowing. Ignore the last grabs at the dissolving fear matrixes; walk away. Be the divine REturn. This is indeed the best Christmas ever; open the presence that you are.

Blessings from the Eye of the Vortex

December 23, 2012

Many blessings to our dear Light Tribe during this incredible gateway. Apologies for not jumping online and updating everyone on my experiences here in Mount Shasta. I have been sleeping, sleeping, sleeping, meditating, downloading and spending a much quiet time as possible during these profound unfoldments of the New. We have several feet of snow here and another few feet are expected in the next few days. The snowstorms have been supportive of this internal hibernation – experiencing the truth within deep inside my consciousness.

These posts may not be crystal clear at the moment, but I do want to connect with everyone in some way during this transformation. The eye of the vortex – the big squeeze of Zero Point has me in many states at once. Who knows how we are going to communicate after this passage; for the moment I AM a bit blank, blissful and beloved.

A brief overview of the last few days

December 21: Created a portal by digging a big Vesica Pisces in the snow outside. Sat in the 3 foot deep cavern with crystals and my ancient friend Daniel, had an incredible meditation filled with brilliant rays of Gold, Magenta, Emerald and crystalline pearlescent colors. Incredible vibrancy, bliss, peace. Then I felt the same sensation as I did on the 121212, the *already on 5D Gaia* seamless walk-through to that dimension. Suddenly here, then there.

The Ravens (one of my spirit animals) began to talk in the nearby trees in that chattering sound they sometimes make. I heard loud footsteps crunching in the snow behind me, approaching the circle. At first I thought it was a deer, unaffected by our presence since we were so still. Then I realized it was too loud to be a deer walking in the deep snow. The footsteps paused right behind me, so close that I felt an embrace of energy – a simultaneous curiosity and blessing. I kept in my state of receiving the light rays and activations, which were absolutely gorgeous for me. My Self whispered, that's not a deer.

The meditation ended after a while, mainly because the wet snow and winds were starting up again. I asked Daniel if he heard or saw what was walking behind me, and he had not heard any footsteps or sensed anything near us. When I looked around, there was nothing but pristine snow cover – no tracks, no sign of any disturbance at all. I sense my dimensional shift to 5D Gaia had me encountering another resident who stumbled upon my meditation. Either that or my recent encounters with Adama are becoming more physical; I think Daniel, who is very sensitive to energy, would have at least heard him.

The energy since the 121212 has been very sacred for me; deep sensations of grace, divinity and transformation. To-the-core gratitude accompanies the spaced-out sleepiness of not being wholly here. I understand that many of us are

already Ascended, and the evidence of no veils, no illusion, no separation is consistent in my days, if you can even call them days anymore.

Everything has gone Zero Point for me, and the idea of doing or planning or predicting how long any of this walking-between-worlds will last is pointless. It is vividly unique to each path, and I fall to my knees in thanks that I prepared for this gateway in the way I did. The past dissolves and takes with it all of the heartache, turmoil and tribulations of being a Wayshower back then when things were so tough for those in service. All of that is gone, gone, gone.

Shifting Realities

December 22: Seeing more eyes-wide-open moments of dimensional shifts. Focusing the consciousness to perceive the truth as well as the changing truth. Ceremony is spontaneous, telepathic communication is coming in as (rather loud) harmonics, and old methods and practices seem just that – very old. Gone into antiquity. It was what it was, and I have no emotional attachment to the familiar when new geometries or higher levels of intel are downloaded. The past is gone, the familiar nonexistent.

I ran into a few fellow Light Servers in town yesterday – we had a break between snowstorms, so folks were gathering groceries and checking in with each other. All of us sleepy, blissful, calm and knowing that this side of the veil erases anything that we thought we were going to do. Patience and presence, patience and presence.

It is beautiful to feel and see the old paradigm fade, especially in the realm of Ascension. That is said with complete nonjudgment. I understand that many who followed gurus and 2012-as-a-business are disappointed that Ascension was not handed to them by another, or delivered as promised on a specific day, time, moment, location...there were so many misunderstandings about Ascension. I have no idea what those folks will do now, both the gurus and the followers, and it doesn't matter. The message of 1999 comes back: This is when we stand upon the rubble and begin to rebuild HUman beings. So true in the 4D reality, however long this lasts. Wayshower missions are being recalibrated; have patience with these days of stillness. As always, respect and honor your transformation if that is what you desire.

Dream State

Technically, 4D is dreamstate. The last few nights I have had dreams of Gaia suddenly reversing her rotation. Because I AM sleeping so much, the lines between sleeping and waking are blurred. The veils are gone, so beings are around all the time. The task of tuning my perception is beautiful to me, simply because this step is finally available.

Things get very weird now, if you want to label them that way – in my perspective this is when things get normal. We are supposed to be aware of our

multidimensional reality. We are supposed to have interaction with Higher Realms of consciousness. We are supposed to be able to choose what reality we want, access it, and shift dimensions with the right amount of work and clarity. It is our birthright to Incarnate our Christed Self, to merge with our Ascended Master Self, to ascend our consciousness to 5D, 6D and beyond, to partake in glorious experiences of lighter and lighter densities. Remember that the experience – the divine dream you are personally creating- is the Creator within you. The sensation of Self-as-Universe, Self-as-Source, Self-as-Gaia, is held within your Sacred Heart center and is unique to you, dear Creator-In-Carnate.

You are the watcher of these dreams and the participant, the dreamer and the dream. Your empowerment comes with the realization that dreamstate is transitional until one surrenders to Unity Consciousness. That is Unification with the Divine Self, who understands that many collective dreams exist and the Universal dream ~ Source dreaming of itself as Universe ~ has shifted into unknown territory. This means all is possible, unexplored and wide open to brand new creation. You can do whatever you want with the Shift, and this splintering of realities will show us just how potent our Creator skills truly are.

Go with Gaia

The sadness during the days of darkness may not be the departure from the old reality. My melancholy is because Gaia has left the building, and even though I AM aware of being in both places at once (4D and 5D/6D Gaia), there is an underlying how long will it take before I can join you completely. The concern dissolves, as all of my emotions do these days, into nonjudgment and acceptance of what is best for all concerned. The detachment is such a blessing.

Prior to the 121212 I had phantoms lingering about gatekeeper work – little doubts of capability because I was getting so fatigued. Archangel Michael and Yeshua stepped in at 4am one night to help me remove those last shadows of doubt. Yeshua said something very kind that night, and this may resonate with Wayshowers who have endured and transcended the difficult challenges of the past paradigm over and over again. Yeshua stood behind me, placed his hands on my shoulders and said, You have resurrected yourself so many times. This will be easier than you think.