

The Crystal Stair

A Guide to the Ascension

*Channeled
Messages from
Sananda (Jesus), Ashtar,
Archangel Michael,
and St. Germain*

by
Eric Klein

The Crystal Stair: A Guide to the Ascension

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Archangel Michael, and St. Germain

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❧ Dedication ❧

With love and gratitude, I dedicate this book to Sananda, the Ashtar Command, the Great White Brotherhood and all who serve the light.

❧ Acknowledgments ❧

Special thanks to Jenny Annear, Sara Benjamin-Rhodes, Shawn Monroe, and to Christine for her love and support.

❧ Author's Foreword ❧

It has now been over four years since the publication of the third edition of *The Crystal Star*, and I am taking this new edition by Medicine Bear Publishing as an opportunity to re-edit and somewhat re-organize my channeled material. It has always troubled me that the updates to the original classes did not appear in the first book. So, for this volume, I have included one chapter each from *The Inner Door* and *Jewels on the Path* that relate directly to the information contained in the original classes. Though there is much information about the ascension experience in the later books, these two "mission updates" do now seem to belong with the *Crystal Stair* material.

Other changes made to the original book have been slight, and based only on later channelings by the Masters. As I became more proficient as a channel, and with longer exposure to this radical information, my ability to "get out of the way" and to simply allow the messages of the Masters to come through definitely improved. I have therefore deleted a few lines of the original text that do not correspond to the later channelings, and have made a few minor changes in wording or phrasing that help to clarify the intended messages. Again, these editing changes have been very limited and were done only with the acquiescence and blessings of the Ascended Masters. I have always taken my responsibility as the channel of these messages quite seriously, even though the spiritual grace and energy (the most important ingredients!) experienced by the readers of this material obviously come from "on high," and not from me personally.

Regardless of my best efforts, when all is said and done, this remains a powerful and potentially disturbing book, especially for readers with little previous exposure to the spiritual path. It was channeled to a small group of students who already had an understanding of the basic principles of

spiritual growth, as an extension of their previous training. For those readers who have not studied these subjects before, and even for those who have, I recommend that you (at least) read *Sacred Journey*, in which I have tried to place the ascension information within its broader context, as a natural step in the process of personal and planetary evolution.

The awesome power, love and grace of the Ascended Masters are all but impossible to share in language. Like all true blessings of Spirit, they must be directly experienced to be understood. I believe that in time we will all know that we have always been guided and nurtured by their presence.

It's a wild ride! Remember — keep your hands and feet inside the car at all times!

Eric Klein
Santa Cruz, California
September, 1998

❧ Preface ❧

In January of 1990, I was asked by Sananda to channel a series of weekly classes on the subject of ascension. These classes were given over a six-week period, beginning in February of that year. They were to be followed by two similar courses (of five weeks each) lasting through most of that summer. During that time, Ashtar suggested the creation of a book containing the transcriptions of the best of these classes. He recommended that we not be overly concerned about the “literary merits” of the book, but rather that we get the information out as quickly as possible.

Since the time of the publication of this material, Sananda's words (see Introduction) have proven truly prophetic, as this information has found its way into the hands of many Lightworkers worldwide. It is my hope that this new edition will now find an even more expanded audience for this vital information.

I feel it is important to state, concerning this or any other channeled material, that this information is not meant to be taken as the gospel truth of the planetary ascension process. I have done my best to bring through the words and presence of the Masters with clarity, knowing always that within this multidimensional universe, there are many possible perspectives of any single event. As Ashtar has often said, “Channeling is a rather limited medium of communication.”

Yet, in spite of the restrictions inherent in this form of communication, one point is very clear. That is, the need for each of us to bring through with trust and humility whatever we are blessed to receive from Spirit. I leave you with love and these pertinent quotes:

“A man attains perfection when his work is worship of God, from whom all things come and who is in all.”

“Greater is thine own work, even if this be humble, than the work of another, even if this be great. When a man does the work God gives him, no sin can touch this man.

“And a man should not abandon his work, even if he cannot achieve it in full perfection; because in all work, there may be imperfection, even as in all fire there is smoke.”

— *Bhagavad Gita*

“If you bring forth that is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.”

— *Gnostic Gospel of St. Thomas*

Eric Klein
Santa Cruz, California
April, 1992

Introduction

by
Sananda

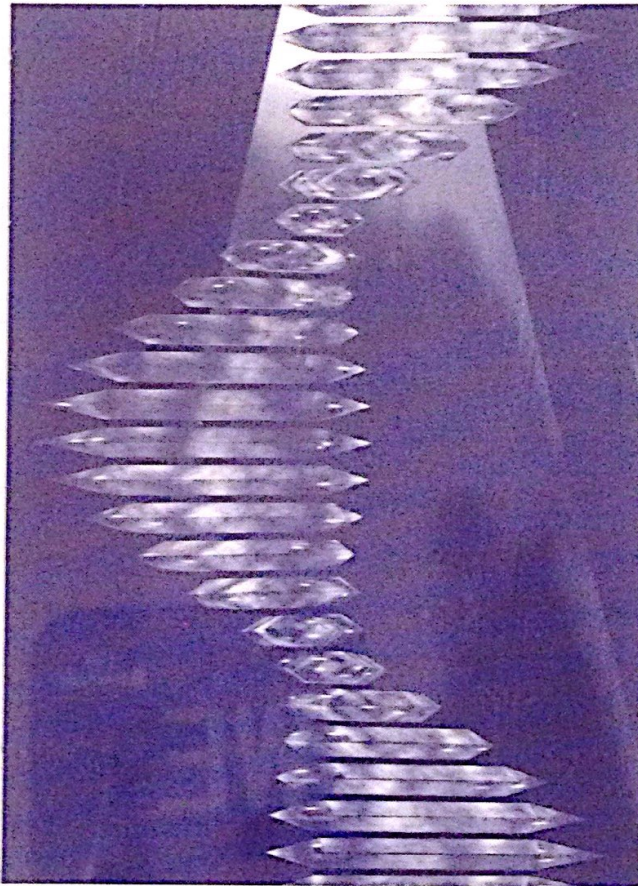
Many have been served, and many more will be served by the channelings presented in this collection. It is our wish that this information be made public to assist in the mighty transformation now taking place on Earth. Ascension is and always has been the ultimate goal and end result of third-dimensional existence. What is happening on this world now is not new within the context of universal evolution — it has happened on many worlds and will occur again on newly evolving planets throughout the creation.

What is presented here is as an energetic reminder to those of you who have roles to play in the unfolding drama of the times. If this information triggers within you a sense of joy and excitement, if you feel an alignment with this perspective, consider the possibility that you are going to actively participate in it. If the information concerning “Earth Changes” causes fear, please be reminded that as in any birth process, there is a brief period of pain followed by a time of great joy.

So it will be in the birthing of the New Earth. Each ascending human will experience their own birth into the next dimension of consciousness against the backdrop of the powerful transition of the Earth herself. There is no way to describe in language the importance of this event. It remains for each of you to open to your divinity and to assume your rightful places in the vast ocean of love now crashing on your shores.

— Class One —

Introduction to Ascension



— Sananda —



ello. Nice to be here with you this evening on this auspicious occasion. I am Sananda, here to introduce you to a great adventure in your lives. I might say, to re-introduce you to something you have known on some level of yourselves for a very long time. So please make yourselves comfortable and be relaxed. We will be introducing you to the ascension process this evening. The first class is always the most challenging for us. There is so much to discuss that it is difficult to know where to begin. But with your help in the form of questions, we generally end up taking care of most of the information you need to know regarding the ascension and these times that you are living in.

These times are quite extraordinary. What is occurring now has not occurred on this world before. It is a transformation. There is an incredible amount of growth available. The opportunity to take a quantum leap into higher consciousness is now here for you. You may have a certain awareness of this in your lives. You may be in your own ways experiencing a quickening of growth, a heart opening, more light and love in your life, more desire to know the truth. This is a result of this increased energy that is occurring. What I am here to talk about, as well as the others who will speak to you in this series of classes, is the completion, or goal, of all of this transformation. You are not here on this planet to endlessly grow and process your emotions. This is part of a larger picture. This is just part of a growth towards a completion. And now at this time, through a special dispensation of the Father/Creator of the universe and all the universes, we are putting out the call to those beings such as yourselves, those Lightworkers and Starseeds, who will be the first to learn about this opportunity to return to their true states of

awareness, their true identities. This will culminate in the ascension experience.

What is ascension? It is a great evolutionary leap. In general, you could say it is a leap from third-dimensional reality into a fifth-dimensional or higher state of consciousness, third-dimensional reality being what you now see and hear and taste and experience with your senses, all that appears to be solid or having this dimensionality of solidness. I would like to include in this definition (though they are more fourth-dimensional manifestations) thoughts and ideas, emotions, etc., all of which are existing in this planetary realm. You might say that the fifth dimension or higher, the ascended state, is a state of increased frequency of vibration. It is as if you have a prism and you shine white light through the prism, breaking it into many various colors, various wavelengths of light. You could say that the third-dimensional existence as you know it relates to that visible spectrum of light that you can see with your eyes, from the violet through the other colors. Ascension is a matter of going beyond this limited spectrum of experience. The nature of the universe does not change. The laws of physics do not change. But you expand and increase your frequency of vibration and your consciousness to a point where you can see those colors and move into those realms that are now invisible to you.

Part of this process is an awakening to your potentials, your hidden potentials. They have been hidden quite well, have they not? You have been using a certain percentage of your grey matter. Some of you are more aware through meditations and psychic powers, but nevertheless you have been existing within a certain limited framework of consciousness. So another difference between an ascended being and yourselves is that we have a one hundred percent mental capacity, fully operating in our consciousness. And you have much less. I would say you use only ten to fifteen percent. Maybe I will give some of you the benefit of the doubt and say that you have used up to twenty percent. Congratulations!

But you see, there is a great deal more for you to be aware of, a great deal more for you to experience. And it is very enjoyable to do so. It is very blissful and peaceful to be merged with this loving presence of the Father continually, to be one with the Creator.

So an ascended being is one who has made that leap, who has at least attained to the level of the fifth dimension, who has gone beyond birth and death, who has attained that state of immortality wherein consciousness will no longer be broken by the sleep you know as death. Neither is there aging. You have seen pictures of Ascended Masters and they look the same pretty much all the time. If you have seen photographs of me (there are a few in existence), I have not changed much in 2,000 years or for even longer than that. So again, an aspect of ascension is that you will be free of birth and death. You will be free of all of the limitations of third-dimensional reality.

This transformation is not something that is intended to be selective for a very few individuals. It is something which is now occurring on a planetary scale. It is something that is going to be available to all human beings in this lifetime, in a very short time. You are hearing about it. You are in the first wave of those who have heard about it, of those who are interested. So this is not something that is an option. For you, only the timing is optional. This is not a new automobile I am selling you that you can decide whether to purchase or not. I am telling you something that is going to occur and is going to happen one way or the other. And it is for you to align yourselves and to open to the transformation if you wish to be among the first to take that leap of consciousness.

So why are you the first? Why are there so few who are ready to hear about this at this time? Why are you so different, you might ask. Why are your hearts a little bit more open? Why are your minds a little bit more open to this possibility? It is because you have somewhat higher origins. Those of you who are in this room with me now are what I

would classify as Lightworkers or Starseeds. You are, believe it or not, very evolved beings. You are very beautiful and courageous beings. You are among those who chose to leave the ascended state, to come here, to take third-dimensional incarnations many thousands of years ago in order that you might assist humanity, in order that you might assist in the transformation of this planet. It is time for you to realize your origins to some extent, and to begin to appreciate yourselves for who you are beyond your minds and your personalities, beyond your limited concepts of yourselves. This is why you are among the first to hear of this. This is why you are awake to the possibility. Many have heard these descriptions of the ascension and for some reason they do not awaken to that. For some reason they are somewhat sleepy or disbelieving. Their time will come. Now it is your time.

So part of what we will be working on together in this series of classes, for those of you who choose to continue onwards, is the unveiling of your own Higher Selves, the increased awareness of who you really are beyond your personalities and individual life experiences. You will begin to experience an expansion of your self-concept. You will begin to feel a great deal more of your true presence, your Higher Self, as we do our best to connect you more strongly with that aspect of yourself. We are going to work on integrating you with that Higher Self so that you do not feel separate from God, your true Self, so that you do not feel disempowered or helpless or lost here in this third-dimensional quagmire you call "planet Earth experience." There are many benefits to this process. Indeed, it is a process. So I congratulate you for your openness this evening, for having the courage and openness to come and hear about this. I encourage you to ask whatever questions you have about this. This is not an ordinary class that you are taking. This is not a workshop that will assist you in manifesting more money. This is a class that is cutting straight to the very essence of your beings. It is very transformational.

So what is occurring now that is different? Why is this time more powerful and intense? It is because the Earth itself is undergoing the initial phases of its transformation to the ascended state. The Earth as a third-dimensional manifestation has a very short time to continue. There will be incredible transformations of this planet and this solar system that you are inhabiting. All of the atoms and molecules of the Earth, of the solar system, and of every being in existence on the Earth are transforming towards a higher frequency and will soon be in the fifth dimension of experience. This is why this is not an optional experience for you. If you are inhabiting the planet Earth, know that you are here at this time for a purpose. You are Lightworkers and you have been awaiting this time. A great deal has happened to you in your Earth lives, a lot of water under the bridge, a lot of lifetimes where you were trying your best to be ordinary citizens. Sometimes you were persecuted for being extraordinary citizens. Sometimes you were great teachers. Sometimes you were yogis and meditators in your caves. Sometimes you were white witches or any other sort of manifestation, trying your best to do your missions here, to channel the energy of God into the desert-like consciousness of the world. You have done a lot. You have been rather successful individually. Yet collectively I would say the change that was intended for this planet has not been proceeding as smoothly or as rapidly as we had hoped when this choice was made by you to incarnate here. So the original plan requires a little bit of a boost at this time. What has happened is that most of the Starseeds have fallen asleep themselves! This is why the world is so sleepy and why even the Starseeds are sleepy. Because there is an aura of sleep and confusion which surrounds the planet. The light has not broken through fully yet. But it is making great strides to do so.

So I ask you to open to the experience of your Higher Selves, your own divinity, and open to the possibility that you are ascended beings who descended at a certain time in

history to do the work that you have been doing. And now it is time; your internal alarm clock has gone off and awakened you. You heard the word "ascension," or perhaps read some information about it, and your internal alarm clock went off. Something in you said, "This is for me." It is because you are programmed to awaken. You are programmed for this time, for you knew that no matter what occurred in your third-dimensional lifetimes you would not be left behind when the Hierarchy came to elevate the consciousness and to lift and transform.

So now it is time, and you are receiving your wake up calls. You are waking up quite beautifully. There is more to do and experience. You will experience it. I will speak a little bit about the ascension process. Next week Ashtar will be here to speak in more detail within his area of expertise. You see, there is a great deal of involvement by the Ashtar Command and the extraterrestrial masters. There are many ships surrounding the Earth. They are not visible to you because they are in higher dimensions. They are not visible to your earthly radar. They are not visible to the space shuttles. But let me say the skies are swarming with ascended beings at this time who have been assisting with this work.

So what is the process? You have grown accustomed to reincarnational experience — that is, having your soul incarnate into a body and going through a lifetime of a certain number of years, experiencing death, and leaving your body to return again to the Earth. You have gone to some fourth-dimensional areas. There are heavens and hells galore, with many experiences. Yet always you return to the body, for this body is the platform from which your launch will take place into the fifth dimension. This is the intention, let me say, of having a physical body, at this time especially. I would say that your ascension will be all but identical to my own. You will not leave your bodies behind and go to a high state of consciousness. Your bodies will be transformed also. The molecules and atoms, your subatomic particles, all that you are, will be transformed and accelerated into the fifth

dimension. So you do not have to die. Well, that's some good news. Despite the fact that human beings have grown so accustomed to dying that it has become a common awareness or common belief, I am telling you now: you do not have to die.

The actual experience of ascension involves the lifting of your vibrational frequencies, which culminates in the physical lifting of your body in a high state of consciousness from the planet's surface into the waiting light vehicles. And yes, when I attained my ascension, I was lifted into the light vehicles also. You could say that I went up into the spaceships, if you prefer to view them as spaceships. So your experience will be the same as mine, although your requirements will be somewhat less than mine were. Fortunately you do not have to go through the trials and tests that I did. What I went through was for all of you and all of humanity. You could say that I paved the way for this process. And I have been waiting for you for a long time. So I am very excited to see the fruition of all the work we have been doing here for thousands of years. For thousands of years the Ashtar Command and ascended brotherhood have been working. For thousands of years we have been waiting for this time. And we are very happy and excited that our wait is all but over and that we will be reunited with those of our family. I am speaking of you now. And we will have the opportunity to do some very vital work with the mass of humanity also.

So you will be lifted. You may call it evacuation or you may call it ascension. These terms are related, but the evacuation refers to the lifting of your physical forms. The ascension refers to the experience of making the shift into the fifth dimension and beyond. This occurs shortly after the lifting. It is one process with two phases, you might say. So this is available to you. We are making this available. It is available due to the love of the Father for his creation and for all of the innocent beings who are here, who have been here in this world, whose hearts are calling out for more love, truth and light, who have been influenced by darkness and confusion.

So my recommendations to you, if you are interested in this process, and this is sounding and feeling like truth to you — prepare yourselves. Open your hearts and investigate this. Take this course. We will work with you on many levels. We will work with you intellectually and do our best to explain, within the limitations of speech, the information about the ascension. We will also work within your hearts — in your *chakras*, in your awakening, opening, balancing — in preparing you. If it is your desire to be among the first, we will do this.

The current plan calls for, and I might say that it is quite a brilliant plan in my opinion, three waves of ascension. The goal of course, as difficult as it may sound, is to have every human being on this planet experience the ascension in this lifetime. It is doubtful this will occur. We are going to do our best to harvest as many as are ready. Therefore, we will have three waves of ascension — the first two waves being, for the most part, the returning of the Starseeds to their true states, the re-ascending of you who are originally ascended beings who have come here. It is our hope that many of those Lightworkers who will awaken will avail themselves of the opportunity to be lifted in the first or second waves of ascension. The first wave is imminent. It is our hope that it will occur very soon. The sooner the better, in my opinion. Those who ascend within the first wave will be given the opportunity to return to Earth as Ascended Masters, to walk among humanity teaching and performing “miracles,” sharing this incredible message, and assisting in the transformation of human beings. This is ultimately the purpose that you came here for. It is time for you to open to the possibility that you can complete your Earth missions and do this work from a higher perspective quite a bit more effectively than you have been, being as you have been enmeshed in third-dimensional life and its limitations.

So upon the ascension of the first wave there is an opportunity for choice. Many choices will be given to you. You can choose to return as an Ascended Master in a Light Body, having a body that is immortal, having the ability to

materialize and de-materialize at will, to zip back and forth between the light ships and the planet, to perform miracles, to create spontaneously out of the etheric substance, to heal, to do many wonderful things. In short, this is to attract a lot of attention. You haven't been attracting very much attention, have you? All of your work, all of your meditations and your sharing have done some good. But for the most part it has only assisted in gathering the Starseeds back together again. It has not had a great deal of effect on humanity as a whole. It is a bit more profound of an effect we are hoping to have, as you return as Ascended Masters and create quite a ruckus and a stir. Being in the ascended state you will not be affected by negativity, doubt, fear, money, these sort of limitations. You will be able to be as radical and outrageous as you truly are and as you were before you took on the veils. The veils will be lifted from you.

This is one choice. This is the choice that we are hoping many will accept. It is not mandatory to do so. If you as a Starseed are offered the choice to ascend in the first wave and to do some other service in another area with the Ashtar Command, or to return to your origins, this will be perfectly acceptable. As ascended beings you are always doing some form of service simply by being and showering your presence wherever you are. You have come from very many different places, different levels of consciousness, different angelic realms, different states, and you will have the opportunity to return to your soul families and points of origin. If you have not felt comfortable and entirely at home on Earth there is a very good reason for this. And it is good and it is a blessing that you have not. For it has kept you a little bit more awake and a bit more hopeful of something more. So here is the something more. It is coming your way on a silver platter with all of our light and all of our love.

I think I will speak about the Great White Brotherhood and the hierarchy of beings that are working at this time. You have heard of the Great White Brotherhood, perhaps. It is a service organization of beings who have ascended. You may

have heard of the Ashtar Command or the extraterrestrial Ascended Masters, as you might call them. There is little difference between them. The Great White Brotherhood tends to be made up of many beings who have had Earth incarnations, but not exclusively. But those who are working most closely with you have generally had some Earth experience and have committed themselves to this particular sphere of activity, the Earth, this beautiful planet which is in need of so much assistance.

So there is an organizational structure, you might say, to the work that we are doing. There is a chain of command proceeding from the Father/Creator through all of the angelic hosts and creator-gods, spirits, beings. Within this Earth sphere of activity, I am the supreme commander over all of the Ashtar Command and its activities, and over the Ascended Masters of the Great White Brotherhood. This is my service. You might say that I am a coordinator of love. There is also a great deal of activity by the angelic hosts at this time. Archangel Michael and his legions are here for the protection and the transformation, and for the dispatching of those dark forces which have taken control of the Earth.

So you see there is a great deal about to occur. It has been occurring, but it is going to become much more physical and much more evident. As the Earth undergoes its transformation into the fifth dimension there will be much more of cataclysmic experience. The shaking and quaking and volcanic activities of the Earth will occur. Many of the transformations have begun; much flooding has occurred as you know, and earthquakes, etc. This will continue and it will increase in intensity. It is part of the process of the Earth's transformation. It is inevitable. It must occur. One of the by-products of this is that human beings will be shaken into another state of awareness. They will begin to question their lives and will begin to be a bit more open. Many of them will. Many of them will resort to a state of fear and panic. We are here to "save" as many as we can from the death experience and complete the cycle of this planet. It is a very incredible

experience to be a part of. So tonight I am inviting each of you to take part in this, to take part in a big way — not as an innocent bystander but as an active participant — to return to your mastery, to return to your God-nature, to take back the powers you have given away by being third-dimensionalized, to reawaken the other eighty-five percent of your brain, to accelerate your atoms, to ascend and to return to that full consciousness you have longed for, for so many lifetimes.

I will speak about the requirements for this. Yes, we have requirements. I use the word rather facetiously, for compared to the requirements for those who have ascended before this time, they are really rather easy requirements. First of all, it is necessary to have some understanding of God, or some experience of God, to have an open heart towards that aspect of your Higher Self. It does not matter so much how you philosophize or view this or label it, but to have an awareness of your Creator, your Higher Self. You need to have an openness within your heart — to have an open heart and, as best you can, to love yourself unconditionally, for this is where it begins — and then to love unconditionally all that you see, all that you meet. In fact, to be a love radiator. Many of you are so beautiful it is redundant for me to speak of this. But nevertheless it is a requirement. It is not necessary for you to understand scientifically all that will occur in the ascension process. In fact, I do not think that anyone in this room could grasp it without a great deal of education. It is not necessary for you to understand any more than the limited explanation I have already given you. It is more of an awareness, more of an expression of love in your heart, an openness to the process, and above all a desire, a longing to return, a longing to know your true completion and to complete your spiritual growth here on Earth. That's it.

You see, it is not very difficult, is it? In fact, when the first wave of ascension occurs, if you are giving yourself to this process and desiring the ascension, you can have the experience of ascension even in your sleep. You do not need to become a great saint or yogi. If you are not meditating now, I

would encourage you to begin. If you are, I would encourage you to continue and to focus a little bit more on this. It is not necessary for any of you to attain perfect self-mastery. I don't think that it is going to be possible within the time that is left, anyway. Know that you are already saints. Maybe that will make it easier for you. Know that you are returning to who you truly are, rather than developing a new aspect of yourselves. Truly you are going to see the veils removed around your own hearts and consciousness. I guarantee it. It will occur very soon in your lifetimes. We will take a great stride forward in our classes. Hopefully we can share this information and enough of the experience that you will go through any doubts or confusions. Of course your doubts will arise. You would not be human if you heard this information and did not have some skepticism about it. I encourage you to ask your questions. Know that there is part of you, your rational mind or your skeptical natures, which may never believe in this. We will be giving you a great deal of information and experience regarding the validity of this, though there will always be a part of you which has a little gnawing doubt that it will ever be occurring or that it is even possible. Know that you do not need to banish this part of your consciousness in order to have this experience. This is the part of you which will experience it when it happens. And then you will know. Above all, love yourselves.

So let me open the floor to questions at this time. Please feel free to be yourselves and ask me whatever you desire to ask. This does not mean I can answer all of your questions. Within this framework of communication there are certain limitations, but I will do the best that I can.

"I don't have an understanding of what a Starseed or a Lightworker is, nor do I know how to find out whether I might be one or not."

I will tell you. You are one. There are many manifestations of Lightworkers and many experiences. There are many Starseeds, or Lightworkers as I call them, who are completely

unaware of anything relating to spirituality or meditation or ascension. You might say they are in a state of varying degrees of sleep. This is not a criticism of them as individuals. It is merely a statement of the power and density that exists on planet Earth. The veils are very thick here. If you are not clear whether you are a Starseed or Lightworker it is not an indication that you are not one, nor is it an indication that you are not going to have the opportunity to be an ascended being. You will have that opportunity. One of the aspects of unconditional love that is a requirement for this path is that we stop criticizing ourselves. We all carry within us ways of criticizing or judging our behaviors and levels of success. It is time for you to all love yourselves unconditionally, as well as you can, regardless of how well you are performing against your ideal goals and expected ways of being. So for you as an individual I would say if you can do some meditation and continue to come to these classes, we will work with you. If you continue through this course you will have quite an experience of awakening, quite an experience of your Higher Self, much more than you have yet experienced. This is our intent and this is our promise to you. There is some exploration that needs to be done. It is the wisest course of action for any of you who are not quite certain about this, not quite sure of the truth of this. It is wise for you to continue to pursue this, to ask your questions and to make a full and thorough investigation. If what I am saying is true, you have a lot to gain by doing this. And what I am saying is true.

“Could you comment on the term ‘twin flame’?”

A twin flame is your equal and opposite double, or another aspect of your Higher Self, a being which is completely connected with you. Or shall I say, a being who had their origins at the same time as you did. You might say that you were manifested at a certain point into individuality. You came from a twin flame combination. So if you are the feminine aspect of yourself, there is a masculine aspect, for lack of a better terminology. There is a being that is your ideal mate.

One aspect of ascension is that generally you are reconnected with your twin flame essence. It is quite beautiful. The longing to be reconnected with the twin flame — to have the ideal relationship, the ideal love expression — is a very strong drive in human beings. It is the origin of your drive for relationship. At some level you are aware that somewhere there must be an ideal relationship because it feels so natural to you. So the twin flame is the perfect relationship for you, the being that is most completely aligned with you and is in fact part of you on some level. Many of your twin flame essences are not in physical form at this time. They are working from the ascended state. In fact I think some of you have twin flames whom you will be reuniting with upon your ascension. So if you are having trouble with finding the perfect mate for yourself, there may be a very good reason: he/she may not be here. As you grow spiritually there is something like a magnetic attraction which begins to occur between the twin flames. As they grow spiritually the magnetic attraction between them draws them together at a certain point. If they are not both in physical incarnation, the attraction will be completed when the ascension occurs. That is a book in itself. That is a little overview of the situation with regard to twin flames. It is quite a beautiful experience.

You also have soul families. You will be more and more reconnected with them as you grow, and especially after your ascension. There are beings who were created at the same time you were, in the same space and in the same way, who have the same characteristics as yourselves. And it is a very family type of feeling to be reunited with these. Most of your families are not in third-dimensional reality. Most of your connections are waiting for you to ascend, and then you will have a reunification with them. Upon your ascension you will be aware once again of who you really are and of these connections. It will be like waking up from a dream and remembering who you are. When you wake up in the morning you may be aware that you have just had a strange dream. And yet within thirty seconds you are awake and fully present

in your normal consciousness and your normal personality. This is somewhat like the ascension process — that is, you awaken from this third-dimensional experience to be reunited and reacquainted with your own Higher Self, your own real personality, and then this life will be the dream.

“Sananda, those people who have been our parents in this lifetime or our children in this lifetime, is there a tendency for them to be part of our soul family?”

Not necessarily. It is possible, and there is a slight tendency, but it is a stronger relationship or connection than you might have in your ordinary relationships with your parents or children. Although if you are Starseeds or Lightworkers, chances are very good that your children are also. So there is an increased possibility that they are in your soul family. It is not necessarily the case that your parents are Lightworkers. Some are, most are not.

“You said ascension would happen very quickly, and I realize the time element is difficult to translate, but what do you mean by ‘quickly’?”

You are referring to when the first wave of ascension will occur?

“Yes.”

I would say that it is imminent, though “imminent” to us may seem like a long time to you. There are many variables which dictate the timing of this event. It is not in our control, even my own control. I wish that it were. But it is only from the highest source that the final word will come. We are hoping to collect as many Starseeds as we can in the first wave. In fact, we are calling the first wave the “leap of faith.” For those of you who go in the first wave will have little to go on except our channeled messages, your own spiritual experience of our presence, and your own belief and faith. Those who come in the second and third wave will have some visible experience that it is possible because they will be face

to face with someone who has done it already. So it is impossible to give you an exact time.

My opinion of what the Creator has in mind is that He is waiting until the last possible moment to gather as many Starseeds as possible into the first wave, so that there are the maximum number of Ascended Masters returning to do the maximum amount of good, to cover the Earth with Christs. So if it takes a little bit longer than you hope, it is because, in my opinion, He is waiting until that last moment. The more who come on the first wave, the more can be saved in subsequent waves, and more will experience this. Again, the first and second waves are primarily going to be made up of Starseeds. The first wave will undoubtedly be Starseeds, and only the small percentage of Starseeds who are awake to this. The second wave will most likely be the majority of Starseeds. Hopefully there will be some humans who are not of that category who will be prepared to go.

The third wave will occur at the last moment, before and during the major transformations and cataclysms, as you might view them. I will call it the transformation of the Earth's surface. At that point it will most likely not be possible to sustain life on this planet. All this will likely occur within your lifetime. I think Ashtar can give you more scientific and specific information about that. Know that our goal is to lift as many beings as possible from this world into their higher state of awareness within these three waves. The Earth will undergo its transformation. It will become a fifth-dimensional entity, and afterwards there will be a repopulation of the Earth by beings who are compatible with fifth-dimensional reality. So you might say that no one will be able to be earthlings unless they have ascended.

“It has come to my attention that a great deal of self-healing needs to be done. I’m having trouble reconciling in my mind how a process like ascension can occur before the self-healing is done.”

This is an excellent question. The self-healing that you are speaking of is something we are going to be addressing dramatically within this very course. Let me say that you have an emotional body that has been with you for many lifetimes. It has borne the brunt of a lot of negativity and fear and confusion. You are all to some extent scarred by this in your emotional bodies. If you have been working on yourselves, doing your healing and meditations, you have processed a great deal of it. If you are more new to this, then you may have a bit more work to do. Yet I would say that the transformation that is necessary is not something that will take a great deal of time. You will not need to be one hundred percent healed and whole emotionally or spiritually in order to ascend at this time. It makes it easier for you to go through the process. It makes it more enjoyable perhaps, but there is nevertheless the opportunity for you to do so.

We can work miracles with each of you. This is our intention. There were people from the first and second classes who did not necessarily meditate very much, but through the course of the class they began to meditate and feel a connection with their guidance, and by the end they were channeling Ascended Masters themselves. This is something that can occur as a result of your interactions with us. We will be working with you — especially if you choose this ascension path as your goal — quite directly and dramatically and showering you with our love and healing. We will be assisting you to release those limitations that you have accepted around yourselves — all the pain and suffering that each of you has absorbed — that to some extent still clings to your emotional bodies and beings. This can be surrendered and released. And it does not need to be painful. It does not need to be overly difficult. Though it will be challenging.

Let us assume that at the end of this class you feel a commitment to pursuing the ascension and to taking this course. You may feel you have a lot of work and healing to do. Just do the best that you can to open yourself to this process

and to meditation. You can get some guidance in meditation if you desire. I will help you or others can help you. If you sincerely apply yourself and have that sincere desire in your heart, I do not see any reason why it is not possible for you to go. If you are not going in the first wave — if it is not your state to go in the first wave (perhaps you are not quite ready or you choose not to go at that time) — there will be another opportunity that occurs not too far after the first wave and you can in all likelihood be well prepared by that time. Don't give up on yourself and feel that you cannot experience the healing and make the first wave. You do not know when it will be. I would say to recognize that you are a very powerful and divine being. You have, as all have, accepted limitations and veils and accepted more of the pain of life and the density that exists here into yourself and into your body. This will be released. If you have a sincere desire, it will be released. You can participate in it.

A lot of it will be occurring without your active participation. This is the time when miracles are going to occur. This is not as much of a miracle as you might think. So be positive and make your choice based not upon what you think is possible for you, but make your choice based on what you would like if anything were possible for you. You may be feeling in your heart that you are not worthy or ready for ascension. And yet your heart may be telling you that it would like to ascend more than anything in this world. You can choose to relate to that part of you which feels you can't do it, or you can choose to relate to the part of you that knows it wants to. So relate to that part of yourself. That's all you need to do basically. You will receive guidance and will be led to various experiences as you were led to this particular channeling. There are no accidents. We are not collecting any dead wood here. We are only collecting beautiful beings, and you are all in that category. There will be more guidance. You can ask whatever questions you desire. You can ask for guidance concerning meditations. You can ask for a private session with this channel. He would

be happy to do so. If you feel you would like a personalized experience, this is available to all. I am doing my best to communicate in this format in a rather general way.

“The people who over the years have claimed to see spaceships, are they seeing your ships or some third-dimensional ships?”

Let me say that there are other extraterrestrial beings in the Earth's sphere of activity, aside from the divine beings of the Ashtar Command and the ascended brotherhood. There are beings who are of lesser stature spiritually. There are beings who are somewhat neutral in their attitude towards the Earth, or rather scientific. There are other beings who are downright negative in their effects upon humanity. Their ships are generally visible. You may at times see a ship of the Ashtar Command (they can of course materialize in the third dimension where you can witness them). In the future that will happen *en masse*. It is part of the plan. The Earth will be surrounded by ships visibly during the last stage of the final evacuation. For the most part we are remaining invisible in the fifth dimension. It is much safer.

The Ashtar Command has contacted all the world leaders. The world leaders have not been very open to exchanging information and opening to their presence. For this reason, it is not entirely safe for the Ashtar Command to manifest in third-dimensional reality. The other ships that are here are something that you should be wary of, something that you should be rather concerned with in terms of their origins. If you see a ship visibly manifested I would not necessarily run up to it and say, “Here I am, Ashtar. Take me.” They may take you, but not to Ashtar. There are beings that have made alliances with the secret governments. They are doing their best to confuse the issues here. The Ashtar Command is more powerful and enlightened and can take care of them when the time comes. If you see a spaceship, simply observe it and ask your heart or feeling nature if you feel a Christ vibration. I

don't think this will happen, but if you should see a space being, first of all, if they do not look like a human being, I would be wary. Most of the negative extraterrestrials do not look the same as we do. Some of them have no emotional bodies. In other words, they have never experienced love. So you can detect them by their emanations. You will all be protected if you simply request to be protected from anything negative of this nature occurring to you. It is highly unlikely.

Needless to say, there are beings throughout the universes. This is one galaxy and one universe. There are many universes. There are many dimensions of existence overlapping one another. There are beings of incredible power and magnificence existing. You might say the Earth exists at one of the far corners of one local universe. It is one of the more backward places in the creation. So what you experience by way of the Ashtar Command will be quite enlightening and surprising and delightful to you. As you resume your place in the hierarchy, as you experience the benefits of being an ascended being, you will come into a greater understanding of this hierarchy and of the incredible magnificence and beauty and purpose of the Creation. You have seen a horse with blinders on? A third-dimensional reality is like wearing blinders, only you might say the blinders go all the way around. When you begin to open to higher consciousness, there is a little crack in the blinders and a little bit of light comes in. You do not fully remove the blinders until you complete your Earth life and experience the ascension. Then they are fully removed and all of the wonders are made apparent to you. You see, it is very important for you to focus on ascension at this time. It is your next step. It is a chance that is much more than one in a million. It is more like one in a trillion. And you are here: you have physical bodies, you are Lightworkers, you are hearing about this, you are very blessed beings. So stop thinking you are limited and that there is something wrong with you. You are special. You will feel your own specialness more and more.

“The last few months I have had feelings like I was dying. It intensified over the last two weeks, where I was having nightmares and panic attacks and a lot of things coming up regarding death. Astrologically I’m going through some kind of death. I’m to find a new way of relating to the world. I had problems sleeping. Since I made the decision to come here I’ve been sleeping fine and have felt better.”

I think that you are intended to be here and intended to hear about this. If you are having an experience of death it is because your ego is transforming, or “dying,” as they say. Some people need more of a kick in the pants to come here. But if you are here, it is no accident. Your Higher Self has been trying to get your attention. It has gotten your attention and you are here. There is an aspect to this healing or growth that sometimes can feel like pain to you. It is because you are attached to your ego, your limited self. When your limited self undergoes expansion or healing, it feels like pain at times. One thing that we will be working on with all of you — and Archangel Michael will be working on specifically — will be severing your attachments to these limited experiences. He will be helping to cut your attachments to that process that your egos are going through. In fact you will be cutting your attachment to your ego altogether. The transformation will continue. There is emotional healing which will be taking place. It will not always feel painless, but I think you will have a greater awareness of the perfection of it as you become more liberated in your experience, as you take on more power and feel that which you are longing for, feel it coming from your guides and your Higher Self, feel it welling up within your heart, and have a more continual experience of love. This is very healing. I think this is one aspect you personally will appreciate a great deal. So we will be working with you. You may call on me for your emotional healing. I will give you a hint. Anyone here who has healing to go through, especially emotionally, if you call on me I will assist you. And I will come if you call my name with sincerity.

“Is the ascension process the same as what is described in the Bible as ‘People will be taken up into the air,’ especially as described by the Jehovah’s Witnesses?”

Yes, the event that they are speaking of in Revelation is the ascension or evacuation process. The way it appears to occur to the innocent bystander is that the person next to you on the bus has just disappeared. And so it says that two people will be sitting together and one will be taken and the other will not. It is the same process that you will undergo. You will be lifted. The Scriptures of the Revelation are accurate for the most part, though all prophecy needs some flexibility. We are reserving the right to do whatever we see fit to save this world. We will not be bound by any particular scripture or prophecy, although for the most part many of them are quite accurate. It is for all of you to be spontaneous and openhearted and enjoy the action. There is a great deal of action occurring. You are going to have a ringside seat. In fact, if you choose to be Ascended Masters and return in that capacity, you will be the cause of a great deal of action. You will be the source of much scratching of heads and soul-searching by other beings.

“When you were in a body on this Earth as Jesus Christ, did you ever marry?”

No, I didn’t. I knew a Mary.

“I have a friend who insists she was married to Jesus.”

There are many beings who can feel that connection with me but, formally, no.

“Are you with a twin flame now?”

My twin flame is existing in another sphere at this time. So we are together on one level. We are aware of one another. But at the level that I work with the Ashtar Command and with you, no. This does not mean that you cannot propose to me if you so desire. I am available for love sessions. In fact, it is my hope that you will all make many dates with me!

“The picture of you that is in this room, is that an accurate picture?”

Very close to my fifth-dimensional manifestation, the realm wherein I have a Light Body. Yes, it is close. Wouldn't you like to know what you look like in a fifth-dimensional body? Let's get back to business.

“Can you describe it?”

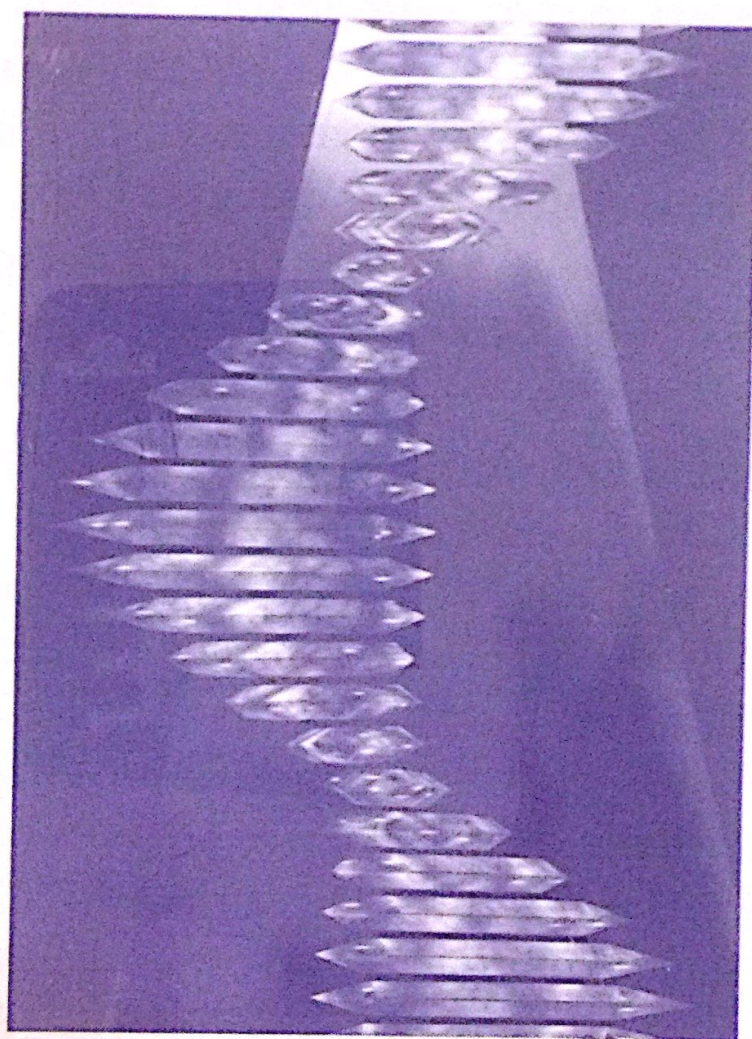
I would say that upon your ascension you will attain to a more youthful age. Most will appear to be of the age of the early twenties or mid-twenties. This will be your appearance for as long as you have your ascended body. You will rarely depart from that. Let me also say, children of the Light-workers who ascend will ascend also, and will be accelerated to the same age that you are. So I'm warning you now that your parenting days may soon be over.

“Can you define a child?”

It is a fine line at a certain point. But there is a fine line within each being where they become fully responsible for their own actions and choices. This usually occurs sometime in the late teens to the early twenties. If you have children that are on the borderline, know that if they are still dependent on you, there is an excellent chance they will ascend when you do. And the children will be the first to be evacuated during the final evacuation. In fact, all of the children of the Earth will be evacuated first. They are considered innocent beings.

So, my friends, I am afraid our time is up for this evening. Know that you will have many more opportunities to ask your questions. I ask you each, in the days ahead, to reflect upon what we have shared together this evening. And I hope you will decide to participate in this adventure we have been attempting to describe. Go within and ask for guidance. Perhaps we can meet again within your own hearts. This is where you will find the truth. Until next time, goodnight.

— Class Two —
The Ashtar Command



— Ashtar —



ood evening, my dear friends. This is Ashtar. I am very happy to be here with you this evening, to share information and the love that we can share together in these momentous times. Please relax yourselves and be comfortable and I will give you an introduction. I would like to address some information concerning the Ashtar Command: our purpose, who we are, and what we are doing here speaking to you in this strange manner. I will give you the opportunity to ask me questions later on. I'm sure you will all have more.

So you have been introduced to this ascension idea, this plan of ours. Let me say it is a plan of the Christ's, under whose auspices we are working directly. I would like to speak a little bit about my role and the role of the Ashtar Command in fulfilling this. Perhaps it will put your mind more at ease about extraterrestrial ascended beings surrounding you. If this is a new idea to you then I am sure there is or has been at least a little bit of alarm, so I come to soothe you a little bit. You can see that I have no horns upon my head nor do I have green skin. We are human in appearance as you are. There are humans throughout the universe. The Earth is not the only inhabited planet, and as the Lord made man in His image, it is on'y logical that there are images of Him scattered throughout His creation. So, let me say that the Ashtar Command is an intergalactic alliance of etheric ships and human beings and angelic beings. We are here on a mission and we have been for many thousands of years. We have been monitoring and assisting in the evolvment of the planet and the consciousness of the human species. We have from time to time manifested physically, but largely we work spiritually. There may come a time — probably there will come a time —

when you will see our ships, but it is a little too early for that yet. We are remaining in the fifth dimension. So we are surrounding you with millions of ships and many millions of ascended beings. You cannot see us unless we lower our frequency to third-dimensional time and space. Nevertheless we are here and we are fully functioning. In fact, at this time our efforts have been redoubled and we have a great number of fleets surrounding the planet, doing much work.

Our work consists of many different areas. Largely, we are assisting in the elevation of consciousness during this period in which the planet is growing towards its ascension. We are assisting in evolvment. We are delivering our trainings to you in your sleep. We are delivering our telepathic messages to those of you who can hear and receive them. We are opening communication links each day. There are more and more of you who are opening to the aspects of channeling and telepathic communication with us. And when I say us, I am referring to the Ashtar Command and all of the Ascended Masters of the Great White Brotherhood. We are working in unison, you see. Each of us in our different areas of specialty, but as a coordinated effort. We are a very organized group of beings. We take time for fun and play as you do. In fact we have perfected it a little bit more than you have, for we have a little more freedom, and yet at the same time we are quite organized and impeccable in our manifestations. At least we try to be.

Aside from the work that we are doing with these communications and messages in enhancing individual spiritual growth, we are working with the planet, and we have been for some time, to assist the planet in maintaining balance. We have up until recently been working to deter activities along the fault lines. This activity has ceased. It is time now to allow this to occur and it is occurring (earthquakes, etc.). We have been working with our technology to assist in controlling somewhat the rotation of the Earth, controlling the wobble which will inevitably result in a new polar shift. We have been doing much to focus the light which is being broadcast from

the Creator Himself throughout the universe. Specifically we have been working with energy grids. These are difficult to describe. They appear somewhat like meridian lines with various vortex points which surround your planet, and we use these grids to assist in balancing and controlling the rate and the nature of the spiritual ray which is emanating to your world. This is, as I have said, to assist in balancing, for your world is existing in a state of precarious balance. At this time we are doing everything we can, and have been for quite some time, to allow you and all of humanity to have the maximum time to develop spiritually and to be prepared for the change and the ascension which is taking place on this world.

With regard to ascension, I would say that the Earth herself is ascending. This is an unavoidable growth which must occur and it will result in some Earth changes. Most likely they will be quite dramatic. We are working with individual ascension especially strongly at this time because the time is so critical. We are attempting to reach as many beings as possible, especially the Starseed or volunteers — you who have been among us in the past and will return to be with us again. We are assisting all those on this planet who are open to spiritual growth and awareness at this time. All those who have love in their hearts are feeling this emanation that we are assisting in, and are receiving subconscious messages from us.

It gives me great pleasure to be here with you. Some of you are new to me, at least in this particular format, though we have been watching and observing all of you for some time. I must say you are branded individuals. You are all glowing a little bit more profoundly than most of your cohorts here on Earth. So it is very difficult for you to escape our attentions. Because you are glowing so much it makes it easier for us to connect with you and to find you no matter where you may try to hide, to share with you the love that we have, and the gifts that we have awaiting you. So it is a time of great celebration on our part and I think on your part. It is

a matter of your assimilating this information and especially assimilating this new energy which is manifesting. As you do so, you will find your life becomes more and more of a celebration and there is more joy and love within you and things begin to look quite a bit more positive. You have been surrounded by negative thoughts and emanations for many lifetimes. We are deprogramming you in our way, not by brainwashing you but by showering you with so much love that you must melt. So if you have hardened your hearts a little bit in an effort to protect yourselves, I understand this. It is part of your growth process, but love will melt this ice. For what we come to share is the same love that has been expressed by every master who has been here.

The Christ is our supreme commander. We work in conjunction with the archangels, specifically Archangel Michael. We are a broad-spectrum alliance of beings. We come from near and far in the universe and from other universes. We come as volunteers and servants and I will tell you why we come. It is because we have experienced so much love we don't know what to do with it. And we must share. So we come from the far corners of the universe, to areas which have yet to attain the restructuring and reordering that the Creator has ordained, and we come in a timely manner to assist. Now we will assist in your ascension.

So, I will speak a little bit about your individual ascension work, as this is the main focus of this class and our role in it. Let me say that there is a spiritual science to this ascension. It is involved with love. It is involved with spiritual growth primarily, but there is also a certain "high tech" aspect to it. This is where our etheric ships, or merkabah vehicles, come into play. We are here surrounding the planet and we are in touch with all of you and we are awaiting your evacuation and ascension. This is the physical lifting back into our ships where your ascension process will be completed. Those of you who are aware of and feel comfortable with the extraterrestrial or Space Brotherhood aspect of this ascension will have an

experience of entering our ships upon the time of your lifting. There are other beings who have not this understanding, and if they were to find themselves in that situation would perhaps feel fear or disorientation. They will be feeling the ascension in somewhat different ways but they will also be lifted into the ships, though they may have the experience that they are being accompanied by angels rather than space beings. You see, there is little or no difference.

So the first wave is what we are focusing on at this time, as we said in our previous class. As Sananda said concerning the first wave, it is to manifest soon. For our part we are ready on our end of things. We are continuing to align the energy grids and to focus the energy, to assist in the growing presence of God upon this planet and within this planet and within each of you. We are doing work to assist in the clearing of the emotional body of the Earth, the emotional aura which has contained much of negative emotions and negative projections. This manifests often as air pollution. We are working to clear this somewhat. All of this work makes the path of ascension all that much easier, as there are then less layers of density for you to go through. Nevertheless, we are mainly waiting for more volunteers who are interested in this first wave of ascension and who are willing to take the time and energy to prepare themselves for this. Sananda has already outlined the general ways you can prepare yourselves. I will say that at the time of your lifting, regardless of whether it is the first or subsequent liftings, your experience will be somewhat as he has outlined.

You will be lifted via the ascension experience. You will be given an opportunity to make choices concerning your next manifestation. You could continue to work with planet Earth as an Ascended Master or you could return to one of the more spiritual realms from which you came. Some of you have sources that are extremely different from your current manifestations. Some of you are angelic beings and others are of the Space Brotherhood. Some are humans or other

ascended beings. You will be reconnected with your original presence, who you truly are.

So, given the information that you will receive at that time, you will make a choice as to whether you desire to continue your work in this area. I recommend this as the most profound spiritual leap you could take: to become an Ascended Master and to return. There are many choices and the choice will be yours. You will receive training if you wish to be an Ascended Master and return to assist the remainder of humanity in their ascension process. All must be lifted or leave this planet in some way in the remaining years, in order to make way for the Earth's clearing. There will be much training offered to you. You will be able to experience a great deal of wonder at first until you re-acclimate yourself. You will be taken to one of the motherships. There we will have a great celebration. We are growing impatient to be reunited with you as you are with us. You will find that it is likely some of you may have surpassed us in your spiritual evolvment. So I would recommend that you do not look at us as gods who are above you, who are to be worshipped, but rather as your brothers and sisters.

You will have the opportunity, if you choose, to remain upon the ships. The ships you will be housed in are quite large. There are of course shuttlecraft. There are communication platforms. There is one that is situated over this home, as this is one of the Earth headquarters of the Ashtar Command. We have a communications platform located above this dwelling. You will be taken to the motherships where you will be able to experience rest and relaxation, as some of you are growing quite weary with third-dimensional limitation. It will be time for you to reacquaint yourself with your spiritual powers and your I AM presence. You will merge and become again ascended beings. You will have to be retrained in aspects of creativity and manifestation and with your powers and how to use them.

You will have no more need to struggle on a survival level. You will have what you desire instantaneously manifested by your own desire. This all ascended beings can do. In my opinion it is one of the unfortunate circumstances of this Earth life or third-dimensional life that all who are here are so limited and enslaved by the need to earn a livelihood to pay for food and lodging. All this takes so much time and energy. You have a very difficult time and very little energy left for even a minimum of spiritual work and service. Some of you have this somewhat beat, but most of humanity is still struggling for survival. So you will have to get used to having a lot more freedom. I think you will enjoy this. You will have to get used to being connected consciously and constantly with the Creator. You are working towards this now. Some of you are making great strides in your growth. Nevertheless, until your final ascension you will still have a remainder of limited ego or density around you. So regardless of the state that you attain (which can be quite expanded), there will still be a transformation which takes place at that last moment.

So what is it like living on an etheric fifth-dimensional ship? It is quite pleasant and aesthetic. Some of the ships are hundreds of miles in diameter. There are cycles such as you experience here of day and night — simulated cycles. Sunlight is processed in a way such as to still allow for a day and night experience. There are natural settings. We have forests, streams, lakes, and oceans full of creatures. We do not have poison oak, however. We have selected wisely from among all species. We have avoided anything of this sort. You might say it is a very Eden-like existence. It is similar to what the Earth will become after the Earth changes have occurred and the Earth has ascended to a fifth-dimensional entity.

For those experiencing the first and second waves, after some time spent aboard the ships, you will have completed your training. Then you will be returning (those of you who decide to follow this course) as Ascended Masters, to exist

here and to walk side by side with humans — to create quite a ruckus with your manifestations: your miracles, your ability to materialize and dematerialize at will, your ability to create out of etheric substance all that you require. I think you have heard of the powers of Sananda when he was here as Jesus. This is what I am referring to. As it is written in the Scriptures, it is our hope that you will do what he did and more. This is available to you. So we are hoping with this brilliant plan that with enough returnees as Ascended Masters manifesting throughout the globe, and dramatically doing so, we expect that this will create quite a stir. It should inspire many others to find out what is going on and to question this New Age that is manifesting. There will be much teaching and you will be trained. You will know how to protect yourselves from any negativity. And you will know how to read human beings, read their thoughts and feelings. You will have full use of the mind. And as Sananda said last week, you will be immortal and ever youthful. So when you return you will look a little bit younger and more radiant, but you will still look the same. You will still be the same being, though somewhat transformed.

There will be a time, after the last wave, when those who are evacuated will be offered the opportunity to return to Earth as ascended beings and to recolonize the Earth. The Earth will be dramatically transformed by that point. And those beings who inhabit the Earth will have the same Ascended Master capabilities as those of us on other planes do now. So there will be no need to have a “good credit rating.” You will all have unlimited credit with the Creator. You will all use your credit wisely and responsibly to create manifestations that are in alignment with God’s will. It will be automatic with you at that point. So there is no fear of misusing your powers. You will be purified to the extent that you will have no more desire to abuse the privileges that you will be receiving.

So this is the work that we are doing in this class. It’s to prepare you for all of this and to answer your questions which

will arise. We will be working more and more experientially with you from this point onwards in the classes, to assist you in preparing yourselves and purifying and healing. This is to open your hearts to unconditional love for yourselves so that you can fulfill the requirements necessary to partake of this adventure. So if you have been bored up until now with your Earth life, and many of you have, having somewhat of a remembrance of what it is like to be an ascended being or creator-god, now your time of boredom is over. Now it is time to awaken and prepare yourselves. Make your decisions concerning this ascension process. You will not avoid it but you may perhaps postpone it a bit. But why postpone what is so blissful and so liberating? It is your destiny. Above and beyond all your worldly manifestations and missions and services, your ascension is your prime directive at this time. It is your primary service. By giving yourself to the ascension process you will realign your priorities somewhat and you will find it much simpler knowing where to put your energy. You will be more directed if you have not been until now. You will be more inspired to meditate. You will have more of a reason to meditate. You will feel a little bit more of an imminence. You will feel more of a presence around you if you will give yourself to this process. It is your choice. I am here as a recruiter. I will not make you sign anything, for you will sign in your own hearts. But I tell you that the joy and the love we have to offer and to share with you is far beyond what you have yet experienced. You can have the experience of day-to-day growth and closeness with the Ascended Masters. You can have easy access and communication with the Ashtar Command and the ascended brotherhood. In fact, this is part of our teaching and part of our preparation. This contact is to open you because it is very beneficial at this time. Do you have any questions for me?

“Is your general schedule still the same? In my business it would not be appropriate to line up long-term clients if I were to be leaving soon.”

Despite the fact that the first wave of ascension could occur at any time, there are no guarantees when. So it is not our wish that you or anyone else should throw your security up in the air. It is for you to continue to act as if you are going to be here. If you feel strongly inspired within to somewhat alter your schedule of work you may do so. I would like to add that it is your responsibility and not mine. If anyone here should quit their job and assume that in two days' time they will be on one of the ships, I don't want to hear about it. We are not giving any dates because it is not known by us when the exact date will be. There is only one being who knows the date and He has not communicated it to us.

“Who's that?”

Let me say the supreme commander, the Father Almighty. Even Sananda does not know. You may ask him and he will tell you the same thing. We are very patient because we understand that time and space are very important aspects of your third-dimensional reality. You must understand that for us it is quite different. For us one of your days passes like a wink of an eye or like a moment. But it also seems timeless to us. So it is very difficult for us to even speculate.

“Will it be easier for us from now until the time until we ascend?”

I would say your spiritual work will be easier. Your material work will be easier if it is in alignment with your higher purpose. If your material work is not quite so aligned with your higher purpose or mission then perhaps you will feel a little bit of friction there. There will be some realigning occurring with you, most likely. But it won't be to the point where you need to dramatically alter your lifestyle. Your lifestyles are probably fine just as they are. But we do suggest that you meditate more and increase your amount of focused concentration in meditation. But do not dramatically alter your lifestyles. It is difficult because there is an emotional

healing process that occurs when you accept this challenge to be on the spiritual path. As you know, this makes it sometimes difficult to feel fully functional in the material realm and your work situations. But for the most part there will be a great deal of clearing that takes place emotionally, so that you will all feel a great deal lighter as a result of the process. So there will be times that are challenging because your growth is being accelerated, but it will result in easier times for you.

“Do you need a certain percentage of volunteers or is it just the opening of the heart? How do you measure where the planet is en masse in regards to reaching the goal of ascension?”

With regards to the first wave, there is a certain critical mass which must be attained. It is probably somewhere between one or two thousand beings. That is our prediction as to the number that will be required. It could be more or less. But we think that if there were two thousand Starseeds who were ready to go on the first wave that it would probably be sufficient. Again, this is an estimate.

“Does the number 144,000 fit in with the ascension at all?”

144,000 is a general estimate of the number of Starseeds or ascended beings who are here at this time. So you see there are roughly 144,000 of you who have taken this mission as Starseeds a long time ago. And we are only looking for a small percentage of that in order to make the first wave possible. So there is a percentage factor I suppose. But it is more of a love factor that we are looking for. It's more of an openness. Needless to say, we had hoped there would be much more readiness. We had hoped that the situation here would have worked out somewhat differently. It has turned out that the vast majority of those who incarnated here as Starseeds have themselves fallen into a rather deep sleep and have been existing as if they were ordinary third-dimensional human beings. So there is going to be some shaking up required to

even awaken them, let alone to awaken the mass of humanity which they have come to serve.

So I am honored to be with those of you who are awakened at this point. Know that you are in the minority. Even in the New Age movement, there are many beings who are somewhat familiar with New Age philosophy but have not yet opened themselves to this information and experience. There are many borderline cases and we are hoping to pull them in. We are hoping that many of you will assist us in doing so. That is the number one requirement: the numbers of human beings, the number of Starseeds. There are other factors but this is the prime one that you should concern yourselves with. First of all, be concerned with your own preparedness. Be clear about your own desire and readiness. And then network this information.

"I'm having a problem balancing my meditation with my daily duties. Can you suggest how much we should be meditating?"

I would say that it is not necessary to create chaos in your life by avoiding your responsibilities in order to meditate. I think that if you begin the process with sincerity, and use quality rather than quantity at first, then you will automatically create the space wherein you will find yourself having more time to do so. If you utilize the time you have now to meditate, it will be a signal to your guides and teachers who are working with you that if you are given free time you utilize it wisely. Do not be overly concerned. Try to meditate at least twice a day. It is very good to take some retreat time if you can. I would recommend half a day a week for those who are accustomed to meditating. It will be quite an enhancement in your experience and in your consciousness of the presence of your guides and of your own Higher Self manifesting. So it is relative. Begin with fifteen minute intervals or a half hour and work your way up. We will find a way to elevate you if your heart is sincere.

“Is there any protection technique you can authorize?”

Yes. Call upon Archangel Michael. Ask him to surround you with his blue light and to use his sword to cut your psychic connections with all human creations. You will find this is quite elevating, as it detaches you almost instantaneously from your personal attachments. I would say they are more likely to cause you distress than any other entities. This is sufficient.

“When we ascend, will there be a way of notifying family members of what happened or do they just find out the best way they can?”

This is a commonly asked question. There will be two ways that they can understand. Not everyone will, mind you. First, there will be those who are close enough to you to know that you are following an ascension path and that you will perhaps someday disappear. Those who are very close to you and who are spiritually oriented and who will not consider you crazy can be told this. I would not communicate it with others who are not open, as you will receive somewhat of a negative response. So those who are open to this and have been communicated with can be told that if you are to disappear at a certain time not to be alarmed because it will mean that you have ascended. Then there are ways to communicate with those other family members who are not so open. We have ways to communicate with them via messengers or messages. We can accommodate them if this is your wish. Of course we cannot spend our time dramatically reaching out and touching everyone you have met in your lives and manifesting before them and telling them that you have ascended. This is quite a job. If there is someone who is very close to you, then perhaps they can be comforted so they will know you have not perished or been in any danger. We have ways of connecting with people in ways they are open to receiving. Perhaps we could manifest a letter in their mailbox or have them visited by an angelic presence. And also their

hearts will be telling them, and they will receive messages in their sleep, so that their subconscious will be prepared for the information that is presented to them. I would say for you it is important to be prepared to simply leave the scene and detach yourself from your relationships and attachments. This is the correct attitude for you to have. It is not beneficial to be overly concerned about those you leave behind, as you are leaving so that you may serve them better. Perhaps it will be possible for you to return in person and greet them by materializing in their living room. If you think they have a strong heart, you may perhaps do this! We have addressed the issue of your children previously. They are of course of top priority with us, as they are with you.

“In regard to members of our family who are not awakened or not even near to being so, what can we do to make them ignite just a little bit without seeming too ‘far out’?”

Unconditional love. You need not speak to someone with this information if they are not ready to hear it. Nevertheless, all hearts are open to receiving love. There is a way to love everyone and touch everyone’s heart in a way that they are open to receiving. It may not be anything related to what you would consider a spiritual practice. It could be a foot massage. But whatever you do in a loving way for another enhances their spiritual growth. And the number one service you can do for them is to experience your own ascension, thereby shocking them into an awakened state. Your number one priority in service is to follow the ascension path, if this is your choice. You will do more as Ascended Masters than you have done as third-dimensional beings. You will be able to transmit much more love in ways that people can truly feel and be transformed by. This is your role at this time, and it is quite an honor that you have before you. In fact even to hear about this information at this time is an honor, as I am honored to bring you this communication.

Above all be aware that these times are non-standard, not “business as usual.” These times are magnificent in their

opportunities and possibilities. You have an opportunity that has been granted very few beings. The results of your accepting this challenge will be quite marvelous. You will receive a promotion in your evolvment. There is a spiritual hierarchy, and the closer you get to the ultimate God — the presence of the One Creator — the more opportunities and the more your experience will be: the more fringe benefits you will receive, the broader your choices of service, and you will have the opportunity to go beyond the realm from which you originally came. So if you were a seventh dimension angel perhaps you will be able to attain to a higher dimension and be that much closer to the Source. This is the ultimate longing for all of the beings who are in manifested creation, regardless of whether they are angelic presences or clouds of spiritual consciousness or physical forms or ascended physical forms. We all have the longing to be closer to the Source.

“Do Starseeds run in families or is there one here and one there in a family?”

I would say that all variations are possible. There is a likelihood that those in your immediate family are Starseeds also, though there is a possibility that some may not be. It is impossible for you to be able to tell completely even by their behavior. As I’ve said, of the many Starseeds who are here, the majority have fallen into a deep state of sleep. So the fact that they are not acting like Starseeds does not mean that they are not. It just means they are a little deeper under cover. I would not be concerned about this. They will find their right places.

“What happens to those who are not Starseeds who don’t want to wake up and become ascended beings?”

Many will experience what you refer to as death if they do not make the choice to be evacuated as of the last lifting. They will be transported in spirit to a place that is fitting their level of evolvment. Those who make the choice to evacuate by the final evacuation, wherein all human beings will have the

opportunity to leave — this is just before the cataclysmic events such as we have described will occur — those who have enough love in their hearts to give themselves to the lifting process, but who are not yet ready to ascend, will be kept and served in third-dimensional craft and will be transported to planets where they will feel more comfortable and can continue to work out their karma. Those who are not open to the lifting process will most likely experience the death process at that time. Their souls will be lifted without their bodies.

Those who are here in the guise of human beings but who are truly the Dark Lords and those other types of emanations will be dealt with summarily. Some will be returned to the central sun for restructuring. There are many beings upon this world who do not belong on this world, and who have created chaos from the moment they set foot upon this planet — who have enslaved other beings, the more innocent mass of humanity, with their various powers and power plays and desires for dominion. Some are fallen angels. All are existing and all will be dealt with. There is a great deal of re-ordering that is taking place throughout the universe at this time. The re-ordering mechanism will have rearranged the Earth, and the Earth will be reordered in alignment with the will of the Father. So no being will be punished, but all beings will be taken to where they are more in company with those they are aligned with. Ascended beings will be with ascended beings and humans will be with other humans who have an innocence and openness to growth. And they will not be subjected to these powers and the dark presences. The powers and dark presences will be given opportunities to change their ways. But those who do not will most likely be disintegrated and be restructured. It is possible for a soul to die.

“It’s hard for me to understand that if there are 144,000 Starseeds and you’re trying to wake up 2,000, that so many have forgotten. I thought there were cellular remembrances that might trigger an understanding. And also, in our dream state I know we are working on this, so can they be contacted

that way? I'm just amazed that we are in such bad shape. I just think if Starseeds agreed to this mission, then why can't this be more productive? How successful is the dream state awakening?"

Concerning the dream work we are doing: it is progressing and there are many beings who are borderline New Age people who have not yet awakened to this consciously. It is not so much that they are unawakened but that they have not gotten the information concerning this ascension yet. There are many who are on the verge of taking this challenge, but they need to have the information presented to them on a conscious level. In fact the very words "ascension" and "evacuation" are somewhat of an encoded message for them.

There is a great deal of work that can be done, with as many channels as will give themselves and as many others who will network this information. There will be a great effect in doing so. We also are quite disappointed with the outcome of this experiment. But it has been thousands of years since most of the Starseeds took this challenge, and this is a long time to be subjected to materialism and third-dimensional limitations. So there is much wounding that has taken place in the external world within the emotional body. It has been very difficult to maintain awareness. So we are doing the best we can to work with all beings and to present this information to them in a teaching format, in training in their etheric bodies at night. But it is for the conscious communication to be directed towards them so they can awaken and give themselves to this. It is not enough that they have heard it in their sleep. They need to hear it consciously and they need to make a conscious mental and emotional choice concerning it. They need to bring their free will to bear and to recognize and understand their options and be willing to undergo the transformation that is necessary. So you can do a great deal simply by speaking to others who are open and sharing information, tapes and channeled messages. It is my hope that you will be inspired to do this.

"How does the book Keys of Enoch fit in?"

That is quite a volume. I would say it is very accurate in its presentation. It is from a very clear source. Those of you who desire may look into this, and I think you will find that everything that we have been addressing in this class is addressed in that New Age scripture. They refer to the space brotherhood as the Higher Evolution. So I think that your studies of *The Keys of Enoch* are very beneficial. Keep in mind that within every type of channeled message or scripture there is always a certain slight degree of misinformation. This is a very clear scripture, yet there is the necessity for you to always, in any channeling, use your own discretion and to take the words and teachings to heart to see if they are true for you. But I would encourage you and anyone else in your study of this, if you wish to learn more. This is more validation for what we are communicating. It is very helpful to hear this from another source and to see it written down, that there is such a thing as evacuation and ascension and space brotherhoods. You can read about our work from a more scientific standpoint than can be brought through this particular non-scientific channel.

"I've re-read it and have been studying it for a year now."

There are levels of understanding you see. Your subconscious self is understanding more and being awakened more than your understanding mentally. So it is good to read it even if you do not understand everything logically or intellectually. It is encoded with messages and activations for you. It has assisted in your growth, activating your spiritual awareness.

"I was wondering why other spiritual groups are not speaking about the ascension?"

A very controversial question. This is almost one that I am hesitant to respond to, for it may come as a criticism when it is not. There are many spiritual masters who are masters in

certain areas of growth but have not entirely mastered their own ascension process or are not open to or receiving this particular information. This information will be more felt and more appreciated by those who are more humble and childlike in their aspect. Those who have an investment in a particular spiritual path, and in trying to understand things with regards to one particular training, may perhaps find it difficult to integrate this information. There are “comfort zones” in any spiritual path. It is difficult for some to leave the comfort of the teachings they have grown accustomed to and accept the possibility of this other information. This information has not been made that public as of yet. It has just begun to be made public in the past several years. The spiritual work that people have been doing has been preparing them for their ascension, no doubt. Yet it will be another step for them to awaken to this. I think that the first wave will be made up largely of volunteers who are very open, innocent, and humble in their demeanor. Of course this describes most of you. Those who have a large investment in a particular spiritual path will have to be shaken out of it a little bit more by the return of the Ascended Masters in physical form. So they are Starseeds no doubt, but some may be in their own comfort zones. Either that or they simply have not been presented with this information consciously, as of yet.

“Is this the Second Coming?”

Not quite yet. These are the preliminaries.

“When there are many Masters in the ascended state and many ascended beings on the planet, is that the Second Coming? Is the Second Coming a multiplicity of Christs?”

I for one do not feel competent to predict what the Christ will do next. He is quite spontaneous. It has been written that he will return from the sky in the last days. I would not put it past him to do so. The Second Coming as referring to the Second Coming of the Christ ... in effect, it is the second

coming, for you will be merged with your Christ bodies and there will be, in effect, thousands of Christs walking the face of the Earth. But the coming of that particular being that you refer to as the Christ will most likely only be manifested in the last days. Maybe not. It is up to Him. I can speak somewhat for those in my command as to what they will do, but for those who I am serving I would not begin to be so bold.

“Is Sananda’s ship still sending healing to the Earth between 8:00 and 9:00 P.M. every evening, and are you the commander of Sananda’s ship?”

Yes and yes. In fact the healing is more intensified at that time, but it is ongoing continuously. So at any time you may tune into his presence and be receiving it.

“Is the healing for all of the bodies, the spiritual, emotional, physical, oversoul? Is every body of the multidimensional being getting healed?”

Yes. The whole package. We will be doing some work. Sananda himself will be with you again in another class, and he will be working specifically with healing the emotional body, as this is an important aspect of the work you will be doing. And if he follows the pattern of the last course, he will take you on a guided meditation and give you some assistance in releasing and healing your emotional bodies. This is the number one area where healing is required at this time. The power of love is such that it heals you throughout your entire being. It is very simple. Whether you understand that you have multiple bodies or not makes no difference. You can be healed simply by giving yourself to the love ray. We have made it so simple. In fact you must be somewhat simple to give yourself to this process. Many who are very sophisticated will find ways of avoiding it.

“Why are the fundamentalist Christian churches so violently against the New Age groups?”

They are afraid. If you feel a fundamentalist bent in someone's nature, love them unconditionally, but silently, for your own protection. The Christ is love. The Christ is the presence that we are and the presence that we share. It is very simple. There is no need to bring fear, judgment, or criticism of others into it. The Christ was not critical even of those who were persecuting him. So let this be a guide to you. If anyone is persecuting you, then use his example. Do not expect it to be noticed. But do it for your own upliftment.

“Can you speak on the Seven Rays and are the Starseed incarnating on a particular or mixed ray?”

Very mixed. There are many different beings here from different sources, different angelic groups, different Ascended Masters. You are going to be reunited with your spiritual families. You will understand more of this as it occurs. This borders on the realm of very esoteric understanding. Let us simplify it and say that there are many volunteers from all over the universe, from all types of evolvments and from all types of manifestations. So you will feel yourself connecting with your true higher nature. If you happen to be an angelic presence, you will feel your angelic self more. You will be able to contact this and perhaps your angelic brethren will contact you. I'm sure they already have. There will be a reunification with your true families. It will not be such a feeling of division as there is existing here between families or tribes or governments. There will be a feeling of love and sharing, but there will also be this feeling of at-home-ness, a feeling of nurturance and being surrounded by beings whom you feel connected with internally, on a very deep level. The experience that you have longed for in your family life which has been rather imperfect here will be manifested in that way. You have been trying to experience the feeling of your spiritual family in your friendships and in your relationships. But it will be much more profound.

“Will this work help transform our physical bodies as well, like being in better shape or losing weight or being more healthy?”

You may be inspired to take steps in this area. Let me say that the more emotionally healthy you are and the more spiritually aligned you are, the easier it is to become healed, as most illnesses have their roots in the emotional body. So there will be a great deal of work done on an emotional level. It has already begun. It will assist you in releasing energies that have already caused within you certain patterns of illness. You will not necessarily receive a miraculous healing by the end of the course. I make no claims of this nature. But it will be a great enhancement to inspire you to take steps in that area. If you will approach your physical symptoms spiritually, emotionally, mentally, and physically, you will achieve your goals for yourselves at this time. If you approach them only physically, you will not clear out the emotional source of the illness entirely. And if you only approach it spiritually or emotionally, it will perhaps take longer to achieve the clearing of them. But you can be healed of many things that you felt were chronic and part of your makeup. As you become lighter and lighter you will find that your aches and pains begin to disappear, though I think it's likely that you will experience more aches and pains during the process. And then you will pass through that phase into a phase of being much lighter and more youthful.

So, I think there is still time to do a brief meditation before we close. At this point I will say goodbye until next time. Goodnight.

— Class Three —
Cutting the Strings



— Sananda & Archangel Michael —



ello. Good to see all of you again, looking so bright. You have all been applying yourselves, I can see. You've been going through your transformations and changes. It is very joyful for us to see all of you so sincere in your path and so open in your hearts. We will do our best not to disappoint you. Know that all the work you are doing in meditation and in opening yourselves will be rewarded. So relax yourselves, be comfortable and enjoy yourselves. Let yourselves be a little bit loose this evening, not too frivolous and not too serious. And don't forget to breathe occasionally.

Tonight we will be talking about release, cutting the strings, letting go of attachment, or whatever you wish to label it. I like the term "cutting the strings," myself. You have all embarked on this journey to some degree. I think most of you are quite sincere in seeking to achieve the ascension. Tonight, myself and others will be assisting you in releasing those things that are holding you to the third-dimensional reality. The only effort required on your part is simply to relax and to allow and loosen your grip a little bit on your everyday lives. Allow yourselves for this evening to be in this moment, and see what this moment has to offer you.

All of you have been enmeshed in what you would call a life experience. In fact you have been enmeshed in many life experiences, but the one that is most pervasive is this current one. Surrounding you in your lives are many physical, emotional, and mental experiences. These are your attachments or connections. You are all connected to your lives, to your activities, to your emotional traumas, and all the various parts of yourselves.

It could be said that your external lives in the world are reflections of your internal lives and the belief systems and

feelings you have about yourselves. So you are sitting here in your lives surrounded by the mirror of what you feel about yourself. If you feel loving toward yourself you are most likely having a loving experience of life. If you feel guilty or fearful then you are most likely attracting lesser life experiences.

But I am here tonight to tell you not to worry and not to be concerned about the nature of these experiences. For whatever it is you are feeling, whatever it is you are experiencing, it is all going to be transformed. You will be releasing your attachments to third-dimensional reality in a gentle and easy manner. This is a lot of the work that we will be doing here. For the most part we are offering these particular classes so you can ascend gradually, so that you can prepare for the experience, feel and savor it and not be traumatized by it.

As you begin this process, as you begin to lighten up, you will feel where you are connected to the world and where you are attached to your personality and relationships. This is where you are stuck in your evolution at this point. So we are going to release these attachments with love in a very graceful and surgical manner, as you feel ready to do so. Know that what is required of each of you is not necessarily to change your external lives, restructure your personalities or restructure your belief systems. We are going to take a little more subtle approach. We are going to get rid of everything! So no matter how refined your personality and your self-concept is, it doesn't matter. You will have to let go of all of it anyway.

You have all been perfecting yourselves. Too bad. Whether you are saints or devils it matters little. You have to release it all. For in growth we have to release what we are holding on to so that we will be open and empty to contain what is coming. What is coming to you now is a great deal of energy and a great deal of upliftment. You may have to release a little bit more than usual. You may have to release everything. This is nothing to fear and nothing to be overly concerned about. I am merely reflecting the reality of the situation. Those who are not prepared for the ascension will have dramatically less

time to go through this same process. Many will not be able to do it. Many will be torn or fearful or attached and they will miss their opportunity.

Because of the work you have been doing and because you are Lightworkers and Starseeds, we come to you first, knowing you will be receptive. And notice how receptive you are. Is it not amazing that so many people are receptive to this strange concept? It is because you are intended for it. It is a natural process for you and it is meant to be a natural process in this class and in all of the work that you do. It is not meant to be something that you feel a painful separation or a tearing away of your personality. We are here to assist you to gently release. The way that you release is by feeling that which is beginning to come to you as a blessing. You will feel this uplifting as a blessing and a beautiful new energy in your lives. And by opening and facing this new energy it becomes very easy to open your hands and release that which you have been holding on to. So you will never be empty here. You are to be filled constantly. We are just changing the fluid in your containers. We are giving you all an oil change. Out with the old oil and in with the new! — the oil of love. You will all be functioning much more smoothly soon, with much less wear and tear on your internal parts. So how will this feel to you?

As you begin to feel yourself being lifted in consciousness and in vibrational frequency, you will find a strange phenomenon occurring in your life. You will begin noticing the things you have been attached to, things you have been experiencing, people you have been surrounded with and parts of your personality. They may begin to seem different to you. They may begin to seem a little bit heavy and a little bit more difficult to maintain. You may question yourself as to why you have been maintaining them at all. In the face of the great light and presence, you will have an easier time releasing those imperfect aspects. Those things that you love about yourselves will remain, as they are the part of you that is true. The only thing that will fall away will be your attachment to

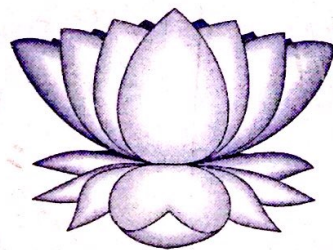
that. In this process we are not concerned with the various manifestations of your attachments, but rather, the cords that bind you to those experiences and manifestations.

This is what Archangel Michael is going to assist you in removing with his sword. You all have the "ties that bind." You all have connections emanating from your physical presences. These connections are mostly from your midsections, or your second and third chakras. You all have spiritual cords which connect you with all of the experiences of your lives, with all of the people that you are with, your careers and your various mechanisms of third-dimensional reality. You are all like octopi. So you will begin to feel or become aware of your cords of attachment in this process. There comes a time when they begin to feel constricting and a little bit uncomfortable. It is at that time that you may request Archangel Michael or any of the Masters to come and assist you in cutting your psychic connections to your old reality. You are headed for a new reality which will be superimposed upon the old one. So all of you will be having the experience of this simultaneous dimensionality of your lives. It will be infringing upon your old reality more and more. And more and more it will be pushing out the old.

The energy that is being expressed this evening and that is being showered upon all of you is that which will assist in enlightening you to your attachments and to your cords. It will show you that which will be released and will assist you in doing so. For you it is a process of opening, trusting, and surrendering. It is trusting that where you are going is better than where you have been. We hold onto things in our lives because they give us a feeling of security and safety. So there is always an aspect of faith required when we let go of that which has nurtured us and provided us with some limited degree of satisfaction. The satisfaction and security that is awaiting you is so incredible and so divine. I think that as you begin to experience it you will have little difficulty in surrendering to it, for it feels like your Higher Self. It feels like your purpose and destiny. It feels like your own heart is

growing and vibrating with the frequency of love. So you will have to have your hands free to accept all of these new gifts. Again, this is not a transformation that you can consciously manifest or force yourself into. It is something that will occur quite spontaneously in the unfolding of your process. It is more for you simply to relax and allow it.

Just as you may be feeling yourselves changing in your physical experience with regards to that which you eat and drink and imbibe, you have been receiving signals about changes and following them. So it will be with this that we are speaking of tonight. So relax, and we will take a moment to meditate, and then perhaps we can have an expert in the field come and speak to you about this.



— Archangel Michael —



elcome, my dear ones. This is Archangel Michael. It is lovely to be with you and bask in your presence this evening. Know that you are surrounded by the angelic host. We are showering you with our love and with our radiance as we are sharing in your radiance. We are all being lifted together. It is so beautiful.

I come this evening at the request of the Christ to assist you in letting go, to assist in severing your attachment to your limitations. You have been immersed in darkness for a very long time, yet you have not forgotten your Higher Selves. You have not forgotten your purpose. It has not been easy for you to remember or to act upon this, yet you have done so. I am here to encourage you to continue on this path which will come to fruition very soon in your lives. Relaxation and breathing: this is surrender. In this moment, practice surrender. Allow yourself to be lifted. Allow yourself to be surrounded by the light. There is nothing to fear in being lifted into your true state. If it is fearful to you it is only because you have grown accustomed to the third-dimensional reality and its ties. When you are reacquainted with your true states, you will find it strange that you ever were attached to the third-dimensional reality. All the dense energies that are still clinging to your emotional bodies and to your physical bodies will be shed. You will be shedding your old skins and will be re-emerging as your true Selves.

It is an exciting time. It is a time of great joy. Do not allow yourselves to give in to doubt and fear. Simply feel what you are feeling. If you are feeling a difficulty in your transformation, call upon me to assist you in severing the connections with those things that are causing you discomfort. You have grown accustomed to discomfort and limitation. Many of those

experiences which you are now releasing are those which in the past you held on to for satisfaction and security and some measure of peace. A greater peace comes to fill you up and your old shells are too small to contain it all.

So tonight we are lifting you. Consciously or unconsciously, you are being lifted in your frequency and in your experience and in your consciousness. Some of you may begin to feel that you are rising and that you are not in connection with the Earth so much as before. Some of you will still feel that you are in your ordinary circumstances. Regardless of your perception of the activity, be assured that we are working to lift you. It is our desire to teach you in this way, experientially, what it is to ascend. By taking small steps now you will already have taken many small steps up the ladder and you will feel comfortable and at ease when the ascension experience comes. You will not be traumatized by the process. If you are not traumatized by the process, when you are reacquainted and reconnected with the Hierarchy you will not have so long a time in transition before you can join in the experience of the Brotherhood and the sharing that exists.

Many who ascend will have to have a time of relaxation and reassimilation into their new environments. Many will be unable to appreciate at first just where they are and what has happened to them. They will need to have some training and some guidance and some gentle loving care — the same gentle loving care which you are receiving ahead of time. Then, when you are with the Brotherhood, you can enjoy and even assist in lifting the remainder.

There is so much to enjoy and experience. It is like a huge smorgasbord of delight. Fortunately, once you ascend you do not have to die, so you will have plenty of time to enjoy it all. The time is so limited in the third-dimensional reality. There is never enough time to achieve that which you desire to achieve. Just as you begin to get good at what you are doing, you begin to grow old and must leave. This will not occur in the future with you. You will have conscious memory of all

your experiences. You will be able to grow indefinitely. You will be able to explore the universes and go wherever you desire to visit, depending on your level of evolvment and your service.

As your consciousness rises, you may begin to feel your connections to the Earth more strongly. You may begin to feel some heaviness or density in your second, third, and first chakras. It is almost as if you are trying to float like a balloon but have many strings attached to you. If you desire, at these times you may perform this visualization:

Imagine yourself lifted high above the Earth, high in the clouds, and surrounded by the Angelic Host. Imagine yourself floating, but connected to the Earth by many strings or cords — dark rubbery cords that connect with you. And then, call upon me by name and imagine a bright blue sword of flame severing these cords and feel the lightness as you rise.

You need not worry that if you rise you will not be able to reconnect with your third-dimensional reality. It is always there waiting for you. At any time you desire you can rematerialize in the third-dimensional reality, even after your ascension.

So tonight allow yourselves to float. Allow yourselves to rise. If you feel accompanied by angels, you are. There are more than enough angels to go around. It is their service to minister to humanity and to assist in the upliftment. It is their gentle presence which comforts you through transition, just as they are the gentle presences that comfort those who have left their bodies in the death experience. This is much better than dying, is it not? The lightness that you will begin to feel in your bodies and in your emotions and in your spirit will be a result of your releasing and rising into a higher frequency. And the rising into the higher frequencies results in the more dense energies falling away. At any time that you feel yourselves caught or bound to a dense energy call upon me. Ask me to be with you and to assist you in severing these

psychic connections. This is not an escape from reality. It is an escape *to* reality.

Know that as you release your attachments you will not suddenly stop loving all the people in your lives that you have come to love and be with. It is the attachment to these beings which inhibits the flow of love. You can love much more profusely if you are free and open and channeling love. So nothing that you have been associated with out of love will be harmed in your ascension process. Those of you who have children and relationships may be concerned. But in all of your relationships you will be benefiting everyone in this process. For as you cut the cords of dense energy you can re-establish your connection with etheric cords of love energy, so that the purity of your experience can be shared with all those around you. The difference here is that these cords do not bind you.

Now, allow yourselves to feel more in your bodies if you are not. Allow yourselves to feel your own legs and your connection to the Earth. Let yourselves drift back a little bit into a workable functioning state. I tell you that the quality of experience you have with this process is a direct reflection of the amount that you apply yourselves in preparation for it. If you are preparing yourselves consciously in meditation then you will have a very enjoyable experience in ascension. It will be like a ride in an amusement park to you. It will be as if you were waiting in line for some time with your ticket in hand, and you finally get to go in the car and ride the hill up the roller coaster.

So I encourage you, as all the Masters have been, to meditate. If possible, meditate twice a day, morning and evening. This is the recommendation of Sananda. I will not suggest an amount of time to meditate. It is more a matter of you doing a little bit more than you have been and making it more of a quality time. Everyone has their own capacity. Do not limit yourself to a certain amount of time. And perhaps give yourself a time once a week when you can give yourself

several hours to explore the inner realm, where you can practice rising and releasing. And as you feel yourself rising and you feel your ties, then do the meditation we did this evening. You must raise yourselves a little bit so that I can get my sword under there. That is your task and that is your homework assignment for this week. Practice raising yourselves. Practice this meditation and do not be overly attached to the results. Do not be self-critical.

It is happening to each of you. No one is being left out of the process. Some of you are more earthbound or grounded. Some of you are ready to take off at a moment's notice. Some of you are particularly angelic and fluttery. This is your nature. Love your nature. Those of you who are grounded are grounded for a reason. Those of you who are floaty are floaty for a reason. You will discover the reason as you proceed. You will understand the reason in totality when your ascension is completed. Then you will see the full perfection of your own Self and all the lessons you have undergone and why you are the way you are. So know that you are beautiful the way you are. Again we are not here to perfect your personalities. We are here to share this experience and take you as you are. So if anyone is back to Earth enough to ask questions of me this evening, I will avail myself.

"I was wondering about my pets. I'm real connected to them and I'm wondering if they will be able to ascend with us?"

It's a good opportunity for you to practice being an angel and working with beings who desire to ascend. You can begin working with your pets. You have but to shine your light upon them and shine the emanation of the Light Body. Visualize light surrounding them. Strange as it may seem there is a bird heaven and a cat heaven and a dog heaven, just as your mothers told you when you were children. You may not be quite so attached to them as time goes on, but they will be provided for.

“If there are those of us who are more grounded, does this cause any more difficulty in lifting, in the actual ascension?”

Often it is more helpful to be grounded. If you are grounded this means you are connected to all of your chakras and you are able to bring the energy, the light energy, through to your entire body, which is required in order to ascend. So do not be self-critical about your particular experience as long as you are meditating and making an effort to surrender and open yourself to this process. It is more a matter of the openness of your heart and the love that you feel within you. These are the criteria. If you have an open heart you will be aligned by the Brotherhood and by the Angelic Host. They will work with you if you are open in your heart to receive this energy. The adjustments that are necessary within your chakras, within your body, your Light Body, will be made. So there is a rebalancing which is to take place within all of you. Some of you may find yourselves feeling more grounded than you have. This is because the light energy is desiring to come through your entire form and not just stop at the heart chakra. You want to have a whole body where you are going, not just a half! So do not be concerned about this. I am quite adroit at wielding this blade. It only takes a fraction of an inch. If necessary, I will take a chunk of earth with you. And it will be a blessed chunk of earth indeed.

“Will each of us go individually, like ‘Beam me up, Scotty,’ or will we go as a group?”

You will all go in the same way, as you said, “Beam me up, Scotty.” Your various reactions to the process of ascension will be quite varied depending on your own levels of evolvment and your own levels of attachment. You will all undergo your own processes around this lifting, but the actual lifting will occur exactly the same for each. It is something we have perfected. So you will be lifted. Whether you all go at the same moment or not is still to be decided. All those who go in the first wave will go at approximately the same time on the

same date, whether you are all together or whether you are separated. Those who are going with the first wave will meet again.

“Will we be able to see or perceive that others are lifting? Will we know or is this a very singular experience as it is occurring?”

You have your hands so full of experience at that time that even if you are seeking to have a group experience you will quickly lose track of the fact that you are with a group. Your own experience with your Light Body will take precedence. You will be so surrounded by light and energy and presence that you will not be concerned with anything that was around you prior to the initiation of the experience. So again, if you are in a group, if this should be the way that it would manifest, you will have the group experience prior to the lifting. Then there will be quite an experience of light and you may afterwards feel yourself again in the group but in a new location. There are many ways it can occur and many different variables involved. But the actual process of ascension does not vary. The actual manifestation of the Light Body is quite a scientific maneuver. There is little room for variation. Everything must be accomplished with perfection and with perfect alignment.

“What about the children? You said the children would go with us and that they would be made the age of eighteen. When we come back will they come back with us or will our work be separate? If they come back will they come back as Ascended Masters also? Will they stay the age of eighteen or will they be returned to the age they were previously? I have a curious son.”

Your current relationship with your child will be quite different. You are now mother and child. You also have a soul relationship or a spiritual connection with this being. This is the kind of connection that will remain after your ascension. So you will recognize one another if you are to meet at that time. And yet you will not feel quite so motherly towards this being, as you will appear to be more the same age. You will see

one another as you truly are. Right now you are viewing one another through a very limited glass. You are viewing one another within your limited parameters, your roles. Your roles will be different while your beings will be the same.

Whatever opportunities for service are presented will be presented to each of you individually. Some will work together and some will not. It is all in accordance with what is most beneficial for the upliftment of the remnant of humanity. At the time of your ascension you will no longer have prejudice about being with different people. Perhaps you will remain with your twin flames. Perhaps you will work in groups. But the connections you have made in the Earth plane will feel quite different to you. In fact, they will feel quite different to you even before your ascension, as you begin to release more and more. So you may find your relationships in general shifting a little bit. They will still be of love. They will still be of healing and teaching. But they will not be of attachment.

“If we are not the grounded type, how can we facilitate the balancing of our chakras in this process?”

It is not something that you need to control. It is something you need to simply open to. In your meditation call upon your guides, Ashtar, myself, or Sananda, and ask us to manifest your Light Body. In order to manifest your Light Body you need to have your chakras aligned. This is all part of the process. So under that one broad request, you will get quite a tune-up. And whatever you experience is appropriate. If you do not feel yourselves being focused in a more grounded way, it may be that is not required for you. If you feel yourselves being more grounded, then it is something necessary for you. It is an individual process with regards to the preparation.

Each of you have unique balancing to accomplish and a unique way of opening to do so. You all have various attachments of different sorts. You all have varying degrees of openness in your chakras. Some of you are very open. Some of you are very open in certain chakras and more closed in others. This will be opening so you may feel a little bit of

processing going on. You may feel a great deal of processing going on. It is for you to trust and have faith and know that it is necessary for your growth, for the completion of your missions and tasks, and for your ascension.

“During meditation I feel very heavy. Could you comment on this?”

There will be some release that is in order for you, as far as emotional clouds. Your emotional body still contains densities from Earth lives — remembrances, that sort of thing. These will be released. It is always appropriate for you to follow your intuition in regards to this. If you are feeling yourselves, any of you, going through intense emotional release, then maybe you could avail yourself of someone’s service who is accomplished at helping to release emotional traumas. As I said, this path is unique for each. Most of you simply can meditate your way to ascension. Some of you will meditate and feel yourselves encountering obstacles which seem very difficult to overcome, or some great heaviness that you can’t quite get yourself to understand or to release. If your meditation and calling upon my services is not sufficient, then you can go to an expert in the field and perhaps try some hypnotherapy or something of this nature. Also take care of your physical health. You need to have a way to oxygenate yourself a little bit more. You may talk to this being on my right here. She is an expert in these physical health matters. She will open herself to serve you in this regard. Do not be concerned; you are all being provided for. You are all in the hands of God.

“You said the first wave of ascension could begin soon. Is it a year or two process? Or will this first wave of ascension last five years? What kind of timing can you give us on this?”

Hopefully sooner than later. There are many variables. As the time for the first wave approaches, you will be notified in ways that you cannot deny. You will be made aware. The second wave could be, I would say, within six months to

several years after the first. The final wave will be at the last possible moment. So this may not occur for some years. The farther out the dates go in time, the less predictable they are.

Time and space. Time and space. You have all seen enough of time and space in the third dimension. Soon you will see why it is so difficult for us to predict. We are existing in a universe which is multidimensional. So your views of a universe that has a beginning, middle and end are really quite limited and not totally appropriate to reality. In reality there is only one moment and within that moment many universes are occupying the same space in different dimensions. Just as we are with you now in this same space, but you cannot visually see us. Most of you cannot. It is because we are existing in a different dimension. Our frequency is higher and your senses cannot perceive at this frequency. So when you ascend you will also feel yourself surrounded by your friends and you will have bodies. You will have fifth-dimensional or higher bodies. But they will be much different, much lighter and much more enduring, much more filled with light. From that perspective you may say, "Wow, I still have hands and feet! Nothing has changed." For a moment you may feel that nothing has changed, and then you will begin to realize what has happened and what you have left behind and what you have gained. There are many dimensions in this universe, and many dimensions in the many universes.

"Will we still have a third-dimensional reality in the same way we do now or will it appear to look different?"

It will look quite comical to you. You will see it and remember having been within it and you will have many hearty laughs over all of your predicaments. You will be viewing it from a more detached and uplifted space. And even if you choose to re-manifest from time to time as Ascended Masters, which it is our hope that many of you will do, it will still not be quite the same. You will be in your Light Bodies. Once you attain to the fifth dimension you have no more need to be bound. This is a liberation.

“I have a question about the time difference in the fifth and third dimension. If I’m on the ship being trained for, say three or four months, how long would that be in Earth time? Would it be like three days in Earth time?”

It is something like that, but it is much more flexible than you can now imagine. It could seem like ten years in “space time,” and yet you could be put back onto the Earth within a matter of hours of your initial departure. You will be able to go through doorways of time and space, and perhaps you can enter wherever there is an entry point for you which is in alignment with your service. But yes, it will seem like you are with us for a longer period than it actually is in Earth time. The Earth time which transpires will be less than it seems. Again there are so many variables.

Imagine all the beings ascending, meeting in the motherships, getting reacquainted with their own lineages and their own Higher Selves, remembering who they are, being trained and showered with love and blessings, and making their choices as to the opportunities that are there for each of them. So there is quite a deal of work which has to be done. There is quite a deal of organization which must take place. We are very organized, despite the fact that some of us have wings. Despite the fact that some of us are space brothers we are not all that “spacey.” It gets less and less spacey as you continue, and more and more precise and simultaneously more and more expanded. Difficult to understand, I am aware.

So the time that occurs between the lift-off and the reemergence of the ascended beings is not really known. It is dependent on many variables. We hope that it is as soon as possible, for there are the remnant of the Starseeds which will need to be assisted in their transition also. The Starseeds who have not awakened at this point, who are just beginning to awaken or who are slumbering quite soundly in their third-dimensional nests, will need to be revived. So the first work that the ascended beings will do will be to revive these beings.

And it will not be difficult, for you will have many powers and wonders to show them which will remind them of who they are as well. So it is hoped that there will be quite a clamor to be in the second wave.

You who are open to being in the first wave are in the minority, the vast minority. And those of you who are open to this process are truly to be honored, as you will be. You have much in store for you of surprise and wonder and much celebration. You will all be reacquainted with your own natures and your own alliance of beings. You have come from many corners of the universe, from many angelic spheres and many higher evolutions. Though you have the connection in Spirit which we all share, you also have your own particular history and source, your own particular family, your soul family and your group. And this all will be made clear to you. You will be made aware of this. It is quite a magnificent universe.

The alliance will continue until the Earth is liberated. Then you may wish to return to your sources or to other service. You will find that service is the prime directive of all enlightened and liberated beings. Service is the way that you feel your own magnificence flowing through, your own connection to the Father, and it is really quite addictive. The more you get of that energy the more you want. And so there is a general clamor for service. In fact, many who were not fully qualified also desired to be Starseeds at this time. You were the most qualified, believe it or not. It may be hard to imagine from your perspectives.

“As returning teachers with fifth-dimensional bodies, will it be possible to distinguish Starseeds from humanity?”

Yes.

“So we’ll know who to shake up and who to be gentle with?”

Yes. You will all have your powers of tact fully established and you will not harm anyone in your manifestations. You will be trained for your particular services. You will be reacquainted

with the powers you have latent within you, which are awaiting you when you reconnect with your higher vehicles.

“We have been told to share the tapes of these classes if we think there are people open to this or who have expressed an interest in being part of this. In listening to the tapes will they get the same benefits that we are receiving? Is this their way of being reached at this time?”

Yes, you may share the tapes with those who are open to this. If they listen to the tapes, they can practice meditating while they listen and they'll receive the benefit of my presence. It is not necessary to graduate from this course in order to ascend.

“Michael, if one has the very true desire to go with the first wave, will that person most likely ascend?”

If you have a strong desire to do so, this is an indication that you are probably meant to go at the first wave. Some are not to go with the first wave, though we are not sure who they are. So do not ask me who is going and who is not in the first wave. This is too much pressure even for me. But know that if you do not go with the first wave you will instead be given, at the time of the ascension, further instruction. And you will understand why you are not going and what you are to do. It is very unlikely that any who are Starseeds will not be going by the second wave.

So if you feel within yourself the desire to go with the first wave, then by all means pray and meditate. Call upon the manifestation of your Light Body. It is above all the desire of your heart which calls forth the powers that will assist you. This is a desire that you do not have to surrender. It is attached to devotion. Devotion is the desire of the heart to be with the beloved. You may find this desire growing as your others are lessening. Know that no one is overlooked. We are consciously connected with all of the Starseeds and all of humanity, whether they are conscious of us or not. We are working with each to open them and prepare them.

“This is a personal question. I’ve received information that I am not to go on the first wave because I have something to complete before I go, even if at the time of ascension I would like to go. When the ascension happens, will I be given further clarification on that?”

Yes, though I would not be too strong in your beliefs about what your destiny is at this time. This opportunity for ascension with the first wave is additional to your other programming. Each of you have been on a program, a destiny course of uplifting humanity and doing various acts of service as you have been throughout your lifetimes. So this presentation of the ascension at this time comes as a kind of a shock. It’s superimposed upon your other programming. I would suggest that you continue on the path as you have been and wait until ascension to make your decision. You need not believe that you are bound to any contracts unless you desire to be. This is an opportunity to surrender all of your unfinished business and to take another course.

“But I feel like my need to stay has to do with another being who wants to be born so it can ascend.”

If I were you I would honor your feelings, honor your information, and also remain open. If you are open you will receive the correct guidance and will not be misled. Have no fear about this. Simply prepare yourself, and in your preparation all things will be made clear to you. It is not our desire to create more confusion in your lives. If you feel a strong inclination to wait for the second wave, then do so. All things can be accommodated. And this does not mean that you will not benefit from our services in this class. For of course, you will. You will simply be prepared. When the time comes you will be prepared. The preparation that we are doing with you is not something that will fade away or wear off with time. So regardless of how long a time it is after this particular set of classes ends and the ascension occurs, the work that you do here will be fully in effect. Liberate yourself from concern and simply be open. See what presents itself to you.

“Michael, even in using discretion in sharing this information about the ascension, I’m encountering fear in others. I’ve been telling them to think of it as part of their spiritual growth because that’s how I see it. Can you comment on this?”

Fear is the number one restriction to ascension. Fear is that which will inhibit the mass of humanity from ascending. We and you are here to eradicate this fear. We are here to reassure you. You who go on the first wave and return will be here to reassure others who are still in third-dimensional reality that there is nothing to fear. So when presenting this information you may encounter fear and confusion. This information does not go along with the programming even of those who are following a spiritual path. Many spiritual paths do not take into consideration that ascension is the ultimate goal. This is erroneous teaching, for ascension is the ultimate goal of spiritual growth. So you are right in saying ascension is part of spiritual growth. Simply say that ascension is the end result of spiritual growth and enlightenment on the third-dimensional plane of reality. It is the way that you access the next phase of your growth.

There is growth from the fifth dimension up through the other dimensions leading all the way to the very throne of God. You can reassure them that you are not believing in some strange manifestation of Space Brothers coming to take you away. Again, we have cautioned you about this. If you have spoken of the Space Brothers to others and found resistance or fear, this is your responsibility. Don’t say we didn’t warn you! People will believe in Jesus Christ. They will believe in various Ascended Masters. They will even believe in angels. They will have a very difficult time believing and understanding the Ashtar Command. This has not been part of Earth programming, except for a few light beings and prophets.

It will become more and more part of life on the third dimension as time goes on. When the Earth is ready to feel the full manifestation of the Ashtar Command, it will manifest,

so that there can be no doubt about their power and their benevolence. It is up to you in the meantime to experience the benevolence and share this with others who are open. Get the word out discreetly.

“The more I pursue ascension, the more I am challenged by others about my beliefs. Can you comment?”

You will be challenged. It is one of the manifestations of the Fallen Brotherhood, the dark forces which cause separation and the dissemination of imperfect spiritual teachings. If the teachings do not account for the ascension they are not complete and we cannot give our stamp of approval on them. So you may benefit from these teachers for a time. But you will find yourself only rising to a certain level of awareness. Human beings attract the teachings that they can accept at the time.

You are each being tested in your faith, in your devotion and in your clarity. This is not an easy path. It can be graceful and accomplished in a smooth way, yet there are always sticking points along the path. Some days it just feels like too much and you want to forget the whole thing, but you can't. You have all probably tried this by now. You will try again. When the Christ was present in his third-dimensional existence, his closest disciples — those who were most blessed with his presence — still had their moments of doubt and denial. So this is a part of the testing process. Follow your heart's desire, as Ashtar has requested and recommended. Do not ask yourself what you think is possible. Instead ask yourself what you would desire to experience if anything were possible. It is much more close to reality to believe that anything is possible. So know that ascension is real, that it is real for you and you shall experience it.

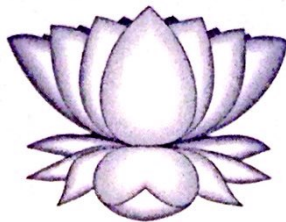
“Michael, I've experienced a lot of physical discomfort in the last few years. I don't feel very light going through the process and I feel like I have to be physically healed or improved before I can ascend. Also, these physical problems

don't seem to make sense when I think of what's happening to me spiritually. Can you comment?"

Physical symptoms are a sign of your shift to a higher frequency of manifestation. I recommend that beings deal with the ascension both physically and spiritually. Meditate and ask for the manifestation of healing from Sananda the Christ and from your other teachers and guides. Ask for your Light Body as we have been recommending. Do not be concerned about how your body is reacting. All your bodies are being restructured cellularly. This is not always a comfortable process. It is part of the manifestation process. You are going through it in a more gentle and gradual way than many. Many who come after you will have an intensified period of adjustment to the ascension. On the physical level you might also get help from health professionals, acupuncture, etc. Love your body and follow your intuition, but do not be overly concerned or attached to what you are feeling in your physical bodies. Your physical bodies are responding. They may respond in quite unusual ways to this ascension process. They may in fact feel more dense and heavy than ever and they may have their aches and pains and various other manifestations. This is part of the operation. It is simply for you to go through and you shall go through it as gracefully as possible. Know that this is the last time it will trouble you.

So it is time for us to do a little meditation. I wish you to know that you are not simply in the presence of one being who has chosen to come through and speak to you for the evening. You are also surrounded by other masters, ascended beings, guides and teachers and angels. There is an assortment of beings ministering to you. This is true in your ordinary meditations as well, but may not be as profoundly experienced at all times. Just relax and follow your breathing. If you feel an increased light at your third eye or in your upper chakras you may observe this. There will be a variety of experience available according to your various needs. We will not simply treat you as one body with the same energy when you are in

a group. We will give each of you that which you are most in need of and most open to. Again, the more meditation that you can do in your lives, the higher level of experience you can have in our group meditations. Some meditations will feel profound and some will feel scattered. Do not judge yourself. The mind will also have its reaction to this increased frequency of energy. Sometimes the mind will become quite agitated and you will wonder if you've lost your ability to meditate. Do not be concerned with this. Spend your time and give your focus to your breath. You will receive what is needed, so have trust and faith. Let us meditate together for a bit.

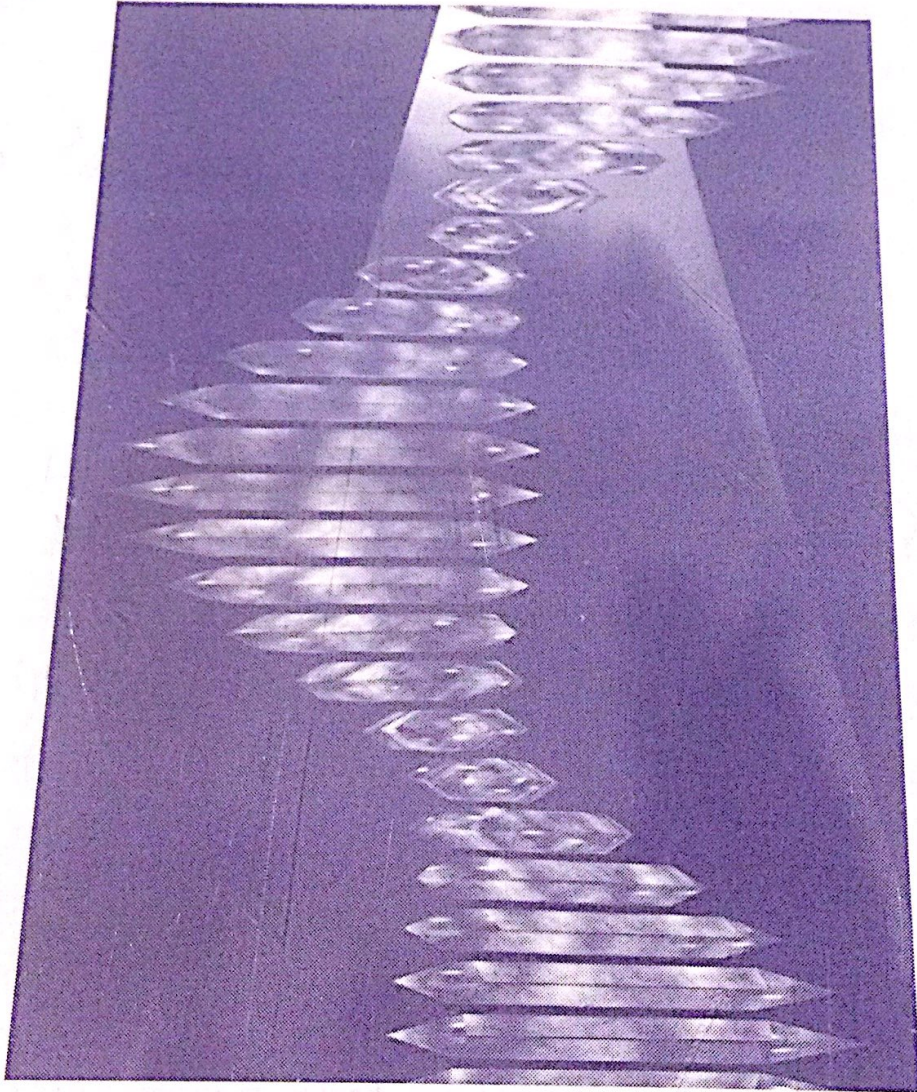


Those of you who desire to remain in meditation may do so. We will not desert you. Those of you who desire to return may do so now. Gently. We wish you to know that we are always with you. And as a manifestation of this we will give you your homework assignment for the week. That is, call upon my presence each morning and each evening before retiring. Ask for my assistance in liberating you from that which is holding you back and you will find that it is quite effective. You will have the awareness that I am truly with you in your battle against limitation. Know that the light surrounds you always and know that you cannot fail.

Be at peace and love yourselves as the Christ loves you: unconditionally. Do not be concerned with your imperfections and your limitations. Love them all. They will not be with you for long. You may even savor those habits which are falling away. The last days of third-dimensional existence for you are to be enjoyed as much as you can enjoy them while undergoing this process. You will find yourselves going through days of

intensity and days of great grace. Have faith and trust throughout all. Our blessings are with you. The magnitude of our love is immense. The magnitude of your beauty awaits you. So my floaty ones, until next time, goodnight.

— Class Four —
Service



— St. Germain —



ood evening. This is St. Germain. It is a pleasure to join you this evening. I think you will find that as you progress along this path you will be laughing more and more. And your control will be less and less. We understand and enjoy it. Your joy is our joy. Your enjoyment is our enjoyment. It is our goal to share with you what we are experiencing. It is our service. So I am honored to be with you this evening, to have been selected to be the one to speak. I'll have you know that there is a great line of waiting Masters who would like to speak at this gathering. They would like to share your presence and share their experience with you. So I am honored to be selected. I have some things to share with you. Some guided meditations. And I would also like to address the subject of service and share with you my experience of what it is to be an ascended being — as much as I can share in this format.

Be relaxed and enjoy yourselves. Don't hesitate to burst out laughing. This is not a path of control. This is a path of spontaneity. I would like to share with you a little bit about what it is like to be serving as an Ascended Master. Once you have achieved this state of ascension, once you have liberated yourselves from third-dimensional slavery, you will find that you have a great deal more time on your hands. You will not have to work jobs. You will not have to do any number of activities that you are doing now to simply maintain your existence. So you will find that you have a great deal of time on your hands, and enjoyable experiences constantly. And it will become clear to you that your greatest joy is to assist others and share that which you are experiencing. As I said, there is a long line of beings who desire to speak to you, and it is for this reason. It is our joy to share our experience as Masters and as teachers. For it is in service that we grow and

experience more. So you will find, if you have not already begun to, a shift in your consciousness. It will be quite dramatic upon ascension, the shift from worldly concerns regarding your survival, to service. And you will find yourselves seeking the correct niche for yourself as a servant of the light.

All the beings in the universe, in all of the universes who are aligned with the Father, have the same dilemma. It is a problem that we share. We cannot get enough of the Father's love. The more we get the more we desire. And He cannot give us enough. For the more He gives the more we receive and the more He has to give. This is the nature of the universe. It is service and sharing. The hierarchy of beings who are serving are always eager to find a new way to express this love, a new way to focus the light through themselves to assist others. This is truly what service is. It is not a matter of good deeds or noble activities. Service is simply those actions which you perform coming from the inner plane of love in connection with your divine breath, surrendering to the Holy Spirit. You might say that service is the root of all Creation. The universes are always expanding, new creations occurring constantly, new opportunities for service. New opportunities to shower forth that light which is flowing through. And when you align more and more with that light within you, you will find a great desire within you to share it spontaneously, in just the same way that you were laughing previously. You will find the desire to share this energy spontaneously. And it will be this desire of your heart which will counsel you and direct you in your next phase of service.

Imagine yourselves free from all your worldly concerns. Imagine yourselves now if you did not have to earn money — if you did not need money, if you did not need to manifest any of the third-dimensional needs — and having within your experience, within your body, within your spirit, an incredible well of love and light. This is where you are headed. And this is the impetus behind all of the Masters who incarnate upon the Earth, all the enlightened and ascended beings. No matter

where they manifest, they all share the common thread of service. They all share that experience of the Father's love, knowing that it is the ultimate high, the ultimate experience, the ultimate enjoyment. And the ultimate good that they can do for themselves and others. Some will serve by their spontaneous laughter, by their lack of inhibition. Some will serve as teachers, instructing others in the nature of the universe and in the nature of spiritual growth. There is much to teach here in this world. There is much darkness and confusion.

So to align yourselves with this light — to liberate yourselves is the first step in uplifting those who are not as fortunate as yourselves. This is always your free will, of course. But I speak from experience when I say that you will all have a strong desire to serve. You will all feel much gratitude and love upon the completion of your third-dimensional mission. I am not saying you are not already experiencing this, but it will be as a more focused ray. At this time you are still unaware of your true potential, of the true potential of your presence and who you truly are. Each of you has a discovery, or a series of discoveries to make, concerning your own nature, your own true selves. When you align with this, what you truly are, you will find a great deal more light able to come through and you will be channeling directly through your presence, directly through your bodies, through your hearts and spiritual presence. You will find yourselves aligned with the highest will. You will find yourselves free of confusion and knowing in each moment how to proceed, where to turn all your energy, in what way and to what degree. So now the feelings that you have about serving and opening to share, though they are sincere, they are not one hundred percent aligned with your Higher Selves and with the ways that it is possible to come through you.

This is why the Masters, the Ashtar Command, the Angelic Hosts are all pressing forward with this ascension program. It is because there is so much to do. There is so

much work to be done, so much to be experienced. There is a great need for volunteers. Volunteers to ascend and to return with a focused ray of light — with a direct and powerful manifestation of love and Christ energy — to demonstrate visibly to others what is possible in the human life, especially at this time. It is a dramatic gesture that we are making, and one that you will be able to share in if you desire. So those of you who enjoy the human drama will be able to participate in drama at a higher level. Do not fear that you will be left out of the play. You will be the source of much drama. Indeed there will be a need to train those who return in how to deal with the reactions of the multitudes, for those of you who desire to, let us say, “go for it” with maximum velocity — maximum service — will create quite a stir. There is a place for everyone. There is a service. There is the opportunity for choice, but I am telling you will likely feel this as your prime directive. It was your prime directive in incarnating in the physical plane to begin with. It was a very dramatic gesture on your part. Unfortunately many who did so got caught up in the drama. This is one reason why we are remedying the situation in a series of waves rather than all at once. It is a gentle reminder at first, a moderately gentle reminder second, before the more serious reminder of the Earth changes.

So there is much that I would like to share, much that we on our side would like to share of an experiential nature. Before I begin this, I would like to ask if you have questions concerning what I have spoken of so far regarding service. Then we will have some guided meditation.

“I would like to ask if we could choose to come back and serve in a way that we are already involved with?”

Yes, by all means. You have free choice. Though your realm will be greatly expanded. If you are a healer you will be able to channel a great deal more healing energy, and you will be able to heal spontaneously, as the Christ was able to, and achieve much more dramatic results. All of your desires and talents

can be and will be utilized if you so desire. This experience is to be shared and spontaneously expressed. You can do so in music if you desire also. Whatever it is you feel. It is the experience that is important. The service that you do is basically simply sharing an experience. The format is not nearly as important as the experience.

“I hear terms like the Mother Earth, the Mother Mary, Father the God ... so what is this all about?”

The Mother is quite present. The Mother focuses the love of the very source of creation. The source of creation is that which I refer to as the Father. It is less of a gender, but it is a way to describe it. The Mother energy is the Mother-God focusing the Father's energy, and attuning it with her love and her presence. So we are not in a male universe exclusively. We are in a balanced universe. You will understand this more and more. It is beyond our ability to express. Let us say that there is a divine Father energy and a divine Mother energy and those two combine in various ways to create. And if you are a devotee of the Mother you perhaps will find yourself becoming a goddess yourself. I think you are already becoming one, and expressing that aspect. So you will be enhanced in what you are rather than expected to alter yourselves to fit into a given pattern. What you are is beautiful and a divine expression. There are many creator-beings: the Father, the Mother, the Elders who create, the Elohim. There is a hierarchy. There is much of creation coming through the Elohim and the Elders in creating universes.

I think the easiest way to describe it is that there is a source of light. That source of light focuses itself through various of its own creations, refining itself as it focuses through different hierarchies of creator-gods and beings to the point where it reaches a third-dimensional reality and solid creation. So what this solid creation is, truly, is a focused and solidified light energy. It is the same light energy that is at the source of the universe. It is the energy of the Father.

Perhaps you feel that you are sitting on solid earth and pillows and chairs. You are sitting on light. You are light. All is light. It is simply focused in this way on this plane. On the higher planes and dimensions it is somewhat less focused, somewhat more etheric. So there is the ability there to take that etheric energy and to create. And the higher you proceed up the hierarchy the more light you have to work with and the more you can create.

You have all seen and experienced the difficulties of manifesting in the third dimension. How many of you have desired to manifest things which have not happened, or have had obstacles to manifestation? It is much more difficult on the third dimension to manifest. This is one reason why we are recommending upgrading yourselves. Are you all tired of struggling and doing affirmations? I assure you I am tired of hearing them! They have assisted in this process of us coming and lifting you but we are getting tired of hearing it. You can listen to it for a while when you have ascended. It is my hope that I will be out of range. Of course, I am joking. It is a pleasure to assist, but there are so many obstructions with manifesting here on the third dimension.

All of you have a great deal of spiritual presence and essence and a great desire to serve. You would all like to be free from money worries and able to manifest that which is in your hearts to manifest, because you are by nature serving beings. You are the light beings, the Starseeds, and you have come to serve. So we have found that it is a little too dense here for you to really unleash your full potentials. And I think you will agree with me that it has not been an easy task. You have had to focus your energies on so much of a survival level that the remaining energy you have had to focus has been dissipated. This is not to say that it is impossible. But it is far too slow of an experience for this time. This time requires dramatic, punctual, effective, experienced manifestation. It is easier to do so from a higher platform.

“Can you explain to me what is keeping the Ascended Masters from speaking to other beings?”

They are speaking constantly to all of you. All of you are receiving messages from your guides. It is a matter of your openness and receptivity. Many of you are already open to receiving messages and are quite attuned to doing so. There were many who have had the opportunity to channel. Many still do and many are learning to. But not as many have taken advantage of the opportunity as we had hoped. It was our design to have more channels to work in this particular way. Others channel in other ways: by healing, by music, etc. There are many ways of channeling the divine presence. But to answer your question, there is much density.

“Could you comment on why I have been experiencing so much intensity lately?”

All that is of density with each of you and with all of those who are desiring the ascension is being removed. This takes the form of emotional release and physical release. Believe me, we understand. We are aware of the discomforts some of you are experiencing. Probably all of you are experiencing various aspects of this. What you are doing is surrendering to the process. And in surrendering to the process you are releasing your own limited existence, your own limited desires, all that you have held close to you for security and a feeling of nurturing and safety. Your “comfort zone,” let us say. We are seeking to have this transition be as smooth as possible, but there is no getting around some discomfort. This is why we have been so direct in asking each of you to meditate as much as you can to assist you in doing this, in letting go. For the more you meditate, the easier it is for you to be cleansed or to release.

So much is happening on very deep levels of yourselves, oftentimes it is subconscious. Perhaps you feel that you are losing something. You may feel overcome with sorrow, feeling you have lost something, or that you are leaving something

without even having an idea of what it is you are sorry or crying about. This is part of the process. It need not be a great deal of the process, but nevertheless it is there. As you approach closer and closer to the final experience, you will feel yourselves letting go more and more. This is nothing which is being taken from you without your consent. It is something that is being purged from your system because you are desiring to increase the frequency of your vibration. Ascension is simply the result of increasing the frequency of your vibration. So all that is of dense and lower vibration is being shaken loose. Physically speaking, your cells and your DNA codes are being readjusted. There is so much occurring within your physical bodies. This is the source of your ailments, your mysterious health problems.

And the same can be said of your emotional bodies, which hold the memory of all you have experienced on Earth. Much of what you have experienced has been of a sorrowful or painful nature. Even though it may have been painful and sorrowful, there is still a tendency to hold on to that which you know. You have all assimilated these experiences into your emotional bodies and personalities. So it may feel that you are losing part of yourself. This can be a bit frightening. It can give way to occasional fears. The way to counteract this and to overcome it is simply to give yourself to the light and to know and experience directly that aspect of yourself which is growing larger and larger, so that you will be experiencing what it is you are receiving as you are experiencing what it is you are releasing. You are not alone. None of you are alone in the particular process, and there are many more outside of this class who are going through the same process.

“I’m feeling a conflict. I’m feeling like sleeping a lot but at the same time I feel like there is much that needs to be done and time is short. I’ve been surrendering to the sleep. Is this need to sleep just part of the physical transition process? Will I move through it and get back to work? Am I trying to evade something?”

It is a common occurrence, and it is an aspect of loving yourself to listen to your body's needs. There are times, of course, when it is not practical, but if you ask for guidance and assistance, perhaps your life can be arranged in such a way that you can accommodate these increased demands of your body. There is not nearly so much to accomplish as you might believe, at least from our perspective. It is not our desire that you each run around and prepare yourselves as if you were about to experience the death process. If it is your desire to lessen your responsibilities and make more time for meditation and preparation then that is all the better. But you are perfectly in alignment. You are not trying to evade the issue by sleeping. You are merely allowing your body the opportunity to transmute. It is very stressful on the physical organism when all the cells and molecules of the body are being renewed, restructured, and increased in frequency. You may find yourselves feeling worn out and tired even though you may look at your day and feel that you didn't do anything much. So honor your bodies.

Guidance, receptivity — these are part of the process also. You are being drawn into a realm of more and more spontaneity, more receptivity to moment-to-moment input and messages and experiences. The more you can learn to exist like this, the easier it will be for you to surrender to that moment when you find yourself being lifted. You may have already found moments in your sleep or in meditation where you feel the lifting process beginning. If you have experienced this, there may be a part of you which is still a bit afraid of it, some desire to hold on to the Earth consciousness. So we are trying to make this as gradual as possible by assisting you in a gradual ascension, by working with you in your sleep and in your meditations. When you call upon your Light Body, it responds, and more and more you will find that you feel the actual presence of your Light Body coming down over you. This is your Christ overself. The Christ overself will come down over you, around you, and through you. And you will rise with it. This is why we ask that you call upon your Light

Bodies every time you meditate, to get used to the process. It does not have to come to you as a shock. It can come to you as a gradual upliftment. Those things that you are releasing can be released gradually and gracefully so that they need not be so upsetting to your normal lives. You can find yourselves being more spontaneous and happy. It is meant to be enjoyed.

“Yesterday, I had to be in a musical event. Right before that I had a very emotional situation at home. When I got there my heart was closed and I couldn’t sing. It was a good message for me on how I handled this situation. I just close down so I don’t feel. But then I can’t do my work. Is there another way to not allow these vibrations to hit me and yet still remain open to the love and the music?”

The only way to truly rid yourself of this experience is to acknowledge that if you did not have these emotions in you, then you would not be affected by them. So there is a mirror effect here for you. You may feel that someone is dumping on you or giving you negativity, but if you were not on some level attracting this experience as a teaching for yourself, you would not bring it to you.

So I can give you all the advice in the world about calling on your teachers and guides and Sananda to surround you with light. This is always beneficial. But this will not protect you from your own lessons. So I suggest that you look within and see how it is within yourself that you are still attracting these experiences. They may be coming simply so that you can see what there is to release. It is a matter of releasing this within yourself. Release density from your own emotional body. Then you will not attract it from without. So, because you desire to open your heart and sing, perhaps it will be an added impetus to release that which restricts you from doing so. I’m sure you have already heard some of the ways to release. I think at this point in your growth it is a matter for you to call upon Sananda and ask him what is appropriate. If you are feeling a charge within your emotional body, it may

not be appropriate to try to meditate it away. It is more important to express it in a non-harmful way. Perhaps therapeutically, or to scream and jump around. At other times you can meditate and ask Sananda to remove it. If you call upon me by name, and ask me to surround those emotions with transmuting violet flame, that will assist in carrying it off as well. You can attack it from every different angle, spiritually and therapeutically. Above all, do not be overly attached. For as you release things there is a tendency to seek to reincorporate that experience as a part of yourselves. You will begin to feel perhaps that you are a terrible person because you are experiencing anger and rage, when in fact the anger and rage are leaving you. So don't pull it back into yourself with self-judgment and guilt. Allow it to go. Maybe it will be the last time you will have to experience this.

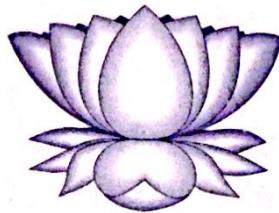
It is an individual path. There is nothing I can say to handle all situations for all beings. This is why it is necessary to connect with your own guidance, your own Higher Selves, so that you have a guide within you to ask. It is our wish that each of you have the ability to call upon your guides and to hear our responses. If you can hear our replies, then you can channel your own healing. You can channel your own guidance. You will not require any external source. This is the ultimate desire of we who come through.

"I have been told that Kuan Yin would like to work with me. Is this true? How can I do that?"

Kuan Yin is a very powerful teacher — a very beautiful, clear, and sharp presence. A very focused and powerful ray. In your work with us we will be opening you and your channeling ability so that you can accept energies from other beings as well. You can request her presence in your meditations and if you can get yourself into the inner peace, you will see what she feels like to you. Know that when you speak her name or call for her she is hearing and will make herself available to you. It is no great mystery or difficulty. It is truly a simple act

of prayer and a request on your part for her presence. If you desire, you could perhaps request that this one attempt to channel her for you. I am certain he would be most pleased to make this attempt, as he has not yet channeled this particular energy. So there are two ways you can approach the increasing of this connection. Also, there may be others in this area who can channel her energy as well. You are a powerful being and your femininity and hers are in alignment. Her power and yours will be merging as you develop.

So, I think it is time to do some meditation together. Know that we are assisting you week by week in your focus and in your concentration and your ability to go within. Know that in meditating at this time you are achieving incredible benefits, much more so than you were just a few months ago. Every breath you take in meditation is a great release and a great liberation for you. You are closing in on your ultimate destinies.

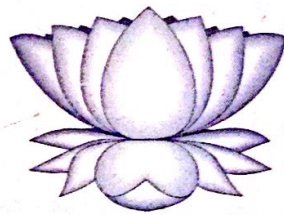


Relax. Align yourself and attune with your own breathing. Listen to your breath as it flows in and out of your body. We are going to take each of you individually into your own inner sanctuary. I would like you to imagine yourselves walking, approaching a pyramid, one large enough for you to enter and comfortably inhabit. It is an individual pyramid just for you. As you approach, you see the stones. They are perfectly connected one upon the other, geometrically perfect. And over the doorway of the pyramid, a doorway which is big enough for you to enter, you may stand there and if there are any inscriptions over the door you may read them — whatever you see or visualize there for yourself. This is your inner sanctuary.

So you enter and you find in the center of the pyramid a beautiful floor, a beautiful seat — something perfectly comfortable for you to sit on in meditation. Inside the pyramid it is very still. There are no external vibrations penetrating. You are completely insulated from external vibration, from three-dimensional reality and all of its manifestations. There is a dim light filtering through from above you. Just be there and meditate within this structure. It is your sanctuary. You will find in this space more stillness, more peace. The only energies that are within this pyramid are your own energies. So by controlling your own focus and concentration you can completely still all vibration except for the vibration of the inner self and the breath. In your meditation you may begin to feel the feeling of the Higher Self, you may begin to see the light of your Higher Self, for your third eyes are being opened. Your crown chakras are being opened. And the light is flowing through. You may, if you are still enough and attuned enough, be able to hear the energy of light, the music of the spheres. You may be able to hear a high ringing sound, any number of tones. This is the way your Higher Self or God sounds. This is the way atoms and molecules and planets and galaxies sound in their movements. If you wish to hear this music you can cover your ears a little bit. There is a bone or cartilage that is at the outside of the orifice of your ear, sort of a flap. If you wish to you can close off your hearing by pressing in upon it. (You can get earplugs for this also.) Now you know what this little strange appendage is for!

So you are experiencing the stillness and the presence of your Higher Self within your pyramid sanctuary. And now I would like each of you to call forth the presence of your Light Bodies, and we will assist in bringing them down and bringing you up to connect. If you feel yourself drifting in meditation, simply return to your breath. You are having the benefit of this experience regardless of whether you are visualizing it or feeling it. Some of you are good at visualizing. Some of you are good at hearing. Some of you are good at

feeling. So there is a feeling to God and a way to see God and a way to hear God, to accommodate all of your individual abilities. So now I would like you to imagine another pyramid — a pyramid of light above your sanctuary pyramid — of the same dimensions, of the same size and shape as your pyramid. It is slowly descending — slowly descending until it merges with your pyramid, occupying the same space, activating your pyramid, activating your experience. Your Light Bodies are now surrounding you. Some of you will have a profound experience of this. Some of you will not be quite so aware. Be assured it is manifesting for each of you regardless of your judgment of the experience. Release your judgment and simply be. The Light Body comes to you. It superimposes itself upon you. It merges with you and activates the transformation.



If you are enjoying your present experience you may remain there. There is no need to stop if you are experiencing the bliss of the light around you. I would like to ask others of you who have questions concerning this particular meditation, this visualization, any of the aspects — then you may ask me. This will be your homework assignment for the week. It is my desire that you do this at least once a day. Let it be as a precursor to your meditations. Any questions?

“When we go into our pyramid do we call on our Light Body and then meditate after that?”

Meditate first briefly, feel yourself attuned, and then call upon your Light Body. In that way you can feel the transformation consciously. Bringing down the pyramid of light is a way for you to visualize your Light Body coming down over

you and around you. It does not always look like a pyramid. This is simply one way it can manifest. If you desire to call upon myself, Sananda or Ashtar or any of the Ascended Masters or angels, you can accommodate all of us in your pyramid. We will be pleased to join you. The main experience to call for is your own Higher Self, your own Light Body. This is like practicing ascension. If you practice, you will be better at it when the time comes. When you feel the Light Body descending and your own vibrational frequency rising, you will feel more comfortable with the process.

Again I would like to say that some of you have been meditating for a long time. Some have not. Those of you who are better at focusing and meditating will perhaps have a more profound experience. Perhaps not. Regardless of what you feel yourself experiencing, know that when you do this exercise you will be attracting and manifesting the Light Body. Have no doubt about this. Your request in this is sacred to us and we await it. If you care to do this exercise six times a day, feel free to do so. You can remain in your inner sanctuary as long as you desire. You are free in that space. The more you are cleansed and purified in preparation, the more of an experience you will have in doing this. It will get so that you will have experiences that feel so profound and so powerful that you will ask yourself whether or not "this is it." "This may be it. I may be going now." You will have a good opportunity to let go and to experience the surrender aspect. For in that moment of ascension there is a point when you consciously surrender to the process and allow it to take place. Where you consciously say "yes" to the process. It will do you no harm to say yes to the process in your practice sessions. You never know. There is much work that we will be doing with you prior to the ascension. But there is no harm in being prepared. We will be assisting you and leaving you (after these classes) in a state, hopefully, where you will be so attuned to the process that you will be prepared. So whenever it occurs, you will already know what to do. You will welcome it and not

be afraid. Again, this is a matter of joy and happiness and love and reunion. A matter of reuniting with your own Light Bodies and families, and with those awarenesses that you have lost in your three-dimensional incarnations.

There is a great deal waiting for you. There is memory to be recalled. There is experience to share, and there are many honors to be bestowed upon you after your triumph. Truly it is a triumph for each of you to have come this far, to have opened yourself to this present level of experience and openness to the ascension process, regardless of anything that comes afterwards. This will result in a great many blessings and a great liberation to you upon your ascension. The work that you do prior to ascension does a great deal to determine what avenues and opportunities are available to you. Not all will be having the same level of opportunity upon ascension. You will come into your true natures and true presence, and because of the works you have done in this lifetime, in other lifetimes, and especially in preparation for the ascension, you may have the opportunity to go beyond the fifth dimension into other dimensions, to explore realms that are indescribable. There is liberation from the third dimension. This is ascension. And there is further growth. So the more time you can spend in your inner sanctuary, the more you will be earning yourself good merits. You will be able to be in the company of greater and greater, higher and higher incarnations of consciousness.

It is our desire to prepare you for the maximum experience. You already know about ascension. You are already meditating and preparing yourself for it. In a way, the remainder of these classes will be preparing you for that which comes afterwards. This is why I have been discussing service with you this evening. You will be expanded beyond your dreams. You will be able to experience so much more light. You will be able to take in so much more and to bear so much more. You are channels of divine light. In your present condition you have a limited opening through which the light can flow. The more you ascend to the higher levels of awareness, the higher the

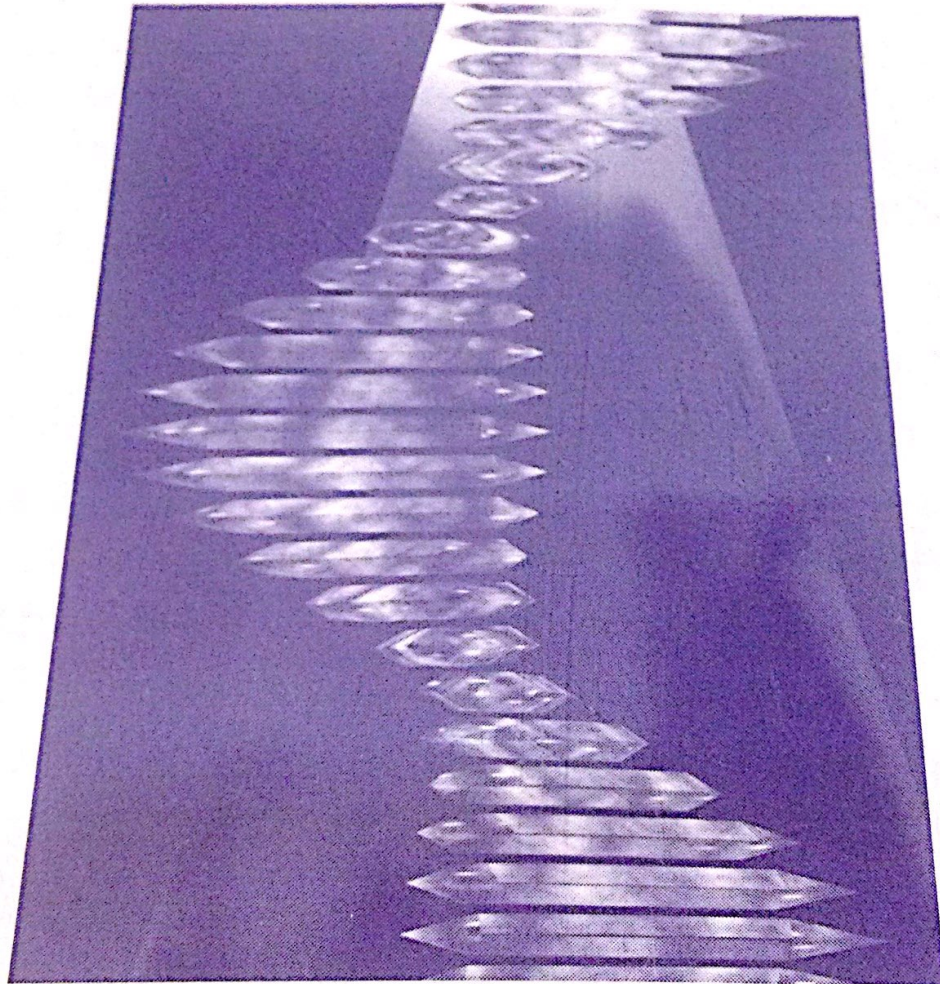
dimensionality you achieve, the wider and wider your channel becomes, the more you can share and receive. It is really quite an experience to have a maximum charge of divine love flowing through you. This is what I personally attain to, and one reason for the work that I am doing here this evening. It is an act of service for you and also for myself. For I, too, desire the maximum experience, the maximum growth. And as the universe is being restructured dramatically, there are new opportunities for all of us. We will all be promoted.

So, it has been my pleasure to be with you again. I am honored to have been a part of this ongoing experience and ongoing experiment. I will say to you now that this experiment is being accomplished and it is extremely successful. It is a successful experiment. So you are all to be congratulated. You are all radiating and shining much more brightly. The mind is like a wayward child. It will do what it will, and it will cast its aspersions upon all and have its doubts and confusions and its drama. This will be with you for some time. This is something you are being liberated from. But do not allow this to sway you in your dedication and devotion. For it is your devotion which will ultimately create your place in the Heaven Worlds — your devotion, the love in your heart for the Creator, the openness to merge with and to serve that beautiful energy. So the blessings of all of the Masters are with you. Sananda sends his warmest regards. Archangel Michael has been with us this evening, surrounding us from a distance with his beautiful wings. He asks me to ask if any of you have remembered your homework assignment for last week: to call upon him with his sword to sever your ties, your attachments. You may continue if you have not been doing this exercise.

So our love is with you. We will see you again next time. Do not forget your inner sanctuaries. We are keeping your place warm. Goodnight.

— Class Five —

Healing and the Emotional Body



— Sananda —



ood evening. Welcome to class number five. This is Sananda. Allow yourselves to relax and breathe. This focuses your energy and concentration. Let the cares of the day drain away from your bodies. So how are we all doing? I thought so. Well, tonight we will be working on healing the emotional body, bringing through some soothing energy for you. This is a very important subject. Perhaps the most important. This is love. Love is that which will heal you, that which will be your ticket into the next phase. So tonight we will be opening your heart centers and working with you in this way, to achieve some balance and to amplify the love experience for you. I hope you will all enjoy this.

You have all been seeking love for your entire lifetime. Well, you are about to find it. You will find an amplified version of that which you have already been experiencing. Love is a difficult thing to achieve while you are in the third-dimensional reality, as you all know. You have been trying in many ways to grasp onto this elusive experience. It has been scarce here. It will be more abundant in the future, much more abundant. The fact that it is scarce in the third-dimensional reality is an aberration. It is not the rule in the universe. Actually, love is the essential ingredient, the essential building block of all the universe. So you volunteers have come here to bring a little bit more love to an atmosphere which has been quite devoid of it. You have all succeeded in various degrees, but now it is time for you to return to your true state and your true allotment of this precious elixir. For you can only share that which you have in abundance. Most of you are still struggling to have even enough for yourselves. Tonight we will open you to a little bit more of this energy and increase your abundance of love.

You have all been in existence for many lifetimes. You have all received many impressions in your emotional bodies. In this lifetime in particular, you have received many scars or impressions that are not altogether positive. Because of the density and negativity of the Earth plane you have all been, to some extent, victimized by the negative effects of the lack of love. So the emotional body recalls this. The emotional body tends to hold experience within it until such time as it is allowed to release that experience. So you have all been in your growth patterns, experiencing various types of emotional release and healing. Much has been accomplished, yet there is a little more to do. But it will be assisted by us. We will amplify your love and also the grace which surrounds you, in releasing any remaining darkness that has clung to your emotional bodies.

So what will be the most beneficial way to heal yourselves? I would say it would be to take a nice long bath in a pool of love. The love will enter your spaces. It will enter your wounded emotional body and heal you. You have very many concepts around the term and experience of love. Truly it is an experience and not something that you can understand. Each of you has done many crazy things in the name of love, have you not? Things which you ordinarily would find completely illogical. You will jump at the chance to perform if there is some love at the end of that experience. So I will tell you that there is a great deal of love at the end of this ascension experience. And let this be the carrot at the end of the stick for some of you. You have been seeking this experience intensely. There is so much love that is waiting to surround you. There is so much that it is an experience of bliss. I would say bliss is the experience of having too much love. In your third-dimensional reality you probably cannot conceive of having too much love. But it is possible and you will all experience it. Perhaps you will even ask us to turn down the juice a little bit, believe it or not. For love can be very explosive. It can be very expanding. It has a tendency to melt the boundaries of your

limited identity to the point where you feel a oneness or a merging with all of creation. And you will all experience this. This is an aspect of where you are headed. This is integral to the ascension process.

You have many judgments and criticisms and opinions about your own particular experience and your own identity around the issue of love. You all have varying degrees of belief in your deservedness. You have judgments about yourselves concerning your past performance in this area, and in your ability to open your heart to receive and to give. I think tonight would be a good chance to erase the blackboard and start with a clean slate — to release all of your self-judgments and self-criticisms around this issue. Your judgments and beliefs around this issue are just as faulty as your judgments and beliefs around other issues in your lives. So if you are feeling that you cannot possibly open to such a high degree of love, sharing and giving and openness — if you feel that you are not a particularly open individual — this is a belief which must be eradicated. These beliefs will trip you up in your ability to bathe in that pool of love. All that is required ... it is not a matter of deserving; it is a matter of being outrageous enough to take the leap into it. It is there. The pool of love is there within you. Most of you have withheld from yourselves this experience because your programming told you that you did not deserve it, or it had to come in a certain package or a certain relationship. I am here to tell you that you need not be in a relationship to experience the depths of love. A relationship can mirror your experience but it cannot in itself take you to the depths. You yourself must provide the outrageous behavior of leaping into the pool of love.

So you have all done so many crazy things to receive this experience of love. I think it is time for you to do one more final crazy thing — leave the world as an ascended being. Love ultimately is your ticket — not your idea about your capability to love, but the simple fact that you are open to it. So tonight, be open to the possibility that you can be in a state

of bliss, that it is in fact your true state. All these things that you have overlaid upon and around this experience will fall away, leaving you with your own true nature. Your own true nature is bliss. It is what you are. It is what is happening in your atoms right now. The reason we have all been so adamant about asking you to meditate, is so that you can still your mind and relax your stranglehold upon your true nature enough to experience it. Experience that essence. So the importance of love in the ascension process is critical. You do not need to be overly concerned about where you are at with this openness to love and being a loving being. This will only lead you to more self-criticism and judgment. Know that those beings who have love in their hearts for the Creator and for themselves will be able to ascend. If you have limitations around this, perhaps regarding your own deservedness, they will most likely be healed, for you have all stated your intention to ascend. In doing so, you have unleashed incredibly powerful transformations in your lives and one of these is the unlimiting of your capacity to experience and share love.

So do not judge yourself if you do not feel at this time that you are able to love unconditionally. This is your goal. You do not need to be perfect in order to ascend. But I will tell you how to begin. Begin by loving yourselves. The amount of love that you share with and for yourself does a great deal to decide how much love you can experience in other ways. All concepts about deservedness are to be immediately discarded if possible. If you can, be as little children who do not look at themselves with a critical eye or a judgmental eye, but only know that they desire love and will cry for it if they do not receive it. They will long for it until they are in that experience. This is the proper attitude towards love and devotion, to be as a little child. A child knows what feels good and a child will go for that feeling regardless of anything else, regardless of any external circumstances. It is a direct approach. So I invite you all to be a little more childlike. If you are finding yourself in an experience that is lacking in love within yourselves, do not rationalize the situation by telling yourself, "Well, the reason

I am feeling this is because of this and that and these reasons and these judgments and criticisms and these circumstances.” You see how sophisticated you have all become. It’s to the point where you can quite often rationalize your desire for love right out the window. So stop rationalizing and if you feel the need for more love, ask for it. If you feel the desire for unconditional love, ask for it. It is available to you. Because of where you are in your evolution and because of your commitment, it is even more available to you. It becomes more available with each passing day. So allow yourselves to be more childlike.

If you are feeling a bit out in the cold or lacking nurturance, ask for that. And do whatever you can in your way to provide the nurturance and love that you desire. Whatever it is, give yourself those treats. Give yourself that time, that extra time to sleep or meditate or do something that you love. It is not time to withhold from yourself anything that is of a positive and good feeling. It is time to spoil yourselves as you would spoil your own children. And we will follow your example. We will follow through and provide you with a little extra juice. We are encouraging all to do this at this time. The way that we encourage you is to allow you a little bit more of that which you desire. So if you are praying for love and trying to nurture yourself, you will create a little bit of a vacuum wherein we can amplify the presence of the experience. If you have an experience of an abundance, you will have something to share. And this is the most useful experience in the love spectrum: sharing it. It is very difficult to keep to yourself. If you try to keep an overabundance to yourself, it ends up stagnating. Pretty soon you will find yourself wondering where it went. So spoil yourselves and very soon you will find yourselves having an abundance. And you can spoil your loved ones. You can spoil those you see on the street with a kind word. Love does not need to be a mushy affair. It can be as simple as a kind word or a hello — these are aspects of love also — friendliness, compassion. All the attributes of love are to be shared and experienced when you have the essential

juice. If you do not have the essential juice, your attempts to be compassionate will only come off as being phony and hollow. So focus upon that juice. Fill yourself with it. Meditation is an excellent time. A little bit later we will be sharing with you a technique, a guided meditation, which will assist you in spoiling yourselves and healing your emotional bodies. You have been kicked around and your emotional bodies recall this. If you feel a difficulty in opening up to unconditional love at this time it is because you have done so in the past and have received less than positive feedback. So do not judge yourselves if you feel a difficulty in opening up to unconditional love. You have a valid and very good reason for feeling this. Begin in a simple way with loving yourself. You will not give yourself a bad time by loving yourself.

So there is much of emotional balancing and healing, some emotional release which has been underway, as you all know. Many of you have been experiencing this. This is all part of the drama of the ascension process. At times you may feel you are farther from the truth or farther from the ascension than you were last week at this time. If you are feeling these kinds of feelings, it is most likely that you are undergoing this emotional cleansing and healing. It is not something you should be overly alarmed about. It is to be surrendered to. Love yourselves and do the best that you can. It is difficult to meditate at those times when you are undergoing this process. It is easy at that time to judge yourself, to feel that you are not doing a very good job. Forget about that. You are all doing wonderfully. And we are extremely pleased with the progress that you are making. I have to say that this group has been quite a success. Almost beyond our expectations. The openness which you have brought to this gathering and to this process gives us hope. And it gives us great joy. And this great joy and hope and love will be reflected back to you. You are experiencing it at various times now in your meditations and lives. You will experience it much more dramatically upon your ascension. You will all be very embarrassed at the response that you receive. This is no small matter that you

are undertaking. So allow the process to continue. If you feel yourselves being stuck at any particular point in emotional cleansing or release, call on us for extra help. And follow your guidance.

Now is not the time to withhold healing from yourselves. It is a time to heal. Again, you do not need to make yourselves perfect in order to ascend. The process will occur. None of you will miss the boat unless you have a radical change of heart between now and then. We are simply seeking to make it more conscious and more smooth and easy. We hope to make the end result more magnificent. You will all have honors bestowed upon you. The more work you do now the more honors you will receive and the more opportunities you will have. You are all free spirits and desire to have many options in your lives. Continue this ascension program and you will have a great deal to chose from. We love you so much. What you need to do is tap into our love for you. This will show you how to love yourselves. Many of you have forgotten or have limited your expression of self love. Perhaps you feel guilty of loving yourself too much. Perhaps you feel it is not right or egotistical. You see, there are so many ways that you limit yourselves. I ask you, can you surrender all of your ideas and become as little children? Simple and direct. Call out for what you desire. You do not need to think about whether you deserve to experience it. A child simply calls out for what it desires. Do not be afraid to be too outrageous. You cannot be too outrageous at this time. You are all still too conservative. Believe it or not, here in Santa Cruz, in this bastion of outrageous free love, you are all limiting yourselves. So if you can't do it, what are they going to do in Chicago? They need to see someone succeeding in this process and see that it is possible. Since you are the most outrageous batch we could find, and despite the fact that you were in much need of repair, we have decided to go for it with you. I am only kidding. You are all beautiful beings. Very radiant. You do not see yourselves as we see you. But if you could, then ninety percent of your problems would be over. For ninety percent of

your problems are in your own beliefs and judgments about yourself. So now is the time to forget about the past. Forget about anything you have done in the past. You are all forgiven, all of your outrageous crimes. Anything you did in the past, you did feeling that it was the right thing to do. You are all honorable beings.

Now the floodgates are opening, and what we are asking is for you to stand in front of the stream and be the first to be drowned in love. Many more will follow. This entire planet will become a love planet. There will not be a being on this planet without an open heart. At this time there are many who have been feeding you the false programming that tells you, "You deserve less," many who have — out of their own ignorance and desire for dominion — sought to keep you and the other innocent beings down, from experiencing your birthright. So it is for you to be among the first, to be examples. Perhaps it is only walking around with a smile on your face or a light in your eyes. That smile and that light will increase dramatically when you have made your leap. So love yourselves as we love you. We are all going to take a vacation together this evening. You deserve to be on a continual vacation and you are headed in that direction. It is not irresponsible. It is irresponsible to withhold it from yourselves. Withholding it from yourselves withholds it from humanity. For you are the channels to bring this message of the permanent vacation to all of those who are still slaving away. You see, there is a great deal of joy in this message. You will have a favorable response. There will be some diehards who refuse and who prefer to keep their noses to the grindstone. You will allow them to do so. But most are childlike and desire freedom and love. These are the ones you will reach and connect with. So, have you any questions?

"I heard through another channel that there will be equal chaos in the Heavens as there is on Earth during this process. I'm not clear on this."

You need to get cable! You will get more channels that way. You will soon have a selector in your own body. You have one now but have not learned how to operate it fully. Then you will be able to tune into many channels.

Yes, there is a great deal of activity in space, as you say. This is not so much for you to be concerned with. You are to focus yourself on your own ascension process and your own growth here. There is little you can do about space. We are taking care of space. There is a housecleaning that is in effect. And it is a universal experience. It is not limited to the planet Earth. There is a new wave of energy that has proceeded from the Creator himself through all the channels and through all of creation. It is a reordering of the universe, a reordering of the creation. So what you are experiencing here in your corner of the galaxy is simply a result of this. So those beings who have been out of alignment with love and with the will of the Father are being dealt with.

There are many planets. There are many beings with space travel capability who have not come into alignment fully. So they are being instructed. If they are offering resistance, they are being dealt with more forcefully. Many beings have come to the planet Earth, extraterrestrial beings not of the Ashtar Command, but lesser beings who have come here in physical ships in their physical bodies. One result of the housecleaning which has been in effect is that it has pushed them from their home bases out into farther reaches of the galaxy. They are seeking a place where they can be left alone to do their high jinks. So there are many who are uninvited guests upon the planet Earth. When the wave of ascension hits the planet Earth, it is going to sweep them a bit farther out into the galaxy.

The way the galaxy is structured is that there is a core, or central sun, around which the stars and star systems revolve. At the center of each of the galaxies is the Higher Evolution. As you proceed outward from the center, there is less of

perfection and more of chaos. Planet Earth exists a little bit on the edges of this galaxy, so the housecleaning has taken a little bit longer to reach here. And those beings who were a little bit closer to the center, who were performing their high jinks, have been asked to surrender or have fled as their planets have also been cleaned up. So there will be some rather spectacular star wars. You will be made aware of them as your ascension is completed. At this point there is little you can do or little to worry about. But know that this planet is not alone in the overall restructuring and reordering of the universe. All are due for advancement at the completion of this cycle. The Ascended Masters will be advanced as well. So there will be many vacancies. We are hoping you will assume some of these empty chairs, some of these services. This is the way of the universe. Expansion and evolution without end. As we have said, you can never get too much of love. So it has been set up so that there is continual growth.

“I’ve found myself in a lot of conflict with people lately and I don’t really know what to do about it. Is that going to happen often?”

It is a good opportunity for you to forgive. I think the main lesson here is to forgive yourselves for anything that you feel less about. You will attract experiences that mirror the feelings you have toward yourself, so perhaps in your cleansing and emotional healing you are releasing feelings of unworthiness or conflicts you have held concerning yourself. They are being mirrored to you externally. So do not sink to the level of reflecting negativity. Try to reflect only love. This is a good challenge for you in unconditional love. It is always appropriate to forgive whether you feel you are right or wrong. Whether you feel you have been wronged or persecuted. It is a test of your ability to forgive.

“Is there a way to be angry and loving at the same time — to feel angry and be able to express it in a loving way? Or is anger something that we shouldn’t feel?”

At this point you can express it with love. Expressing anger with love is simply expressing your feelings, or what is at the core of your anger. So there is a way to share the fact that you are angry without expressing negativity upon another being. It is sharing your feelings. If you are angered by something someone has done, you can express to them that something they did caused you to feel anger. You did not feel it was right, you felt that you were being persecuted, perhaps, or treated unjustly. So look beneath the anger. See why it is you are feeling anger. And if there is someone there to share those feelings with, then do so. You can also release anger in an extreme way: have a fit; pound on some inanimate pillows which cannot feel your rage. It is all right to release rage at this point if you do not have a way to release it more gently. Seek to forgive yourself and others. But do not "stuff" your feelings, for they need to be released. You are all undergoing a releasing process. Often it is at such a deep level that you do not even know why you are feeling what you are feeling. Simply allow the feelings to flow through. Allow yourself to feel what you feel. As for the future, anger will become obsolete. It won't be long before you do not feel it any more. You will feel power. Perhaps you will feel a focused power or directness which may feel similar to anger, but it is not.

"Knowing I will be ascending soon, it is hard to proceed with my day to day activities with excitement and enthusiasm. I feel very blasé about my life."

I understand. I couldn't do it myself. Many of us who have graduated from your state have chosen to remain Ascended Masters and not incarnate because of the daily grind of third-dimensional reality. The ascension process will put you through some changes in your outlook.

"Sananda, how do we live with that feeling, especially when you are dealing with another person who is real 'here'? My partner sees anything that I do for myself as selfish. He

heard one of my tapes of this class and thought I was really out of it and crazy. How do I deal with that? I feel like I'm leaving, but not just yet, so I'm stuck with the situation and his attitude."

There are ways of being present and ways of being not present. I think that as you grow in this experience you will become more and more present when you are present. So for you it is a matter of being fully present in the situation that you are in when you are in this relationship or connection. Be there. Be fully present and responsive and receptive. You do not need to forsake your responsibilities. In fact it is a good exercise to be perfecting yourself in your responsibilities. Certain things will be able to fall away that are unnecessary, while others are not. You must still provide for your children and do your work. Each of you have responsibilities that you must maintain. So give yourself to the task at hand. As difficult as it may seem, try to bring in more of your presence to that moment. It is a matter of being in the moment. In the moment when you are there you are not leaving. You are there. So be there. You do not need to subject yourself to negativity. It is difficult, I know, but you have given yourself this test at this time. So accept responsibility for it. Know that as you release your own judgments about yourself you will not receive judgments from external sources. So perhaps his judgments about your irresponsibility are reflections of your own feelings of irresponsibility about yourself.

In this process there is much emotional transformation and release. This is why we are here with this topic this evening. None of you are immune from this. Some of you will have more intensity to deal with than others. It is part of the process, so accept that it is part of your growth. If you are feeling different emotionally, if you are feeling from time to time that you are going through heaviness or despair and doubt, I tell you, you will go through these. There is a part of you which will attempt to throw a blanket of doubt over this entire process. This is part of the battle. As the time draws to

a close, and as the countdown progresses, you will find perhaps more of a battle with the part of you which will desperately seek to place you back in ordinary reality. This is where your faith will come in. But when you are experiencing this, and having difficulty meditating and connecting with your guidance and Higher Self, that is where you will be tested in your faith. It is not something that cannot be overcome. You are receiving so much assistance. View these situations as clouds passing before the sun. You know the sun is there. You know the cloud will pass and the sun will shine upon you again.

Again, this is not a small task you are undertaking. Very few have achieved this. It is difficult to believe when you look around you and see the world progressing and proceeding in a fairly normal way. It is difficult to believe you could be ascending when you see everyone around you going about their business as usual, and even you yourselves doing your particular responsibilities as if nothing was different. This is the challenge of the first wave. Those who take the remaining opportunities to ascend will have ample physical evidence that the world is not “business as usual.”

“Last night I was startled awake and I felt actual fear over the ascension process and thought I would like to be asleep when it happens.”

So you desire an anesthetic! This can be provided if you still desire it as the time approaches. By then you might have gone through the fear to the point where you will be wide-eyed and excited about it.

“Sananda, is it true that fear and doubt are tools to help us test our faith and inner courage to move on to a higher state of consciousness, and that doubt actually exists in higher consciousness throughout?”

Fear and doubt do exist but they are not the creations of the Supreme Being. Fear and doubt exist as challenges. It is

true that by overcoming fear and doubt you gain strength and faith. So for all beings who have found themselves in the reality of the third dimension, or cut off from their Source, they will have to go through this test of faith, through doubt and fear. But there is a point where these are no longer applicable and present. This is the realm that we are seeking to take you to. There are always challenges to growth, but the challenges will not come in such a negative fashion. The challenges will come as opportunities to you, or as choices. So you will always feel yourselves being guided and perhaps stretched a little bit to experience new and higher dimensions of reality. There are tests of this nature, but they are in no way quite so dense. You are moving beyond these.

“I’m having a hard time with food and finding something that I can eat. There are so many resistances to things. Is this personal for me because of my particular body, or is it part of the process? Also, I’m feeling some kind of emotional pressure, like I’m about to explode!”

The situation is temporary. It is a cleansing for you. I think you are being shaken a little bit. I think you are being somewhat forcefully shaken and awakened. This is quite confronting and attention-grabbing when your very sustenance comes into question. You may have many relationship problems and this sort of thing, but when you cannot eat any more, your Higher Self is giving you quite an attention grabber. I think the two questions are interconnected. What is the emotional experience you are referring to?

“I feel pressure inside of me building up.”

Despite the uncomfortableness you are feeling, it is temporary and it is part of the process.

“Should I stop eating for the time being?”

I think you may have to eat lightly, but this emotional thing is desiring to release. It desires to explode, just as you

are experiencing. It will come to a head very shortly and you will then be able to eat more normally. I cannot tell you what it is. But you will not starve to death and you will not explode. There is perhaps part of you which is resisting expansion or the spiritual explosion that you are undergoing. So maybe it requires a bit of blasting. I would meditate more and ask your Higher Self and guides to assist you in releasing that which is desiring to be released. Perhaps it is an attachment to a particular experience. It can be so subconscious that you may not even know. Perhaps you will never know what it is or what it was. But you are elevating your frequency and the density is seeking to hold you back from doing this. You will have to allow yourself to explode spiritually, I think.

“I have had a lot of little questions about what it’s like for an ascended being who returns to the Earth. What about sleeping at night, rent, making love? What is their day-to-day experience of third-dimensional reality as an ascended being?”

I assure you there will be no desire to have sexual intercourse with a member of unascended humanity. You will view things quite differently. As for your accommodations, there will be no need to make reservations or pay rent. You will all be given instructions and it will be different for each of you. Let me say, these types of things will be the least of your problems. You can sleep aboard ship each night if you desire to sleep. You can go back and forth as often as you like. You will be able to pop in and out. You will not be bound to this reality as you are bound now. This is the basis of your question. You have only this experience in your memories and so of course you will wonder about these things. But all will be explained to you and your training will be quite complete. Because of your conscious states, you will have little difficulty in remembering your lessons. Nowadays you have less recall. If you learn something now, you often forget much of it because of the state of affairs here and the lower capacity of the mind at this time. After you have ascended you will be

able to have total recall of what you are taught and your training will be remembered. It will be much easier.

“Do you mean that we will have recall of things we learned previous to the ascension as well?”

Yes, you will have a higher perspective on what you learned in your previous lifetimes, and you will be made more aware of your experiences during your Earth sojourn. If you have the desire to look back at your lifetimes, you can do so. You will not forget anything that you have learned. This will be a training for you as well as an exercise in service. So you will be more aware rather than less aware. There is much that has happened to all of you that you will not desire to be made aware of. But all experience has been beneficial to your learning and growing, and conscious of it or not, you will have the full benefit of the experience. You may not recall exactly why or how you know how to do something, or how you know how to respond to a certain situation, but you will know how to respond. Your memories and teachings will not be lost. It will all make more sense to you.

“Will we be able to know our past lifetimes?”

Yes. If you desire this, you will be able to see your full range and full spectrum of lifetimes. We have theaters for viewing. You can go into your own individual theater to see a replay. I think it will be less fascinating to you than you might expect.

“I would think that if we could do this, we can use it with other individuals. If we could tap that in them, then we could use it to help awaken them.”

Yes, you have been doing this. This was your goal and you have succeeded to some degree in doing this. You have touched many human beings, and those are the ones who will respond to this in the second and third waves of evacuation. So your work has not been lost. All of the rays of love and

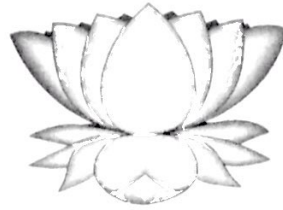
hope you have showered upon humanity — none were wasted. It's impossible to waste love. It seems to radiate in all directions endlessly. Some of the love that you have channeled in your earlier lifetimes is now reaching other planets.

“How would this ascension affect our families? If we ascend before them, will they freak out? Will they be taken care of in this?”

It will be a shock to them of a beneficial nature. So if they are shocked by your disappearance when you ascend, it will be a shock which will have a beneficial effect in the long run. But I assure you most of humanity will undergo a “freaking out” or shocking period which will make your disappearance seem small in comparison. So many of the things you are worried about leaving behind, like confused family members and unpaid debts — these will be the least of humanity's concerns as the energy increases and as the Earth changes progress. People will not be so concerned about these matters. They will be more concerned with maintaining their life and livelihoods and existence and growing spiritually. Growing spiritually will be much higher on the priority list. So the fact that you disappear and shock someone will shock them into questioning life a little bit more and will give them a head start on the program. There are ways to communicate with those beings who require communication. They will be notified of your whereabouts and they can be assisted in understanding. We can reach many. Perhaps you will return and reach them yourselves. There are innumerable options.

It is time for our meditation. This is the good part. This is the part I have been waiting for. It's vacation time. Relax and breathe. All of your concerns and emotional situations and processing will fall away. If not tonight, they will fall away in the near future. I ask you to put them on the back burner and focus in the present moment, on what you are doing here and now. Trust that we are taking care of you in all of these regards. All of your unanswered questions are being taken

care of. We are going to go into our inner sanctuary as St. Germain has guided you. Simply breathe and relax.



Imagine before you a pyramid of stone large enough for you to enter through a doorway. You enter the doorway. You enter a small room with a chair for you to sit upon. There is a little bit of light streaming in from above, just enough for you to see and feel comfortable. Make yourself comfortable. This is your inner sanctuary. It is insulated from the vibrations of the world. It is insulated from all negativity and vibration of the third-dimensional reality. In this space there is only your breath and your Higher Self and myself. We are going to bring down the light pyramid and superimpose it upon the stone pyramid. You may begin to experience your Light Body in the form of a pyramid of light, in the exact dimensions of the pyramid that you are within. It will superimpose itself over the top of your stone pyramid. Allow it to descend at whatever rate is comfortable until it is completely encircling you. If you are having trouble visualizing — perhaps you are more of a feeling person than a visualizer — there is no harm in this. Simply breathe and meditate and feel. Imagine the feeling of this. Feel the activation of the Light Body surrounding you. You are completely within it. Now you are insulated within that space. Now we are going to take a little trip in our merkabah vehicle via the imagination and the etheric body. You have but to remain relaxed and breathe. We are going on vacation. As you meditate, you are being transported. If you are desiring an intensification of the experience of your Light Body, you may ask and it will be provided. We are moving interdimensionally. You may feel yourself sitting here but you are also traveling.

You may feel yourself settling down now. You are landing, so to speak. It is as if you have flown through the air and landed. And there is the doorway directly before you in the side of the pyramid. You can rise and visualize yourself proceeding. You walk out the doorway and find yourself on a beautiful island, a beautiful South Pacific island. This is a vacation spot just for you. You have your own island. It is a small but beautiful island just for yourself. It feels very beautiful to you. The air is the perfect temperature. The light is beautiful. The ocean is a beautiful blue. The sky is blue. We are going to spend a little bit of time on this island. It is an island of healing and balance, where you can go whenever you feel the need.

So as you walk out of your pyramid towards the beach, you will notice that this island has one unique characteristic that is different from what you have experienced before. The beach of this island is composed of tumbled crystals. As you walk out onto the beach you see these beautiful clear quartz crystals. You can feel them with your bare feet as you walk upon the beach. You feel them beneath your feet as they disappear under the beautiful blue ocean. You may walk into the water and feel it upon your feet. You may wade in it. You may experience it. As you do so, you begin to become curious about your situation and where you are, and you decide to explore. You wish to circumnavigate the island, to venture along the beach. As you begin to walk along the shore, you notice that the beach of stones is changing color. It becomes a beautiful black stone beach of obsidian. You walk on this. You feel these stones. You may sit upon them. You may wade and pick them up and feel them. You may lie down upon them with your legs in the water. You may experience them in whatever way you desire. As you do so, as you are connecting with this area of the beach of the obsidian stones, your first chakra is opened and cleansed. You feel a healing energy. You feel a sense of release and relaxation in your first chakra. This is a feeling of security, of groundedness and connection with the Earth and the energy of the black stones.

After you have experienced this for a little bit, you again feel curious and continue your walk. You come to a section of beach composed of dark reddish stones. They are beautiful tumbled garnets. You are enjoying the interplay of the water upon the stones, and the feeling of your feet connecting with them. They are a beautiful color and you are attracted to it. You may wish to sit upon this beach, or lie upon the stones, or stand and feel the energy. As you do so, your second chakra is relaxed and is opened. There is a feeling of release and relaxation as this energy works within you and your body absorbs the energy. There is a healing that takes place. There is a release of any accumulated tension in this part of your body.

Again you become curious and go on to the next portion of the beach. You find that it is a beautiful beach of bright, gold-colored citrine stones. They are golden. As you experience this beach you feel your third chakra opening. You feel your power center relaxing. You feel the beautiful healing energy penetrating and rising through your body. You feel this energy balancing your lower chakras in perfect alignment and perfect balance. All tension is released.

We move on to the next beach. It is of beautiful rose quartz, pinkish in color. It is beautiful clear rose quartz, more clear than any you have seen. As you touch upon this area of the beach with your bare feet, you feel your heart opening. You feel an expansion and a beautiful depth of love flowing from your heart throughout your body. It flows from your heart and through your lower chakras, down into the stones and into the Earth. All tension is removed from your heart center. There is a great expansion which takes place. There is great relaxation. It is a feeling of love and nurturance, of unconditional acceptance and trust. You find that you can relax totally in this trust and love. You can release all fears and cares and know that you are One and you are loved and nurtured.

As you begin to walk again, you are feeling very free and very relaxed. You are almost floating as you walk upon the next beach, which is of beautiful blue stones. They are the color of

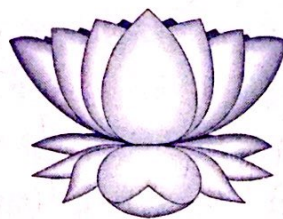
lapis lazuli. The color is deep and rich. As you experience this beach you feel your throat center opening. You feel all tension within your throat being relaxed and released. You feel in alignment with your heart and all of your chakras. You feel the connection between the heart chakra and the throat, releasing your freedom of expression. And you can feel the blue light energy of these stones surrounding your throat. It is expanding and relaxing.

You move along to the next beach. It is of beautiful amethyst stones. They are deep violet and purple. This beach is particularly beautiful to you and you desire to sit upon it and feel the water at your feet. As you do so, you feel the activation and opening of your third eye chakra. You may see the light within you. You may feel that beautiful pulsating light coming to you in waves. Just as the waves of the purple sea caress your feet you may feel the waves of light. Your third eye center is cleared. It is opened and connected with your heart and throat chakra in perfect alignment and balance. Now, as you move along the beach, you find you have circumnavigated the entire island, returning back to the beach of the clear quartz stones. Now your experience of this beach is emphasized in the opening of your crown chakra. As you stand or sit upon these stones, you feel complete alignment of the light energy coming through your crown, through the top of your head, through all of your chakras as a completely balanced and aligned experience of relaxation. There is no more tension within your chakras or within your emotional body. You simply breathe, and feel this balance and this health.

Now, I direct your attention back to your footsteps. Follow your own footsteps through the sand back to your pyramid vehicle. Know that you can take this journey whenever you desire, especially when you feel the need for emotional balance or healing. When you feel the need for a vacation, you have reservations. So know that in leaving this island you can return at any time. You can return and explore and spend as much time as you wish upon any or all of the beaches. For now

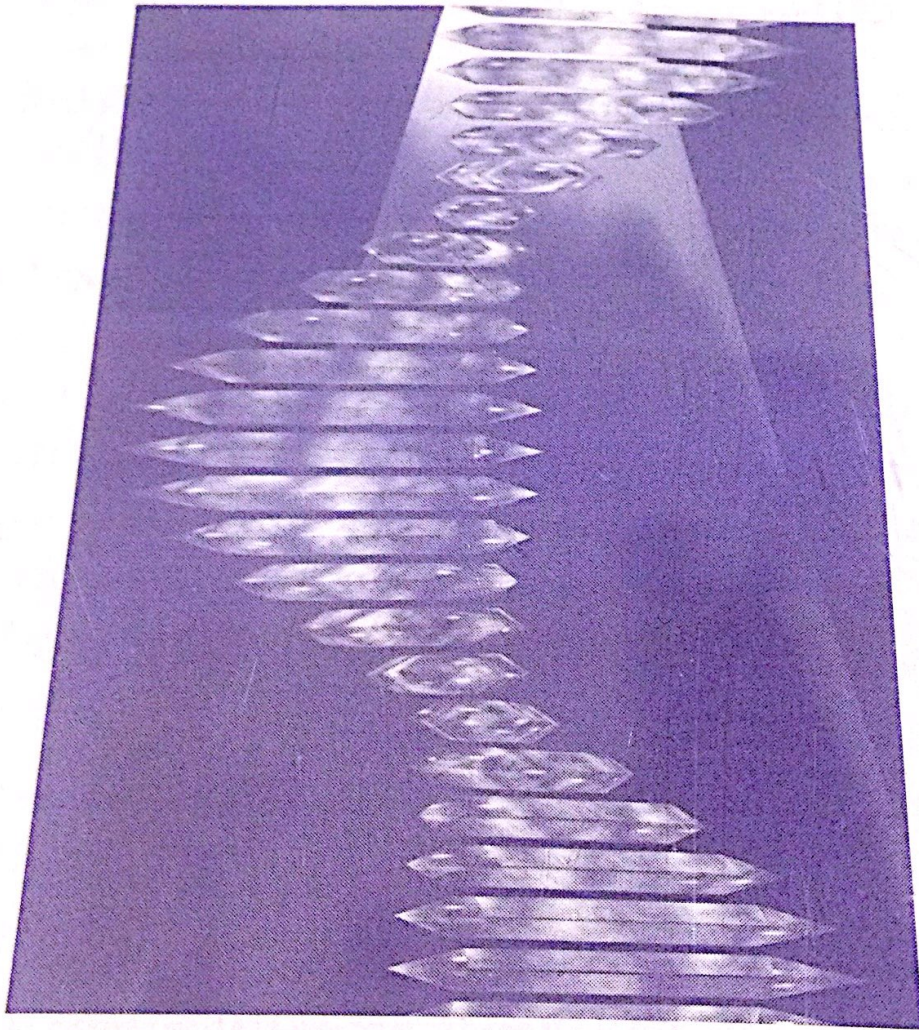
it is time to re-enter your pyramid and seat yourself. Feel the door closing. Again you are surrounded by the beautiful bright light. Allow the light pyramid to descend around you. At the point that your light pyramid aligns completely with your stone pyramid, you are ready to return. Simply breathe and you will again be transported. So I say to you my dear ones, this is your island of love. You can enter the sanctuary of your light pyramid and journey to the sanctuary of your island of love at any time. The balance that is achieved in this way is most healing to the emotional body and aligns you.

Now your pyramids are settling back down to Earth. You are reintegrating with your physical body, yet you are still feeling that beautiful balance, relaxation, and openness. You have given this as a gift to your own bodies on your journey. You may remain in meditation as your pyramid rises above you and returns from whence it came.



So it is with great joy that I thank you this evening for your very active participation. We have called upon you to use your visualization, your minds and your consciousness a little bit more actively this evening. But the results have been very successful. In fact I am in an extreme experience of bliss to be within your auras at this time. So love yourselves and above all, allow, accept, trust. You are undergoing an incredible experience, an incredible transformation. You will succeed. We have not lost a Starseed yet in all of our work. Enjoy the process. Enjoy the beautiful experience of meditation. Please call on me whenever you feel the need of extra healing for your emotional bodies, or in releasing. I will assist in every way that I am allowed. Goodnight, my friends.

— Class Six —
Final Instructions



— Ashtar & Sananda —



ood evening. This is Ashtar. So, you have all made it one way or another through storms and strange trials to be here this evening. I thank you for your dedication. As you know, this is our last class in this particular series. We will consider it a sort of “wrap up.” I’ll discuss a few things with you and give you an opportunity to ask any more questions that you might have.

You have been involved and will continue to be involved with a great deal of transformative energy in your lives. In fact, the more responsibility that you take on in your ascension, in your conscious ascension, the more you will find yourselves quickening in your growth and in your development. For truly, the ascension is a gradual process, culminating in a final event. It is our hope that you will all take to heart the matters that we have discussed, the tips that we have given you in this course and utilize them. Focus your energies. I think you will find it easier to wait for your final lifting if you are experiencing a lifting on a day-to-day basis. This is what you will experience if you apply yourself in your meditations and request help from us, from your guidance. Call upon your Light Bodies as we have discussed. You will experience more and more the feeling of lifting, the feeling of expansion, and you will find yourselves coming face to face with your limitations as we have discussed previously. This will be an indication to you, not that you are doing something wrong, but that you are in fact expanding beyond old limitations and beliefs, old creations. You are entering a new realm of consciousness, and you will grow at whatever rate you can achieve within your own level of dedication and your own abilities, your own capacities, let me say.

This is a uniquely individual path. Each of you has a goal. Your goal may be the same. In experiencing the goal, it may be quite similar in those last moments when you feel the lifting taking place. And yet all of the processing and the preparation and experiences you have prior to this event are uniquely your own. You may share with one another and have a great deal in common and support one another, but you are each on an individual path: unwinding the illusion that has surrounded you, releasing, and learning to be one with your Higher Selves, your God-Selves. It is my sincere hope that each of you will practice your meditations, your affirmations. Follow our guidance. Tune into our guidance individually and in groups, however you feel comfortable. And in doing so it is my hope you will have an incredible journey.

This is a path of joy, a path of love, a path of increased peace. It is a path upon which you can increase your powers of manifestation, your powers of healing, your powers of connection with guidance. All of the blessings of Spirit, all of the gifts of Spirit are enhanced when one begins to give themselves to the ascension process, which is another way of saying ... a very direct way of giving yourself to the God-presence within. So I would like to say (and it is very important to note) that in the days to follow, those of you who are pursuing your paths will each find individually — each uniquely — your own guidance, your own motivations, your own inspirations.

You will find ways to connect with other human beings in loving ways, in healings, in channelings, etc. And it is my wish to tell you that whatever you are feeling drawn to, whatever is inspiring, is important for you. There are no limitations that are to be placed upon you. If you are on the ascension path, any work that you do in spiritual growth areas will ultimately enhance your ascension process. So feel free to be spontaneous in your lives. Open yourselves to guidance and to the magic that takes place when you do so. It can be a very magical life.

There is a tendency that we have noticed among you, and among others throughout the world who are waiting for the

ascension. There is a tendency to long to give up your worldly life a little bit prematurely. There is a sincere desire within you for the ascension. For you are awakening to that longing that is within you, that has been within you for a very long time. But now it is presenting itself openly to your hearts and to your consciousness. So you are faced with a situation where you have work to do to prepare yourself, and also you must work to maintain your life experiences, your responsibilities. So I would like to give you some hints and tips about what I feel is appropriate to your particular situation, concerning your waiting and the work that you have yet to do.

As we have said, we have no way of informing you at this time when the first wave will be. It is important you know that it will happen. And it is our hope that it will happen very soon. But it is also our intention to communicate to you that you are to live as if you were going to be here for some time. It is not appropriate behavior for you to throw all of your responsibilities out the window and simply wait for the ships. This is rather dysfunctional behavior which may result in your having more to deal with, more unnecessary chaos financially and in other ways. So it is my hope that you will find the balance in your hearts. It is there.

There is a great deal of excitement at first upon hearing about ascension. But as you assimilate the information and begin more and more to walk upon the path, it becomes more integrated into your life. It becomes something that you can manage to work upon, manage to grow towards in a balanced way, in a way that does not detract or cause you the feelings of impatience so often. Those feelings will arise. Those longings will arise, but it is my intention that they not be overpowering to you. They are part of the path. It is necessary to connect with your inner longing, to connect with the part of you which longs to be One again, which longs for that completion, that merging, that re-connection.

So what can you do? Here you are existing in this world, making the best of things. Now you know about the ascension. You have the path to walk upon. You have some guidance to

follow. You have some Masters to call upon. Yet you are still face to face with your daily realities. So first of all I would like to recommend, as we have been saying all along, that you continue your meditations. Continue to call upon the manifestation of your Light Body. And continue, above all, to call upon myself or Sananda or any of the other Masters on a daily basis. Take time each day to do this, in whatever way works for you. It is more and more important that you have a strong sense of guidance internally. It is important that you have an experience of the ascension process unfolding for you. If this becomes merely another New Age philosophy, you will find yourselves drifting perhaps a little bit in a less direct path, in a less intensified growth pattern. It is our hope that you will continue to dedicate yourselves to this in your own ways, and to find the strength you need to prepare for the day. The day is coming. And it will be a certain date or a certain time. Call upon us to fill your lives with joy in the meantime.

You have been taking this course, as we call it, in contacting us. You have strengthened and enhanced your connection with us dramatically. You have placed yourselves somewhat out of the crowd a little bit. You have chosen to accept the ascension process. You have volunteered, though the true volunteering doesn't come until those last moments when you make your final choice. You have (philosophically at least) volunteered to ascend and in doing so, you have increased your contact with us. You have increased our ability to work with you in more intense and more beautiful ways, more powerful ways. So, continue with this and know that this is strong with you.

So, as I have said in the past, know that the ascension can occur at any time in the near future. It is our plan that it will. There is no way of knowing the exact date. And we will not be able to give you an exact date even in the future. We can only give you our impressions. But it is our hope that you will live as if you are going to be here for some years. At least for some years to come, so as to have a smooth and enjoyable time.

Know that the last days you spend upon this planet are intended for you to experience as a great joy and love and peace and excitement. Your last days on this planet are intended to be enjoyed and can be enjoyed. For you will find as a benefit to this ascension work, all the release work that is occurring will result in your having an experience of life that is much lighter and much more enjoyable. Your very presence and your health and well-being will increase, as well as your ability to contact the great ocean of love and healing within yourselves. So it is a time of joy and celebration. Again, do not wait for that day. You can celebrate now. Share with one another and support one another. Open to the miracles that are taking place.

Your Ascended Master training can begin long before you are an Ascended Master. So if you are feeling a strong drive within you to take the ascension path, and you want to be one of those who returns as an Ascended Master to teach — if this is your desire — know that your training has begun. It begins from the moment that you make that decision. There will be periods for each of you, most likely, when you will find yourselves dealing with doubts and fears. You will find times when your own mind will tell you that it is all crazy and that it will never happen. I am telling you this in advance so that when it happens, you can remember that I told you so. These are like clouds that you walk through. It is not for you to be dissuaded or to put a huge amount of energy into this, but know that it will arise. For your faith will be tested. One of the prerequisites to those who are going on the first wave will be a rather fully developed sense of faith.

Again, the prerequisites for ascension at this time — for you and for the rest of humanity who choose to accept it — are much less than in the past. Those individuals who have ascended by their own work and by their own diligence had to pass quite a few more tests than you will have to pass. Nevertheless, there is an element of testing. There is an element of faith and trust which you will be developing more and more,

which will be tested in certain ways. As you pass the tests, you will feel yourself ascending a little bit at a time and waiting joyfully for the main event. This is necessary. This aspect of faith is very important. And in saying faith, I do not mean blind faith. I do not mean believing something that you have heard from some external source, but your own heart's knowledge of what is true for you. So again, it is all important that you experience the ascension process within you, so you feel the miraculous growth that is taking place. And let this be the source of your faith.

When you find yourselves confused, when you find yourselves walking through what seems to be a dark tunnel on the path, call upon us. Seek that silence wherein we can speak to you, and share with you our love. We have ways and means of connecting with all of you. You see, you are part of the family now. There is an ever growing family of Lightworkers, of Starseeds. And you are the volunteers, the first wave volunteers, though it is not necessary for you to choose the first wave if you do not desire it at that time. I am grouping you together.

Another aspect of this waiting period that you are in ... it is extremely important and helpful for you to maintain some contact with others in your group and to support one another. You can meditate together. You can channel for one another. You can come to the groups that are occurring at this home. This is somewhat of a center for Starseed support groups. But know that you are not alone. You have your ascended family working with you. You also have a more and more extensive family of beings, of humans here who are awake to this process and can assist you, who can share with you their own experience in ways that are very uplifting. In sharing your experience you will find that you are not alone, that others are experiencing strange transmutations in their physical forms as well. You are not going crazy, though sometimes you may feel that it is too much for you. You may feel waves of energy and waves of release. All of this is part of the path. You

see, you have chosen a rather intense path of growth here. Perhaps some of you feel you have stumbled upon it. Nevertheless, you are responsible for choosing it. So continue to assume this responsibility and you will find the rewards are truly remarkable.

So, I would like to also speak this evening a little bit about what you can expect in those final days and hours and moments, as near as I can express it to you in a way that is applicable for all. As I said, each of you will have your own experience of ascension. And it may appear to manifest to you a bit differently from others. Yet in general you will have the same experience. There is no way that we can inform you far in advance, at this point at least, for we are not privy to that information. We will not know ourselves when the final moment will be until perhaps an hour or two before it occurs. Yet we will have our hunches and feelings as you do. And we are ever prepared.

I would say that in the days before the first wave, those who are qualified for this event may feel a great deal of intensification of the release process. You may feel a stirring up of your emotional bodies, a stirring up of those belief patterns and whatever is remaining in you to process. You may find a great deal of release occurring, an intensification. If you begin to feel this in your lives, perhaps you could focus more on your meditation. Give yourselves to our counseling. This will prepare you for the lifting if it is to occur at that time.

In the final hours before the lifting takes place, you will feel a connection, you will feel the presence of your guides. You may feel myself, or Sananda, or other ascended beings who you are working with. You will not be alone at that time. You will feel an intensification of the presence of your guides. And at that time you will begin to feel a great deal of inner peace and clarity. Again I am speaking generally. But I think this will be true for ninety-nine percent of you. You will at that time feel the presence of your guidance, and in this calm and ease you will most likely be drawn to meditation, drawn

towards quiet and peaceful surroundings where you can give yourself to Spirit, where you can enjoy the experience of surrendering. For you will have an experience of those areas where you are still attached to the world. You will feel your connections, your attachments with your earthly life and those relationships you have had. And there you will have your opportunity to choose whether you wish to relinquish these attachments or remain behind. I sincerely request that you open yourselves to letting go at that time. What you let go of will be taken care of. It is not so important as you think, and what you are going towards is much more important than you can know at this time.

So there will be a sense of trust that you will be exhibiting, a sense of faith. And this is why there is a necessity for you to pass these tests of faith and trust. For in that final moment and final hour you will have to give yourself with faith to the process. It will feel a bit more intense, and slightly different from your usual meditations. So there will be an element of faith there where you are letting go to a new experience. You will be lifted. You will be lightening up. You will feel more etheric than you have been. You will be taken through a stage where you will feel this. And it is quite enjoyable, this peaceful, etheric experience, even though you will be conscious that you are in your bodies and meditating.

And there will come the time when, sitting with your guides in silence, you will be presented with an internal, very pronounced vision of a window — some sort of an opening. It will perhaps look like a window to you, or a doorway opening up, though it will not be quite as subtle as the light that you meditate on within. It will be more pronounced than that. In fact you will be able to see it with your eyes open or closed. It will be that evident. In general this will be the experience. If it appears in a slightly different way for you, do not hesitate. Go with your faith and trust. Go with your feeling. In that final moment you must make the choice on your own to walk through that window or to remain behind. You will be with

your guides prior to that moment and immediately following, but in that moment that you walk through the window or doorway into the light, you will be on your own. You will have the feeling that you are on your own. For it is your individual choice to do so.

Let me say that this entire experience I am speaking of will happen quite spontaneously. You need not remember consciously all that I am saying now. You need not have a picture in your mind and wait for it to occur. It will occur spontaneously. You will know what to do. You have been prepared sufficiently for that. So do not be afraid that if you forget something I am saying now you will not make it. In fact, if you are asleep at that time you will have the same experience in your sleep state and will have the same choice. And you will, if you are ready, walk through in your sleep state. So it cannot be that difficult if you can do it in your sleep. So have no fear that you will miss the boat or make a mistake.

As you walk through the light window you will perhaps be able to see on the other side a panorama, some sort of scene, and you will see guides waiting for you and you will again be connected with guidance immediately following this. You will be lifted at this time. This is the critical moment. This is the moment in which you make your final choice. Up until that point it is a theoretical, philosophical, and somewhat less than experiential acceptance of the ascension. I think most of you will not hesitate. The nature of this class, and the importance of it, has been to prepare you to such an extent that in your hearts there is something that knows now what to do, that knows now this is for you. This comes with the work we have been doing.

So you will be lifted. You will be in your physical form, though more ethereal in nature, more light-feeling. But you will still be in your body at this time. You will be lifted into a ship. And you will be acclimated and you will at that time make your choices. You will have choices presented to you as

to what you desire, what path you wish to choose. You will have free will as to whether you wish to choose the ascension path and return to the Earth as an Ascended Master, or whether you wish to remain in spirit, to return to your prior state of spirituality or an exalted state. For you will be due for promotions after your Earth service. So you will be acquainted with what is available to you at that time. And each will have different choices. It is our hope that many will choose the ascension path and return as ascended teachers. I think out of your compassion most of you will do that. But there is no judgment or criticism. It is your choice. This is somewhat of a description of what will occur during the first wave.

There is one other area I would like to address. First, I will let all that sink in a little bit. And you may ask questions in a few moments. You see, it is one thing to discuss the ascension theoretically or philosophically, and quite another to actually be presented with the fact that it will actually happen to you. As you proceed along your path you will come more face to face with the truth in this. Then you will have to process your reactions to that. But there is always a great deal of grace and light and love surrounding the path, so it is not all that difficult to find your way and to continue. It is a very inspiring path to walk.

So have no fear. Fear will arise, but it will not have its source in the ascension. It will have its source in previous experiences on Earth coming up to be released. You will have no need to fear. Soon you will be liberated from it and from all earthly limitations. You will be restored to your more natural state. You will be overjoyed, and we will be overjoyed. We are waiting for you with open arms. It has been a long time that you have been here. And we have waited a long time even to be able to present this information in this way. We have waited a long time, until the time was right to present it. Now we are presenting it, and it gives us great joy. So know that though you are waiting and it may seem like forever ...

sometimes a month or a week can seem like forever if you are feeling impatience, but know that even if it were to take many years, it is still the wink of an eye to us and to you in your overall existence. So try to have an awareness that time is truly illusory here.

So the last item I would like to address is service. I would like to make some recommendations to you, those of you who are feeling inspired to assist in this process. For those of you who are feeling you would like to get on with it and do whatever you can, I will recommend some simple ways you can assist us. In fact, your lives will become service. This has always been the intention of your hearts. You have gotten bogged down in survival issues and limitations. It has been very difficult to give yourself totally to selfless service. But there will be a time when you have nothing else to do but enjoy yourselves and play and do service. So you can begin this. This is part of your Ascended Master training. You can begin it now.

Primarily, number one, your service is to yourselves: to nurture yourselves, to facilitate your growth on this path. This is your primary responsibility. It is extremely important that you take responsibility for your own preparation for ascension. Whatever you feel drawn to do, whatever feels appropriate to you, this is of prime importance. I would say from my perspective that this takes precedence over all else. I am not telling you, again, to quit your jobs and go meditate in the mountains. You will not need to do this. You will be able to find appropriate ways to focus on this work. Nevertheless, this is your number one priority. Suggested priority, I might add. Number two, do whatever you can to network this information, to reach out to other Starseeds who are not yet aware of this process and this imminent event. For as you know, we are requiring a certain critical mass, a certain number of volunteers. Otherwise the ascension will not have the needed impact, and there is definitely a need for a great impact at this time to turn the events of the world around. So

share this information with those who are open to it. If you have friends in other parts of the country, if you have people that you know might be interested, you can send them tape recordings. You can send them channelings. You can direct them to other people, to this particular channel or to others for more information. This is very important at this time.

So, giving yourself to serving in this way enhances your own growth experience. This is not something you need to feel hysterical about. In fact, I am hoping you will address this in a rather calm and centered fashion. No one need run out into the streets screaming about the ascension or post ads in all the newspapers and this sort of thing. This is something to be accomplished from heart to heart. And only through the heart is this truth to be communicated. The intellectual information is communicated, but it is the heart which responds. Remember that.

So do what you can. If you feel inspired, do what you can. And again, I would say continue to be connected in your groups. You may avail yourselves of the channelings that occur here. There is quite a Starseed group and it is very supportive. Or gather together among yourselves or with others for support and sharing. So, I have probably forgotten something that I meant to say tonight, but I will open the floor to questions.

“When we ascend and we are at this point where we make our choice, and if we make a choice to come back down to continue doing our work on Earth, are we considered ascended at that time?”

Yes, you will complete the ascension before you return. And you will never be de-ascended again. You will return in your Light Bodies.

“Also, at that time will we be lifted from third-dimensional being to the fifth?”

Yes. To fifth or beyond.

“I’m attending a metaphysical business success class in San Jose. I have shared this in the class and my leader has told me several times not to give up my body to any group. From everything I’ve heard, I don’t see where I’m giving up my body on this.”

You are not giving up your body. You are evolving it. You will still have the same body. It will be more evolved. Your leader is not understanding. It is a natural part of spiritual growth. The ascension is the completion of spiritual growth on this planet. It is not leaving your body in the hands of some other group or some master or some strange cult of some type. It is necessary for you to take your body with you. You cannot ascend from this Earth without a body. So in a way, it is much safer than dying wherein your body goes into the earth and you leave it behind. You have left many bodies. So perhaps you could point out the paradox to her. Beings leave their bodies all the time.

“Can you talk about the purpose of the ascension if we would not choose to come back and help the Earth? If that’s why we are here as Starseeds, our mission was to help the planet at this time of transition. What is the purpose of having a choice of going on to another realm and not coming back? Is it because of the cataclysmic events that are coming?”

The cataclysmic events will not harm you if you are an ascended being on the Earth, for you can instantaneously beam to an area of safety. The purpose in your coming here was in large measure to assist humanity in evolvment. But it was also to assist yourselves. It was also to enhance your own growth, you see. So it is perfectly acceptable for you to take your Earth sojourn as a growth experience, to know that you have done some good here and to move on to your liberation. There is no criticism if you choose this. You are undoubtedly feeling a strong desire to return and this is appropriate for you. But there are other reasons why beings have chosen as Starseeds to come here. This is a large part of it, but being

here on the Earth has enhanced your spiritual growth and progress many times, despite what you may feel that you have experienced here, the density that you have encountered. The end result of your leaving here as an ascended being is that it has served you. So you see, it is appropriate if one chooses to simply return to a more spiritual state. Because in the time that you have been here on the Earth you have been doing service. It is not that you have done nothing. Up until the point you ascend you will all have done a great deal to assist others and to share love and to work upon the evolvment. So some may feel that their work is done. And others may feel like they would like to have one last shot at doing what they can do. So it is not necessarily a selfish choice to leave, to not come back. There are some who have wearied themselves to quite an extent by being here and doing a great deal of service. It may be appropriate for them to let others carry on from here. You will not be leaving the realm of service if you choose to move on. The nature of the universe is that all beings that are aligned with the God-presence are doing service in their own ways. So if you do not choose to return to Earth as an Ascended Master, to do that service, there will be other service opportunities that you will choose from.

So you see, all of your choices will involve various service opportunities. It will be your heart's desire to serve at that point. It is the longing of all beings who are experiencing the God-presence, to share it in whatever way they feel is appropriate. So this is one aspect of service: returning. Very important, but not the only one.

"I've been noticing that there has been a lot of emotional upheaval in the last few days, particularly in my life. What's that all about?"

I believe that Sananda addressed this to quite an extent last week. There is an emotional clearing that is taking place. Energies have been stored within your emotional body. They could be from this lifetime, they could be from many lifetimes

ago. It could be an accumulated effect. But there are energies that you have been carrying around in your emotional body which are too dense for you to take with you in your ascension. So they are leaving. And the only ways they can leave is through expression, through release, or through meditation. In general, emotions are expressed as feelings as they are being released. So you are being cleared a little bit. When they come to the surface — and you may not even understand what they are representing to you — simply know that they are leaving you. There are certain ways and means that the world has, and the Masters have, to press those buttons which will cause you to once again re-experience those and release them and be lighter. You need to lighten up if you are going to rise.

So do not be overly concerned. You may feel that you are a little bit crazy. You may feel a little bit strange. Some of you have grown accustomed to being “very together people,” as the saying goes. Very functional and grounded and organized. Perhaps you will find a space of time for some few hours or some few days when you feel totally at a loss to cope with reality. You are entering a new territory here. That is why, again, faith and trust and the meditation connection with your guides are so important. If you can connect with us, we can assist you by explaining to you so you will have an understanding. You need not necessarily have an understanding in order to do the work, but it helps. Again this is why it is important to continue to connect with one another and to share, for you will be going through processes, sometimes very intense ones. It helps to have another who understands the process to share with.

“Can you say something about the rainbow rays, rainbow bands, and how we can utilize them in our lives to reach a higher frequency?”

I think you will need to phrase your question in a language that the channel understands.

“There is a hierarchy of Rainbow Beings, cosmic beings, who are working with some of us now. Can you tell us anything about how we can utilize the rainbow ray in parts of our bodies to uplift our own frequency, to let more light in? Do you know anything about that?”

I would say that this is a more complex description of the work that we are already doing with you. You see, there are many beings who are connecting with you. Many different levels of reality. And each one of these beings has a particular frequency. And this frequency can be said to express as a color, or as a feeling, or in other ways. So if you were to view the spectrum of the beings that are working with you, the various groups of beings could be said to represent the rainbow. I would say that it is not so important that you have an intellectual understanding of this, but if you feel this is important to you, you may pursue it. But know that in your work, in your simple meditations and preparations for ascension, all of this is being accomplished. We have a great deal more going on with you than we can express in this way. We are simplifying this message so as to reach the most beings and to make it as simple and easy as possible. We are using many high technologies and spiritual sciences, and this rainbow ray is one way of describing an aspect of the work that is being done not only by us but by the other angelic hierarchies.

“I’ve heard that the Brotherhood has said that it’s time now to gather the Starseeds and take them home. Can you say something more about this?”

You will be gathered in the lifting and ascension process. You will be taken home, for your origins are quite diverse, you see. You are from many different parts of the universe. You will return to your homes, or choose to remain as an Earth master for a time. But ultimately, after your work here is done, you will have the opportunity to return to that home planet or area that you emanated from, if you feel drawn to it

or homesick for this particular manifestation. Some of you will feel more at home with the Earth after having been here for so long. But nevertheless the universe will open its doors to you. You will be able to travel through the dimensions, experience the marvels of creation — and whatever level of evolvement you have attained, you will be returned to that level of the cosmic hierarchy or beyond. You will be able to approach much nearer to the throne of the Creator than you are now.

“When you are channeling through a person and that person needs to ask you a question, would you automatically know that that person is asking you a question, or should the person say what the question is?”

I would say to speak your mind if you have a question. If you are channeling ... you are feeling the presence of Ashtar, yes? We are enjoying your presence. You are doing well. Try not to doubt yourself so much. If you have a question you may ask Duncan to ask you the question. Or you may ask it yourself mentally. You may say, “Ashtar, what about this?” Try it and see if you get better answers than those that come through this channel, and share with us. I think you will get a good response.

“What does it take to get a ship over your house? Are there any advantages by which we would want to have this? There’s one over this house. I would sure like to have one if it meant doing the work. I would like to experience it even in a dream state.”

You may ask this channel, these two that are sitting here, their experiences of being lifted during meditation. They can share with you what it is like. It can be quite enjoyable. At the same time it can feel quite natural. Nothing to write home about at times. I would say that if you are meant to be somewhat of a command center, as this place is, there will be a platform in place over that abode. It is a communication center. The

channels who are here are connecting more and more with the beings who are operating this platform. It is somewhat of a telepathic communications station. A stable platform, you might say. It is difficult to understand intellectually. Let it be an experience for you. The channel is perplexed himself about how to deal with this aspect of his connection with this particular ship. We are trying to explain it to him, though he is a little dense!

Ask and you shall receive. This is part of the connection we are asking you all to make. Connect with your guidance. The Ashtar Command has completely functional operators on duty twenty-four hours a day to take your calls. So please respond and develop yourselves in this way, and you too can have this wonderful experience of channeling or receiving messages.

“After ascending to the ship, if your decision is to go into the spirit realm rather than return, what happens to your body?”

It is transformed or rematerialized in a different form.

“But you keep your body?”

Well, it depends upon where you came from, you see. If you are heading towards a higher-dimensional state where there is only light and energy, then your body may be transformed to such an extent that it no longer looks like a body. There are different manifestations in different levels of awareness, you see. The physical body is in one sense the crown of creation. It's meant to be a perfect manifestation, a reflection of the God-presence. It is said that God created man in his own image. It is more true than you can know. Yet there are many different manifestations. There are many levels of bodies also. The third-dimensional body and the fifth-dimensional body look somewhat similar. But as you proceed up the ladder of expanded presence, I would say for you to wait and see. This will be explained to you if it is pertinent for you. You will know and be reacquainted with where you came from at

the time of your lifting. Let it be sort of a surprise package for you. You are finding out who you really are, but you will not understand who you truly are until your ascension. And some of you will be quite surprised how you have limited yourselves to such a tiny package. You have all surrounded your great cosmic beings with limited beliefs to such an extent that you feel rather powerless or small. When you ascend you will feel quite a bit more powerful and expanded. You will realize why it was difficult to maintain third-dimensional form.

“Is there anything the Dark Forces can do to stop this?”

Ultimately, no. If you were to fall under the sway of false teachings or doubt or fear — all of the chaos that is present here on this world — in effect you would be allowing the Dark Forces to affect you personally and your particular readiness for the ascension. Nevertheless, the ascension itself cannot be affected by them. They are attempting as best they can to keep humanity in a state of confusion and fear. So if you fall into fear, know that you are perhaps being influenced by them. At the same time, I must say that fears will arise spontaneously as a result of your taking this path, as you realize more and more what you are getting into. The part of you which clings to third-dimensional reality — your egos — at times may feel fear. This is a natural response. But if you do not indulge in it, I would say the Dark Forces will not be able to harm you. They are not fully aware of their own limitations.

“The term ‘The Great White Brotherhood’ ... does ‘White’ refer to race and does ‘Brotherhood’ refer to just the males, or does it include males and females?”

The Great White Brotherhood is a name to label all of the Ascended Masters. It is not a racial description. There are Ascended Masters of both sexes and of all colors. The Great White Brotherhood is a label used to describe the organization of a group of beings who have ascended. There is a great hierarchy you see, an organizational structure. It is somewhat

of a service organization at a higher level of consciousness with a higher purpose. So it is a group that you will be joining soon.

“Why is it that Ascended Masters have chosen not to manifest on the Earth plane but to use channels at this stage?”

As you say, it is at this stage that we are not manifesting. There will be a time, there have been times, when we have manifested to a few individuals who were ready and who had a particular purpose for this to happen. In general, this is your time to shine. There is also an element of faith and trust that we have discussed. It is part of the opportunity that you have in coming here, in taking this ascension path — the opportunity to enhance your own growth by ascending. And it is involved with faith. So we have been given instructions that it is not time for us to manifest. Some of you have been calling on us to do so. We would like to. At certain times we may. But we are receiving our orders from on high. And it is for you to ascend and return and for you to be the Ascended Masters. If we were to all converge upon the Earth at this time it would create quite a stir, but as we discussed before, you are here not only to serve humanity but to serve yourselves and to grow spiritually. So it is somewhat out of respect for the Starseeds who have chosen to be here, out of respect for their process and their path. We do not wish to rob them of the experience that we had ourselves at an earlier time. Let me just say that God works in strange ways. Is this not a strange way to communicate?

“My father is 83 years old. It seems like he is just about ready to leave the planet. What happens to his soul?”

All beings who have left their bodies and who are in the intermediate state awaiting new bodies, who are in the nonphysical state, will attain to a level of experience based upon their particular evolvment. So whatever he has earned in his own lifetimes, he will be taken to that state. He may

end up on another planet. He may end up as an ascended being if he is so evolved. He may end up back upon the Earth as one of the New Age children. It is solely dependent on his level of evolvment. But all of the beings who are disembodied and not in physical forms will receive their just rewards.

“Is this what is meant when the Bible talks about all the dead coming back again? Everybody will be going into a new life form?”

Yes, this is somewhat the case. Those souls who are in the astral belt, as I would refer to it, are waiting in their various heavens and hells for another incarnation. This will all be restructured. There will be no more need for a fourth dimension, or an astral plane, when the Earth has attained to the fifth dimension. So there are very many options for these beings. It is difficult to enumerate them. All I will say to you is that those who have earned positive rewards will go to positive places. And those who have not will go to less evolved places where they can work out their karma. None of the beings who are not worthy of ascension will remain upon the Earth. Only those who have attained to a certain level of evolvment will return to Earth.

“Considering the sequence of waves of ascension, at which point would it be expected that the Christ will be here?”

Well, I myself would not begin to speak for him. I would say, in my opinion, it will be at the last stage, in the final evacuation. During that stage and if it occurs. He has free will also. He is a slippery rascal. When you get to know him personally, you may find your conceptions a little bit expanded. He has quite a sense of humor. He is, you might say, the perfect manifestation of mankind. And also One with the Source. So it has been written that he will return. And if this prophecy is to hold true then it would be at the final evacuation, the third wave. You see, that is one reason why it is an element of faith for all of you. You have not seen such

miracles occurring physically. It is a test for you. It is a leap of faith. If you take the leap of faith you will be rewarded for doing so.

“What is the difference in criteria between our ascension path and that of Jesus?”

You have it much easier. Those beings who have ascended prior to you — the Ascended Masters who have gone through the Earth school and ascended — had to develop extreme focus, extreme surrender, had to be alone many years and many lifetimes of meditation to achieve the ascension. They had to exhibit levels of faith and trust beyond that which you will have to manifest. They had to pass through a much more stringent course of training. Because the time was not right for this mass ascension. The door was not quite so open, so they had to force matters a little bit by their own power and will and by calling continually for grace and assistance.

Fortunately for them, those who succeeded were rewarded, and many of them are speaking to you through this channel and others now. So know that the door is more open. The cosmic timing and the cosmic grace is flowing more now. It is more important now to simply be of unconditional love and apply yourselves sincerely. You do not need to master all of the duality of life. You do not need to conquer and have self-mastery over all of your emotions. That is a very intense path. There are more dimensions to the Earth life and ascension of Jesus than we have discussed in this course. That subject is a course in itself.

“You mentioned the New Age babies. Considering we have a limited amount of time now, what are the roles of these babies? What is their life span and what is their consciousness level — the babies that are coming to families now?”

A great deal of the births that are taking place now are very evolved beings who are coming here to lend their support, knowing that they will not be here long. They know

that they will be lifted in the ascension waves. But they are making a gesture in manifesting in physical form in this sphere, to assist with the critical mass by adding to the love energy that is here. So many of the beings who are being born now are Starseeded children.

“You say a great deal of them are ... Does that mean that some aren't?”

Yes, there are some who are not. The distinction is that in order to be a Starseed baby you have to have been an ascended being already and then take a third-dimensional body. A regular being need only have a normal course of evolution and need not have progressed beyond the fourth dimension.

“So one may still be involved in the karmic cycle and one may not?”

Yes.

“If we are Starseeds, does that mean that we have ascended before?”

You are getting the picture. Know that if you are Starseeds, you were ascended beings or angelic beings — highly evolved beings — who chose to come here and take on third-dimensional reality: these bodies and all the other bodies you have had. So you are, in your ascension, actually re-ascending. While those who have not been ascended beings — those beings who are of the normal human species — will be ascending (if they do so) for the first time. So you will be reacquainted with who you were and also who you have grown to be. You know the expression “getting yourselves together?” You have Higher Selves you need to be getting together with, your higher aspects, you see. So your Light Bodies are waiting for you. Those beings who have not been ascended do not have Light Bodies as of yet. Their Light Bodies will be created upon their lifting, if they are qualified for that.

“If they were qualified, you mean, to love?”

Yes, that is the main criteria. For the final evacuation, it is love and openness to God, willingness to release fear and limitations and negative emotions, mainly fear.

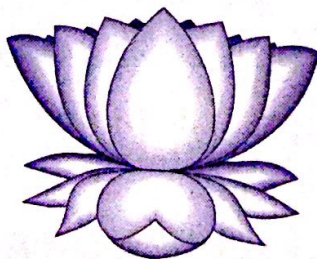
“Is your etheric body different from your Light Body?”

Yes. They are close but not exactly the same.

“Do our Light Bodies dwell within us as well as somewhere else?”

They are dwelling multidimensionally. That is why you have to call them down in your meditations and feel them re-merging with you, feel them surrounding you. That is the meditation you experienced last week, the aspect of calling down the light pyramid. This is a way of representing your Light Body. So there are light vehicles, your merkabah vehicles, waiting for you to reconnect with and to reacquaint yourself with, so you can use them to travel throughout the universe.

So I think it is time for us to focus a little bit. Know that your unanswered questions will be answered. I think we have answered all that you need to know at this time. We cannot satisfy all of your curiosity, for your mental capacity is not capable of understanding fully until you have the experience. This is not an insult to your intelligence. It is only a reflection of your predicament. If you are inspired to do so, call upon your Light Body to surround you with its presence. We will do a short meditation as it is getting late.

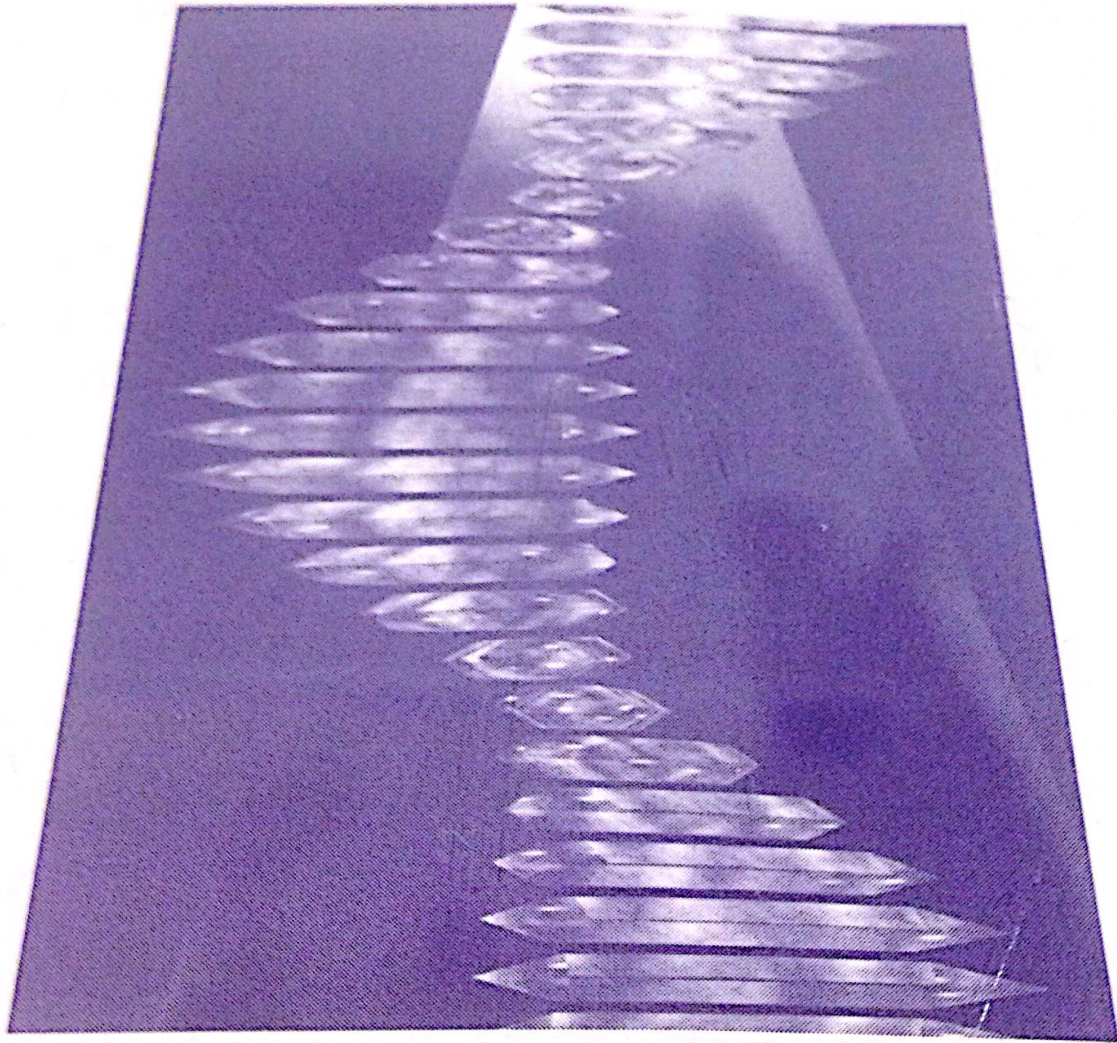




ello. This is Sananda. It seems that you need some calming down this evening. You are all very lively. I am coming through simply to congratulate you on passing this course. You have all received passing marks from me. Your diplomas will not be handed out until later on — I think you know what I mean. You will have to rise to a little bit higher level to receive them. I come only to share my love for a moment, to tell you how much I love all of you, to encourage you to continue with your ascension work, with your processes. Love one another. Share with one another. Call upon me. Call upon Ashtar, Archangel Michael, any of the Ascended Masters that you are working with or the Angelic Host. This work that you are doing now is extremely important. It is extremely important for yourselves. It is extremely important for this planet. So continue and enjoy yourselves. I have been honored to bring you this field of study and to put together this course for you.

And whatever you can do to share this information in a clear and loving way with those who are open, again I will encourage you to do so. You have faculties and facilities to do this that we have not. You can dial telephones and this sort of thing, write letters. This is all important work. But above all, love yourselves. Nurture yourselves. Honor yourselves. Do not criticize or judge yourselves anymore. You may stop doing that right now. I give you my permission. I would make it an order except you have free will. Enjoy yourselves. I will be connecting with each of you in your meditations. Until next time, goodnight.

State of the Mission



— *Ashtar & Sananda* —

— Ashtar —



ood evening, my loved ones. This is your old friend Ashtar, piercing the veil of illusion to reach you and to share with you of my presence. I ask that you relax yourselves and be natural. We have some work to do this evening. We need to do some clearing, I can see. There are a lot of random thought patterns this evening. A lot emotional clearing is taking place. We will address this. I would like you to know that I am not alone this evening. Lord Sananda is also with us to lend his support and to assist us in our endeavors.

Simply to be embodied at this time on the Earth's surface is quite a challenge. And on top of that we are asking you to unfold your Earth missions and do more than simply survive. We are challenging you to open to who you are, at the deepest levels of yourselves. So I ask that you relax and breathe with me. I think you are going to enjoy this evening.

I would like to speak about the state of the mission. I will give you my "State of the Mission Address." I come to speak to you, my Earthly constituents, this evening. As you know we are having quite a campaign. At times it looks as if the opposition has us bamboozled. But we are not prepared to throw in the towel as of yet. You could say we have a few tricks up our sleeves. There is a great activation that is occurring now. We have spoken many times in the past about the waves of energy and about the various intensifications of spiritual grace and presence, and this process does continue. Perhaps you have been feeling a great clearing taking place within you. This is as a precursor to the new energies that are coming through and will be coming through even more.

There is another activation taking place, through which we hope to awaken as many Starseeds and Lightworkers as possible. And by awakening, I mean not merely opening your

eyes, but actually getting out of bed! You know who you are. Actually getting up and moving around and beginning your daily responsibilities often takes a bit of initial effort. Some of you may be feeling that sense of drowsiness, that longing to remain in that comfortable nest of sleep. Nevertheless, we are here to rattle your cages and shake you and wake you. We are going to open the curtain and allow the sun to stream in upon you. If you can cooperate with these energies and open to them, we will not have to throw cold water on you.

Truly you are in the beginning stages of another great phase of awakening. The effects of these energies upon you will vary depending upon your alignment with your Higher Selves and your Earth missions. If you are one who is in alignment and following your spiritual path, you will enjoy this as another wave of energy. It could be a little bit challenging, but nevertheless you will be able to enjoy it. If you have been slumbering, these energies will call you to more self-examination. They will call you to view your lives from a higher perspective, and hopefully to inspire you to get on with your work — to get on with your mission, and the unfoldment of your own ascension and that of the planet, which is the campaign we are all engaged in.

It is time for each of you to come to grips with the challenge of who you are and what you are here to do, as you find it increasingly difficult to pull the covers over your head and remain simply a physical, mental, and emotional being. You are “in between a rock and a hard place,” you could say. On one hand, you are opening to Spirit, but perhaps Spirit is coming through you more powerfully than you have imagined and calling you to unfold the magnificence of who you are. There is very little middle ground for those of you who are volunteers. Those of you who volunteered to come to this Earth plane many thousands of years ago, to assist with the transformation that is now taking place, are under contract. This contract is calling you now to make a total commitment to your own enlightenment, your own ascension, and to

following your spirit without hesitation in each moment of your lives.

Each of you have your own areas of expertise, your own ways of being. You each have various potentials within you. These are being tapped. If you have been feeling restless lately, perhaps you have been releasing those very patterns and limitations that will be needing to be out of the way. Those are things that have been clouding your judgment and your vision. I believe most of you have the vision to see the situation that planet Earth is in, that truly what is going to happen is going to happen very soon. And you are being called to participate in this as channels of higher-dimensional energy, as channels of your own God-Self, and perhaps as channels of us, your compatriots of higher dimensions.

It is not recommended that you continue to resist these energies if you have been. It is recommended that you go with the flow of these energies. They will become more and more powerful. If you are aligned with them, you will become more and more powerful, more and more liberated, more in joy and love, and more able to function as a divine being, as the masters that you are. Resistance to these energies will only cause you difficulty and confusion. Perhaps you have had the experience of feeling called by your spirit, by your heart, by your guidance into particular ways of acting or being and you have pulled the covers over your heads and said, "No thank you. I think that sounds too difficult." And you try to go back to sleep. This is a common occurrence. You have all experienced it. What are the results of this resistance and this attempt to hide from your own Self? It generally creates less than perfect results, to put it mildly. It can result in physical or emotional discomforts, or any number of physical manifestations, even into manifesting strange occurrences and relationship experiences.

Spirit is not playing around with any of you. You could say that Spirit is playing "hardball" at this time. As the campaign draws to a close, we have got to pull out all the stops, you see.

The laws that are in effect and are affecting you are immutable. It is all designed to assist in your ascension and in the release of all limitations and in the completion of your contracts. You have contracts that you have signed, that have been notarized. You can't get out of them. Sananda is quite a legal mind, did you know that? And he is holding your contracts within his heart.

On the other hand, if you are giving yourself to Spirit and doing your utmost to follow your guidance, your lives are becoming more and more wonderful. Your resistance is becoming less and less. Your fears are diminishing. You are realizing yourself not only as a third- and fourth-dimensional physical, emotional and mental being, but also as a higher-dimensional being. Your fifth-dimensional selves are connecting with you and you are feeling that presence and that power that is able to flow through your open channels. You are utilizing this energy to create and co-create the beautiful experience of service and of life for yourself and for others.

I ask you to hear me this evening. I ask you to choose to follow Spirit at this time. It is challenging but it is the only way for you. There has been much talk about the comfort zone. It is a common expression that you use. Everyone says, "Well, they are stuck in a comfort zone. They aren't into growing very quickly. They are enjoying their comfort zone." Well, we are creating a new comfort zone for all of you. It is a comfort zone that you will experience as you give yourselves to Spirit and as you experience your own evolution and the gradual lifting of your consciousness and your physical self into the higher dimensions. It will become more comfortable for you to follow this path than to resist. So how is that for a comfort zone!

So this activation, this energy that I am speaking of, is in its initial phases and will continue for some time. This may be a bit of a challenge for you at first, but the result of it inevitably will be that you are in the clear, that you become fully activated. The cobwebs of illusion and confusion will fall from

your consciousness. It will become easier for you to master your ascension path, to master this third-dimensional stage of activity to the point where you are fully functioning as masters-in-training on the Earth plane.

In your self-examination, I must point out to you the importance of self-love and self-acceptance. You may look at yourselves and see the places where you have tried to pull the covers over your head, where you have resistance, and you may start whipping yourselves and think what a bad person you are. You may feel that you are not fulfilling your Earth mission. At that point, and prior to that point, I wish you to open to self-love and acceptance. You need to be clear about what you are doing and why you are doing it. But you do not need to criticize yourselves. You may need to make adjustments in your lives and in your spiritual practices. These adjustments will be made more clear to you. For some of you it is only a very small amount of fine-tuning. For others it might be a radical shift in your lifestyle and behavior. Sananda and the Heavenly Father love you so much. Every possible grace is being offered to assist you to gain that clarity and that personal empowerment you require to continue, to unfold your missions in these troubled times on this world.

The energies of this world have become more and more chaotic and troubled because of the great karmic clearings that are taking place. It requires you to be that much more focused. It requires you to remember with that much more clarity who you are and what you are here to do and to actually do that. Your intention is all-important. Some of you are probably thinking that it is impossible, that you will never be able to focus yourself and attain your ascension. You may feel it is too difficult. It is really not difficult. It is quite simple. If your intention is clear, you will receive the guidance you need. And in receiving your guidance it is a choice, a simple choice in each moment, whether or not to meditate. You are all faced with the choice daily whether to be conscious of your aliveness or whether to give yourself to external stimulation,

of which there is much. It is very simple and it all occurs in the moment that you find yourselves in. It is never something that you have to do in the future.

You may think that if you follow your mission, you will have to do this or that or become a world teacher and you may feel that it is all too frightening. You may want to pull the covers back over your head. But you see, that is a trick of your mind. Truly your mission is only in each moment, and you will never be asked to perform or to open in any way that is not perfectly in alignment with who you are and what you are here to do.

Your joy is what we are here to uncover, you know. Your joy is aligned and directly connected with your mission. You know the New Age expression, "Do what you love and the money will follow." So do what you love. That is what you are here to do. You can spend hours and hours worrying about manifesting a sufficient financial situation to survive here, or you could just do what you love and trust. And if you don't know what you love, you can go inside and ask for guidance and do what occurs to you in that moment. The unfoldment and activation that we are speaking of is a moment-to-moment experience of following your feelings and your heart, and acting upon those impulses that you feel from within rather than reacting to external impulses. The external impulses that are available to you at this time to draw upon can be sheer lunacy. The thought patterns that are out there for you to draw upon are not entirely healthy for you. The thought patterns and programming that you have experienced in your lives and that are active now in the world are counter-productive to the ascension path. All the fears and worries and negative programming are all based upon the belief that you are poor, pitiful mortals, trapped in a body, struggling to survive in third-dimensional reality. You see, the very foundation of belief that this world has used to attempt to program human beings is based on illusion. You are immortal beings. You are powerful beings. There is nothing that can stop you in your activation and in attaining the ascension in this lifetime.

So, concerning the state of the mission, things are proceeding quite well. On a planetary scale the maelstrom of emotions and experiences that are present are being cleared. If you are feeling these types of experiences within you, or strange manifestations in your life, know that they are being cleared so that you can come into that state of full activation and empowerment.

It seems to us that the number one challenge before the Starseeds is to remain awake. It is quite simple to feel that awakening when you first hear of the ascension plan. It is very easy to become excited about it and give yourself to that. But it seems from our observations that *maintaining* that awakened state is the challenge. Maintaining your focus and your trust and faith is the challenge for as long as it takes you to complete your missions. Fortunately for you, you are not alone. You have many guides and masters surrounding you and serving you with their grace and protection. Fortunately, it is not a matter of time but a matter of enlightenment and evolvment. We have been bringing through information to assist in your understanding of the ascension and evacuation plan and to assist in your awareness of what is occurring within you.

It does appear at this time that there will be several waves of mass ascension. I would say that the first and second waves will involve ascension in the traditional sense: a period of spiritual practice, followed by the final transformation into the Light Body — the fifth-dimensional Self — and not evacuation in a merely physical sense. Some of you have listened to the tapes of our discussions of this. Some of you have not. As I said, we are making the rounds of our constituents. So, to make your leap into the ascended state is an experience of your own spiritual evolvment, achieved by giving yourself to meditation and following your guidance. I am asking that you not be attached to timetables or to projections of times and dates, but I would say to attend to your spiritual growth. Attend to those energies that you are feeling in each moment. For you never know when it will occur with you. It may be

that some will go into their full attainment of ascension earlier than others.

The waves that we are speaking of will be energy waves. These energy waves will activate mass ascensions. It will be as a final nudge or a final energetic push for those who are at the threshold of the ascension experience. Your work is to prepare yourselves and maintain yourself at that threshold as best you can, and to do what occurs to you in the meantime regarding activities of service and self-expression.

So we are asking you to understand a bit more about your ascension paths, to take the time to explore this and to give yourselves to it if it is your desire. There is so much more to experience. There is so much joy that awaits you. We call to you to give yourselves wholeheartedly to these awakenings and to your meditations. Have the awareness of the times you are living in. Do not take your reality from the television set or from the newspaper. Take your reality from us and from that which you perceive internally in your meditations. Listen to what your guides are telling you. Ordinary consciousness will tell you that nothing is happening, that the world is going along as usual, and that everything is under control. It will tell you that the world's problems can all be solved if we simply apply ourselves to them, because the alternative is impossible to imagine. The alternative you hold within your consciousness about planetary ascension, that you nurture with your spiritual work, is the alternative that will manifest.

So how do you like my campaign speech so far? There is more that we will do this evening but now is a good time to ask if any of you have questions for me.

“Did I understand that if we give ourselves diligently to meditation and spiritual growth that our veils could be lifted and we could manifest more effectively while we are still here on Earth?”

Yes, this is ultimately your path. You do not need to wait for the ascension experience, or the completion of that,

before you can manifest the powers that you have within you. They will gradually manifest as you evolve and express. It is our intention to take each of you, with your willingness and assistance, into a place where you are able to manifest that which you require, where you are empowered sufficiently, where you are above the fray, liberated from emotional traumas and all of the dense energies that are still to be released here even while you are in your physical form. It is a process of unveiling, a process by which you remember who you are, and a process where you realize that you simply project thought and energy to manifest.

The energies that are coming through now in these activations are going to result in your ability to manifest more powerfully. In fact, what you have been seeing around you are your creations. Part of self-mastery and aligning with Spirit involves creating only that which you truly want from your hearts, not that which you are afraid of or are projecting out of fear or other limitation.

So manifestation is going to be intensified. That is why we say that if you are giving yourself to alignment with your spirit, you will be manifesting much more easily. If you are not, it will be more difficult. We're shaking the fence now, you see. Or rather, the Heavenly Father is shaking the fence and we are assisting. We are trying to nudge you to fall off on the side of the light, to jump off into the light. It's not going to be dull, my friends. Believe it or not, you are all very brave individuals. You are most adventurous souls to partake of this experiment. And truly it has been an experiment. And we see it as successful.

“Could you give me some help in differentiating between when I am following my spiritual Self and when I'm following my ego-self? I get very confused about this and my fears get in the way. I'm just not sure when I'm following my spirit.”

That is an excellent question. The result of this activation, if you are applying yourself to meditation, will be such that it will be much easier to distinguish. The energies of Spirit will

be felt more in a light and harmonious fashion. The energies of the ego will be felt in a heavier, denser, or more fearful fashion. Your discrimination will increase. My main advice is for you to meditate. Give yourself fully to that, and pay attention to when you are acting and when you are reacting.

There will always be challenges to the unfoldment of your mission and to the following of your guidance. You might receive a very clear and powerful transmission in meditation guiding you toward a certain avenue of activity. And at a certain point in that avenue of activity, you might encounter a challenge or a resistance, either externally or internally. Either way it is the same. The resistance is a manifestation of your inner resistance. It is a test and a strengthening for you to see if you will follow through. So it is not always a bed of roses. There are always tests, trials, and challenges. What will generally happen is when those challenges arise, that is where your limited ego-self will try to convince you that you aren't following Spirit because the path is difficult. It will try to convince you that you've gotten off the path somehow or you wouldn't be feeling the resistance or the challenge. You'd think it should be easy to follow Spirit. It can be a very tricky situation. I would say to dive into meditation and that will sharpen your discrimination, and pray for guidance and assistance. Be conscious of your choices. Over time this will be made more and more clear.

Trial and error sometimes are necessary. At first your expressions and your guidance will be received very enthusiastically and joyfully. Later on you might think about it and your ego will come in and say, "That's impossible. I could never do that," or it will create fear around that expression. So following your initial impulse through the fear and resistance is what strengthens you. When you can walk through fear, realizing that it is just a shadow, at that point a broad horizon opens before you. Your vision becomes more long-range. If you are always afraid to walk through that shadow of fear, through that veil, your sight will be more

shortsighted and you will always be limiting yourselves. It is only a matter of walking through that shadow a few times before you realize it for what it is and then you take your power and you begin to live as the master that you are. When you don't feel clear, meditate.

“When you talked about the first wave of ascension being an energy wave and that we will still be walking the Earth as ascended beings, will our missions change when we finally achieve that ascended state?”

This is not quite what I am trying to say. What I am saying is not that you will continue to walk the Earth in your usual fashion. You will go into the higher dimensions. You will be lifted. You will probably find yourselves surrounded by those of the Ashtar Command. But it will be an experience of ascension, not merely of evacuation. You will not be taken up into a spaceship and worked with further until you are able to ascend. That will be for the last wave. When actual ascension occurs, you merge into the higher dimensions. It may appear to others that you have disappeared, or it may appear that you were lifted and dissolved into light. After this experience you may have a bit of a break before you resume Earth activities. But at that point, when you resume your Earth activities, you will not be in a physical body; you will be in a Light Body. All of your powers and mastery will be fully manifested.

“Is a similar thing going to happen to members of the animal kingdom? Will the animals also ascend?”

Yes, something like that. The animals cannot attain ascension as human beings can, but they can be lifted in the final evacuation waves into the ships to be re-populated into the Earth plane when the Earth is cleared and returned to its pristine condition. They will be harmonized. They will not be ascended but they will be in their true states. Even the animal kingdom has been quite upset by the negativity that has been manifested on the Earth plane. Some of the more ferocious

beasts were not originally that way. They have been learning from human beings. Some of them are quite upset about the state of affairs and do not wish to return to Earth. It will be very Eden-like. It will be a part of the completion of the Earth's ascension process.

— Sananda —



This is Sananda. Greetings. I trusted you wouldn't mind me interrupting your meditation. I come but briefly to share my love and to bless you all this evening — and to ask you for your vote! Sananda for President — Ashtar for Vice-President!

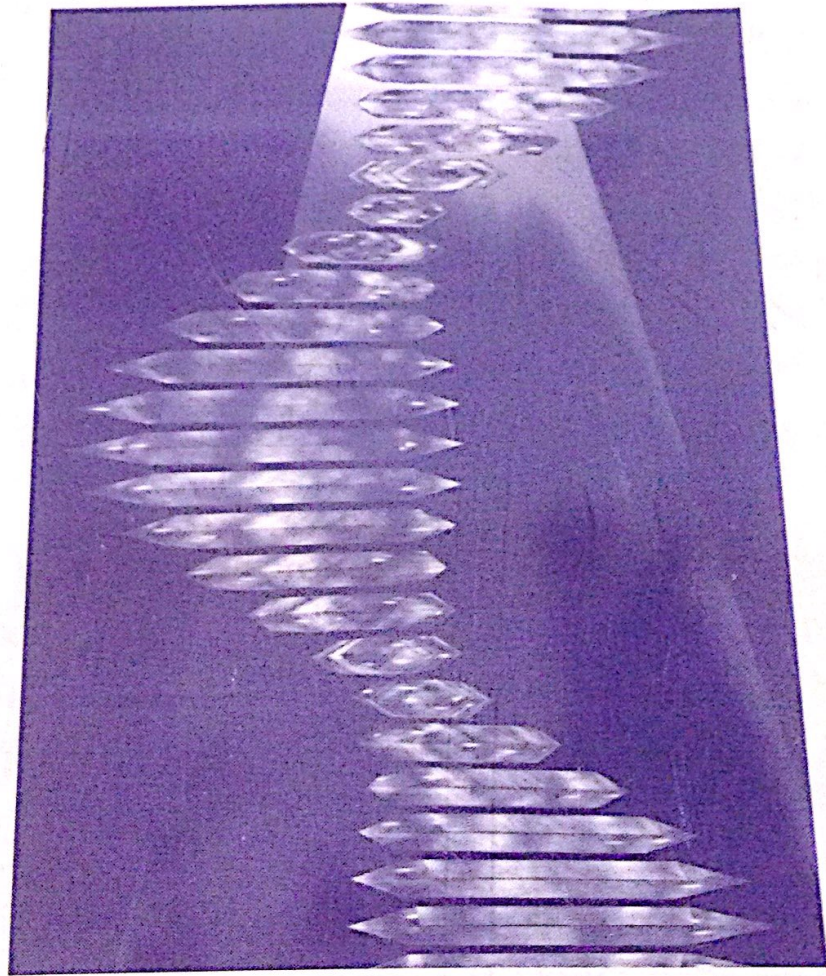
There is truly a great deal occurring, as Ashtar has said. The activation that is taking place now will continue for some time, perhaps months. It is time for you to re-focus yourselves and recommit yourselves. The love that is awaiting is here now, within you. The power you are waiting to manifest is here now, within you. There is no more need to wait. If you have been one who has waited all of your life to know why you are here and what you are supposed to do, who you are — well, that time is here. We work with you so closely. We surround you and overshadow you with our guidance. The planet is in a critical state and now I ask each of you volunteers to give yourselves wholeheartedly to the completion of your missions. And this of course begins with your own ascension and with your giving yourself to Spirit and channeling through the energies that we desire to bring through to the Earth plane. You are our hands and our feet. You are the vehicles through which we channel our love. You will be strengthened. You will be armored in my love and in my light, for the days ahead. You will witness many transformations. We ask you to maintain contact with your Higher Self and not to become overly involved emotionally with human reaction to Earth changes that are taking place.

The times that you have been waiting and preparing for are here now. Let those who have ears hear and let those who have eyes see. This activation comes through us as another ray, as another blast of the Creator's presence. The atoms and

molecules of your bodies and of your creations are changing, transmuting so rapidly. I ask that you focus the light, that you master your selves concerning your mental and emotional projections, so that you are projecting only that which is highest wisdom and surrendering to that which is highest wisdom for you. It is very important for you, for your peace of mind and for your safety and security. It is extremely important for the work that we share in the evolvment of these beings, of the human species on this world.

So meditate. The time for hesitation is over. Love yourselves. Accept yourselves. Nurture yourselves. Heal yourselves. Give yourselves that which you require for your own happiness, joy and security. Come together and share. If you have difficulties meditating alone, gather together and meditate and channel. Support one another at this time. It is very important. Do not hesitate to ask if you are one who needs assistance. Ask us. Ask your loved ones that surround you. Know that great happiness and joy are yours now if you will but indulge in them. I open my heart to you all. I open my heart to all the Starseeds and Lightworkers of this world, and to all beings of this world and to the Mother Earth herself. I offer to draw you all into my heart. Some will vote for us and others will not. Be concerned with who you will vote for and not who others are voting for. You are not here to save the "poor mortals." You are here to follow Spirit, and in following Spirit you will be doing the most good for all. So until we meet again, on behalf of myself and Ashtar and all of us who love you so much, goodnight.

Mission Update



— Ashtar & Sananda —



ime to charge up the body. Good evening. This is Ashtar. So here we are, my dear brothers and sisters, my fellow Lightworkers. When we gather together in this way, there is much light created. And that light projects in a three-hundred-and-sixty-degree arc to all beings, to all dimensions. So tonight let us experience some heavenly discourse and some heavenly healing — for you yourselves, for all those you have placed in your healing circle, for all sentient beings of this planet Earth, and indeed, for all beings watching over planet Earth from on high. All will benefit. Where your hearts are in accord and focused, compassion arises. And compassion is the reason for your embodiment in this physical realm in the first place.

Tonight I would like to share a bit with you concerning the Earth mission, its progress, and perhaps we can serve to clear up some points. Perhaps we can create some more confusion! Where there is language, there is undoubtedly confusion, is there not?

You see, it is all light. Everything that you have ever seen, heard, thought, felt in any way, touched, dreamed of — it is all made of the same substance, ultimately. You can call it light. You can call it essence, whatever you wish. And in that direct experience of essence, there is no confusion. There is no language, nor is there need for language. There is only a direct communication of love and bliss. And yet, in order to reach the children of planet Earth with our messages, it becomes necessary to have translators, to have channeled discourses and these types of projections. So we will do the best that we can, within this limited medium of communication, to share with you in ways that might perhaps refine your awareness, your understanding of the ascension process that

is occurring for you individually and for your planet. And to this end I will, after some remarks, open the floor to your questions. Now will be your chance. Beings are always asking the channel, “What’s new? What’s the latest?”

Several years ago, we brought forth through this one our understanding of the plan for Earth ascension and the ascension and/or evacuation of the Starseeds. From our perspective it seems only yesterday that we did this, yet still there seems to be the need for an update from time to time. I will begin with a few background remarks concerning the historical factors that have led up to this situation you find yourselves in at this moment.

As you know, you are here as Light-bearers, having incarnated on this “planet in distress” in order that you might assist in the planetary evolution. In doing so, you accepted the descent into third-dimensional physical form. You accepted the limitations of karma, cause and effect, birth and death. And this is what I mean by compassion. For without the ultimate compassion, you would not have taken this journey, this mission.

Now we find ourselves in this present moment, on the cusp of the new age, on the cusp of the cyclic change, at the time that you all knew would come eventually. You could say you have come here to prepare the planet for just this eventuality, the planetary ascension. And this is what is occurring now. You are all feeling it. You are witnessing the karmic clearings. You are feeling the magnification of your own Light Bodies, the transmutation of your physical bodies into higher-dimensional forms. Many visitors are calling on you from higher realms, assisting you in every way to open to receive the ascension experience, so that you might return to unity with Source. It was hoped that with sufficient numbers of Lightworkers embodying on planet Earth — as much as the darkness had spread and the fallen energies had taken control — that the light that you brought, and the light that we have assisted in focusing, would have been sufficient to

restore the Earth to her evolutionary cycle in a gradual and gentle way. Much has been done. And yet, as you have all witnessed, it's not complete yet, is it? In recent times, with the awareness of the closing of the cycle, and given the great distance consciousness needed to come to achieve this transition, it was deemed necessary by Lord Sananda, in conjunction with the Spiritual Hierarchy, to also create an alternative plan. That is the plan we presented in our initial discourses on the ascension.

At the time that these original discourses were given, it appeared probable that the only way that the majority of Lightworkers could possibly accept the ascension experience would be by direct evacuation, as most of you were quite soundly sleeping. And yet, since that time, we have witnessed, through the propagation of these teachings, (and others that have been given through other messengers) a great shift in the planetary consciousness. That is, the Lightworkers have begun truly to awaken and to apply themselves to the spiritual path, to regain the compassion they initially brought into embodiment for all of humanity. The motivation for service has been shining forth so powerfully. The sleepers have awakened. Many have awakened simply on the promise that they would not have to be on planet Earth much longer! Not the purest motivation, and yet we must be honest: it has not been easy for you here. Of this we are most conscious.

In our last state of the mission address, only two short years ago — it seems like this morning to me — we spoke about the ascension waves. We stated that the first waves would probably involve ascension in the traditional sense, in the same way that all beings who have ascended from this planet have experienced it. This does not mean it will not occur in waves; very likely it will. You must bear in mind that the experience of ascension requires discipline, focus, surrender,

but so that you might be as examples for others to follow. And you are doing so. You are each on your own unique step on the ladder, and that step is sacred for you. I encourage you to continue your climb, knowing that you will be rewarded, that you are rewarded all along the way. I also call forth that compassion within you that can and does know that where you grow, where you surrender to love, you are healing the hearts of those around you, you are elevating the planetary consciousness.

To put it briefly, ascension is the transcendence of the third-dimensional consciousness and awareness, a process completed with the merging of the physical body with the higher-dimensional body, the Christ Body, the Light Body. This divine marriage takes place in a most powerful event. It is an event which does require a great deal of prior purification and preparation. That is why you are all going through your changes, through your transformations. For a Lightworker, for a Starseed, the ultimate destination and result of either ascension or evacuation is the same. For a Starseed evacuated via the merkabah vehicle, the light vehicle, it is only a short step from there into the ascended state. It is a slightly different process, a slightly different experience, but the result is ultimately the same. This is the spiritual path that you are all on. In whatever way the ascension process is ultimately completed, the light vehicles are involved. The Ashtar Command, the Hierarchy, are involved.

You do not ascend into a higher dimension strictly by your own will power, as much as some of you are trying to break down the door, as much as there are those all over the planet putting forth propositions that if you will follow this or that technique, this or that regimen, you can force your way into the experience of ascension. You see, ascension comes only when it is time for you as an individual, only when your physical work is complete. This is something you just have to surrender to. You could say that those of you who have been preparing yourselves for this experience have been camping out on the threshold. Some of you are strictly camping out in

the doorway, refusing to even look back at where you came from for fear that this opportunity will dissolve. Indeed, it will not.

Your role is not simply to escape from limitation. Your role is to serve. In service, you enhance your candidacy for the ascension. The ascension occurs for each individual in God's time. All you can do is prepare yourselves and surrender to Spirit, do your service and complete your Earth missions as best you can while you are here, knowing and trusting that this will occur in the perfect moment for you, in the perfect way for you.

Another point which has brought some confusion is the involvement of the so-called ships of the Ashtar Command. First of all, we must use the term ships loosely. You might also use the terms merkabah, light vehicles, or light ships. Each of you individually have access to your own individual merkabah, which is a manifestation of your multidimensional God-Self. So we exist in our Light Bodies, and those vehicles which you have referred to as ships are merely our merkabah manifestations. It does no harm to call them ships. This is simply the way it is for beings of higher-dimensions working to uplift a physical species. These aspects of God are most beneficial and necessary, our interdimensional transportation vehicles. Also, we can link them together to form great motherships. So are they ships, or are they us? They are both! And these light vehicles are always actively involved in assisting a planetary species to make the leap into higher-dimensional forms.

So what about the big question? Everyone wants to know when it's going to happen. I wish I knew! The telepathy banks are constantly choked by beings wondering how long it's going to be before they are released from third-dimensional limitations. That is the number one request. There is, you see, a divine plan in effect here. We are servants of the divine plan. We have been given our direction. Part of our direction has been to inform you of our presence and of our capacity to assist you in your upliftment. This we are doing, along with

our many other services. With regards to when this occurs, it will occur in God's time. Surrender your impatience to divine higher will. Surrender your judgements and criticisms of your fellow human beings and help them. Help them by, number one, accessing your own spirit in meditation and in your spiritual practices so that you can be a channel of the light, so that you can go through the process and break through the limiting thoughtforms that hold humanity in enslavement. This is what you are here to do. This is what you are doing. Yet you can always increase your focus. In service to the divine plan, the individual preferences and petty desires are transmuted. Not that they disappear necessarily, but they become secondary to the bliss, to the light, and presence of the mighty God-consciousness flowing through you.

So for those of you who are feeling impatient, give yourself to service. See what happens. In the experience of surrender, you no longer care one way or the other what type of dimensional body you are inhabiting. Truly, from that perspective you are beyond such concerns. This experience is available to you. You will have to apply some discipline. You will have to step out of your comfort zones a bit more, if you wish to manifest this with full intensity. If you wish to experience complete liberation while still in the physical body, the Self-Realized state, the way is open for you. As we have said before, the spiritual path that leads ultimately to the doorway of the ascension must first pass through the corridor of Self-Realization.

This brings us around to the final wave, the final stage in the closing of the cycle for this planet, which will involve the re-shuffling and re-sorting of all of the beings and energies of this world. This will almost undoubtedly require the presence of the Ashtar Command and the Hierarchy in an evacuation mode. But the energies are constantly shifting. Only a few years ago, it seemed that incredible Earth changes would be required to purify the energy field of this planet. So much has been accomplished. Some of these expected catastrophes have not occurred. And yet the purification must continue. It will

continue to the degree that is required, and only to that degree. This is another reason for you as Lightworkers to channel through your healing energies to the Earth.

The end result of this entire process, which we have discussed many times and in many ways, will be a beautiful shift in the energies of this world. All darkness, all unharmonious beings will be removed to places where they can be given more time to learn from that expression. The Earth and those upon the Earth who have grown tired of limitation and separation from Spirit are now taking matters into their own hands. With our assistance, and by the grace of the Creator, the darkness is being dispelled. This dispelling of the darkness takes on many forms. You experience it in your physical bodies individually. The Earth experiences it as Earth changes, all sorts of karmic releases. And this will continue to whatever degree is necessary. Should you as Lightworkers, as ascension candidates, require evacuation, that can be accomplished. Let's say you are living on a fault line! An accurate statement, wouldn't you say? Let's say you are giving yourself to your spiritual practice with sincerity, and yet you have not quite attained to that ultimate experience. Should it be necessary for you to be evacuated in the instance of life-threatening Earth changes, this can easily be accomplished. This is not a promise or a guarantee, only a matter of fact. It has occurred, and it likely will occur in future.

There is nothing to fear for those who are giving themselves to light and love. There is nothing to fear. There is only to enjoy the unfoldment. Have a sense of humor about it. I do! And honor yourselves, and your brothers and sisters, for the great sacrifices you have made in coming here, for all that you have withstood, and for the compassion that will carry you forward. Never have so few been so mistreated by so many and responded with such love and compassion! Truly you were the right ones for the job.

I ask you to continue in your compassion and love for just a while longer. Don't be concerned with times and dates and possible evacuation. Just enjoy yourselves, enjoy the process.

If it is not enjoyable to you, maybe you're not doing it right! There will always be moments when it feels difficult. Don't criticize yourselves. Yet if you live in a constant state of wishing to escape from your state, from your lot as a human being, then you *are* doing something wrong. You are not seeing the big picture. You are not experiencing the direct presence of the Creator in your bodies, in your beings, which is the icing on the cake of physical existence. Perhaps you are being victimized through using only your outer senses, creating imbalance. Use your inner sense of vision to meditate on the light. Use your inner sense of hearing to meditate on the celestial harmonies, the music of the spheres. Use your inner sense of feeling to meditate on your breathing, to feel the presence that never leaves you, that is the direct link to Source. It is the same link that we have. You are just a little bit farther down the line. Yet your access is just as valid as ours. We are all traveling — via that direct link to Source — in a great evolutionary spiral.

So, as I said, I will open the floor to your questions. If you have any, now is your chance. Let's say you now have an opportunity to harass Ashtar with all of the questions you have been wishing to know about! I will do my best to confuse you!

"Last Tuesday, myself and several people in the East Bay were seeing an intense gold light grid being set up for the San Francisco Bay area, and what we believed to be Ashtar's ship working directly over the bay itself. Can you elaborate on what was transpiring?"

Caught in the act! There are many different activities that the light vehicles are attending to. One of them is assisting the Lightworkers in stabilizing areas of the Earth's crust. We cannot do this of our own accord, but where there are Lightworkers doing planetary healing, we take this as an invitation, and within the prime directive we are allowed to assist. Our mission is multidimensional, and sometimes we will be doing two or three, or two or three *hundred* things at

once. So it is difficult to put it into one specific. We would also be working with the consciousness of those beings in that area, generally subconsciously, but in your case you caught us in the act. It was not me individually, but it was one of the Command.

This is a good point to bring up here, that all of the work that we have been doing through this channel, to inform you, the informational aspect, is only about two or three percent of what we are actually doing. The bulk of the work is to empower each of you to be able to access Spirit and guidance directly, so that you are not dependent on others for your guidance. It is nice to share in this way, of course. While we are talking about light ships, we are clearing away your cobwebs, so you can get behind the controls yourselves. Have any of you noticed the presence of your merkabah vehicles more intensely lately? When you call upon your Light Body in meditation, you are opening to the manifestation of your merkabah. You might feel it surrounding you with an energy field that is very pleasant. You might hear a celestial tone, a signature of your individual merkabah. We encourage you to connect with this. You can just say, "Please, Lord Sananda, help me to connect with my Light Body." Know that your merkabah vehicle is always at hand and available to you.

"Ashtar, what's the difference between the Holy Spirit and my Higher Self?"

The Higher Self, in the context of these discourses, refers to your individual God-presence. The Holy Spirit is the feminine God-principle in action ... responsible for the birthing of universes, galaxies, and stars. So the Holy Spirit is, you could say, the feminine/receptive aspect, balancing the masculine/creative principle. It is the combination of these two energies which gives birth to the Son principle, the third aspect of the trinity. So you can ask for assistance from the Holy Spirit, from the Heavenly Father, or from the Son, represented in this universe by our Lord Sananda. Generally your prayers and requests will be directed to the proper source. It is your

sincerity, your intention, the purity of your request, that decide, not whether you are doing it right or wrong: "Well, I'm not going to ascend. I have the wrong techniques!" It is not a matter specifically of language or techniques. You will use techniques, but techniques are only to enhance your direct experience of Spirit. Then you will become as Lord Sananda has said, as little children.

"I had an invisible visitor in March. He was asking for help and I couldn't understand what he was saying because he was talking in some kind of language. But he was asking for help and I don't know what that was all about."

A rather disarming experience. There are many beings asking for assistance now, beings of fourth-dimensional manifestation, spirits without bodies. And there are also extraterrestrials hovering around planet Earth trying to learn the lesson of love, just as the beings of Earth are trying to learn it. So whatever they think they are here for, ultimately they are here to learn — in this laboratory — the lesson of love. Just send love and light to that being. You don't have to feel obligated to assist. Send them to me.

"Ashtar, it seems I have this overwhelming need for a sense of purpose. Yet the more I see the need, the more frustrated I get. Is it my impatience?"

Bingo! Sananda taught me that word. Always gets a laugh, he said. You have a purpose. Your purpose is unfolding. Give yourself to Spirit. Practice meditation. Don't be caught up in thinking that your Earth mission or your purpose has to be one particular external manifestation, one particular talent or skill or task. Your purpose is to learn what your purpose is, and surrender to it. It is a matter of surrender, not of intellectually creating it. You are fulfilling your purpose. Perhaps you are thinking you are not, but you are fulfilling it. It is just that at this stage there is still more veiling than you might wish for. And this goes for all of you. Though you might ask and pray for your veils to be removed, they can only be removed as you are prepared for that. Otherwise it would

create dysfunctionality in the systems, in the physical, emotional, and mental bodies. You would become discombobulated! I pulled that one out myself!

“Ashtar, can you speak to me about forgiveness and acceptance?”

As a being experiences divine love within their heart from Source, there arises a sense of love and forgiveness, of compassion. It is a spontaneous manifestation. It is not something you can create. It is something you can pray for, definitely. Ask Mother Mary, ask Lord Sananda to grant you this, to open your heart in this way, and it will be done. It is not easy. It has not been easy for beings living in a third-dimensional, dysfunctional world to always maintain this, but you will grow into it. I would suggest that you start by loving yourself, regardless of what your judgments may be about your inadequacies. If you can forgive yourself, you will find it much easier to forgive others. You need a lot of grace to do this. So meditate, go within and ask for the grace to experience this. Ask and you shall receive. And then surrender, and just allow the unfoldment.

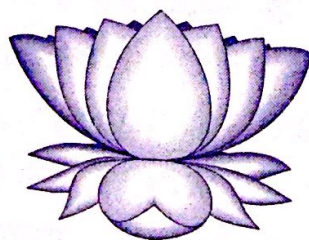
You don't want to fight the flow; you want to go with the flow. You want to drift with the stream. You don't want to be paddling against the current. The universe, your Higher Self, are in control. They are directing you. They are carrying you along through every experience. Surrender is simply the ultimate acknowledgment that this is so. And then flow with the stream. Enjoy the scenery. Witness what you are here to witness and you will learn what you are here to learn. Each of you, as a unique entity, has specific programming, specific patterns to break, to transmute. You are doing this so that others who have these same patterns can overcome these patterns more easily. You are like the icebreakers in Antarctica. You have heavy hulls. You can crack the ice so that the weaker vessels can follow you. In giving yourself to Spirit, you create a very powerful hull so you will not be adversely affected as you crash through limitation.

“Ashtar, someone asked me what a Lightworker was today. Would you give me your version of a Lightworker?”

I’ll let you give them your version! Because we are so close, I can tease you in this way. But there is always a kernel of truth. Anyone who gives themselves consciously to following Spirit is a Lightworker — anyone who loves the light and chooses the light, regardless of their source, regardless of what dimension they feel they might have come from, regardless of whether they feel they are a Starseed or a poor miserable earthling! Once you learn to love the light, you’ve got it. So don’t worry about the rest.

So, before I say goodnight, I would just like to share a few more moments of meditation with you. I thank you for your involvement this evening, for your enjoyable questions. These interactions are very enjoyable to all of us, for we are a family of Light. You are a family of Lightworkers on a specific mission to this planet, and to the souls of this world. This is your overriding purpose, your overriding mission and destiny.

So just breathe with me for a few moments. I would like to call forth the energies of the light vehicles that are above us to surround and penetrate every cell of our bodies, penetrating the Earth, bringing healing energy into the Earth. Just breathe, and meditate on the light for a few moments. Allow this channel to open and assist you and heal you.





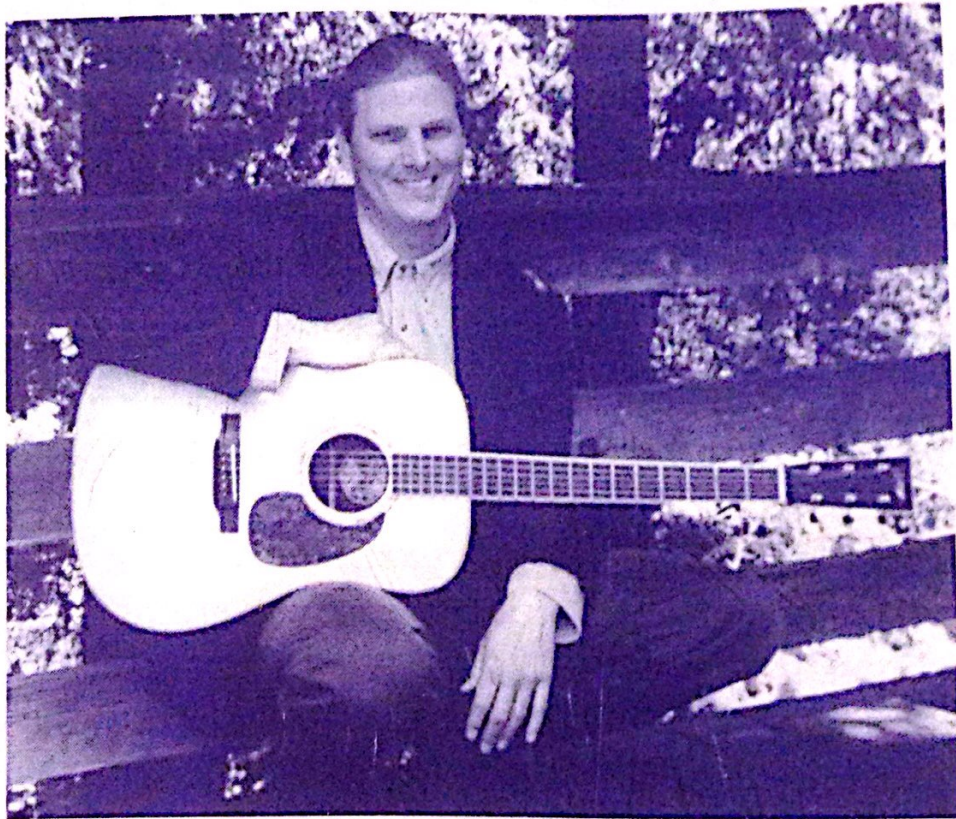
ello, dear ones. This is Sananda with you. While you are basking in the beautiful emanations, I come briefly to share the energy of my love with you — to add it to the mix, to enhance the compassion within your hearts and the motivation to complete your Earth missions. I wish you each to know that I am with you always. The Hierarchy watches over you in each moment, waking or sleeping, always ready to assist. It is your responsibility to ask for the assistance you wish, and then to open to receive and allow. That is all that is required of you.

I wish to encourage you to practice accessing your individual God-presence, for this is the channel through which we can communicate and share our love directly, in ways that you can feel, see, and hear. There is far more love being administered than you are currently feeling or sensing. Take time in stillness to be with your spirit. Take time to retreat from external cares and give yourself to the ocean within. Allow a balance between the internal world and the external, so that you can be complete, so you can make your ascension with joy in your hearts, as my children.

We are real. The Ashtar Command is real. The light vehicles are here. The Great White Brotherhood is here, the angels. The universe opens its heart to planet Earth now. The love flows through the many messengers and is focused in you. It is yours to share. It is yours to radiate. It is yours to heal and to be healed. Call for assistance. We are yours to command. Enjoy your journey. And don't forget to have a sense of humor. You need it! I am always at your side like a trusty sword, to cut through confusion, to cut through miseries and sorrow. Love yourselves as best you can. It helps me in my work to love you.

On behalf of Ashtar, and all of the Masters who have assisted this evening, we send our love and blessings. We pledge our continuing support to all Lightworkers all over the world. All who are sincere and pure of heart will benefit from this ascension experience. Goodnight.

— About the Author —



~ Eric Klein ~

Eric Klein was initiated and began his spiritual practice in 1972. He began channeling the Ascended Masters in 1986, and between 1989 and 1997 he channeled the Masters in hundreds of public sessions for groups in California and across the U.S. and Canada. Transcriptions of some of these channelings were published as books (*The Crystal Stair*, *The Inner Door*, *Jewels on the Path* and *Sacred Journey*). As of this printing, Eric's books have been translated and published in eight foreign languages, and the messages in these books have been spread from one person to another until they have covered the globe.

Eric lives in Santa Cruz, California with his wife Christine, who is an acupuncturist, Qi Gong teacher, and devotee of Amma Chi. He currently balances his time between his continuing spiritual practice, book and tape publishing, songwriting, and music projects.

SPIRITUALITY/CHANNELING

The Crystal Stair

A Guide to the Ascension

by Eric Klein

"It is our wish that this information be made public, to assist in the mighty transformation now taking place on Earth ... Each ascending human will experience their own birth into the next dimension of consciousness against the backdrop of the powerful transition of the Earth itself."

"I am inviting each of you to take part in a big way — not as an innocent bystander but as an active participant — to return to your mastery, to return to your God-nature ... to ascend and to return to the full consciousness that you have longed for, for so many lifetimes."

— Sananda (Jesus)

THE EXPERIENCE OF ASCENSION is the natural "next step" of human evolution. *The Crystal Stair* describes how this leap in consciousness will be made available to all of humanity in our own lifetime and introduces us to the spiritual hierarchy that has inspired and nurtured truth-seekers in every age. Through these channeled messages, the Ascended Masters lovingly and gently awaken us to the truth of our human destiny.

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