A Workbook for Following Your Path to Ascension

Returning Home

Channeled lessons from Mother Mary, Merlin and Quan Yin

as received by

Penelope Genter

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As channeled from

Mother Mary, Merlin, and Quan Yin

By Penelope Genter

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For all who wish to live their life in the higher vibration of love and understanding.

I wish to acknowledge the real authors of this workbook, my partners in spirit, **Mother Mary, Merlin**, and **Quan Yin** for their love, wisdom, and compassion, and for sharing these daily messages through me to the world.

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I especially wish to thank my loving husband, soul mate, proofreader, collaborator and partner, **Gordon**, for his love and unconditional support of all I do and am, and for his gargantuan effort in getting the book to the world.

Penelope Genter

Contents

		Page Number
Preface		7
Introduction		8
Clarifications and Explanations		11
Lesson 1	The Ascension Process	18
Lesson 2	Formal Commitment	20
Lesson 3	Loving Awareness	23
Lesson 4	Spiritual Knowing	26
Lesson 5	Possibility Thinking	29
Lesson 6	Compassion	32
Lesson 7	The Vision of Possibilities	35
Lesson 8	Positive Energy	38
Lesson 9	Freedom	41
Lesson 10	Working in Harmony	44
Lesson 11	Free Will and Joy	49
Lesson 12	What is Truth?	52
Lesson 13	Creation and Manifestation	56
Lesson 14	Creating and Accepting Abundance	58
Lesson 15	Letting Go Fear of Commitment	61
Lesson 16	Leap and the Net Will Appear	64
Lesson 17	Castaway	67
Lesson 18	Making an Attitude/Altitude Adjustment	70
Lesson 19	Joyful, Joyful…	72
Lesson 20	Following the Ascension Path	75
Lesson 21	Tuning into Higher Vibrations	78
Lesson 22	Creating the Family of Man	81
Lesson 23	Imagine Cooperation	83
Lesson 24	Lessons in the Metaphor of Life	86
Lesson 25	Becoming Your Own Guru	89
Lesson 26	The Class of 2010	91
Lesson 27	Living in the Vibration of Light	93
Lesson 28	Refining the Physical Body	95
Lesson 29	Letting Go, Releasing, and Forgiving	98
Lesson 30	So…?	102

Lesson 31	Creating One World	105
Lesson 32	Going Within	108
Lesson 33	Moving in the Light	110
Lesson 34	Creating a Light-filled Environment	113
Lesson 35	Calling a Team Meeting	116
Lesson 36	Raising Your Vibratory Tone or Note	119
Lesson 37	Planning Your Personal Retreat	122
Lesson 38	Learning from Adversity	125
Lesson 39	Surfing the Dimensional Shift	128
Lesson 40	Growing Pains	131
Lesson 41	Overcoming the Terrorism of Fear	134
Lesson 42	Choosing the Higher Route of Growth	137
Lesson 43	Creating Universal Peace	140
Lesson 44	Letting Go of Illusions	143
Lesson 45	Mary's Gift of Love	146
Lesson 46	Discarding Fear From Your Reality	149
Lesson 47	Creating Heaven on Earth	152
Lesson 48	Extricating Yourself from the Treadmill of Fear	155
Lesson 49	Eliminating Doubt from Your Reality	158
Lesson 50	Creating a New World	161
Lesson 51	Growing in Service to Humanity	164
Lesson 52	Timeless Reality	167
Lesson 53	Home for the Holidays	169
Lesson 54	Creating the Dream Team of the Future	172
Lesson 55	Tapping into Inner Wisdom	175
Lesson 56	Evolving Your Reality	178
Lesson 57	Your Mission, If You Choose to Accept It…	181
Lesson 58	Examining the Rituals and Habits in Your Life	183
Lesson 59	For the Family	186
Lesson 60	Creating Peace and Love with Forgiveness	189
Lesson 61	Returning Home	192
Lesson 62	The Countdown Continues	194
Lesson 63	Visitors from Home	196
Lesson 64	Creating a Parallel Universe	198
Lesson 65	Visiting Higher Dimensions of Reality	200
Lesson 66	Working in the Light	203
Lesson 67	Passing the Baton to the Next Generation of Travelers	206

Lesson 68	Graduation Day	208
Lesson 69	Peace	211
Lesson 70	Homeward Bound	213
Appendix A	A Higher Perspective on the September 11, 2001, Tragedy From Mary and Merlin	
	September 13, 2001	216
	September 14, 2001	218
	September 15, 2001	220
	September 17, 2001	222
	September 18, 2001	224
	September 20, 2001	226
	September 22, 2001	228
	November 5, 2001	230
Appendix B		
	Kinesiology	234
	The Labyrinth	235
	About Mountain Meadow Botanicals	238
	MMB Ascension Essences	239

Preface

The time of transition from physical to physical-etheric form is nearing for the countless numbers on earth who are accepting the reality of their true higher nature. The preparation must begin if you are going to make this transition into the higher realms of existence. It is our mission with this workbook to define the parameters of this dimensional shift and to share with those who are desirous of working toward this step on their evolutionary ladder, the tools they require to create that reality.

While some of the concepts may seem harsh on the surface, they are in fact, based on a loving precept and offered in love so that those who make this their goal and are willing to work toward that goal will be rightly rewarded with passage to this higher dimension. Since all have free will to make this choice, we are here to point out the alternatives so that you may choose for yourself which path you are willing to take. The choice is up to you.

If you decide to accept this mission, the rewards will be great as the route will offer up vistas of experience beyond your wildest imagination. This is not meant to be a solo flight as others around the earth are hearing the same siren call beckoning them home to their Creator. It is the chance of many lifetimes to complete your exams and gain advanced placement in your higher classes of experience. This is the express route to higher consciousness if you are willing to study and put into practice these lessons in earthly studies.

The role that the flower essences can play in this transition is significant. We are not saying that they are the only way to achieve this higher vibration. What we are saying is that they can help tune your engine to the higher vibrations required to make the transition easily and help bring your mental, emotional, physical, and spiritual bodies into alignment with the higher energies. We hope you will take advantage of their loving, healing gifts.

Know that we are all waiting at the station to welcome all the souls that are booking passage for this joyous return Home to the Creator.

Welcome home, Mary, Merlin and Quan Yin

Introduction

In 1996, I began intuitive writing, or channeling, on a personal basis and found that my main guide was Mother Mary. This was later expanded to include Merlin, an incarnation of St. Germain. In 1998 I was told to begin compiling their daily readings into book form, which became ***Touching Home – Roadmaps for the New Age***. This book, which will be published at a later date, contains practical wisdom for living life in a loving and down-to-earth manner.

In July 2001, Mary and Merlin told me that I was to channel information on the ascension to be presented in book form. I have recently been introduced to the Buddhist Bodhisattva of Compassion, Quan Yin, who has also provided her input on this transition process. Her presence on the "homecoming committee" is greatly appreciated

All channelings are brought into the light by the following introduction to ensure that they contain messages from the highest source:

> *"I am of the Christ Consciousness. May the Love and Light of God be with me. I ask to be connected with only the highest Angels, Spiritual Teachers and Guides. What messages do you have for us today?"*

Following is an excerpt from the channeling that evolved into this workbook.

July 2, 2001

Within the next nine years, there will be many things going on that people will not understand, and your willingness to act as a tour guide to those about to make the transition to higher realms of experience will be of great help in the ensuing months and years. Others will be guided to you as will those who will be requiring the higher vibrations of your essences in order to assist in this journey. By linking with other people who also have pieces of the puzzle that you do not, you will help each other evolve along this spiral path to higher consciousness that you all seek. You will find the trip home to be a glorious one full of wonder and enlightenment, and you will be able to show many of the enlightened ones the way so that mass ascension will be possible for all.

Continue your partnership with Nature for therein is the key to many discoveries that we will be sharing with you. Many messengers will be coming into your life that will be able to share their pieces of the puzzle. You must be ready and open to receive their gifts. Your communication with others on these common paths will allow the number of enlightened souls to grow so that critical mass can be reached in the near future if all are willing to set aside the anchors and fears that keep them earthbound so that all may soar together into higher consciousness.

Welcome on board, Mary and Merlin

These channeled messages are presented uncensored for all who wish to learn and are open to their wisdom. I consider myself a transcriber of the messages I receive and record them as they come to me, word by word. The only editing done is spelling, punctuation and minor reordering of text. They are very loving and wise and far more eloquent then I am.

The readings are presented in workbook form so that they may be used as a personal diary or journal of your growth. We encourage you to work with them on a daily basis so that you can begin transforming your life in preparation for your own ascension. The "Working with the Lessons" portion of the readings is meant to initiate action on your part, especially the directions in **bold** type. We hope that you will take advantage of this process and use it as a roadmap for your "evolvement". ("We" is a term used in the book to indicate the authors, my partners in spirit.)

The term "evolvement", which is used throughout the book, indicates a process more extensive than merely physical or spiritual evolution. Since all of the mental, physical, emotional and spiritual bodies are involved, the term is used to indicate the unique process of transformation that is taking place.

My husband, Gordon, and I produce the Mountain Meadow Botanicals (MMB) Flower Essence Bouquets in the mountains of New Mexico. Various MMB essences are suggested throughout the Lessons by Mary and Merlin to assist in the ascension process. Gordon had some concern that the noting of particular Essence Bouquets may seem a bit self serving, but these recommendations are all part of

partners in the formulation and production of these essences from the beginning and it is their constant presence, guidance and direction that makes them a reality. All of the MMB essences contain the Mary's Gift of Love Essence, which brings the loving energy of Mother Mary to any situation. We were told to make them available along with the readings to assist in the ascension process. More information on MMB and the Ascension Essences can be found on page 239. It is my great honor to share with you these messages of love, compassion and lessons on how to live a life without fear that can assist you in your own ascension journey.

Penelope Genter

Clarifications and Explanations

By Mary, Merlin and Quan Yin

What is the "Home" we return to when we make ascension?

As we mentioned in Touching Home you must first create a kingdom within, before you can begin to grasp the concepts of an expanded existence on the higher realms. When you are able to master these lessons in the earth school of reality, you are ready to venture even farther in your spiritual evolution. The next step on your journey will be the Home of which we speak. The higher dimension of a heavenly home will strike a chord with those who have been schooled in western traditions to think of heaven as a place of supreme bliss and reunion with those who have gone before. It is this and more. The spiritual "home" that we refer to contains many opportunities for spiritual growth and service on many levels. Those making the transition may choose to continue up a spiritual ladder to service in other galaxies and dimensions. Others may make the choice to remain incarnate on earth in a physical/etheric form to help with the changes that will be happening on the planet. All will have the opportunity to reunite with the Creator and experience the bliss of oneness with all of creation.

It is difficult to express in earthly terms the possibilities that await all that make this transition that we call the ascension when you do not have words that can fully convey the experience. Suffice to say that the process of ascension is a transformation from your current reality to one even higher on the harmonic scale where the vibratory changes you are going through will be tuned even higher and you will be transformed into a being of light and spiritual energy. Those already vibrating at the higher levels will find the process to take place in "a twinkling of an eye" while those who have not yet reached this level of transformation will find that the process will take place at a slower rate as they must first come to terms with the beliefs that can catapult them forward on their ascension path.

While many who are looking forward to the rapture of souls think that the transformational power of a belief in the divinity of Jesus will bring them Home, many will find themselves left behind until they also accept their own power to

transform themselves. In this book we will be offering lessons on how they can raise their own vibratory level and begin to transform their mental, emotional, physical and spiritual bodies for the coming changes. This is the transformation that is required to "return Home".

What happens to us at the point we actually make ascension?

The process of ascension as addressed in this book refers to the physical, emotional, mental and spiritual transformation that takes place as the soul moves higher on its evolutionary journey. The transformation takes place on many levels as the vibration of both the body and the soul is transformed to a higher vibration. The vibratory levels rise so that those in the earthly dimensions are no longer able to perceive their presence. It is similar to auditory frequencies being so high that humans cannot perceive them but animals may. When the bodies are vibrating at the higher levels they dematerialize to human perceptions of sight except for those that are vibrating at higher levels also.

When a body transcends the limits of earthly perceptions, it is free to experience the greater realities of the higher dimensions. In the next dimensions of existence things such as limiting form are no longer necessary to "clothe" the spiritual bodies. The energy of the spirit forms the causal body that makes up the "form" in this higher dimension. When one ascends into this higher form the denser forms of the emotional and mental bodies are discarded as well so that the spiritual self is free to soar into even higher dimensions.

The ascension process is one of growth in experience and understanding as well as transformation of body and soul. In the process there may be a time of pulsating energy from physical to physical/etheric form where the body is able to materialize and dematerialize at will in order to cut the remaining cords that tether it to the earth plane.

Not all souls that leave the earthly plane will be able to ascend into higher levels of reality. Those that have not accepted their own abilities to become the pilot of their ascension craft will spend time in the limbo of a "celestial waiting room" until they are ready to return to schoolroom earth and complete their lessons there. For those who have "gotten" the messages they require for the next level of

ascension they will be reunited with those who are joining them in the ascension process. The reuniting with souls on this higher dimension where they are able to glimpse the new, expanded universe that awaits is the carrot at the end of the stick for all that would make the ascension their goal. This is but the beginning of the real journey in the soul's evolution into higher realities.

Will we ascend in a huge wave or will there likely be another process?

While there will certainly be many who will have readied themselves for the Ascension through the steps we have outlined in the book, there will be others who will be left behind to complete the process. There will be many waves of ascension as more and more are able to clear the hurdles of limiting thought required to complete the process. While the goal of mass ascension is still the ideal for humanity, it remains to be seen as to whether enough will make the necessary leaps of faith to trigger an ascension of the masses as has been predicted. The choices are there for all to make. It is our desire that by including the "recipes" in this book, many will be able to follow through and thus pull along the stragglers and foot draggers that have been riding the fence in their complacency.

Timetables are of little interest in a timeless universe. While we have suggested timeframes in which this might be accomplished, the fluctuations of time could bring the dates closer or farther away, depending upon the response of those who hear the call. The choices are up to you. The more you are able to complete your own inner process and work with these lessons so that you are able to raise your own vibration, the more you will hasten the process for yourself and others.

In like manner, the earth changes that have been predicted if mankind fails to heed the call and begin to heal the environment are also avoidable if all are willing to come together and protect and heal her fragile existence. The cataclysmic events that have been foretold will come to pass if man fails to heed the warning signs and continue the destructive path of indifference. Again the choice is up to you. If you are willing to become involved in the process of restoration and shifting the paths of destruction, you will be able to turn the tide against global upheaval. Never underestimate the power of an individual to effect change – this is where it must all begin.

When you refer to "evil" how is that term used?

When we use the term "evil" which is an earthly concept, we are using a word that conveys not only a separation from God but also a rebuke of the loving precepts that help define our perceptions of God. Those who choose to come from a place that totally negates the loving experience can be termed evil in the unloving acts that one perpetrates. Evil does not mean without the possibility of redemption, but is merely an earthly measure of where the soul falls on a vibrational scale. Some may be deluded into performing "evil" acts if they are not able to weigh all actions on a scale of love. This is the true measure of accountability for one's actions that will determine the karmic debt one incurs.

About the Authors

Who is Mary?

Mother Mary embodies the feminine energy of the New Age. In her loving wisdom she imparts the healing, nurturing qualities that are required for the ascension process. Mary is a Spirit that has been incarnate many times and is most well know as the Mother of Jesus of Nazareth. The message of Mary is one of love and acceptance for all, which was passed on and demonstrated in the life of Jesus.

The messages she brings are meaningful on many levels for they are meant to shed light on how we are to live a life of love and compassion in the light of the new consciousness. She brings the feminine qualities of introspection and studied awareness, coupled with concern for empowerment of the whole person. She is able to bring forth these qualities into our awareness so that they can be recognized and growth can take place. Her concerns are more for the individual and bringing the energies of love and light into our consciousness. She is the loving hand that steadies our elbow as we traverse the journey of life and helps guide us on our path. As you allow her to become part of your awareness you will not falter but will be able to feel the immense pure love that comes from the Immaculate Heart of Mary. When you master sharing this loving gift, you are ready to proceed down the path to ascension.

Who is Merlin?

The entity we refer to as Merlin is an energy that once was the physical incarnation of the Druidic Master and whose reputation has taken on mystical proportions over time. As a soul ray of the energy known as St. Germain, it is part of that consciousness. Merlin represents the transformational energy that imparts the secrets of the alchemical transmutation of the energy of the soul.

The significance of his presence in the work you are doing has to do with his ability to share the secrets of alchemy of the spirit, which is imparted in the energy of the flower essences. The input that he has shared in the creation of the essences helps elevate the vibration of the body so that it is able to make this transformation and will assist those who are ready for the process. Do not underestimate the importance of this connection in the work you are doing.

Who is Quan Yin?

The compassionate energy of Quan Yin (Kuan Yin), the Bodhisattva of Compassion, helps complete this triangle of energy required for this ascension mission. Without the understanding of others as demonstrated in the energy of compassion, the ascension process would be a solitary one. Her energy allows us to join hands and become one as we all lift off for higher realities.

The energy of Quan Yin is a sister energy to that of Mary. While not quite as advanced in vibration, there is a message that she brings that must be heard if there is to become the coming together of souls for the homeward journey. Without the compassionate energy she brings, it is difficult to imagine the oneness of all souls. While never a physical incarnation on earth, she is nevertheless an important part of the felt presence there and can become quite vivid in the mind's eye of those who request her presence. The compassionate energy she brings to the process can help provide the "helium" of recognition that can propel many on their homeward journey.

The Channeling Process

The explanations of Mary and Merlin refer to the physical incarnations of the spiritual energies of these two souls. When they gave up their physical forms, they became spiritual energies that are capable of communication with the earthly dimensions. The same soul energy was imparted to Penelope in the readings for both books. As your concepts of energy expand, we have expanded our explanations that we are sharing with you now. While the concepts of physical beings that were incarnate on earth for recognizable events in history can help some visualize the spiritual beings, they are in fact only energetic beings that have risen to levels in their own spiritual evolution and are now trying to share these energies with a needy earth. The communication you experience with them is like plugging into their energetic circuitry and allowing the current to flow into your awareness. We are able to direct the energetic impulses within your brain to form the words and phrases that help translate the impulses into words on your keyboard. This is the process you call channeling. It is all transference of energy allowing the mind to open to receive the energetic vibrations from a different level. It can come from many different sources but in Penelope's case she has tuned into these higher channels of transmission and is receiving impulses from that level.

The energy Penelope is picking up is from the eighth level. The energies of Mary, Merlin and Quan Yin all emanate from this dimension. When she tunes in to this channel she is able to use this energy to funnel through the filter of her awareness and translate it into impulses on her keyboard. In this unique way we are able to communicate with those we would reach in concrete form that is understandable to most. This process has many advantages and is not subject to the miscommunications and misinterpretations of many who have less clear filters in their reception. The ability she has to bring in the information without the censoring or distortion that many have when they are unable to put aside their egos in the process means that the clarity of the messages is exceptional. The high vibratory level that she is able to reach with the help of the essences also helps remove the static that is experienced by others. Continue to tune into these higher channels and you will be able to assist many in their ascension process.

We are ever concerned in the alchemy of the souls on earth and in assisting those souls to evolve into enlightenment. This is the purpose of the messages and we

appreciate the opportunity to make this voice heard. By sharing this with all who are open to receive, you continue to serve the growth and evolvement of humanity as well as your self.

We urge you to read carefully the coming chapters and begin your own path to ascension so that all may return home, if not together, in subsequent waves of understanding. Begin your own journey to ascension and you will not find yourself left behind when the call comes to Return Home to the Creator.

Go in Light and Love, Mother Mary, Merlin and Quan Yin

Lesson 1 – The Ascension Process

The process you refer to as *ascension* will be a return of the souls who have been incarnate on earth, to their real home with God, their Creator. While on earth they remain part of the school for souls that have been working through many incarnations to raise their vibratory level, so that this reuniting with Spirit can finally take place. In the earth school, you are able to put the lessons of higher wisdom and awareness into practice and integrate them into your reality. They become part of your vibration and help elevate you into higher consciousness.

When you have reached the higher vibratory levels in your evolvement, you will be drawn to reunite with those in spirit who are in service on a higher level. When you are no longer in need of the earthly lessons you came to learn, you will be allowed to shed your dense earthly body and rise above the gravity that has trapped you in the atmosphere of schoolroom earth. You can then rise into higher realms of reality and continue your service there.

By working in the earthly plane now to help raise the awareness of the planet, you will be helping others to share in this vibration so that more may also be elevated. It is as if everyone who is in a submerged craft latched onto a helium balloon and helped raise the craft to the surface of light and awareness. You are all part of the *earth awareness project.* By sharing the knowledge and perspective of your reality with those who are open to receiving it, you will be able to raise the vibration of the entire planet and bring about the ascension process.

In the coming chapters we will be going over the tools you may use to help raise your own vibration and awareness and therefore help to float the earth craft from the depths of darkness into the light. The tool you will find most valuable in the process is the loving energy that is your gift from the Immaculate Heart of Mary. The more you are able to share this loving energy with all you encounter, the more they will be elevated also in the process. This is the message of the New Age – that there is abundance beyond your comprehension for you all if you are willing to embrace all whom you meet in all that you do, with this light–filled blanket of love. This is the "helium" that will help lift you out of the murky waters below into the light-filled presence of God. Sounds quite simple and it is; but it is in the execution that you get bogged down and caught on the snags in the current of life. How difficult it is to show loving kindness to those that have done

you wrong and acted unlovingly to your loved ones and you. It is the balm of forgiveness that will help repair the leaks in your helium balloon and allow you to rise above the snares that would entrap you.

By sharing this loving energy with others on the ascension craft, you help elevate them also. Join hands with them so that all may reach the surface together. It is time now to begin the process by consciously sharing *Mary's Gift of Love* with all you encounter. By taking the next step of forgiving all who have wronged you, or those with whom you share past hurts, you begin to cut the shackles that bind you to this earthly plane and open your heart to the helium of love that will lift you over the rocks on your path.

Working with the Lessons

Find one person who has wronged you in the past and let them know that you forgive them.

What happened and how did it make you feel?

Lesson 2 - Formal Commitment

The road to the ascension can be one with many joyous events if you are willing to open your heart to the exciting possibilities that lie ahead. You will be able to experience a renewed sense of excitement as you follow paths that you know are for your highest good and evolvement. Begin by taking the first step of commitment to the journey that will lead you Home. This can be a silent vow to the process, or you may wish to create your own ceremony of commitment. You need to state your intentions clearly in *your own words,* which might include something like:

> ***"I hereby dedicate my life to the journey home to the Creator. I affirm that all of my actions shall be a reflection of my highest concept of what it means to be loving in all that I do. I agree to let go of all fears, hurts, and resentments that would separate me from becoming one with others and thus separate me from a loving God. I dedicate myself to helping raise the vibration of mankind one person at a time through my loving example and through the loving actions that I shall mirror to all I encounter. I intend by my example, to help pave the road so that others may follow and share in this ascension process. It is my charge to help raise the vibration of my fellow man so that all may return Home together."***

By making a formal commitment like this, you are creating a contract with the Divine to book passage on the return journey. Perhaps you would like to sign it and post it where you will see it on a daily basis to help remind you that this is the high road you have chosen and help guide you on this narrow path. Any time you are tempted to stray from the road you have chosen, you will receive a gentle nudge to return to this path of enlightenment.

Following the formal commitment to the journey you may require an attitude adjustment. It is easy to feel superior at first, knowing that you have made the "sacrifice" to act in a totally loving manner in all that you do. But this will only lead you down a slippery slope. A loving consciousness must become second nature to you where all other possibilities are set aside and are no longer part of

your reality. When you are able to truly feel loving in all that you do, regardless of the provocation or situation, then you will be ready to continue the ascension process.

The challenge to living a life full of loving awareness comes in the living. It is easy to feel loving to all in quiet prayer and meditation. The real challenge comes in traffic where others are behaving in a less-than-loving manner, in settling squabbles between children or adults and other times when life does not seem to be treating you lovingly. It can help to raise your perspective by trying to imagine what it must be like for God to observe that despite all the directives you have been given to "love your neighbor as yourself" you still find ways to cause hurt to others. If you are able to maintain that higher, totally-loving perspective, you will be able to see the folly in conflict. By realizing that you are all indeed one and that by holding grudges or resentments against another affects you also, you will be able to put aside these petty disagreements and come to a solution that honors the position of both parties.

This is not to say that you will always be able to reach an agreement that satisfies both parties. Since many are still mired down in beliefs about scarcity and fear, they may not be willing to see the common good in reaching a mutual agreement. For them, the only way of resolving the situation may be for you to restate their concerns and positions in a loving manner so that they know that they have been heard. You can then state why you are taking the position that you believe is in the highest interest of both parties. If this is lovingly presented, without recrimination or malice or making the other person feel as anything less than an equal partner in the decision, you will begin to create a spark of recognition in them that can grow into a greater awareness as they reflect on the loving integrity of your stand.

Coming from love does not mean being a pushover or pushing others over. You must be able to understand and state the reasons for your actions in the most loving and inclusive way possible. When you understand that love must include the unlovable as well as those with whom you are in total harmony, you will begin to see the real challenge of the situation. Coming from love in all that you do requires immense courage, which you all possess, to stand up for those who are not yet strong enough to find their own loving voice. It requires that you see

clearly the most loving way to handle a situation and have the courage to act accordingly.

If you realize that you have the total support of an army of angels, spiritual teachers and guides that can help you with not only the reasoning and decisions but also the execution of these difficult decisions, you will find the strength to buck the tide of fear and weakness that many let themselves be caught up in. *The antidote to fear is love* and the more you can come from this higher position the more you will feel the armor of invincibility that only the truly loving can know. Cloak yourself in this loving vibration and you will be able to shine through the darkness and lead others into the light.

Working with the Lessons

Make your own Commitment Statement.

Tape it to your bathroom mirror so that you can read it every day.

Lesson 3 - Loving Awareness

Loving awareness is just that – being aware of making love a central theme in your life. It is this loving perspective that will help change your actions to reflect this new paradigm. When fear is no longer part of your reality, you are free to walk a path full of the loving energy that surrounds you. We have given you the gift of this energy in the *Mary's Gift of Love Essence* which helps raise the vibrations of the body so that it is more receptive to experiencing the loving energies. This will help tune the energy systems of the body to this higher vibration so that you can perceive situations from this higher, more loving perspective.

Living in an atmosphere of Love means that everyone you encounter has a loving message for you, even if you are not able to perceive it at first. You are all your brothers' keepers in that you all share the common goal of ascension. If you are to raise your own vibrational level, you must be willing to help others raise theirs also. This may seemingly fall on deaf ears but it will plant a seed that can grow into greater understanding within them. The more that you are able to let your light from within shine on others, the more you will spread this light-filled awareness around the globe.

It has been said "greater love has no man than he who gives up his life for another." This is only part of the story for you never give up your life when you sacrifice your earthly bodies so that others may live. It is in this ultimate act of selflessness when you let go of your own ego that you are elevated to even higher realities. It is the ego that is the heavy weight that keeps you earthbound. The more you can see the larger picture and minimize the egocentric desires that anchor you to the third dimension, the more you will be able to ascend into higher levels of experience. The conscience that sits on your shoulder and helps you decide between "right and wrong" is but a subtle reminder of your true divine self that you allow the ego to obscure. By taking the elevated perspective of loving awareness, you can see through your motives and choose those that are lovingly directed for the higher good of all concerned.

Loving others as yourself means being able to love yourself as well. Since you are all part of the divine body of God and images of that divinity, to be less than loving to yourself is an affront to that divinity. Unless you are at peace with yourself and the earthly body you occupy, you will find it difficult to see beyond your own reflections in the mirror. Self-love is being able to see your own divinity and acting in a manner that reflects this reality. If you act in a way that dishonors this vision, you will not be able to make the connections that will allow you to graduate to higher realities. While this may be a hard lesson for some, it is crucial that you first find that love within yourself before you will be able to reflect it to others. If God can love you unconditionally, do you not indeed deserve to treat yourself accordingly? Begin by treating yourself with the love and understanding that you would like to receive from others and this will soon be mirrored to those you wish to love you in return. People are drawn to those who are loving and kind and if you make this your reality, those who wish to share this healing balm of acceptance and unconditional love will soon surround you.

Loving awareness must extend beyond your own neighborhood and into the universe. If you are to be truly loving, you must be willing to accept those who do not share the same advantages and awareness that you do. The missionaries show their loving kindness by leaving the security of their comfortable homes and putting their faith to the test in remote corners of the world. Finding paths in which to serve the world consciousness is indeed a way that you can put this loving kindness into action in a very real way.

The world is dotted with many sparks of light, that if kindled with loving actions, can become the flames of inspiration which can ignite a groundswell of awareness. By nurturing and fanning these small sparks, you will add your fuel to the flame that can bring forth the hidden memories of those still within their cloud of darkness. As more and more are able to emerge into the light, they will shine the light of awareness into hidden corners around the globe. Imagine these sparks coming alive all over a dark planet until they are able to shine in the darkness and light the way for others. Make a commitment to begin to ignite the spark in others and you will be demonstrating the loving awareness that is the first step up the ascension ladder.

Working with the Lessons

Write a love letter to yourself stating all the things you like about yourself and why you think you are a person worthy of that love.

Tape this to the mirror also if you need reminding.

Lesson 4 - Spiritual Knowing

The next skill that you must master if you are to ascend is *Spiritual Knowing*. When you have inner certainty that the actions you are taking are on your spiritual path and are part of the divine order, it is easy to stay on the path and not be sidetracked by indecision. While true spiritual knowing is indeed a gift of spirit, there is an inner knowing that can come from attunement with the higher forces. Much of this inner knowing will come as you surrender the ego and view events from the higher perspective. It is the loud voice of the ego that prevents you from hearing the still, small voice within that whispers the higher messages. Learn to turn down the volume on the ego channel and you will be able to pick up the messages that are there for you to receive.

How can you learn to hear the voices from within and *know* that they are the true voice of God and not just tugging from the ego? It might be helpful if you first learn to sit in meditation or attunement with higher realms and allow the peace and wisdom of the silence to clear out the cobwebs of illusion. When you are clear and at peace with whatever outcome is presented, you can begin to sort out the options from a higher perspective.

Much of spiritual knowing comes from experience in traveling on the higher roads of awareness. If you habitually fall into the ego traps that pull you down into less elevated routes, you will have trouble discerning the higher paths that are less obvious. It will take a concerted effort to let go of the illusions that cloud your perspective so that you can see clearly the higher roads you must follow.

There are many illusions of reality and of your own power that prevent you from seeing clearly the possibilities of your own experience. If you believe that you cannot fly – you will not be able to fly, for this is the reality you have created through your beliefs. However, if you were to change your beliefs to something that allows you to soar out of body and *fly* in another form, you are able to change your reality through your beliefs. If you can envision it, you can create it. If you are able to discard the limiting illusions by which you define what is and what is not *real,* you are free to experience many new worlds.

Knowing something is *true* comes down to being willing to expand your concepts of reality and trusting in a limitless universe of possibilities. When you allow this helium of knowing to fill your being, you are free to explore new realms of reality. Being willing to set aside what you "know" and open up to endless possibilities cuts the cords to earthly experience and earthbound realities.

An exercise in expanding your perceptions of reality might be to sit quietly in a meditative state and begin to bring into your awareness a large helium filled balloon that you enter. As the basket leaves the pull of gravity you drop one by one the sandbags that have kept you anchored to the earth. Look at the lettering on each bag as you drop it and note the things that are preventing your ascension. These are the "realities" that are keeping you earthbound and you must let go of these if you wish to ascend.

Learning to trust your own *knowing* comes down to being able to weigh and discern whether a situation or a decision is coming from a truly loving perspective or if there is an element of fear involved. For something to be coming from a high spiritual perspective it must be loving in nature. If this is a lesson you must learn for your evolvement, there must be a commitment to operate from a loving perspective where you are able to let go of your fears and move forward. If you are to grow in loving awareness, you will *know* that this is the path you must take to move through this lesson in the highest manner, even if it is not the easiest. Being able to evaluate your decisions in this higher perspective of love helps you elevate them to develop a spiritual *knowing* and these actions will become automatic.

Working with the Lessons

Sit in meditation and visualize your helium balloon of awareness.

What are the sandbags (realities) you must let go of before you can ascend into higher consciousness?

Begin letting go of these limiting concepts in your life

Lesson 5 – Possibility Thinking

In spiritual knowing, you are able to develop an inner trust that what you perceive to be true is indeed a physical certainty. This may differ from what is perceived by others to be "scientific fact," for the so-called science of your planet is still evolving in knowledge and is at best incomplete. As more things are learned on a scientific level, more will be added to that body of information now considered to be paranormal. Scientific information at this time is something that can be proven and replicated under controlled conditions with predictable results. Much of inner knowing comes from higher inspiration and has not been replicated in a laboratory, though its integrity may be just as valid.

When you are open to accepting such unproven truths on faith alone, you cross the threshold into expanded thought and greater *possibility thinking*. It is when you move beyond the "known" and reach across the threshold into the *imagined* that you begin to open the floodgates of abundance. When you *know* that you can create something, you make this your reality. By letting go the fear of the unknown, you remove that limitation and anchor from your reality which allows you to soar into other realms of possibility. If you think that you cannot channel your higher self, you will probably be unable to do so until you remove your negative thought patterning. Believe you can and you will indeed be able to because this is your new reality.

What is real? It is what you believe to be real that defines the parameters of your thinking. What you *know* to be true is a function of this delineation and can be expanded by your dreams. It is in the dream state that all things are possible and there are no limits on your imagination and how it can lead you into unexplored possibilities. If you allow the inspiration of your dreams, in which you are free to explore and test other realities, to lead you into a more expanded waking state, you allow the imagination to be your co-pilot into uncharted waters of new possibilities.

Flights of fancy begin in the imagination. Many of you have been afraid to let loose this unwieldy part of your personality for fear of being unable to put the genie back into the bottle. When you let your imaginations run wild, you run the

risk of not conforming with society and what it defines as "real". But which *is* reality? The imagination is the clay from which reality is formed. If you are unable to move beyond the "known" and allow your imagination to form new possibilities, you will be held back in the gravitational pull of the earthbound and be unable to soar into higher dimensions. Letting go of the fears that bind you into earthbound realities gives you the wings to fly higher and higher in your experiences.

What you know is what you have experienced and what you believe to be possible. It takes a great deal of faith to know that something is a reality without having actually experienced it. Knowing may come from cellular knowledge of having experienced something in a previous lifetime. Knowing does not have to be part of your conscious memory to ring true today. You all have vast memory banks that contain experiences of many previous lifetimes that help feed your perceptions on a subtle, subconscious level and contribute to your overall perception and knowing of a situation. When you allow these *gut feelings* to surface and help shape your perceptions, you are allowing lessons from past incarnations to be integrated into your present realities. These can help you to move forward and integrate what you have experienced and learned into your current perceptions of what is real.

Working with the Lessons

On a separate sheet make a list of the things that you have done to limit your growth. **Burn it.**

Now, make a new list of things that you are creating for your new reality. Post it on the mirror if you like.

Begin creating this as your new reality.

Lesson 6 - Compassion

The lesson of compassion is being able to recognize the divinity that is inherent in all, and to awaken your own sense of divinity in dealing with those you encounter in schoolroom earth. As you draw closer to the Divine, you are able to tune into the pain and longing of others on the path and long to share their burden. There is a fine line between helping others realize their own ability to lighten their load and taking on the burden for them. While you may be cognizant of your own power, you may not yet realize your power to inspire others to their own self-realization. Part of your own growth process is to share your knowledge and your perspective with others without giving away your power or taking on the lessons of others. Being able to come from the heart and baring your soul by sharing the struggles you have gone through to come to your current position of self-realization, will do much to empower those whom you would seek to comfort.

Being an embodiment of compassion will magnetize those to you who are in need of such a perspective. When you create a vacuum of something, nature accommodates by filling that vacuum. Those who are drawn to this higher vibration will be searching for ways to incorporate it into their lives. You must be ready to share not only your experiences but your empathy and healing energy to help them also realize their own power to transform their lives with compassion. Perhaps you might begin by drawing them into meaningful conversation so that you may better understand what exactly they need to complete their own puzzle of understanding. Realize that in order to receive this information from them, you must be willing to share a few pieces of your own experience for them to feel safe enough to expose their own areas of vulnerability to another. It is in this uncritical exchange that you become one with this fellow traveler and are able to elevate each other in mutual understanding which beckons forth the healing balm of compassion.

When you are one in understanding, this leads to empathy and then compassion. You then begin the process of healing and elevation to a higher vibration. When you are able to set aside your own prejudices, hurts and anger and feel the pain of others without condemning their lack of understanding, you are able to touch their soul with the light of forgiveness and become a conduit for the loving energy of God. Demonstrate through your compassion the greater love of God that is

flickering within your soul, despite the negativity that may surround it. By fanning this flame, you cause the brightness of its glow to drive away the shadows of evil. While it may take much effort on your part to come to this higher position of compassion, the inner peace that you will receive from this very act of mercy and compassion will become a raging bonfire of hope and vision to those with whom you would share this heavenly gift.

Bringing the vision of a world ruled by the twin flames of love and compassion into your reality is one of the greatest gifts you can give yourself as well as others. Be an example to others who are struggling with these concepts, when they are confronted with the hard lessons of life. This will form a holograph for living in the higher dimensions for them to emulate as they forge their own paths to the ascension. The more difficult an object of compassion is to fathom, the more remarkable will be the example as others begin to make sense of the process. It is easy to empathize with those who share similar values and concepts. How much harder is the task when the object of your focus comes from a background dissimilar to yours, professes different values or has committed some evil act? Are not these children of God also worthy of your love and compassion? If you would reshape a society into the image of a loving world of compassion, you must first begin by finding this love and compassion in your own heart.

We are not suggesting that you should hold those who have perpetuated acts of evil blameless for their deeds. If you are truly interested in transforming your life and making amends for past transgressions, you must be willing to own your past mistakes and make amends for their injury to others. Righting the scales of karma on this dimension or on the next, must be done before you can incorporate the message of the lesson. Dedicating your life to repairing the damage you have inflicted upon others by your unloving acts is the first step to erasing the slate and graduating onto higher truths. If you are not willing to own up and make reparations for your actions, you will need to repeat the lesson until it becomes part of your new reality. Being able to show compassion for the victims of your unloving acts is the first step in rebalancing the scales of your own learning process.

Use these hard lessons in your earth school to shed the light of love and compassion on the seeming senseless acts of violence and retaliation. This can

begin to lift the fog of misunderstanding that separates you one from another and bring the higher vibrations of love and compassion to the world.

Go in Light and Love and Compassion, Mary and Quan Yin

Working with the Lessons

Do you know one person who is beaten down by the lessons of life? **Begin a meaningful dialogue with this person, sharing some of your own hard-won lessons without condemning them for their actions. Begin to build a supportive relationship where you will feel comfortable sharing your own truths without preaching to them.** Mirror the higher vibrations of love and compassion in all that you do and allow this to be the healing balm that will elevate both of you in the process.

What are your observations and how does this make you feel?

You may find the energy of the *Mary's Gift of Love Essence* or *Quan Yin's Gift of Compassion Essence* to be of help in this process.

Lesson 7 - The Vision of Possibilities

When you know the path that holds the highest purpose and choose to take the one that seems the easier route, it only prolongs the lessons you need and makes the journey even harder. While the higher road may seem more difficult, it is frequently the easier route as the *seemingly* easier one is usually full of potholes that must be traversed just around the bend. By assuming the choices that you know are in your highest interest, you make the commitment to taking the shortcut to the ascension.

Since you all possess the free will to make the choices that direct your journey, you are free to choose to opt out of this process at any time. Only those who possess the vision of the higher realms to which they aspire will be motivated to continue the ascent. By keeping this vision of the carrot at the end of the stick, you will be able to stay the course even when the lessons become more difficult and the end seems very far away. It may be helpful to reread your commitment statement and ask for assistance from those who can help guide you through the times when you seemingly lose your vision of the road ahead. Do not be afraid to ask for help when the going gets rough. There are those in the wings who are your biggest cheering section and they have roadmaps that can help change your course and point out more direct routes in the process. This is, after all, a team sport in which all can cross the finish line together, so learn to rely on your fellow team members for support.

Being aware means being in tune with the opportunities for growth and awareness of higher dimensional possibilities. Knowing that something is possible is the first step in manifesting this situation. When you are aware that something is possible, you summon forth the energies of the cosmos and help focus them toward the creation of that form. You possess the power of creation and manifestation when you are willing to use the focus of your awareness in the creation process. The more you are willing to supply the focus, the greater will be the energy that is necessary for the manifestation.

We are not speaking about merely being able to manifest the things that you desire in a physical sense. When you are aware of the path that you are following

with the goal of ascension, you help create the lessons required for your growth. By being an active participant in this process through your continued focus and awareness, you help bring together the energies required to create the paths that you are to follow. It is as if you send out invitations to all that you would like to bring together to help teach you what you need to find your way on this upward path to ascension. At the same time, you are responding to the invitations of others to join in supplying the things they require for their journey also. By being aware of the process, you are able to recognize these opportunities for each other's growth and work together for the mutual goal of ascension.

Synchronicity is the reality of the ascension process. You will be aware of the events that bring you together with others of like mind so that you may supply the missing pieces to each other's puzzles. Out of the blue, others will be brought into your life through seemingly "random" occurrences that will be there at the exact time and in the exact way that lets you know that this event is divinely orchestrated. There are no random moments.

If you are on the path you require, these messengers of light can be expected to supply the things you need when you need them. The synchronistic events or information will always be there if you are aware of this phenomenon and are ready to act accordingly. This is the new paradigm.

Working with the Lessons

Call a meeting with all your angels, teachers and guides.

What are the specific things you are creating in your life and your awareness that you would like help with?

Be receptive of the synchronistic things that come your way.

Lesson 8 - Positive Energy

When you know something is indeed true, given your level of understanding, you receive a positive energy signal associated with this truth. This is the positive energy you can tap into if you wish to use the tool of kinesiology to help read the impulses. The positive energy flow to the body can be read in several ways that identify the energy as being either positive or negative. The more you are able to verify this positive energy throughout the day in relation to specific situations you encounter, the more accustomed you will become to sense these positive aspects of energy and become attuned to its vibration. The negative situations will have no magnetic pull on your body and you will not be drawn to experience things that do not carry a positive vibration. When you are attuned to the positive energy that surrounds you, you will begin to experience the knowing that you associate with higher consciousness.

Part of the ascension process involves becoming aware of the positive and negative charges associated with all activities. Being able to see things from this perspective and assess whether it is beneficial to spend your time involved in activities that carry a negative charge, or choosing to engage in activities of a higher vibration, helps to keep you on a higher path and moves you quickly along the superhighway to ascension. Though time is never wasted for there are always lessons to be learned in every situation, if ascension is your goal time would be better spent engaging in activities that carry the highest vibration possible.

When we speak of the vibratory rate of a situation, we are speaking of the positive energy frequencies associated with the activities. Some activities that cause participants to reevaluate their position in terms of evolving into higher consciousness contain a very high vibratory note. Others that play on the qualities of fear and intimidation and do nothing to elevate the awareness of the individual or bring them into harmony with others, carry very low vibratory notes. It is in aligning yourself with those on the higher end of the scale that you not only increase your frequency of vibration but help others to also hear these higher notes on the scale that beckons them forward in a less audible fashion. The more you are able to make others aware of this distinction so that they too can make decisions based on the positive and negative vibrations of a situation, the more

you will be increasing awareness on a broader level which can help elevate the whole. The more you are able to speak up and make this process known to others, the greater will be their awareness. This can influence their conscious decision to discard the activities that bring down the vibratory level of the group soul.

When we speak of group soul, it is the collective consciousness of those sharing humanity's raft as it attempts to navigate the waters of consciousness. If you are able to raise the consciousness of others, it adds more boyancy to the craft and helps lift you over the snags on the journey that would threaten to ensnare the others. Helping to raise the level of consciousness of others by sharing your truth without recrimination or judgment allows them to come to their own conclusions and know what is the highest truth for them. When you are able to step forward boldly and proclaim that this is the right path for you, many others will be encouraged to examine their own truths in light of this newly found insight and rechart their own courses accordingly. *Communicating Your Truth Essence* may be of assistance if you are experiencing reluctance in making this statement to yourself as well as others.

Bringing the light of knowledge to others and rattling the cages of those who have sealed themselves off from the knowing of their higher self can be a tricky business. The reason they have bolted their doors to further growth and awareness is often that they fear that all their "realities" may evaporate and they will be left in thin air with nothing to support them. If all they believe is a lie, how will they perceive this new reality? It is sometimes helpful to point out only the things that you share as common beliefs to give others a foothold or lifeline to grasp onto before they will be willing to let go of things that are no longer buoyant. Rather than holding steadfastly to a sinking ship, they may be more willing to accept the lifeline of truth if it is lovingly given and they can feel some sense that this is part of a truth that both share. There are usually many more things that you share in common with those holding outmoded beliefs than the things that separate you. The more you are able to work with the positive vibrations of commonly held truths, the more you will be able to assist misguided souls to make the leap of faith and accept your lifeline of love.

Working with the Lessons

Learn a new skill for reading the positive and negative energy of the body such as kinesiology (muscle testing - see appendix page 234) or pendulum dowsing. Use it throughout the day to test for the positive energy in a substance or situation.

What are your observations and comments:

Begin using this new skill in your life.

Lesson 9 - Freedom

When we speak of freedom, we bring up the core issue of free will and how you are able to utilize this power in directing your life and your evolvement. When God created man, He made him master of his own destiny through the power of free will. He bequeathed many powers, but the greatest of these is man's ability to chart his own course in evolvement. When others try to subvert the will of God by attempting to disenfranchise this power, they jeopardize their growth and understanding in the process. Each soul is responsible for its own evolvement and growth. When you choose to do things that are not in your highest good, you are the one to suffer because of the choices you make. When you keep others from reaching their highest potential, you take on the negativity of their karmic lessons for yourself.

Karma is the scale by which you measure what contributes to your growth and evolvement and what impedes this progress. When you act in ways that do not reflect this higher purpose, you tip the scales in a negative attitude and must then act in ways that help correct this balance. Think of your actions as balancing on a tightrope of experience. When you allow the bar to droop too far on the negative side, you must either make a positive adjustment or lose your balance and have to start over. By keeping your desires in perfect balance with those of God's, you will be able to navigate this narrow path and ascend the incline to evolvement and growth.

If you are to be truly free, you must let go of the weights of negativity that keep you from experiencing this balance and awareness. The more negativity you allow to become part of your life, the more you threaten the balance of your life and the more your ascent is stalled in the lessons of your soul. Negativity threatens to upset the balance by allowing the fear side of your balance pole to dip precariously and dislodge the love that is balanced on the other end. These are the two weights that you are constantly balancing within your life. If you are able to move the fears closer to your awareness, they become merely cautions. Pull in the infatuation end to become admiration and respect, and you will then begin to steady your balance and are less likely to be thrown off by the wildly fluctuating emotions at the ends of your balance pole. In maintaining this steadying awareness you can navigate more easily through the currents ahead.

Freedom of the spirit means that your will is allowed to float at your discretion as the holder of the string of life. If you are unable to hold onto a long tether, it will bounce around in the winds of inspiration and never find a calm anchor on which to tie up to and explore in depth. If you take such a mooring and explore the things that experience can teach and gather the provisions of knowledge, you will be better able to cast off when the time is right to explore farther shores. It is this resting, restocking, and processing of the lessons that give you fuel to continue the journey into greater experiences. The beauty of the journey can be in the savoring of each port of call rather than staying in the deep waters and taking a direct route. Without the side journeys to explore different realities, the journey can indeed be dull and sterile. Be willing to take the side trips that come along and you will be able to continue your journey with the experiences and insights you require to complete this scavenger hunt of life.

Working with the Lessons

Draw a fulcrum line with love on one end and fear on the other.
Below it list your activities or attitudes under the side that reflects your current position.

LOVE_____**FEAR**

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_____^_____

_____^_____

_____^_____

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What can you do to obtain the balance you require in your life?

If you were free to do what your heart desires, what would you change in your life?

Begin making these new perceptions part of your life.

Lesson 10 - Working in Harmony

Today we would like to talk about working in harmony with others. Part of the challenge of schoolroom earth is bringing the vision of your higher purpose into the reality of your everyday life. It is good to be able to recognize what you came here to do - it is entirely another process to put it into action.

Communicating Your Truth It is a worthy ambition to realize that you are supposed to teach higher truths, but it is a much greater commitment and challenge to figure out how you are going to accomplish this. Phrasing your truths in a manner that strikes a chord with those who are looking for their own message, requires a great deal of dedication and understanding of the needs and mental abilities of those with whom you are attempting to share this knowledge.

When you let your ego overpower the truth of your message, you lose those whom you wish to elevate with your thoughts. To be able to communicate your truths with others, you must be able to understand not only their thought process but also what they are looking for in the way of answers. Speaking profound truths to the uneducated may be your desire, but if they are not capable of understanding them or putting them to use in their own lives, it is merely an exercise in pointing out your superior knowledge and will fall on deaf ears. To be a communicator of truths, you must be able to shed your pretensions and superiority and become one with those you would reach. It is through the equal sharing of information, where you receive feedback and insights from those you seek to educate, that both will be raised in the process and true communion of spirits will occur.

If you are to truly serve others, you must be willing to put aside the trappings of the ego that would place you above the other. True empathy is reached when you can easily envision yourself in the other's shoes and begin to see life through their eyes. By becoming one with your neighbor, you are then able to fashion a prism to view the higher truths that you wish to share with your partner in learning. Being able to communicate this oneness with all is the mark of a true teacher of life.

Loving Kindness - Learning to let loving kindness flow freely into all your encounters helps keep you one with the process. It is hard to turn off the loving thoughts that you are showering on the other if they are given in sincerity. It is like a steady drip, drip, drip of a faucet slowly wearing down the hard exterior until the soft loving interior is allowed to shine forth. By being loving and persistent in your charity to others you will not scare this inner spark away and will eventually cause it to grow and shine on its own. Be willing to take the time and show the "unlovable" that they too are worthy of God's grace and you will bring about the transformation that you seek.

Joy – Joy is the spiritual equivalent of happiness**.** Joy is but one of the rewards of living a life in higher awareness. When you allow joy to become your reality, you will cease to be overwhelmed by the everyday occurrences that test your faith. *By consciously affirming that you believe life to be joyful, this can become your reality.* By learning to view all events as steps up the ladder to your evolvement, you are able to create a higher perspective that gives a higher vibration to your activities. The more you raise your vibration, the less strife you create for your learning and the more joyous life will become. The more you are able to let go of the hurts and annoyances others give you for your understanding, the more you will rise above these lessons and graduate to a more evolved perspective on your ladder of growth. If you learn to "not sweat the small stuff," you will realize that it is indeed *all* small stuff that is there to provide you a step up to the higher perspective you seek.

Abundance - Part of *Creating and Accepting Abundance* is your willingness to let go of limiting thought patterns. It is only the fears that you harbor about the scarcity of God's loving abundance that allows you to create the lessons you need to teach you the fallacy of this assumption. When you come from a higher perspective and truly believe in the justness and abundance of the universe, then you will be able to take off your blinders of fear and see the richness that has been there all the time, waiting for your awareness. When "if" is no longer part of your vocabulary, you *know* that you will have all that is required to learn the lessons you need. As you continue to grow in love and awareness, you can emerge from under the cloud of fear and doubt that helped keep you trapped in a fog of illusion. The first step to moving out from under this cloud of delusion is to

change your thought process and therefore change your reality to reflect this new awareness.

Awareness - Being aware means lifting the illusions that cloud your vision and perspective on life. If you fear the lessons that would help move you upward on the escalator of thought, you will continue to create more of the things that bring home the points you are refusing to accept, until things become so obvious that you can no longer ignore them. If you can examine every minor "setback" for the lesson it contains for redefining your truth and reality, you will remove this speck from your eye before it becomes a log. In this way you are able to keep the balance you require as you navigate the tightrope of awareness and move more easily into new realities.

Realities or Dreams - Learning on the earth plane is easy or hard, depending on the resistance you have to higher concepts. You are your own worst enemy when you categorically dismiss something because it does not fall within the realm of your present reality. It is difficult to envision some things that are not part of your current or past life experiences, but if you really are to leapfrog over earthbound concepts, you must be willing to let go of the solid ground of the "known" and open yourself to the possibilities of greater realities. When you do so, you remove the walls of your known universe and allow the possibilities of other realities to plant their seeds and grow in your new garden of opportunities. If you are willing to push the envelope of thought and allow these dreams to expand and blossom, you begin to create an expanded universe where all things are possible and real and there are no limits to your abilities.

Nurturing your dreams is one of the ways you grow in awareness on the earth plane. If "A dream is just a wish your heart makes," then dreams become the incubators for birthing the soul purpose you came with. By listening to the messages of your dreams and giving rise to the possibility that these are the realities that you seek, you help transfuse them with the energy you require for manifestation in your reality. When you discard the notion that dreams are the Disneyland of the mind and the waking world is the only true "reality", you free yourself to take the inspiration from your dream state and create the realities that you desire. While the inspiration may not be literal, it can help provide the metaphor for the journeys your heart longs to take without the distractions of your

mundane life. Listen to the themes of your dreams and you will begin to envision the direction you must take if you seek the shortest route home. Keep a pad and pencil by your bed and begin to record your dreams before rising. What are they trying to tell you about the reality you are trying to create?

Knowing - Knowing which path holds the highest vibration, and therefore the greatest energy for your journey, can be a time-saver as you strive to wrap up the loose ends on your ascension journey. Many have heard the call of the trumpets from on high and have made the commitment to follow this path to growth and service. Knowing the shortest route and where the pitfalls are that would ensnare us, can be important if you wish to complete all your lessons by the nearing date. Be willing to study the roadmaps we will be providing. This should assure that all who are ready will hear the final call and be able to muster the legions necessary to make this trip home possible. Welcome aboard for a fantastic journey into the Light and Love of God.

Working with the Lessons

Review the previous sections in this lesson. Which attributes or qualities do you feel you need to work on the most?

How can you best implement these ideals in your life this week?

Begin creating harmony in your life.

Lesson 11 - Free Will and Joy

The free will you have to do as you wish and to believe what you like does incur its consequences. While you are free to explore many facets of reality, there is but a narrow path that leads you back to God. Finding the narrow path can be quite tricky if you do not have the commitment to come from the most loving position in all you do. If you take time to evaluate each decision for the most loving alternative, you will find the decisions to be relatively easy and the signposts clearly marked on the road to ascension.

The freedom to explore all of life's options and opportunities gives you the ability to grow in many ways. You are all free to make as many "mistakes" as you wish until you discover that the only things that give real peace and joy are those that are on your higher path of service. The freedom you have to explore the side roads of life that may be alluring often leads to the disappointments that help shape your perceptions of reality as being unjust or fearful. This is the reality that you have chosen to create to help teach the lessons you require. By redirecting your focus and making decisions based on the amount of loving energy they provide, you will be able to step out of this circular rut and ascend the escalator to higher realities. This is exercising your free will to make the changes you require for growth and understanding.

True joy is your birthright when you are able to let go of the need to control all the facets of your life and turn the reins over to a loving universe. In order to make this leap of faith, you must first know that the universe is indeed just and that all events are for your highest good. Seeing the ultimate lesson in a seemingly undesirable result helps bolster up the perceptions you have on the infallibility of Divine law and that it all will be for the highest good of all concerned. Being willing to abandon personal desires in favor of this all-knowing conductor will help you book passage on the upward express.

Joy is the hallmark of a natural state of grace. There is a peace and sense of fulfillment within the aura of joy that becomes one with you when you decide to make joy your reality. When you expect to find joy in taking the higher path, you will not be disappointed, for many of the higher, more difficult lessons will be

unnecessary when you leapfrog directly to this higher path. By using the stepping-stone of faith and creating your reality in this image, you can take an advanced course in ascension without having to take all the minor tests of experience. It has been said that "faith the size of a mustard seed can move mountains," and this is indeed true. It is when you have the faith required to know that something is not only possible, but probable, that you help create this reality. Use your faith in the Divine goodness of all reality and that is what you will create. Help claim this joyful reality for your own through your faith.

Your awareness of the power you have to act as a co-creator in manifesting the things you require for your growth will help make these things possible. By your faith in the process and the reality of being able to manifest all you need for your growth and sustenance, you make it so. When you let fear enter into the process, you in effect turn off the faucet of manifestation by creating the reality of scarcity. When "if" is no longer part of your reality, so should be "can't". When you eliminate the negativity of these self-fulfilling prophecies from your vocabulary, you begin to create the mindset in which all *is* possible. Make your new reality that which you desire through your free will to create it as you imagine.

Meditation

Begin by going within and finding a place of quiet calm free from the distractions and demands of others. Find a quiet corner of this inner room to act as an observer of a council of higher souls. Objectively listen as they discuss a situation in your life that requires a decision on your part. Listen to their arguments and pay attention to the alternatives they offer. Be willing to discard the things that do not come from this loving perspective. Allow this council to be a model for the decisions you make in your life.

Working with the Lessons

Is there a situation within your life that requires a decision on your part?

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Which path of that decision has a more positive and loving feeling? Which has more joy associated with it?

What things do you tell yourself that limits your growth?
On a separate piece of paper, write:

I can't do-------

Because---------

Fill in the blanks. **Burn the piece of paper**

Below list what you wish to create for yourself to rekindle the joy in your life.

Do it!

Lesson 12 - What Is Truth?

In communicating you truth, you need to be clear about what truth is. Is it what society deems to be "true" or is it Universal Truth that concerns a greater reality? If you are confining yourself to the small box of society's truths, you limit your concern to the things you believe to be true within that narrow context. If you are willing to open the larger boxes that surround the small box of your experience, you will be introduced to greater realities that can expand the scope of your awareness. As you are able to handle more and more glimpses into the vastness of the galaxies and how all are interconnected, you begin to put together more pieces of the puzzle and the small boxes of your "truth" will dissolve as you expand in knowledge.

If you wish to move beyond your known reality and allow a greater reality to become your truth, you must begin by availing yourself of the gift of meditation. When you allow the still small voice within to become the truth of your reality, you open up many more doors of experience than are visible to the conscious mind. This will help quiet the voices that would drown out earthly distractions and bring you into your own quiet place of inner wisdom. By lifting the fog of distraction, you are better able to see with your inner eyes. You can then quiet the mind and move into this place of higher awareness to envision the perspectives you need to increase your inner vision. The truth you can see from this inner vantage point is the truth that you must communicate to others. If you have trouble creating this quiet inner space in which to view reality, you may find it helpful to incorporate the use of the *Going Within Essence* into your routine.

When you are comfortable with the truth you see from your inner vision, you are then ready to begin operating from a position of total honesty, where real communication begins. When you are still operating out of fear, you will be unable to let go of the reins of the ego which prevent your perceptions of truth from surfacing. It is only when you open yourself to vulnerability by exposing your true feelings that you strip away the pretenses that prevent your inner radiance from shining forth. As long as you hold back in your armor of self-protection, you will be unable to share the truth of your radiance with others.

We do not mean that you should speak uncensored to all you meet without regard as to how the information may be received. You must be sensitive to the perceptions of others. If they are beginning to open just a crack to the higher understandings, it would be foolhardy to overwhelm them with everything you believe to be real and cause them to slam shut their doors when they are hit with the reality you present. It would be better to drop in small tidbits of information and shared truths that would eventually cause them to inch out into the light of the new realities and begin to question their own perceptions as you are able to engage in a dialog of honesty and trust. This is what communication is all about. *Communicating Your Truth Essence* can help you begin this process in an honest, loving manner that others will be drawn to receive.

Learning to hand-feed information to others and giving them time to assimilate the realities is a very effective way of coaxing them out of the confines of their box of small truths. When you have the patience to respect the realities of others and not impose more of your truths than they can comfortably absorb, you honor them and their search for truth in a loving manner. As you develop the trust they require to let down their barriers, you will quietly and respectfully share the things that you believe to be true for them to contemplate. Inch by inch, they will be able to let go of their outmoded beliefs and choose to draw their own conclusions about truth and reality. Do not be as the fundamentalists in proclaiming your truth to be the only reality and you will not frighten off those who seriously seek answers to questions they hold within. By opening up dialogues in a loving, respectful manner, you will be doing more to share your truths than with the force-feeding others may advocate.

Working with the Lessons

List in the Illusion column the things you used to believe were true. In the Reality column, revise this truth to reflect your present understanding.

Illusion	**Reality**

What would you really like to communicate to those around you about what you believe and what would be the consequences if you did that?

What do you wish to be the truths in your life? List them.

How can you alter your life to create these realities?

Begin by making them your new reality.

Lesson 13 - Creation and Manifestation

Abundance can become a part of your reality if you are able to tap into the laws of the physical universe with your will. You can create all that you need and desire if you are willing to hold the vision of that which you are attempting to manifest in your awareness and begin to tailor your reality to conform to this new image. When you wish to create a material object, you must be able to see it in your mind's eye in its entire dimension. Just saying that you want a red ball will not produce the object before you. You must be able to concentrate to such an extent that you can feel the texture, smell the rubber, feel the weight, test the resiliency and know that the ball is in your hand, despite the rational thought that would indicate otherwise. This is what is required if you are to materialize the object. Most do not have the commitment and concentration to make this their reality.

A better step for those beginning on a lesson of creation and manifestation would be to begin to create the situations in life that they desire. This can be relatively easy if you learn the technique of behaving "as if" until this becomes your reality. Suppose, for instance, you wish to create a life where you have friends and are loved. You must first decide what it means to share friendships and love. If you are to create this reality for yourself, you must first find friendship and love in yourself so that you can begin to mirror this to others. Imagine a chimpanzee in the zoo mirroring your actions, and you begin to sense how you are mirrors to those you encounter, especially if they are drawn to reciprocate your loving kindness. This is the grease that lubricates the wheels of manifestation. By coming from a position of love, you will dispel the fears that can clog up the works. By becoming the friend you seek in the mirror of your mind and treating yourself with the love and respect you desire from others, you begin to create this reality for yourself. The more that you believe yourself to be the reflection in the mirror of your soul, the more you create this reality. To make this leap of faith, you must act "as if" until you are able to create it for your reality.

If you are able to release the fears that keep your creative powers locked in the closet, you can unleash the right side of your brain and imagine what you need in order to make it your reality. The use of a labyrinth can help remove the glue that keeps you stuck in the structured environment where you have finite limits and

beliefs. Walking the labyrinth or tracing the spiral route (as on page 237) nudges you to release the constraints that would keep you earthbound and helps you open up to the greater possibilities of creation. If you can use this tool of transformation whenever you get bogged down in the reasoning of your left-brain you will strike a balance between creativity and practicality so that you can carry out the dreams. You will then begin to create the abundance you desire from the infinite bounty of the universe. All that is required is that you let go of the "real" and be willing to create the realities you desire.

Working with the Lessons

Find a labyrinth to walk or use the finger labyrinth in the appendix of this book. Allow your mind to clear on the inward path. Spend time in the center to connect with your higher self. Open yourself on the outward journey to allow the abundance of your life to manifest.

Record any insights below.

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List the things or attitudes you wish to be your new reality.

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Post this where you will see it daily and begin this process by behaving "as if" if necessary until this becomes your reality.

Lesson 14 - Creating and Accepting Abundance

When you open yourself to the bounty of the universe, you must be ready to accept the full measure of what you have requested. There are those who ask for abundance and then are unprepared to deal with it when it comes. Abundance can take many forms. You may be blessed with an abundance of opportunities. It is then up to you to sort out those that are in your highest good and offer the greatest opportunities for growth. While all may have lessons for you, it is through your discernment that you must judge which merit your immediate attention. When you are on the home stretch to ascension, it is important to choose only those that are the most important for helping you reach this goal.

If you are blessed with an abundance of financial riches, it is important for you to know how to best allocate your funds to derive the highest good. Merely sitting and watching the dividends accumulate does nothing to show that you are worthy stewards of what has been entrusted into your care. As in the parable of the talents that Jesus taught, it is important how you share the resources at your disposal with others. If you are overly concerned in hoarding what you have, how can you begin to realize the abundance of the gifts of Spirit that God is trying to share with you? Use the resources at your disposal wisely and in the best interest of yourself as well as others and you will be assuring that the abundant nature of the universe will be perpetuated.

You are capable of creating the abundance you desire in your life just as Jesus was able to with the loaves and the fishes. There is an overflowing bounty to be found if only you have the faith that this is your reality. Begin by envisioning that which you desire. If you limit your vision to earthly things like a sports car you may manifest this but miss the whole picture. Imagine that sports car alone in the middle of a desert with neither fuel nor direction to take you where you wish to go. Be broad enough in your vision and you will be able to create all that you need for your journey home.

If you have trouble with the process you may want to try *Creating and Accepting Abundance Essence.* This helps unite the creative forces of manifestation and allows you to envision how you might bring them together for your highest good.

It can help you realize that you are indeed worthy of this creation and accept the reality of the gifts you possess to create all you require for your growth.

Be ready to accept these gifts, even if they do not seem to come in the form you envisioned. Some of your greatest gifts come in a form or disguise that you are not expecting but when you allow them into your life, they become the greatest blessing and are exactly what you needed for your growth. Do not look these gift horses in the mouth, but be ready to accept them for what they are and you will be able to see the real gift in their possibilities for growth and understanding.

The more you are able to look for the gifts in the synchronistic events that are now part of your life and are open to their message, the more you are part of this manifestation process. If you understand that you are creating all you require for your growth and spiritual evolution, even though you may not recognize the messenger, you begin to swim in the flow of abundance that you have created. The more that you are willing to ride this current and go with its flow, the greater will be the volume you are able to create. When you summon up these floodwaters of abundance with your intention, you indeed breach the dams of fear and resistance to change, which allows them to pour forth in abundance. Know that you are a craft able to flow with this tide of abundant love and understanding wherever it may take you, if you are willing to make this your reality. Commit to a life of abundance and you open up the floodgates to understanding that can help elevate you over the rocky shores into the vastness of the universe.

Working with the Lessons

Create an affirmation of the things you are creating in your life and how you are ready to receive them.

Repeat this throughout the day as you make this your new reality.

What are your fears about lack or scarcity that are preventing you from manifesting a life of abundance?

Prime your pump of manifestation by giving all you can to a cause in which you believe.

Be ready to accept the largesse of life in return.

Lesson 15 - Letting Go Fear of Commitment

Commitments to the evolutionary course of ascension are not to be taken lightly. While it may be the end result that you would all desire, there is also an implied and stated commitment to changing the way you think and more importantly, to follow through on what you know to be true. It is in the commitment to the course that will ultimately result in the desired joyous ascension that can cause many to hesitate. For many it is the reluctance to change that keeps them dug in the trenches of comfort which provides refuge from worrisome decisions. For others, it is fear of the unknown that keeps them mired in indecision and reluctance. If you expect to be part of the glorious process of ascension, it is time to put aside these fears and reach up into the light for the hand to help you extricate yourself from this downward pull of fear and negativity. You may find the assistance you require in the *Letting Go Fear of Commitment Essence.*

When you reach out to others to share in this journey, you are in many ways helping each other to find the way as you all walk hand in hand down this path home. Since this is indeed a group exercise in growth and spiritual evolvement, the more that you can work together to bolster up the others with whom you share this common purpose, the greater will be the growth and understanding of all. Being willing to share in your frustrations as well as triumphs on the road can help give others the insights they require to leapfrog over their own fears and doubts. Partnerships are the hallmark of this countdown to the ascension journey. It is the others with whom you are able to link up who will make your burden lighter because sharing in the knowledge and insights you possess will lighten the load for the group. Think of it as helping to unfurl a banner of joy that, when fully revealed, will carry upwards all who participated in the unfurling.

The sacred partnerships between soul mates who are finding each other and reuniting are another sign that you are regrouping for the journey home. More and more partners in growth and awareness are finding each other and helping each other by mirroring the truths that they require for growth and understanding. Through these sacred partnerships comes a real communion of spirit and joy in helping the other find the parts they are missing so that they can complete the puzzle of their lives and form a new hologram for love and understanding. These

are to be the blueprints on which the new world of love and acceptance will operate. Begin to create on earth the world that you would envision for eternity and you will begin to make this the new reality.

For those who are mired down in relationships that add nothing to the mutual support and growth of the partner in a loving manner, time has come to reexamine the reasons for the union. If it is not growing and expanding the love and understanding of the partners, perhaps it is time to thank each other for the lessons learned and move on to a space where both are free to love and grow anew. If you have exhausted the pieces of the puzzle that you held for the other, perhaps you have no more to give. Once growth has ceased, rigor mortis sets in and the stagnation of the relationship begins to turn the partners to stone. If you are no longer able to reflect joy, insights, and understanding to your partner, it is time to find new mirrors for your experience so that you may continue to grow together. If you are to allow the fears of others to become the quicksand that will pull you under also, you will be unable to catch the ascension express home. Be willing to let go of the things that no longer serve your growth and evolvement and you will be able to reach out for those that can help propel you forward on the ascension journey.

Working with the Lessons

Begin by listing on a separate sheet of paper the fears that keep you from making the leap of faith and committing to a person, idea or process.

Release these to the universe by burning the list.

Make a new list of the positive things you will achieve with this new reality.

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Begin to envision how you will integrate these into your life and experience the joy that goes with following your higher path.

Examine the relationships in your life. Rate them from 1 to 10 as to the growth you experience together and the loving support you provide each other.

For those that fall below 5, commit to making them more meaningful or letting them go.

Lesson 16 - Leap and the Net Will Appear

Courage to let go of your known reality and to step out on the unknown shore of expanded realities is the hallmark of the enlightened individual. When fears of the unknown paralyze you emotionally, mentally, and physically, you are unable to envision anything but the small box that you have created, which now keeps you prisoner. Until you unlock the door of this dungeon with a key of knowing that you are carried in the hand of God in all that you do, you will be unable to melt the frozen walls that surround you. When you allow this light of awareness to flood your cell of self-imprisonment, you are able to see that all the shadows you have assumed to be monsters are indeed figments of your own imagination and that you alone hold the keys for your release. By realizing the power you possess to create your own destiny, you are able to move forward in this leap of faith.

But what if you do not yet possess this spark of self-knowledge. The *Leap and the Net Will Appear Essence* or *Self-Esteem/Self-Confidence Essence* may help provide the impetus to get you moving on the path to self-realization. When you are unable to find the motivation to move beyond your own self-entrapment, it is usually that you are unable to visualize a greater reality. These essences can help you create the vision of the higher road you need to follow if you are to emerge from this tunnel of self-imprisonment

A tiny shaft of light that beckons you forward around the bend of your known reality can lead you into the light-filled awareness of the new world you are creating. When you can overcome the fears that keep you chained to your known experience, you are able to rise above the things that would keep you tethered to the past. You are then free to create that which you require for your own growth.

As you begin to pack your bags for the return journey home, you need to include the things that are to become your new reality. If you are to live in a world of truth and love, you need to discard all the things that are not a part of that reality – selfishness, fears, and outmoded beliefs about the reality of the universe. If you do not possess the courage to make this leap of faith and let go of the fears that prevent you from venturing out onto this platform for departure, you will be left behind in the waiting room of your own choosing.

It is one thing to state that you believe intellectually in the premises of expanded realities – it is quite another thing to be able to move past preconceived notions and make these new realities your own. When you make a conscious decision to move beyond fear, you dissolve the chains that have kept you bound in the darkness. What is fear but a doubting that you are really one with God and therefore feeling truly alone in the darkness of doubt. When you shine a beam of love into this chasm of doubt, you begin to illuminate the soul so it can remember the loving reflection of the God-spark within. The more that you are able to remember your own divinity and to come from this place of love, the more you realize that you are impervious to whatever arrows society might send your way. Then they will merely bounce off the armor you have created with your loving awareness of your inner light. Let this be your beacon and you will find the courage to move forward and step off the cliff of the known into the light of expanded realities. *Letting Go of Fear Essence* can hold the key to freeing you from past illusions.

Working with the Lessons

What fears keep you from experiencing the fullness of a life of loving awareness?

Visualize these bogey men being gobbled up by a "Pac man" with your name on it. Feel the serenity of being free from the fears that have prevented your growth and spiritual evolvement.

Prepare a ticket for the journey you desire, listing the destination and time of departure. Leave the return flight blank.

Plan for this as if it were a much anticipated trip. Pack the gifts of spirit you wish to take along with you. When the time for departure arrives, step off the platform into your exciting new reality.

Lesson 17 - Castaway

In the world of changing realities, the only tangible for you to grasp hold of is the thin thread that connects you back to your Creator. This is the lifeline that you must hold on to as you move further and further from the shore of your salvation. It is through this reconnection with the God-within that you are able to navigate the rough waters that would swamp you and prevent you from moving ever nearer to the home of your distant memory. The oars that you require to steer you around the obstacles in your path have been cast aside as you try new experiences that you hope will lead you onto sunnier shores. The sails that helped you drift in the direction of the trends that guided the masses are ineffective now as you lack the wind of popular opinion to tell you which way to go. You are adrift with only your own moral compass to guide you through the storms of change.

What have you packed as provisions to help guide you through the turbulence? The only light you possess is the inner spark of your own divinity to act as a beacon in the dark of night. If you are see the sparks of the millions of others who share these choppy seas, you will be able to congregate and pool your resources so this small spark will become a raging bonfire that can help guide others to the safe harbor you have found. It is through this mutual sharing of insights and inspiration that are carried as your puzzle pieces of the evolving new future, that you are able to complete the picture and create this reality. Be willing to share the small pieces you possess with others so that the emerging picture may become manifest in reality.

The life preserver of faith is the greatest asset you have for keeping afloat in the churning waters of change. It is through your faith in the higher realities that you not only keep yourself from going under but also are able to buoy up others who are struggling alongside you. By keeping focused on this spark of reality in a sea of misinformation, you are able to sort out the thoughts that are but decaying flotsam which will soon be unable to support you through the storms ahead. By lashing your craft of inspiration to the buoy of your faith, you are able to weather the storms and help rescue others that are foundering alongside you in the surf. Be willing to reach out to these to learn the lessons you all require for your ascension.

As in the movie Castaway, the islands you are washed ashore on are only to allow you to rest momentarily. You must learn the truths of their reality before you can venture out again on the treacherous waters that can lead you ever homeward. The tests you must put yourself through help hone your physical, mental and spiritual bodies so that you are ready to make this final push home. Though you may believe that you are alone on the desert island of your awareness, in fact there are thousands of others who are also beginning to hone in on this inner beacon and begin the journey home. As you trace your unfolding path in a labyrinth-like spiral of backtracking and beginning again, you begin to sense the patterns of the universe unfolding. Know that however backward may seem your route, it is indeed the spiral that beckons you ever onward on the road home.

You soon realize that the only bags you need to pack for this homeward passage are those of spirit. The things you hoard into your lives are but useless baggage bobbing in the water that surround you and prevent you from seeing the destination ahead. Begin by tossing overboard all that you do not require for your immediate use so you will be able to swim freely for shore once the destination is in sight. The things that weigh you down physically and emotionally will only be hindrances as you struggle to navigate the path home. Be willing to make these adjustments in your life and you will have smooth sailing for the homeward passage.

Working with the Lessons

List the things or attitudes you wish to be your new reality.

Post this where you will see it daily and begin the process of behaving "as if" until this becomes your new reality.

What useless baggage do you continue to carry that is preventing smooth sailing in your life?

Begin to simplify your life and throw overboard all you do not need for your present journey to make room for the new realities.

Lesson 18 - Making an Attitude/Altitude Adjustment

Growth can be measured in many ways. The most obvious one would be the attitudes you have about a situation. If you are skeptical and fearful about something, it is obvious that you have not progressed very far up the ladder of your evolvement. While skepticism and fear may be highly appropriate reactions in some situations, it is more beneficial if you are able to examine a situation with detached curiosity for the lesson it can teach you and decide whether this is something you are ready to experience at the moment. By removing the cloud of negativity such emotions evoke, you are able to reach out in a more knowing manner to situations on your journey.

It is the attitude you bring to any situation that determines how you are able to use it as a building block for your staircase to higher awareness. If you react in anger and fear, you are unable to find the materials you need to climb out of the hole you are creating for yourself. The more you come from a position of love and awareness in any situation, the more you are able to find the materials to help you build a higher step on the ascension staircase. As you rise higher and higher, you are able to see more of the larger experience and extricate yourself from the fogs below. The higher you rise, the clearer the picture will become. Continue to use the stones of love and joy to help you build your staircase ever higher and you will soon elevate yourselves out of the pollution that is choking those below.

The Ascension path is paved with the intentions of the travelers. If you are clear in your intentions and remain diligent in striving to stay on the upward spiral, you will find the road to be paved and smooth for your journey. If you profess the intention to stay the course but continually drop off to explore the side roads that beckon along the way, you will find the going more difficult when you return to the path. Beware of the religions that say that all that is necessary for ascension is a deathbed confession and you will be transported immediately to heaven. The reality is that while any repentance and recommitment is good, unless you are able to demonstrate that you have *gotten* the lesson and changed your reality, you will have to repeat it until it is indeed part of your knowing.

Lessons of spirit are never easy and most will try to take the easy way around them or avoid dealing with the things required for their growth until they are confronted with them face to face. When you have the courage to meet the challenge head on and say out loud what you know to be truth, you begin to change your reality accordingly. Allow the truths of your knowing to dictate the path you take and you will not be tempted to explore the side roads along the path that can lead to even more difficult lessons of growth. The so-called harder route is usually easier for it contains the shortcut to higher understanding that you all are striving for. Be willing to leap beyond the route of the tried and you will begin to blaze the trail for others to follow around the rough spots.

Working with the Lessons

Create your own mantra that reflects the attitude you wish to create; something like: " I am joyful, I am cheerful, I am healthy and pain-free."

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Set it to music if you like. Whenever the fogs of negativity obscure your vision, sing it to yourself until this becomes your reality. Enjoy the view from this heightened perspective.

Notes:_____

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Lesson 19 - Joyful, Joyful…

When we speak of living in a state of joy, you might imagine it as walking six inches above the ground. While you may travel the same path as others, the bumps and potholes that others may encounter do not affect you. Deciding to assume this elevated perspective can give you buoyancy that acts like a shock absorber and helps deflect the arrows that others might direct your way. By choosing to view all things from this higher perspective, you are no longer embroiled in the petty intrigues in which others may find themselves bogged down. When you can envision all that you do in this joyous, light-filled reality, you will be able to bring peace and understanding into your life. These are the magic carpets that allow you to sail through your life on a cushion of love and joy.

When you think of the trip home, you begin to think of the joyous reunion that awaits you at the end of your journey. This joy can be previewed if you are willing to make this a part of your life now. True joy comes when you allow yourself to be one with the higher principles that help guide you home. It is easy to feel the love and joy of experiencing what you know is on your higher path. It is the things that drag you down into the lower vibrations that do not carry the love-filled vibration of joy. The presence of joy in your life is a good indicator that you are on a higher path of experience.

When joy becomes your reality, it is easy to feel in tune with the world of your creation. When you feel the lightness of being that surrounds all that you do, you are able to move through your day in an euphoric state of awareness. All that you encounter will be enveloped in this cloud of peace and love. The vibration that you emit will help raise that of others who you bring into your party of experience. You can begin to create this reality for yourself by making the conscious decision that all you do shall be done in a joyful manner. Say you must go to court to pay a traffic ticket – if you can surround everyone you encounter there and yourself with a bubble of love, no matter what their circumstances, you will begin to transform what could be a less-than-joyous situation into one that becomes a lesson for your transformation. The more you recognize the lessons for growth and understanding that are part of the everyday things you choose to teach

yourself, the more you will be able to find the love and joy in these lessons. The sooner you allow these lessons to lift you higher in your perspective, the higher you will be able to rise on the ascension ladder.

What if joy is not your current reality? There are those who have trouble seeing anything but the negative in any situation and who are always looking for the fearful aspects in things. This is an outlook that is similar to viewing life through the distortion of a keyhole viewer in a door. You must be willing to confront not only the situation, but also your own belief system and make a few attitude adjustments. This may be a giant leap of faith for those with that distorted perspective of life.

If all you have known is a world of fear and negativity, throwing open your doors to the new reality may be too fearful or risky a step. Begin with the baby step of behaving "as if" until this becomes your reality. What if all you encounter are not trying to take advantage of you or harm you? How would you treat them differently? What if just for today you decide to send light and love to all those you encounter at work, in the store or in traffic? How would your attitude toward them be different? This is also an exercise in letting go of the fears that bind us so that we are able to let the joy that is our birthright become our new reality. Begin by behaving "as if" this was your reality and you will soon be able to create it.

Creating joy in your life is indeed a conscious effort that can add helium to your balloon of life and help you rise above the negativity that surrounds you. It will take a conscious effort on your part to turn off this negativity and not allow it to permeate your consciousness and therefore your reality. You may decide to consciously turn off the news or dramas that portray a reality other than the one you are trying to create. It is easy to let the mindless activity of watching television or movies be the schoolroom where your perceptions, and therefore your reality, are created. Continuing to view images that show all beings as predators and evildoers negates the reality of most people being loving reflections of the God spark within. This makes it harder to release your barriers and act lovingly toward others. The things that you allow to occupy your unguarded moments can be the things that find their way into your subconscious mind and become your new realities. Be willing to act as the sentinel at the gate and create only the realities that are joyous and loving and you will find that it becomes

easier with practice. Learn to substitute loving or inspirational movies or music and you will not feel cut off from society but in the mainstream of higher awareness.

Have the courage to stand up to those who reinforce their own insecurities and fears by trying to instill these negative perceptions in you. If you are willing to share the fact that you are consciously choosing to remove fear and negativity from your reality, you may spark them into reconsidering their own views. You do not have to become a Pollyanna, oblivious to danger, but making a rational choice not to engage in fear-based activities helps raise your vibration so that you are able to create the lighter, more joyous realities that you desire. Be willing to make this your new reality and you will indeed be able to live in joy.

Working with the Lessons

For one week, make a commitment to turn off or refuse to read anything that has a negative vibration. Substitute beautiful music or inspirational reading.

Observations:_____

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At the end of the week, see how you register on your "joy meter."

Lesson 20 - Following the Ascension Path

On the road to spiritual enlightenment there are many side paths. Most of them are shortcuts if you are willing to make the leaps of faith necessary to transcend the preconceived or falsely held beliefs of third-dimensional wisdom. The dictates of some religions would have you believe that if you follow a set pattern of behavior, you will automatically ascend to heavenly realms. Nothing could be farther from the truth. While good deeds are certainly important on the evolving spiritual path, there are beliefs in higher concepts such as creating your own reality and the realization of the God within that can play an equally important part. Jesus shared many of these concepts but was falsely interpreted by many that would follow in his footsteps. You all have the power to direct your destiny and perform miracles in your own right but some set Jesus up as a God above mankind rather than being a teacher sent to help people realize their *own* divinity. When you are able to believe that you have the power to determine your own destiny through the choices you make, you begin the homeward path of ascension.

The beliefs you hold within indeed can determine the roads you take to self-enlightenment. Choosing the roads that have the side paths of experience will provide the greatest opportunities for teaching the lessons required for your growth and can leapfrog you forward and quicken the journey. If you instead refuse to accept the reality of your power to change and direct your own life, you will continue to circle in the maze of your own creation, repeating these lessons in different forms until you "get it." Refusing to alter your beliefs, in light of expanding realities, is the sign of a third-dimensional individual who will probably be repeating the life lessons until they are willing to step outside the box of the known and take a baby step up the ascension ladder.

Once you are willing to make the baby steps on the ascension path and open yourself to the possibility of personal power and responsibility, you come over the crest of possibilities and are able to observe many vistas ahead that were obscured in the clouds of fear and doubt. Once "if" is no longer part of your reality, then it becomes a matter of *when* you choose to accept the things that you will be creating. When you are able to make this leap of faith, you open the floodgates of experience, and joy will indeed become your reality.

There are many things you can choose to do in this new phase of the journey home. It will be a lonely road if you have no one with whom to share the path and the insights. You may choose to find partners to mirror the new insights you will receive and reflect them back to you as you all grow together. By helping to push/pull each other over the rough spots, you will all reach the destination together, which is the goal of this ascension path. The more you can invite along for the ride, the smoother and faster will be the journey for all who are able to share its insights. Become part of a network of believers and you will all hasten each other's ascension process.

The second thing that you might wish to make part of your reality is to incorporate the principles of self-mastery and focus into your job, home, and leisure. The more you are able to operate from a position of inner-knowing, self-confidence, and fearlessness in your daily life, the more you can reinforce these realities into your life, as well as become a reflection for others to model in their life. It is good to believe these things within, but unless you are really ready to manifest them in your daily life, you will have little impact on those around you, and therefore the rest of humanity. It does not necessarily mean that you have to alert them to your new perceptions, but if you are willing to walk your talk and become the person of your beliefs, it will soon become apparent. Others will be more likely to break their code of silence and share their concerns with someone who is genuine and with whom they can relate to lovingly and uncritically. The more you can make this loving energy part of your new reality, the more you will magnetize to you those that are questioning their own visions of reality and the more you will be able to share your truths with them.

The third step up the ascension ladder requires you to be open to the changes and opportunities that will "fall into your lap." When you open the floodgates of synchronicity, you must be able to accept the opportunities that are sent your way by Spirit. The excitement of unexpected events surrounds many of the gifts that you will be receiving. Think of it as room service on the journey of life when you least expect it. The laws of synchronicity and manifestation are indeed welcome interruptions in the monotony of everyday life that can send you off into the adventures that will help propel you forward at breakneck speed. Do not look at these gifts with fear and trepidation if you wish to continue on this express route to the ascension, for that will throw the mud of negativity on the gears and slow

down the progress. Instead, be willing to recognize these subtle gifts of Spirit, which are gentle reminders that you are on the upward journey home, and consider them "care packages" to help lift you out of the crevices of life and back onto the golden staircase of ascension. Bon voyage!

Working with the Lessons

Find a partner or become part of a group to share the higher vistas on the ascension path. Mirror to each other insights and information that can help the partners leapfrog each other on the homeward climb.

What new insights have you gleaned as a result of this relationship?

List the syncronistic events that begin to happen in your life. What are they beginning to tell you about your new reality?

Continue working with others to share these new insights.

Lesson 21 - Tuning into Higher Vibrations

The essences offer a great opportunity to gently move you along the path to ascension as well as on the road to better health and awareness. Their vibration is aligned with the higher vibrations of elevated thought and awareness. They can help tune the body to these higher tones that will open you to receive the more elevated abilities that we will be sharing with you. When you are operating at a higher vibratory level, you are able to perceive higher vibrational messages that cannot be received by those at the lower levels. This is the principle of sympathetic resonance. You have to be tuned into the channel of transmission in order to receive the message. They can help tune in your vehicle so that it can receive the higher stations.

Another function of the essences is to help rebalance the systems of the body so that you function at an optimum level of health. To operate at this highest level of health, you must have discarded all the negative and fear-based thought patterns that can short-circuit the electrical system of the body. It is these convoluted energy patterns that can contribute to its malfunctioning and result in disease. By removing these impediments, you are able to reconnect the energy pathways so that systems function efficiently and disease is no longer the reality. They are subtle vibrational tuning forks for health and awareness.

When you are operating at a high level of vibration, you are able to tune in to the higher frequency channels of transmission that can help you find your way back Home. When the static of fear and guilt are no longer are part of your reality, you are able to clearly hear and know the route you must follow. As you open up more and more to this new reality, you will be able to claim more of the gifts of higher consciousness. You are able to tune in to expanded abilities such as clairaudiance or clairvoyance. You may find yourself able to freely channel the guides and teachers that you have kept behind the curtain of your awareness up until now.

The releasing of the illusion of limiting thought will open up the doors of experience and allow you to cross the threshold into a whole new world of possibilities. When you must no longer depend upon the vision of others to guide your inner path, you are able to lift the veils and know what is truth. As Jesus

said, "the kingdom of God is within". When you are able to access this deep storehouse of wisdom and knowledge for yourself, you will know that you are indeed one with your Creator. When you accept the power of this inner knowing, you are free to create the realities that you desire. By opening this door to inner wisdom you are free to visit its inner chambers at will and explore its treasures for yourself. When you are free from the interpretation of others, you will be able to know for yourself the truth of the situation and access the highest perspective from which to view it. Inner wisdom is one of the greatest gifts of this new awareness. The peace that will come from operating from the perspective of inner knowing transcends the earthly planes and helps elevate you into higher consciousness.

In traversing the road home, you will be called to develop many skills. None of these is greater than the ability to love yourself. By forgiving, accepting and beginning to love the evolving being that you are becoming, you will begin to see the perfection in this handiwork of God, the Creator. As you continue to mold the clay of your evolving personality, you are transforming yourself evermore into His likeness. When you can embrace the perfection of your own selves as the perfect reflection of these earthly lessons of transformation, you are able to move up another rung on this ascension ladder.

Working with the Lessons

Examine your physical, emotional, mental, and spiritual bodies for signs of imbalance or disease.

Your observations:

What can you do to improve your overall health?

Consider using flower essences or other vibrational products to help rebalance these systems.

Begin a personal program of health and balance based on the above insights.

Lesson 22 - Creating the Family of Man

When you climb up the ladder of ascension, you begin to see events in a much different perspective. You are no longer hampered with the petty intrigues of earthly concerns. The motivations of others no longer occupy your thoughts when you realize that these are all lessons you require for growth and understanding. By making these concerns no longer part of your reality, you are able to concentrate on the larger pictures of growth around the planet. The connection of the people around the globe via such devices as the internet begins to bring you all together as one and you are able to begin to share understandings with those who would ordinarily be far from your sphere of influence. By sharing your loving perspective on a global scale, you plant the seeds of awareness around the earth so that they are able to take root and grow in the fertile ground of international cooperation and peace. Begin by bringing this loving perspective to those whom you encounter around the planet and you will begin to create a web of loving energy to surround the globe.

Sharing these loving perspectives can also begin in your own family. Who better to receive the messages of elevated thought than those you have chosen to be linked with in this lifetime? This may be a lot trickier than sharing with total strangers. In addition to the loving concern you have for those in your familial unit, there is also the baggage you bring of past hurts and insecurities. How difficult it is to expect those who have seen you at your most insecure and fearful self to suddenly accept you as the enlightened being you are becoming. Treading softly will be the key. If you are able to mirror the loving kindness that you believe to be your true nature to those you hold most dear and come from a place not of piety, but of genuine loving concern for the other, you will plant the seeds of awareness in them also. Be willing to silently radiate your loving concern until they are blinded by the glow and are engulfed in the feelings of loving energy that you are sharing. In this environment of total love, you will be able to influence others not by your words, but by your loving presence. This speaks louder than all you can say. They will not fail to notice the difference and may even be prompted to question you about the change in your demeanor, which can open the door to sharing at a noncritical, loving level. While you may not "kill them with kindness," you may instead serve to give them life and love through your loving concern for those who know you best.

It is in your close relationships that there is the most potential for growth and understanding. You may put up a brave front to the world, but it is with those that you are most intimate that you usually reveal your own insecurities and fears. The more you are able to open up to those you have chosen to share this sacred path with, the more you will allow their mirrors of awareness to reflect back the lessons you need for your growth. Be willing to listen to those with whom you share these intimacies, not only in words, but also in subtle reactions, and you will begin to fine tune the vehicle you require for the ascension journey.

Working with the Lessons

With whom in your family do you most often find yourself in conflict?

In meditation, visualize you and this person strolling along a beach together. The incoming tide begins to wash ashore various gifts from the sea. Practice sharing these with each other in loving generosity. Gently a fog rolls in, engulfing both of you. You join hands and lead each other back home.

How can you use these insights to find common ground and improve your relationship?

Do it!

Lesson 23 - Imagine Cooperation?

The journey Home offers many exciting possibilities if you are able to sit back and enjoy the ride. Imagine being able to materialize all that you need for your growth and understanding. Imagine calling together all your soul mates from previous lifetimes to help pull you over the fence into greener pastures. Imagine letting go of fear and anxiety and allowing yourself to live in the joy of the moment. Imagine having at your call all of the secrets of the universe and all the knowledge you require to handle any situation. Imagine living in an atmosphere of total love and joy, surrounded by those of similar consciousness. This is the reality that is possible for those who choose to make it their own.

The treads on the ladder of ascension may become slippery if you allow fear and negativity to enter your awareness. Be a steadfast bouncer for your conscious thoughts so that these intruders do not push their way past the door and into your new reality. This may mean letting go of friendships that do nothing but reinforce their negative outlook. Associating with those who are always looking for the negative and fearful in life only serves to bring a dark cloud of doom over all that you share. Perhaps the most loving thing you can do in such a situation, if you really care for the person, is to explain that this is not the environment you wish to have in your life and if you are to continue as friends, this must not be part of future conversations. This may jolt them into examining their own beliefs to see if they are willing to make this leap of faith into higher thoughts. If this is not possible, surround them with all of your love until they can help extricate themselves from the quicksand of their own making.

It will be helpful to examine other parts of your life that have negative, fearful or aggressive overtones. Things that foster competition rather than teamwork permeate your society. Finding ways to work in cooperation with others for the upliftment of the whole should be fostered. Those that bring out the negative emotions of winning at all costs and defeating the others with whom you would share the ascension vehicle, should be reexamined for their relevance in your current reality. When you are able to find joy in the accomplishments of others that share this ascension path without concern as to your own personal standing, you are indeed homeward bound. Things that are entertaining at the expense of

some of those involved are not on the highest vibrational frequency. Things that purposefully sabotage or hurt others are from the lowest vibration and should be discarded immediately. You may find the *Cooperation and Teamwork Essence* helpful in sorting out the things that support your new perceptions.

When you remove these stones from your path you will find the road ahead clearly marked and are less likely to stumble over the obstacles placed there by less enlightened souls. Competition in itself can make a negative assumption of scarcity. When you realize the greater truth of abundance, you realize that there is room for all in the winner's circle. Imagine everyone in the foursome hitting a hole in one on every hole. That is what it is like when you are there to cheer each other on in this homeward journey. The mark of a true winner is one who is able to stop and help up a fallen comrade without regard to his own personal standing.

This is a race where all must win together and personal one-upmanship has no place in the ascension tournament of champions. This is a true win-win situation. The stands in this case are filled with the cheering section of heavenly supporters that are ready to assist all who sign up so that they too may cross the finish line. Imagine a tape stretched for miles where all are able to break through together and you will begin to see the significance of cooperation and teamwork for this journey home. Join the truly winning team with your commitment to forgo competition in favor of cooperation and you will assure your place in the winner's circle of life.

Working With the Lessons

In what areas of your life do you feel the most stress from competition against others?

How might you restructure your approach so that you are able to work together toward a common goal?

Begin implementing these new realities into your life.

Lesson 24 - Lessons in the Metaphor of Life

When traveling the path to ascension, it is often wise to stop and smell the roses along the way. We are not suggesting that every waking moment should be filled with thoughts of getting out of the earthly race. It is the side trips you take to learn and implement the lessons of experience that make the journey rich and ornate and give you the tools for incorporating these experiences into your memory bank of life lessons. Earth is after all the schoolroom of your evolvement and if you try to take correspondence courses for your education you will miss out on the rich personal interaction required to complete the course. Be there and be willing to experience all life has to offer and you will feel that you are ready for the graduation we have planned.

Learning is a life path that you never give up unless you opt to step off the ascension ladder. The more you are willing to learn the lessons required for your evolvement, the more you will take the fast track to ascension. True contentment always has an open end where you see the beckoning glimmer of the road still to be traversed as you pause to rest and reflect on the knowledge you have accumulated so far. Those who are content just to sit and reflect on past accomplishments and static truths will find that after a while they will become rooted in their own complacency and wither without the infusion of life-giving energy found on the path to new experiences. Do not be afraid to rest for a few moments and enjoy the scenery but be ready to move on when the time comes so you will not be lost in the woods as night falls around you.

Breaking free from the pack may be necessary for those who would lead others to the Promised Land. It is when you are able to move ahead and survey a situation from a higher perspective that you can remove the distractions of the crowd and see clearly the twists and turns in the journey. If you wait and allow others to catch up, you will be ready to share your insights with all who would join you. Perhaps you can allow others to move forward in turn so that all may feel the exhilaration of being alone with the voices of the universe that would hasten all forward on the ascension path. It is from the unique experiences of others on the path that you gain insights that will help put the ones from your own perspective into focus. Imagine the blind men describing an elephant, each from his own

limited perspective, and you will begin to sense how immensely complex the intricacies of creation are and how very little each of you knows and understands of the entire scheme of things. Be willing to share your own perspectives, but also be willing to listen to those of others, for they hold greater insights into aspects that are beyond your present reach. Little by little the mosaic of a greater reality will unfold if all are willing to share their pebbles of knowledge with others on the path. In this way bridges of understanding will be compiled from the pebbles of knowledge that you are willing to share.

A glorious reunion awaits those who are willing to lead the caravans of followers who sign on for the return passage. While many will be making the trip in an instant, there are others who have gone before and stand waiting to be reunited with those who have booked passage for this one-way journey. Imagine the millions waiting at the station as this ascension vehicle arrives with those who have booked passage through their efforts and beliefs. What a joyous reunion will take place when you come back together with those you have shared lifetimes with and also shared the lessons of classroom earth. It will indeed be a class reunion of many lifetimes as all return home together. Welcome all you can to be part of this giant homecoming reunion of souls.

Working with the Lessons

Go on an adventure to an unexplored place – near or far away. Take time to reflect on the beauty of the place and interact with the messengers you will meet there. Throw away timetables and schedulers and allow yourself to be drawn to whatever you require for the experience.

What are your reflections?

Pay special attention to the synchronistic events that you encounter.

Note any new insights or observations and directions you wish to pursue in your life.

Allow these messages from the other side to inspire course corrections in your journey.

Lesson 25 - Becoming Your Own Guru

Today we would like to talk about growing in awareness and knowledge. When you embark on any journey, it is more than wise to study the maps, find out about the conditions at your destination and learn about what you might expect at your journey's end. The time you spend in preparation for your adventure is well spent in that it helps make your trip more enjoyable because there will be few unpleasant surprises from failing to prepare for unforeseen emergencies. Similarly, the time you spend in preparation for your journey of ascension will be well spent if you are able to bone up on the lessons you require for the trip.

Foremost of these lessons will be that this is *not* a solo flight. The others you invite can help you unlock these inner vaults of wisdom as you are able to help them access the truth of their journey and know the path that is correct for them. Too many search endlessly for the pot of gold at the end of the rainbow rather than opening these inner doors and claiming what has been there all along. They seek the "easy" way out by looking for external solutions to their problems rather than accepting the reality that the kingdom of God is indeed within their own understanding, if only they are willing to go within and knock gently. It is in these inner corridors of knowledge that you find the greatest lessons needed to make sense of the questions you have.

We are not saying that all learning should be from the still small voice within for much learning comes from the classroom of experience. But when you learn to trust these inner messages and believe that you are indeed capable of accessing your own inner wisdom, you begin the steady climb up the ascension ladder. The road is wide enough to accommodate all who would begin this journey once they are able to navigate this first rung of awareness. This can open the doors to the real schoolroom of understanding as you begin to explore these inner lessons of growth and awareness.

The major religions of the world, while attempting to lift those souls from the lower vibrational levels into a reality of love and compassion, frequently miss the boat. They misdirect the source of the power to transform the personality by substituting external saviors for the true source of your power, the God-spark within. If you can push the thought process beyond this limiting view of reality

and accept your own divine nature, you will be able to graduate with honors from this university of experience.

The more you are willing to give your own power away by accepting that you are "helpless" against the demons that would pull you under, the more you throw away the oars and the sails that would help you steer clear of the whirlpools that would suck you under. There is a lifeline of knowledge if you call upon the God-within to help you remember your own divinity and rise above these limiting concepts that others have tried to impose upon you. It is when you reassert your own free will and decide to move beyond this illusion of helplessness that you are able to break away from this anchor and float free into calmer waters.

Schoolroom earth has much to teach you when you take hold of the rudder of your own vessel of awareness and listen to your own inner voices. Be willing to find harbors of quiet if necessary to tap into the knowledge you require before heading back into the traffic patterns of life. Develop the skill of going within in the midst of chaos and you will always have your own private tutor at your disposal. Disconnect from the siren songs of misinformation that would lure you onto rocky shores and instead listen to your own inner messages that will help beckon you home and you will stay the course to ascension.

Working with the Lessons

Continue your practice of daily meditation and use of the labyrinth.
Keep a notebook nearby and write down uncensored thoughts that creep into this space. Return to your inner space.

What are your observations?

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When you are through, review your notes.
Act on any suggestions that have a positive vibration.

Lesson 26 - The Class of 2010

The ascension message is one of graduating to a higher form of reality. As you continue to refine the earthly vehicle of the personality, you constantly revise your perceptions of *truth* and what is *real*. As you discard the things that are no longer part of your belief system, you see things from this higher perspective and move higher up the ladder. If you cling to outmoded belief systems, they will be like the Santa Claus beliefs of your youth and will continue to keep you rooted in the fantasy of your past. Be willing to discard the things that are no longer true for you and you will be able to replace them with new realities.

As you approach graduation day, you are aware of the others who have been classmates in this university of higher awareness. Only those who were able to jump over the rope of understanding and become one with others of common beliefs will be able to join them on their walk up the aisle to higher service. The lessons of the past that you have shared with your fellow students become the new reality for your service on higher levels. We realize that not all who professed an interest in being part of this graduation ceremony will don the caps and gowns for this rite of passage. Those who were unable to let go of the fears that kept them earthbound did not pass the exams and were sent back to repeat the lessons. Those who were unable to let go of hurts and resentments toward others were sent back to learn the required lessons in loving awareness will not be there either. Those who were unable to see the divinity in all their fellow students in life will be unable to pass the final exams and will be held back. Those who were unable to visualize the possibilities of an expanded reality and were unwilling to take off their blinders and create the new reality they needed, will watch from the sidelines as this graduating class lines up for the final walk.

There is still time to be part of this final assembly of souls that are queuing up for the victory march. If you wish to be one of the souls that will share this ascension vehicle, you must be willing to make the adjustments necessary in your everyday reality. It is not enough to behave "as if" only on Sunday, or Wednesday or Friday; it must be an everyday commitment. You must let go of the fears that prevent the fueling of your ascension vehicle. You must be willing to set aside earthly aspirations and substitute those of a higher vibration. You must

consciously bring loving energy and forgiveness to your daily activities and begin to make this your new reality. In adjusting your earthly vision, you help create the higher vision of the other side. In that way you can don the cap and gown of ascension.

The library you need to visit to cram for exams is all within. While it may help to use the perspectives of fellow students on the ascension path, the study materials you require are all within the vastness of your own library of wisdom when you find the key to unlock the treasures. Begin by mastering the process of *Going Within* for the answers you seek and examining the answers you get for the higher vibrations and loving awareness they hold. Those that come from higher sources will always have a loving energy to them. Discard any that are wrapped in fear or suspicion or feelings of unworthiness for they are not from the higher source. If you are willing to cram for these lessons and pass these final exams and allow the lessons to become your new reality, you can transfer into this graduation class of ascension and begin your journey Home.

Working with the Lessons

Reread your commitment statement. Is this still your intention?

What changes or additions do you wish to make to reflect your evolving perspective?

Begin to make this your reality.

Lesson 27 - Living in the Vibration of Light

When we speak of living in the light, we mean living at a higher vibration. To be a light worker in a third-dimensional world means that you cloak everything you do in an atmosphere of loving awareness. Part of operating at this higher frequency of existence is being able to shut out the negativity that others try to send your way. It is as if you are clothed in a suit of armor and the negative emotions bounce off and do not penetrate the skin of your consciousness. This may be annoying to others who may try to suck you into their cave of fear and darkness but if you continue to focus on the positive aspects of a situation, they will be unable to pull you down into the lower vibrations.

The vibratory rate or tone of those on the ascension path is different from others who have not made the commitment and therefore have not raised their own vibration. This vibratory rate is sensed by others on both the physical and on the higher planes as a tone. It is as if you are tuned to a common radio station and are able to hear, and therefore respond, to the things that are transmitting at this frequency. More and more who are drawn to making this leap of faith will hear the resonating tones and be drawn synchronistically to connecting with others who share the same wavelength.

It is the principle of sympathetic resonance as is found in a tuning fork or in the flower essences that will enable all of those tuned to the same station of ascension to hear the call and come. This is why the flower essences are so important – they help tune the body so that it is able to hear and tune into these higher frequencies. By balancing the body and removing the negative emotions and fears, you able to remove this static from your receiver and hear clearly the broadcasts from higher stations of awareness. Although flower essences are not the only route to awareness, they can help smooth the path and leapfrog you along with greater speed and consciousness.

The tones that we speak of are not physically heard by most people but can be perceived by a few who have been allowed to tune into the higher symphonies of vibration. All do not possess similar spiritual gifts or abilities for each has his own unique piece of the puzzle to share. You may be able to see auras while another

can hear, know, or channel messages from other dimensions. It is not important which piece you hold. What is of greater importance is your willingness to share this information in a way that can help others complete their own mosaic of awareness. By withholding your own special insights from others or allowing the ego to take responsibility for the gifts, you can prevent others from building on this information and discourage them from contributing their own pebbles into the mosaic. Be willing to freely share the gifts you possess, no matter how insignificant you may feel them to be, and you will be entrusted with even more treasures to share with your fellow travelers on the road of life.

The path to higher awareness is clearly marked once you are able to put on your headphones of awareness that help you discern which things vibrate at this higher frequency and which do not. Be willing to tune out people and situations that do not emanate this higher tone and you will find yourself drawn into higher and higher circles of association. You will be able to create a vibrational field around you that will draw in the things that help maintain the integrity of your unique tone and will help create a symphony of shared experiences that can help elevate all involved.

Working with the Lessons

What gifts do you possess that can be shared with others?

Find ways to share your gifts and insights in loving with those who require them.

Lesson 28 - Refining the Physical Body

Refining the physical body is necessary for the process of ascension to take place. When you decide it is time to begin the process, you must expect that the body physical must go through a few alterations in order to become the ascension vehicle. You should begin by evaluating all of the things you put into your body for the vibration they carry and whether they are creating the lighter, higher energies you want. You may decide to make natural foods in less refined states a greater part of your diet. You may wish to restrict meat to lighter things such as fish and poultry or use tofu to obtain the proteins you require. You may wish to test each item vibrationally to see whether it has a positive or negative influence on your body before ingesting it. If you are to begin fueling your ascension vehicle, it makes sense to use the highest quality fuel to assist the process.

It also makes sense to begin removing unnecessary chemicals and foreign substances from your body. Before ingesting chemical substances that alter body chemistry, it would be wise to check using kinesiology to see whether this substance is vibrationally compatible with your body. Perhaps there are more natural substances that could help you achieve the desired affect. Begin to use complimentary remedies such as flower essences to help rebalance the body so that artificial methods of simulating balance will no longer be necessary. *Maintaining Health and Balance Essence* may be of assistance in holding this balance so that optimum health can be maintained.

It is not helpful to try to conform to unrealistic standards of beauty and perfection, which are artificially created by Madison Avenue and distort the vision of the perfection of your unique being. You are all unique bodies with unique talents and abilities that are perfect for your unique journey on earth. Perhaps it would be of assistance to rethink your mental image of what a healthy body is and begin by tossing out external standards for beauty and ask your own body what is best for it. You may require more sleep than what is considered normal or more of certain nutrients, but whatever your body needs will be unique to you and should not be measured against any standard that is set for the masses. You may require more or less weight than what is considered "normal" which is fine as long as this fits your own individual holograph of perfection. Remember that the kingdom of God

is indeed within and what you do to conform to your own image of perfection is the one that has meaning for you.

You will probably notice your body is going through a few changes as it prepares for the journey Home. The lightness of the higher dimensions requires that you transform yourself physically to aid in this process. Be willing to make the adjustments in sleeping and eating requirements as you feel the need and you will greatly assist the process. As your DNA changes and the chakras expand, you will be altering the holographic pattern of the etheric body that will be your vehicle for ascension. The modifications are being made on a cellular level to transform the DNA molecules into a twelve-strand form. This will also require some adjustments in the physical body to correspond with the higher dimensional shifts that are taking place. You may find yourself carrying around more weight than usual, as the body will require more fat cells with their crystalline properties to aid in transmission of the higher energies. You may feel lethargic or find that you require more sleep as your body adjusts to the changes going on. Be willing to take an objective stance and allow these changes to take place and give your body time to rest and assimilate the new vibrations and you will be able to weather them with little disruption to your daily lives. Look at it as an opportunity for growth in a physical dimension and you will continue to pack the bags of your ascension vehicle.

Continue to use the vehicle of water to wash the impurities and discarded beliefs out of your earthly vehicle and you will greatly assist the process. Since water is present in all cells and helps conduct the electrical impulses within the body, allowing dehydration to occur can slow down this assimilation process. Consider putting the essences in water and sipping it throughout the day to assure not only continual exposure to their healing and balancing properties but to help flush the impurities from the system. Be sure to drink water and not sugary and caffeine-filled substitutes and you will be able to smooth the transition process considerably.

You may notice changes in the energetic flow in and around the body that may feel like a vibration or mild current as the energetic fields are modified to accept the higher vibrational messages you are receiving. Think of it as rewiring for a transmission of higher energy. Know that all of this will leave you with greater

powers to make the changes you require and help facilitate the powers of manifestation and other extrasensory abilities that you will be developing. You may also find that use of the *Reconnecting Circuits Essence* can help you move smoothly through the process. Welcome to this new age of not only expanded consciousness but also expanded physical realities.

Working with the Lessons

Evaluate your diet. Clean out the pantry and refrigerator, disposing of the things that are not compatible with your new awareness.

Make a list of the things you need to purchase to begin this new healthy regime.

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Go on a shopping trip to restock your pantry with health giving foods. Keep a water bottle handy and sip from it throughout the day.

Lesson 29 - Letting Go, Releasing and Forgiving

Connecting with others on the path is a matter of plugging into the higher frequencies of experience. When you decide to be a part of the ascension process, you begin to raise the frequency of your earthly body and begin to broadcast that frequency in subtle ways to those not only around you but also over the "intergalactic web." This means that these higher frequencies of thought act as magnets, attracting to you those with not only similar thought patterns but those with whom you have shared previous lifetimes and who have unfinished karmic business to work on. If you are to resolve the outstanding business on earth, it is important to pay these debts so that all are freed to begin their own ascension journey.

Karmic debts or lessons to be learned can take many forms. There may be lessons incurred on earth where you acted in a less than loving manner to another or there may be those that you bring with you from previous lifetimes. All of these are lessons to be reconciled before you can pack your bags for the journey Home. But how do you go about healing past hurts and atoning for past mistakes? One way would be to own up to past mistakes by contacting those who you have hurt and asking for their understanding and forgiveness. This may not be possible if the person is no longer on the earthly plane but a sincere repentance from within, that you have indeed learned the lesson of contrition, can help remove the karma of the experience and wipe the slate clean. It will be necessary to demonstrate that this is no longer part of your reality by helping others to lift themselves out of the mud of their own misconceptions and to demonstrate within your life that you have indeed learned this lesson yourself.

To begin the road to forgiveness and restoration of the karmic balance, it may be necessary to retrace the steps on your path to determine what brought you to the point where you decided to shift your weight onto the shoulders of another. By shifting your burden of understanding to the shoulders of someone else you may lighten your own load temporarily but it will come back threefold until you are willing to take on your own lessons for yourself. The more you postpone the process, the greater will be your burdens as you move through life.

If others have tried to unjustly shift their burdens onto you, you can dissolve them with the solvent of forgiveness. Be willing to share this loving gift with those who have wronged you and you will find the burdens you carry to melt away in this soothing balm of love. *Letting Go, Releasing and Forgiving Essence* can help you move out from under the burdens others may try to shift onto your shoulders and free you from the burden of their negativity. If you use *Mary's Gift of Love Essence* to lovingly send them back, you will be able to help them remove the karmic burdens of their own and dissolve their burdens with the loving awareness they require to accept their own lessons in love and joy.

How do you determine the lessons that are required for your growth and enlightenment? If you are willing to examine your life and find the sore spots that you have shielded from others and have been unwilling to expose to the scrutiny of their probing, you begin to uncover the buried lessons required for your growth and evolvement of your soul. It is these tender areas where you feel most vulnerable and try to hide from the probing of others that hold the keys to your transformation. What are you most reluctant to share with others that would reveal your true reality? The more open you can become to share the things that you would keep hidden away, the more you open them to the healing powers of love and forgiveness. It is these inner secrets that are the anchors keeping you earthbound. Be willing to open up these areas of vulnerability to those who would lovingly help you explore the meaning of their pain and you will begin to free yourself from the burden of their lessons. If you do not have a loving partner to share this with, it may require the help of a therapist, but this is the necessary purging that must take place if you are to be released from the poisons within. The more you keep these dark secrets sealed within, the more they will fester and prevent the healing you require. The use of the *Going Within Essence* can help if you are willing to undergo the self-surgery required to open up these painful wounds and begin the healing and growth.

Sharing with others the experiences of your evolutionary steps to growth can help them to see the "logs" in their own eyes. You are frequently able to delude yourself into believing that things are not really problems because you feel you are handling them by stuffing them down out of your awareness. If you are able to listen to the wisdom from others on how they have been able to allow these false assumptions to surface and be replaced by the light-filled realities of expanded

thought, you will be able to raise the vehicle of your awareness from the quicksand of suppressed memories. The more you stir up the memories of past misdeeds that did not allow the lesson of their meaning to transform your awareness, the more you will be forced to repeat the lessons in a different form until you "get it". Be willing to confront your monsters the first time they appear and you unmask them before they take residence in your closet of fear.

The more you master the lessons you require, the more you free yourself from incurring the karmic burdens you can take on when you attempt to shift the blame to others for your actions. You must all face the board of karma sooner or later and if you are willing to freely accept the lessons you require and make them part of your reality, the easier you will find it is to keep your balance on the tightrope of life.

Learning the lessons of a lifetime may take the lifetime if you are reluctant to let go of the fears that keep you earthbound. If it is your desire not to continue on the treadmill of karma, you must decide to become fearless in your approach to life. It is when you let go of the fears that keep you in a self-protective stance in life that you open yourself up to making the leaps of faith necessary to step onto the escalator of expanded thought. If it is your fears that keep you earthbound, you must be willing to dissolve them to see clearly the path ahead. If your fears about what others may say or think or do keep you from making the acts of forgiveness you require to dissolve karmic lessons, then they are the things that prevent your growth. Whatever your fears are, they are preventing you from seeing clearly the road ahead on your path to ascension. If it is fear that prevents you from making the leaps of faith you require for achieving the higher awareness you desire, you may find that the *Overcoming Fear Essence* can assist you in the process. Be willing to let go of these impediments and you will be able to see the joyous road ahead.

Working with the Lessons

What are the "sore spots" you hide from yourself and others?

What are the hidden fears that make you recoil from probing these areas?

Visualize the healing balm of *Mary's Gift of Love* loosening the scabs and healing your life from within.

Lesson 30 - So…?

The most profound concepts are sometimes the most simple. The concept of *loving one's neighbor as one's self* seems so simple but it is the cornerstone of all spiritual truths. The simplicity of living a life in love and awareness sometimes gets lost in the activity of a modern chaotic world where love seems to take a back seat to winning at all costs. How do you begin to sort out what is true and on your path from those that can be discarded, and left to gather dust, like last year's hot toy? There is a simple scale that we would urge you to use to measure the things that can add importance to your lives and those that can be discarded. That is, the question or statement - "So…?". When you weigh your options with this unbiased scale of importance, you see things in a clearer perspective.

So what if you do not receive the promotion? So what if you do not have the latest gadget? So what if you make the wrong decision - will the world come to an end? So…? - You learn a different lesson in your classroom of life. All the lessons are there for you to learn. You decide in which order to take the courses or whether you are sufficiently conversant in the subject to skip that grade. The order you take them in does not matter. What matters is that you comprehend the subject matter and put it into practice in your lives. It does not matter if you accept the knowledge freely without question or if you study diligently to learn something that was not part of your schoolbag when you entered – the test is in your being able to make it your reality and become one with the message.

So… the things that you once considered to be the most important in your life do not seem as important any more when you weigh them on the scales of your return Home. The time you spend attending to irrelevant doings seems to be wasted as you see your clock ticking down. There are no ordinary moments – only those that you can see are significant to the direction of your final journey Home. Being able to weigh your activities and actions on this heavenly scale helps ensure that when you are asked the final "So?…" you will have answers that make sense and will help you to make sense of the journey and will not just leave you speechless before God. What is the mission of your journey on earth and how are you doing in finding your way back home? What have you done to demonstrate this insight?

So…if you find yourself wandering aimlessly, where do you begin? Ask and you shall receive. Going within is the first step to finding the answers that concern you and your mission on earth. You all have sealed orders that are only to be opened when you unlock the door to understanding that you find within. Being able to access this vault of higher awareness with your surrender to hearing this still small voice within unseals these marching orders and makes your road far more clear and visible.

Another similar route is to ask for help in seeing your path from the angels, spiritual teachers and guides that are there to assist you on your journey. If you are willing to tune into this Welcome Wagon of assistance, you will never be lost in the woods of your own creation. Finding your way can be as simple as reading the signposts. Many are distracted by the neon glitter of false messages that do not hold the glow of loving awareness that they promise. If you are able to put on your night vision goggles and see through the gaudy exterior of the things that would beckon you forward, you will be able to look beyond them and see the true gold in the things that help elevate you spiritually in a loving manner. These are the signposts on the road home that you must follow if you expect to arrive there with the others that have chosen the higher path of awareness.

So… are you ready to make the leap of faith and accept the realities that will allow you to advance to the next grade or do you lack the courage of your convictions and will you repeat the grade until you "get" it? Graduation time is nearing and it is important that you are aware of the consequences of your actions. Expecting to be able to cram for final exams may not be an option if time runs out before you are ready to make the decisions you require. Deciding not to decide is indeed a decision that you make. So…?

Working with the Lessons

What are the pressing issues and decisions to be made in your life? Given the "So…?" test. Which deserve your focus and concern and which fail to measure up on the importance scale?

Begin incorporating these insights into your life.

Lesson 31 - Creating One World

The journey up the ladder to ascension begins with the first step, which is the commitment, but it will find its meaning when you cross the chasm of thinking that it is "me against them" in your perceptions. The reality of this may take a time to sink in given the conditioning of your current society and its beliefs. Concepts of regionalism, nationalism and all the other "isms" only tend to reinforce the concepts of "we/I am better than you". If you are to continue the journey to ascension, you must rethink these concepts and what they really do to alter perceptions.

If I am better than you are, then there is something wrong with you. If you are not a mirror to me of things I need to look at in myself, then there is something wrong with you and I am without fault. If I am more evolved on my path than you are, then it must be that you are inferior and haven't made an effort to "see the light," All of these illusions help separate you from those with whom you share the path. Instead, try seeing all as fellow seekers on the path to truth. While some may indeed be faltering in the misconceptions of fear and scarcity, they too are evolving souls on their own path to enlightenment. The more they struggle, the harder it is for all to move forward. If you are able to shed even a glimmer of your light onto their path to help them find the way out of their darkness, you will help move society forward into truth and understanding. Be willing to carefully drop a few pearls of illumination in hopes that some may see the value of their worth and may use them to begin their own upward climb.

While it is far easier to associate with those you share common perceptions with, it does little to raise the consciousness of the whole if you limit your association to those you already know to be on the ascension path. The greater insights you require may be learned from those with whom you do not share common ground and therefore must struggle to find some on which to build a relationship. In such encounters where you are not preaching to the choir, you are forced into reexamining your own positions to find threads that connect you with the other. From these basic points of agreement you will be able to weave a tapestry of association that can become a lifeline to those adrift in a sea of misinformation. It

is through this building of bridges to understanding that you begin to connect the network of souls that will be required for ascension of the masses.

In beginning to dissolve the "isms" that separate you, you must begin to question the concepts that unite you against a common opponent. How does this pitting one against the other in competition rather than uniting in love serve a purpose in your present reality? If you are able to refine your arguments that help point out the fallacy in this stance, you begin to fuel your tanks of knowledge for the journey ahead. This will be a hard-fought battle for there are those who live for the "thrill of victory" and deplore the "agony of defeat". This is part of your present society where wars and skirmishes are everyday realities. Though most are aware of the admonition to love one's neighbor, there is always the exception when your own ox is gored. Finding meaningful ways to bridge this gulf of misunderstanding and being able to build on the common threads that unite you will be one of the major challenges of turning around a world that is split into factions that would tear her apart. Begin to think of ways to bridge this gulf of separatism and you will begin the process of creating awareness around the globe that can help heal the planet as well as its inhabitants. Allow C*ooperation and Teamwork* to be your banner as you go bravely forth into the sea of opposition and you will know what it means to live in the Light.

Working with the Lessons

Begin with your small circle of your friends and family. Within this group with whom do you have long-standing areas of disagreement?

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List the areas on which you agree.

Use these as a basis on which to engage a conversation that will lovingly plant seeds of mutual understanding.

Bit by bit, over time, you will add grains of sand that will form a reef where both can stand together in peace.

Lesson 32 - Going Within

When you go within, where do you go? Part of learning to meditate is learning to release your hold on the solid ground of the physical reality and allow yourself to connect with the vastness of the universe. When you allow yourself to drift in the etheric body, you are able to tap into the richness of your other reality within which we will call *inner space*. Think of it as boarding a spaceship to the heavenly realms and being able to walk in the space of a parallel universe. In this fantastic voyage, you are able to let go of the physical constraints of time and space and allow yourself to drift in the mind of not only your higher or God-self but call on the angels, spiritual teachers and guides who would help guide you through your inner-space.

Meditation is more than just sitting quietly and trying to master the technique of clearing your mind. While prayer may be petitioning the higher powers, in meditation you are actually able to hear them speak if you are able to quiet your own voice long enough to hear the still small voice within. When you allow your own ego to become a spectator in your inner world of awareness, you begin a fantastic journey that can open up the vastness of the universe. You may do this through years of practice or find yourself in this altered state by choosing to be there using your own will. However you get there, it is important that you maintain the focus on the vastness of space so that you create a void that can be filled with new awareness. Nature abhors a vacuum and it is when you are able to clear your plate of outer distractions that you are able to attract the energies you require for this higher communion. The *Going Within Essence* may be of assistance in opening some of the inner doors of awareness.

As you open your portals to expanded realities, you begin to experience a gentle, loving energy that is a signal that you are truly on a higher plane. If fears are present, immediately return to your conscious awareness for you are not in the loving presence of the God-self. Allow this loving energy to permeate every cell of your being and you will help your craft rise above the earthly concerns that would distract you. Begin to visualize the heaven you imagine possible and you will help create this reality for yourself. See the heavenly hosts that are there to answer your questions and give you the guidance you require for the return flight.

Visit the heavenly store for provisions you need for the journey or delve into the vast library of heavenly information you wish to assimilate for your advanced studies on earth. Visit the hall of records and look up previous lifetimes to see how these help reveal the lessons of your current journey. All is possible when you possess the keys to this universe of awareness that is found within.

Book passage on this fantastic inner journey with daily trips within these heavenly gates. Tune up your muscles of introspection so that you are able to go deeper and deeper within as practice makes perfect. Begin to venture farther and farther into these realms and you will encounter many who would supply the keys you require to leapfrog over your earthly concerns and advance ever higher on the spiritual path. Take advantage of this time each day to preview the future you would create with your awareness. Make this your new reality and you will find that the vibration of this higher dimension carries back and helps alter the tone of all that you do in your earthly existence. Use this divine tool for transformation and you will indeed be able to create it for your reality.

Working with the Lessons

Begin a practice of daily meditation and create your own quiet inner room as your sanctuary. Define it in your mind's eye and create the kind of space that is yours alone. Call into this inner paradise the things or people you require for today to assist in your growth and awareness. Commune with these loving presences so that you too can become part of their wisdom.

What are your observations on this process?

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Thank them for sharing. Return to a renewed reality of life lived at a higher vibration.

Lesson 33 - Moving In the Light

When we speak of living in the light, we mean bringing the things that create this spectrum of energy to all that you do. While physical light contains different wavelengths that react with the cells within the eye, spiritual light carries a different vibration. To become enlightened, you must develop the receptors within your bodies that resonate with these higher vibrations and frequencies. Part of the transformation process is altering the body so that it can absorb these higher frequencies of light energy. This will require alterations to the DNA of the body as well as chakras and meridians that help transmit these currents in and around the body. This is a physical as well as a spiritual transformation that is taking place in those who have committed to the ascension path.

While all on the physical plane of reality possess bodies that are capable of assimilating higher thought patterns, those who will be making the transformation to physical/etheric bodies require more circuits in order to complete the process of transformation. The physical/etheric body is capable of being present in both the physical and etheric dimensions. When Jesus resurrected and reappeared on earth, he was in a physical/etheric body. The ability to materialize and dematerialize at will is one of the properties of such a state of transformation.

To prepare for this process, the physical body must go through various changes in its molecular structure. If you are undergoing this transformation process, you will notice various physical changes taking place in your physical vehicle. Since most of the changes will be taking place during your sleep, it is important that you allow sufficient time in a sleep state for this process to be accomplished. You may feel drowsiness or energy drain during the day as your body adjusts to this new circuitry. You may notice different physical symptoms or skin discoloration as this higher energy wiring is incorporated into the body physical. These are only temporary and will soon fade and become one with the new physical instrument.

The greatest change you will notice is the ability to sense energy surges within the body. It may feel as if you are wired with a higher current, especially when the body is at rest or in a meditative state. These higher frequencies will help you attune to the higher vibration of energy that is being programmed into the body. If the current energy pathways of the body are damaged or malfunctioning, they will

be redirected also so that the evolving vehicle of the body is fine-tuned for the ascension process. You may assist this process if you wish with the *Reconnecting Circuits Essence*, which can help restore proper functioning of the new pathways of energy within the body.

The light-filled energy that is becoming your new reality offers many more possibilities for experiencing higher frequency realities. You will find that you seem to be plugged into the intergalactic network of enlightened souls. More and more of these souls will begin to connect with you as you plug into the higher frequencies. You will be able to *know* more easily the things that carry this higher vibration and will cease to question what is right or wrong for you, as you will be drawn to people that emanate this higher vibration. You will find your tastes and desires changing to exclude the things that do not conform to your new vibration. As you are able to transcend this process, you will find that you tune more easily into higher vibrational thought patterns and are able to absorb more advanced concepts of awareness. This is becoming your new reality.

The changes of menopause are nothing when compared to the alterations taking place in the evolving physical body. The discomforts associated with change are far outweighed by the revelations you will experience as you begin this process of transformation. Continue to welcome this physical evolvement and you will be able to move easily into the enlightenment of your new reality.

Working with the Lessons

What physical symptoms have you noticed your body experiencing?

What insights and changes have you experienced in your vehicle of awareness?

Give yourself permission to rest or whatever is necessary to assimilate these new energies.

Lesson 34 - Creating a Light-filled Environment

Living in the light can also mean that you are able to work on a higher plane of reality. When you can perceive the things that carry a higher vibration, you are free to concentrate on more evolved matters and work on things that can help raise the consciousness of the planet as well as yourself. Once you know that you are operating from this higher perspective, you are able to operate from a more inclusive position rather than being bogged down in the petty self-concerns that are tied to the ego. By taking a more universal perspective on matters, you are able to see not only how situations fit into the larger picture, but ways that they can assist in the growth of the group soul. In elevating your perspective, you are able to see the greater light in all that you do.

Another consequence of living in this lighter world of awareness is that you are able to eliminate many of the trappings of a material world. When you are out of the cycle of accumulation, you are able to free yourself of many of the embellishments of that world and leave only the things that can have meaning in your present reality. This may mean reorganizing your life so that where you live, work, or play may be different. It means that you are free to dispose of all the things that do not bring you joy and are no longer part of the new life you are creating. The more you are able to remove these burdens that are tied to your previous reality, the lighter will become your vehicle of awareness and the more you will be able to soar free from the weight of their burden. The more space you make in your current reality, the more of a vacuum will be created to attract the things you require for your new life.

When you are able to let go of the things you no longer require, you become free to explore new possibilities of experience. If you surround yourself with the books and reminders of past realities, you will be tempted to fall back on their "wisdom" when you are less sure of your commitment. Removing these outmoded reminders from your environment ensures that when you let go of the illusions of prior realities you will not be weighed down by these hitchhikers from your past. Cleaning out the mental and physical closets of your life can free you of many of these reminders of past perceptions that can allow the fear of past misconceptions to get a foothold on your ascension craft. Limit the things you

keep in your environment to those that bring you joy and reflect your present commitment, and you will lighten your load for ascension.

Removing these weights of fear and scarcity can have another effect on creating a lighter environment of love. When you are willing to thank and release the things that have contributed to the lessons of your past, you are able to incorporate the lessons they gave into your new understanding. If someone gave you a gift that is no longer appropriate, you sometimes feel compelled to keep it out of respect for the giver. If you are able to bless the giver for their kindness and hand their gift off to someone who has greater need for its use at this time, you help perpetuate the flow of manifestation that keeps the tap of abundance turned on. The more you hoard things out of your fear of scarcity, the more you create this for yourself. Be willing to pass on the things that no longer have meaning in your life, and you will free them to provide new lessons for their receiver. By changing the energy in your environment, you can create one that reflects this new perspective. Try spraying the new space you have created with *Mary's Gift of Love* or *Creating and Accepting Abundance Essence* and you will begin to hear the higher messages that are associated with true abundance and joy. Make this your new reality.

Working with the Lessons

Examine your house, room or office and determine what is no longer relevant in your current life. Gather together the items that no longer give you joy and thank them for the lessons they have provided.

What are those items that no longer reflect your new awareness?

Release them to the world that they may provide new lessons for their new owners. Sit in your clean space and appreciate its simplicity.

What people and experiences do you intend your new reality to include?

Call to you all the people and experiences that will fill this new life that you are creating with unlimited joy and awareness.

Lesson 35 - Calling a Team Meeting

Being able to tune out the distractions that prevent you from hearing the higher voices within is a skill that becomes more important as you continue to live in the third-dimensional world on earth. Learning to go within and tap into your own reservoir of peace and calm allows you to come from this higher perspective as you traverse the journey of your soul. How you develop this skill of inner peace and introspection can be a journey within itself. You might begin by finding a place of quiet, free from the physical distractions that can intrude on awareness. As you become more accomplished, this isolation should not be necessary, but to begin with it helps not to have the pied piper of distraction to pull you off the path. Find a position that is comfortable but allows you to maintain your back in an upright position. It is important to keep these pathways open so as not to impede the flow of energy up and down the chakras. When you are able to work on the super highway of energy flow, traveling becomes much easier.

Second, you might wish to connect to your higher-self or whatever spiritual guide(s) that you wish to share with at the time. Simply requesting their presence in your meditative state can open the door and let the dialogue begin. The more you are able to quiet your mind and not let the intruders that would cause interference with the mind-to-mind connection intervene, the greater will be the clarity of the reception. Learning to receive the information in clear, easy-to-follow messages is a skill that comes when you are able to put your own ego and wants aside and operate as a detached bystander who is merely recording a conversation. It may be easier to record the information on a computer or by hand or even into a tape recorder if you are able to do this while maintaining your focus on the sender and what is being sent. It is important not to analyze the messages as they are received, but merely to record their message for later review. When you are able to objectively plug into this fountain of higher information, you have at your disposal all the wisdom and knowledge required to make your own decisions and direct your own path of service on a higher plane of awareness.

How you choose to use this information can have great consequences in your life. If you obtain higher information merely as an intellectual exercise, you will find that the source of this information may dry up when it is not put into action on the

earthly plane. However, if you subsequently study the information shared and in turn share it with others as well as put it into action within your own life, you will find that the gates of inspiration will open ever wider to ensure that the source never runs dry. For it is in the implementation of the higher principles of awareness that these concepts are manifested on earth and positive change is begun. Pouring pearls of wisdom into a black hole is a fruitless endeavor that will not be perpetuated.

By sharing the things that you receive from higher sources, you begin the process of manifestation on earth. It is through the inspirations that you receive from higher sources that you are able to envision the opportunities for higher service and awareness that can help you find the rungs on the ladder to ascension. Your willingness to go within and ask to be shown these insights can help you as well as the others with whom you share your path, discover the secret treasure map to higher realms of awareness.

Tuning in to this higher channel of transmission has many rewards if you are able to make time for this celestial board meeting. Think of it as calling together all the members of your ascension team for a team meeting to plan strategy and discuss play options. When you work in an atmosphere of higher awareness where all members are encouraged to voice their unique positions it is no wonder that you are able to come away from the meeting with the highest perspective for all concerned. Use this team approach to bring higher understanding to the situations in your life and you will begin to sense the change in the energy of your life. You will feel that you too, are walking six inches above the ground, free from the potholes that could trip those who are not traveling in your elevated position.

Working with the Lessons

Call a team meeting with your angels, spiritual teachers, and guides to discuss a situation in your life about which you are unsure. Act as an impartial observer or court reporter and write down the arguments made by each of your celestial friends.

Close the meeting, then go over the suggestions. Form a strategy of your own that puts to use many of the higher thoughts from your team.

Lesson 36 - Raising Your Vibratory Tone or Note

When you begin to walk a sacred path, you open yourself up to the possibilities of the universe. Doors open easily for you when you create the pathways to higher awareness that will lead you Home. The more that you keep this intention as your beacon to follow, the more you are directed to experience the things required for your journey. There are no random moments. All that you do on this homeward stretch of your journey has meaning. Allowing the synchronicity of orchestrated events to become your teachers will bring you into the flow of the evolving metaphor of life. By welcoming these events into your life, you turn on this faucet of manifestation and are able to become one with the rhythm of the universe.

The rhythms of life are in tune with the vibrations of your soul. When we speak of vibratory notes we mean the tone or note (vibration) of the evolving soul. Those just beginning their journey Home, who have not yet learned the lessons of love, are at the lower end of the vibratory scale of spiritual evolvement. As you assimilate the soul knowledge and make the choices that can help advance the soul up the scale of harmonics, you will find that the vibratory rate or tone will change also. You who are beginning to incorporate the lessons of loving charity into your life will carry a higher frequency of vibration also. Farther up the scale, you will find those who live lives free from the evil of the lower tones but who do not yet accept the divinity of their own beings. These are good people by all reckoning but still lack the awareness to make the final leap of faith necessary for ascension. To raise your vibratory note to its higher level that will boost you over the top rung of the ascension ladder, you must take the final step and accept the divinity of your own soul as being part of the heavenly chorus of souls. Until you are able to envision your own voice as part of this celestial harmony, you will be unable to make this final connection.

So how do you go about raising your tone? By attuning to the aforementioned principles of thought you begin to create the mindset that makes all possible. But what are beliefs without works? They are only empty platitudes that do not demonstrate the facts that you proclaim to be true. Unlike the religions that proclaim that belief alone ensures you a place in heaven, it is the demonstration of the beliefs that you proclaim to be true that grounds them into reality and ensures that these leaps of faith are indeed part of this reality. By accepting the power you

have to manifest what you require for your growth and soul evolvement, you make this your reality and raise the vibration of your soul. It is this final leap of faith in your ability to manifest your ladder of ascension that will make it possible.

One can believe intellectually that this is possible but still miss the boat. To see clearly the things you require for your journey, you must let go of the fears that obscure this vision. The fog of fear not only cloaks the things you require in darkness but can muffle the vibration of your tone so that you are unable to hear its welcoming call to come Home. The more you resist the leap of faith necessary to create these new realities, the more you silence the resounding of your note.

The power of the vibration of the notes of all the souls who have crossed this threshold of faith will be heard far and wide when they are able to come together in resonance. The gates of heaven will fall as in Jericho when all are able to join together in this higher note of love and accord that signals the oneness of all creation. Raising the vibratory note of your soul can ensure that you will be one with this heavenly chorus of love and awareness.

Working with the Lessons

Help raise your own vibratory note with the following meditation:

Go inside your sacred space where you are safe from the distractions of the world. Allow the peace of the universe to surround this bubble of inner tranquility as you float freely in the vastness of space. Listen to the vibration of your soul and the note that is yours alone. Allow the vibrations to become more audible until you are one with this vibration. Continue to feel the vibration of your soul as you raise it higher in its frequency. Become one with this higher frequency of vibration. Allow this to be your new reality. Slowly return to the earth plane and your third-dimensional reality.

Your observations:

Allow this higher vibration to help you create the higher tone that you will make the reality of your life.

Lesson 37 - Planning Your Personal Retreat

As you tune your body so that you are better able to adjust to the higher frequencies of thought patterns in order to prepare for the ascension process, it might be helpful if you go through a period of fasting to allow the denser materials to be removed from your physical body. When we say fasting, it is more of a cleansing of the system while continuing to ingest water to help flush out the impurities. You may also take fruits and their juices and clear liquids that will help keep the body functioning during the process. This need not be a prolonged fast, merely enough time to cleanse the body of impurities. Forty-eight hours should be sufficient.

During this time, it would be wise not to schedule strenuous or emotionally stressful activity. Set aside a weekend or other time period for renewal, both mental and physical. This would be a good time to walk the labyrinth or take a meditative walk in the woods or on the shore and reconnect with the natural parts of your environment. Allowing nature to be your teacher can help connect you with the earth in a spiritual way that is easy to lose in the frantic pace of earthly lives. Setting aside a lengthy stretch of time without distractions to cleanse the body and soul can be very refreshing. Simply allow yourself to *BE*. The simple intention followed by the acts that ground this into reality make this inner walk one that will bear the fruits you seek. You may find that the *Going Within* and *Maintaining Health and Balance Essences* are the only things you wish to take along on this fast and retreat.

If you are able to cleanse the physical body and clear the mind, does it not make sense that this will create a vacuum in which the inspiration of higher thoughts is free to enter? When you meditate in such an environment, you will feel the loving presence of those who are there to assist you on the journey. It is as if you are throwing a party and have reserved the place and set the table and are now ready to welcome your invited guests. “If you build it, they will come”. Begin to create the stage on which you will perform and orchestrate the symphony of your life and you will soon feel the crescendo of heavenly choruses there to support you in your efforts.

The party is but a planning session for the events you will be calling forth into your life. If you have a partner or partners who share your life and your aspirations, be sure to include them in the process. As you sit together in a relaxed, meditative setting, allow the energy of the group to help bring forth the ideas you require. As Jesus said, "When two or more are gathered together…" it increases the energy and allows all to mirror and feed information to the others so that they are able to see more clearly the ramifications of their ideas. Do not censor one another but allow the inspirations to flow freely and expand on them so that you can explore their possibility in your minds before beginning to manifest them. These are the trial balloons you send to each other that can help inspire the great adventures that you will create together. Be sure to include your "board of directors" of angels, spiritual teachers and guides in all such planning sessions for they are there to help inspire and coordinate your earthly efforts on a higher plane.

Before you leave this space of cleansing and reflection, be sure to come together one last time to share the revelations of this time and to map out a strategy for the weeks ahead. It might be helpful to make one last trip through the labyrinth so that the implementation of the ideas begins to take form in your mind. Invite along your angels, spiritual teachers and guides so that this final walk will also be a joint effort in operating from this higher plane. Return to work the following morning refreshed and ready to continue on your path with renewed energy and insight.

Working with the Lessons

Set aside a weekend or two days during the week for your own personal retreat. Following the suggestions above, make this a time for cleansing, introspection, and renewal. It need not be a location away from home as long as you turn off all telephones, televisions, and other devices that would destroy the quiet and peacefulness of the situation.

Record your insights and revelations.

Return renewed and ready to take on the challenges that will confront you on this ascension path.

Lesson 38 - Learning from Adversity

Today we would like to talk about overcoming the things that you have brought into your life for growth and understanding. When you begin your journey of incarnation on the earth plane, you come with sealed orders. It is similar to holding an envelope to your forehead and trying to guess the question when you already have the answer in your life. It is up to you to make sense of the things you experience and put them in context with the mission of your journey. Part of your challenge of spiritual awakening is to create the "light bulb" moments when the lessons of your experience begin to make sense when seen from a higher perspective.

In order to manifest the learning opportunities you may require for your earthly schoolroom, you must create situations that can teach these truths on the stage of your experience. Sometimes the lessons are not easy. If you have been particularly cruel or unloving in a previous incarnation you may need to experience the other polarity of experience in being vulnerable or oppressed in order to balance the karma you require and complete your understanding of power and how you use it. This is just one example of how the scales of karma can play an important part in giving you the understanding of how you might rise above life's circumstances and help balance the scales of justice. There is never a perfect balance for when you find yourself tipping too far in one direction you are given opportunities to help bring your life back into balance. It is when you are able to achieve this balance within your life that you are able to make the upward motion of ascension into even higher realities.

Balancing the scales of understanding requires that you are able to see life from all sides and come from the position that holds the highest possibility for expressing loving energy in its execution. If you examine your true motivations for engaging in an activity, you can begin to put it into perspective on your scale of balance. Say you are torn between going on vacation to some exotic place and working in a rescue mission. It is only when you are able to examine your motives and realize that the only reason you wish to work at the mission is because you think it might be perceived by others as being unselfish and you are trying to impress someone with your "unselfishness." On the other hand, you may have

been acting unselfishly in your life and are valuing yourself and honoring your need to spend time in recharging and renewing your focus and your mission statement. The remote vacation destination might be just what you need to put your life back into perspective and make the course corrections you require for the next leg of your journey. It is entirely the motivation of your actions that can make the difference in whether an activity is positive or negative for your growth and understanding.

But what about those that have serious afflictions or illnesses that they are struggling with in their life? Perhaps there is a lesson in the physical challenges you face in an incarnation that provide the growth and understanding you need. Perhaps you have chosen this burden to help atone for grievous errors in judgment you made in previous incarnations. Perhaps you manifest an illness because you need the lessons it brings for your spiritual growth. Perhaps you are beginning to balance the karmic scales with the things that you have called to you as tools of enlightenment. It is up to you as to whether these challenges can be a beacon of understanding or a well of desperation into which you dive. After the initial diagnosis, there is usually a dip on the negative side of your balance pole. It is up to you to make the positive adjustments necessary to help bring into balance your understanding so that you can see the higher road ahead.

If you are stuck on the negative side of reasoning, you may find *Dealing with Grief Essence* to be of help in stabilizing your journey so that you can see the lighter route ahead. Sometimes, when you have fallen off the tightrope of life, it is difficult to make the effort to get up and begin again. Surround yourself with the healing blanket of *Mary's Gift of Love Essence* and you will soon be able to see the loving road ahead to resume your journey.

Make the connection with cause and effect in your life and you will find it easier to see the lessons life is offering you. Open your hearts to accepting whatever life has to teach you for your journey and you will gain greater awareness and you will create the higher understanding you require for ascension.

Working with the Lessons

Examine your life and where it has led you so far.

Write down what you believe your sealed orders might read for the lessons you need to learn for this phase of your life.

Add new orders on what you would like to learn for this final leg of your journey.

Put it in an envelope and place it under your pillow. "Sleep on" ways you will begin to manifest these changes in your life.

Lesson 39 - Surfing the Dimensional Shift

The earth is going through many changes as the countdown to the ascension continues. As you are aware, the earth is transversed with many magnetic and electrical fields that are frequently referred to as ley lines. While traditional science does not always recognize their existence, those attuned to higher realities are aware of them and the effect they have on the planet. These coordinates perform important functions in adjusting the gravitational pull of various points on the planet as well as the effect on the people that reside within these areas. The tones that are associated with these higher frequency places on the globe help resonate with and tune those who reside in these areas to the higher frequencies of awareness. These power spots provide an important function in helping to raise the vibration of the area and of the earth as a whole.

When the collective vibration of an area is disturbed such as happened on the 11th of September, 2001, there is a vibration that is felt around the planet. It is like a drop in power that creates a negative vibration around this power grid when the aspect of fear is experienced on such a large area of the earth. Fortunately, in this case, there was a positive power surge that created a rebound effect as people refused to become part of these negative emotions of fear and hatred. The coming together of the peoples of the world to help rebalance the vibrational fields of the planet has done much to counteract the negativity that was instigated by these perpetrators of evil. If this positive vibration of cooperation and oneness of purpose of exposing the evil and driving it from its hiding place around the globe can be continued, it will allow the positive vibrations of the planet to soar even higher and thus prevent any negative dimensional shift in the planet's energy fields at this time.

The shift in dimensions that was tentatively foretold has been put off due to the changes in energy that these events have had on the planet. There is a great need for souls of this higher vibration to remain incarnate to help see the higher roads to world peace that are possible at this time in earth's evolution. The perpetrators of this dastardly event have unwittingly unleashed a backlash of introspection and caused many to elevate their own tones and draw on their higher power in attempting to resolve the threat to world peace in a more permanent manner. It

remains to be seen if this unity of purpose around the globe can be maintained and the forces of evil exposed in peaceful manners that would help continue this upward vibrational pattern, but for now this is the case. (See *A Higher Perspective on the Tragedy* in Appendix A)

The ascension process is still one that will affect many who have chosen this higher path of service. The lessons that we have provided can help elevate the consciousness to these higher vibrations. When the time is right, you will be activated to tune in to this higher channel and be called Home en mass. The time is not at hand for this now but all who wish to make this their reality should begin to ready themselves for their final call home. It can take place in a twinkling of an eye and will create an instant transformation from physical to physical-etheric form. This will allow those who are needed to help comfort and guide those remaining, to reappear as necessary and help transform those who have been left behind. Those who wish may proceed to the next level of service and awareness.

Such a massive shift at this time would be inadvisable but will come in the future. Be ready with your spiritual bags packed and you will not miss this homeward express. The schedules may have changed but be assured that the destination is clear and those who wish to catch the first car must be ready at the station when this shining vehicle of transformation does arrive. Use this golden opportunity to bring along those who have responded to the wakeup call of this tragedy and you will ensure that the cars will be full for the homeward ride.

Working with the Lessons

What issues do you have outstanding that need to be resolved before you are ready for the trip Home?

What have you been putting off dealing with until you can see the train nearing the station?

Begin to clean up the remaining issues of your own so that you are free to assist the foot draggers to the finish line.

Lesson 40 – Growing Pains

Our message for the world is one of peace, love and inner harmony. When you all join together for this final journey to ascension, you will feel a quickening in the energy fields that connect you to your Divine source. This will begin in small ways, so subtle that you may not even notice. There will be a tingling or energy surge in different parts of the body as it slowly begins to adjust to these higher frequencies. You may feel other physical sensations such as the adjustment of the cranial plates that allow for higher thought processes. You may feel your body shift its metabolism of certain nutrients to help bring in the higher vibrations into its physical structure. All of this will be in preparation for the shift that will take place in the vibrations of the earth. To tune into this higher channel, you must have a vehicle that is capable of receiving these higher frequencies.

Another sign that the dawning of the new age is at hand will be the changes that the earth is making. While recent events on earth have forestalled the dramatic readjustments to the magnetic fields of the earth, and the positive effects the cooperation of the peoples of the earth has had on the overall vibration of the planet, the potential still exists for the global realignment of the polar axis if the energies of *Cooperation and Teamwork* of earth's inhabitants cannot be maintained. Severe disruption by the forces of evil that could begin a cycle of retribution could do much to hasten the dire changes to the earth that were once predicted. Continue to help bring together the voices of reason so that these higher energies will become the reality of not only yourself but of the planet, and you will help divert the eventual cleansing of the planet that has been foretold.

The timing for the ascension process has been altered by recent events. As planetary energies remain at a high level, more and more people are examining their core beliefs and are returning to their spiritual roots. The lures of hedonistic pleasures seem to have lost their glitter, as people are willing to delve deeper into their own core to determine how they fit into God's celestial plan. More and more people will be returning to their churches and finding them lacking in the answers they are seeking, and will be exploring the deeper meaning of existence and learning to go within for their answers. All of this spiritual activity can help raise the vibration of the planet, which raises the vibration of individuals and ensures

that the more evolved of these souls who have accepted the authority of their inner voice will hear the ascension bell when it rings calling all souls home to their fountain of loving energy.

This spiritual wakeup-call has left many afraid and disoriented when they realize that the beliefs they have claimed for their own have melted and vanished in the cauldron of the attack. Others have been strengthened in their faith and belief that they are capable of making a difference in this war for world peace. Those who are left naked without the armor they require to enjoin the battle are disoriented and vulnerable to the winds of change that are blowing through the land. Now is the time to begin to round up those who are left without beliefs in which to wrap themselves so that they may feel the warmth of God's comforting presence. Those who have stood proudly alone, resisting the crutches of religion will be open now to seeing the brotherhood of higher awareness that offers sheltering arms of love to surround them with its loving presence. As one faces the possibility of planetary destruction at the hands of the fanatics that would hold earth hostage, it is likely that even those agnostics in a spiritual sense will be reexamining their true beliefs, searching for greater meaning in the progress of their lives. Be willing to offer them the hand of peace and love without attempting to change their perceptions and they will be swayed by your inner strength and be more inclined to embrace these new insights for their own. Begin to change the world, one person at a time, through your loving kindness and you will hasten the ascension process for all.

Working with the Lessons

Find one person who has been affected by some tragedy in their lives and who is awash in a sea of their own ignorance. Begin to shower them with loving-kindness and help show them by your example what awaits them if they can change their awareness to create this heaven on earth.

Your observations:

Offer them a hand up onto the ascension ladder, and you will increase the vibration of the earth to help others who are struggling with the process.

Lesson 41 - Overcoming the Terrorism of Fear

If you have made the determination to tune into the frequency of higher thought, you must be willing to install the filters that make this your reality. The modern world is filled with negative images and sounds that bring down the vibration of the souls that are subjected to their intrusive presence. Everywhere you are bombarded with the commercials of life that beckon you to try their panacea for earthly happiness. Nothing could be further from the truth. Since you know that the kingdom of God is within, trying to find it in external ways only leads you to disappointment. If you would tread the higher path of reality, you must be willing to put these false gods aside and open yourself to the whispers of an inner higher voice.

While the constant bombardment of outer messages can be distracting, it is not impossible to live in the midst of society and pursue a higher path. Jesus was able to live amongst those with whom he shared his message of higher wisdom and not succumb to the siren song of distraction. If you are secure in your own inner wisdom, you will be able to evaluate these messages by their vibration and discard those that do not resonate with your new reality. Become a skeptic of the things others try to use to pull you off your path, and you will develop the inner blinders that will keep you ever moving forward to the celestial carrot at the end of the stick.

How do you maintain your own inner focus and still act as a beacon for others to follow? When you have the inner knowledge and confidence, it becomes obvious to others that you are at peace with this inner awareness of what is right and wrong for you. There is something magnetic about this peace of mind that will cause others to take notice and try to find out what makes them tick and how they too can achieve this state of nirvana. Most people walk through life searching for their answers in things, people or ideas rather than unlocking their inner doors. The fact that you do not need these outer distractions and are at peace with your own existence is a comfort to those with whom you may associate. It allows the light of your presence to permeate the auras of those you encounter and begins to plant this spark of knowing for them to explore on their own. Be willing to walk among those with whom you would share this inner spark of awareness and you

will begin to inoculate them with the contagious vibration of loving energy that can start them on their own homeward path.

The time is ripe for planting these seeds of awareness as more and more are beginning to examine their core beliefs that were shattered in the wake of the explosions. The fact that some were unswayed in their faith and inner direction will make them a beacon for others to follow. Be willing to share the message of the strength that comes from an inner loving presence rather than a wrathful god and you will cause them to examine their core beliefs also.

The power you have to shape your reality is an awesome concept to some who feel that they are at the mercy of the terrorists who they imagine are out to get them. By consciously releasing these fears and creating a reality of loving awareness, you will make this your new actuality. Terrorists are not only found on foreign soil, they reside among and within you when you allow their message of fear to become your own. Refuse to let this vision of victimization be part of your existence and it will not become your reality. No one is capable of making you feel anything. It is how you choose to perceive something that dictates what your reality will become. If you choose to live a life of loving awareness, free from fear and want, then that will be the reality you create. Be willing to make this your armor and you will find that the terrors others would throw at you will be deflected by the radiance of your armor of light.

Working with the Lessons

List the things that you have been fearful of in the past.

Examine them to see how you created these realities.

Cross through each of them and instead list the alternate realities you would create for each situation.

Affirm your intention to create these new realities in your life.

If you have trouble letting go of the fearful images, you might try *Overcoming Fear Essence* until this becomes your new reality.

Envision your armor of light protecting you from the things you have feared in the past.

Lesson 42 - Choosing the Higher Route of Growth

When you are aware of the dynamics of the world you have created for your awareness, it is easier for you to alter these conditions to create the atmosphere that you desire. Part of knowing you possess the power to make such a change in your situation is taking the power that is yours to use or misuse at will. In giving man free will to alter his own destiny through the choices he makes, the Creator shares with His creation an immense power for personal growth and awareness. With this power also comes a responsibility to use it wisely and to help others realize their own ability to direct their destiny.

Some may choose to join with others in helping to raise the group consciousness of the planet, while others may elect to hide their light under a basket and stifle this divine spark – it is your choice. The objective of your path is to see how well you are able to assimilate the lessons you need on this earthly sojourn and whether you are able to raise your own vibratory rate as well as help others to realize their own divinity. Since you are not judged on the success or failure of how well you succeed in earthly standards but only on how well you learn these lessons of love and charity, you must learn to evaluate your actions by a different criteria if you are to come from this higher perspective. Rather than looking at something as to what importance it may have for you in terms of power or money, something should be evaluated in terms of what value it may have to you in increasing your knowledge and awareness and how it can positively affect others. These are the true scales on which you must learn to balance the choices you make in your life.

After you have decided where you wish to go, it is up to you to decide how you are to get there. Do you take the more direct way up a steep, narrow path, or do you take the more circuitous route, stopping to smell the roses and enjoy the scenery along the way? There are no right or wrong paths for there are lessons to be learned on all. In making decisions on the path you will take to greater understanding, you may find it helpful to list the pros and cons of each choice in terms of the opportunities for growth and service that exist for each one. You may find the use of a pendulum or kinesiology helpful in deciding which carry a higher vibratory rate. If you begin to use these tools of perception in guiding you in the

choices you make, you will be able to tune in to this higher method of discernment and let Spirit be your copilot on your journey.

Deciding which path carries the highest vibration is only part of the process. Committing to personally stay the course and to work through these lessons of awareness may be the hard part. Knowing when to let go and move on may be the hardest yet. When you take on a lesson and move through the experience with others who you need for your growth or to pay some karmic debt, it is sometimes difficult to know when it is over and you need to move on to the next challenge.

When relationships become dependent on each other without growth or understanding between the partners, it is time to move on to those that can offer both parties the opportunities to experience new insights. This need not be traumatic, for you all have things you need to share with others if both are willing to take this higher approach to awareness. If you cling to others because they seem to have strengths you are not willing to take on for yourself, then the relationship can become toxic and all growth is stopped for the partners. Being able to gather the pearls of knowledge you require and lovingly thank their givers and move on ensures that you will have even greater lessons to come and that you will continue to grow in love and awareness with others on the path.

The courage to make the decisions that determine the direction of your life comes from the inner voice you have that calls you Home to God. When you are able to tune into your own spiritual beacon, you know which is the higher route to take. The courage comes in being willing to set aside the negativity and fear that can accompany your decision and to leap off the cliff into greater possibilities. The *Leap and the Net will Appear Essence* may be the gentle nudge to get you going on this higher path of awareness. Use the guidance from your higher-self to help you move through your fears and begin your journey on the path of awareness.

Working with the Lessons

What decisions have you been putting off that could change your life?

List the things that might happen if you made such a move and whether you believe them to be positive or negative.

Check with a pendulum or kinesiology to determine whether they are actually positive or negative in terms of teaching you lessons you require for your growth.

Make a decision to act on those that have a positive charge. Do it!

Lesson 43 - Creating Universal Peace

Today we would like to talk about becoming one with the universe. When you see the world from the narrow perspective of your life, you frequently are unable to fathom the vastness of the universal perspective. You are concerned with the things that effect you on a daily basis and are unable to glimpse the impact your thoughts and deeds have on universal consciousness. Somewhere in the vastness of space and infinity there is a consciousness that records all of your thoughts and deeds. This record becomes part of the universal mind that helps determine the evolvement of the planet as a whole as well as the individual progress of the soul's journey. When you raise the vibration of your own consciousness, you in turn help to raise the vibration of the others you are connected to by means of this universal intelligence. The more you are able to put aside your petty disagreements with others and take the higher road to achieving universal peace, the quicker will be the acceptance of this perception throughout the universe.

Your thoughts are connected to those with whom you share the planet. If you continue to harbor feelings of fear and retribution, you share these negative vibrations with those you are connected to in the network of souls. Think of it as all people being as cells in the body of love. When an infection invades this body it is possible for the soldiers at the gate to repel the advances of this destructive organism and restore the health of the body. If left unchecked, the pathogen can spread throughout the system causing destruction of the cells until it destroys the body itself. This is the challenge you are faced with as you attempt to make sense of the invasion of negativity and fear that has pierced the outer skin of your reality. The ensuing chaos that results when the walls are breached is a bugle call to summon your core beliefs to help fend off the invading foe. As this army of destruction begins to make inroads into your awareness, you must regroup and create a shield of mutual understanding and comfort that will allow you to fend off these invaders and repel their advances.

If you are to turn them back and heal the damage they have inflicted, you must be willing to work together in *Cooperation and Teamwork* rather than splintering into petty divisions within your perceptions. By coming together in the things that unite you rather than focusing on your differences in perceptions, you create a

healing balm that begins the process of reparation and heals the wounds from within. As long as there is a united front of all parties, there will be few breaks in the surface tension that holds together the skin of your alliance. When there is no break in this armor for evil to get its foothold, it will shrink and disappear from lack of nourishment.

This analogy can help explain how the microcosm of life is connected to the macrocosm of the universe. All systems operate on similar principles. The vibration of your body is intimately connected to the vibration of those with whom you share the planet. If you are able to maintain your high vibration of loving awareness during stressful times, you will be able to reinforce your ability to stand up to the forces that would attempt to pierce your armor of knowledge and plant their seeds of hate and fear. Those that are clear as to their own inner wisdom will be able to fight off the invading foes and join hands with the weaker members who may be questioning their own perceptions. By helping to bolster this front line of defense and use the shield of love to deflect these attacks, you will be able to win the battle for world peace.

If all remain united against the purveyors of hate, fear and deception, this negativity will be unable to penetrate the heart of knowledge that unites all of you in resolve. It is this determination to keep holding hands in a human chain against forces of division that strengthens the resolve and knowledge of those that have chosen this road to service to the higher ideals of loving awareness. If all remain joined together in mutual agreement as you climb together up the spiral path to ascension, you will ensure that all will arrive together, unbroken by the slings and arrows of those less enlightened.

Working with the Lessons

What common beliefs do you share with others throughout the globe that unite you in loving awareness?

How can you use these commonly held beliefs to form a coalition for peace in your community?

Begin by reaching out to those around you to form a human chain of understanding to help repel the fear and acts of retribution that would separate you from those that would make these their cause.

If it is difficult to find areas of commonality, you may find the *Cooperation and Teamwork Essence* to be of help.

Lesson 44 - Letting Go of Illusions

Part of readying yourself for the ascension process is learning to pay attention to the signs of the times. There are many things happening around you that will signal that the countdown has begun. If you are astute and mindful of the process, you will be able to pick up the telltale signs and begin packing your bags. One of the first indicators that this is in progress will be the coming together of souls of like minds who are looking for the missing pieces to their own puzzle of life. They know that they do not possess all of their own answers and that there are those with whom they share a deep psychological connection who have the answers that they seek. The seemingly random events that have the synchronistic imprint of bringing together people out of the blue will become more commonplace in the end days leading toward the ascension.

Another signal that you are moving on the ascension path is the coming together of souls in service to assist others in getting their own house in order. As more and more are guided on their homeward path, there will be those who have progressed at a faster pace. They will feel the need to look backwards and to assist those who have fallen behind in seeing the things that they have been unwilling to address and to help them over the bumps on their path. The energy of the *Cooperation and Teamwork Essence* may again be helpful to allow you to put aside the things that separate you and instead find ways that you can work together so that all are able to join in on the homeward sprint.

At times it may seem that the road is too steep and that there are too many things that prevent you from seeing the road ahead clearly. When you allow the distractions of life to interfere with what should be the focus of your journey, you are unable to see the higher value of finding your way home. Use the energy of the *Concentration and Focus Essence* any time when you are unable to see the forest for the trees and find your way out of the impenetrable forest of your own choosing.

When you are able to see clearly the road ahead that you need to follow, it becomes incumbent on you to find ways to surmount the obstacles that are preventing your ascension journey. Removing the illusions that you have used to prevent your opening the doors you have kept locked in hopes of avoiding

required introspection in your life must become a priority. Facing the monsters you have kept imprisoned within your own awareness allows them to dissolve in the light of higher awareness. It is time to throw open the gates of the Bastille and release these prisoners of your own misconceptions. It is time to free yourself from the shackles that have kept you tethered to outmoded beliefs and run freely and joyously up the path towards Home.

Part of freeing yourself from the illusions of the past is being able to see the higher perspective of all life as an illusion that allows you to experience and grow in understanding of the lessons you have chosen to come here to learn. If you are going to free yourself of the illusions of your lifetime, you must be able to grasp this higher concept and examine the events of your life in terms of the things that you have learned from your experiences. This self-examination can allow the "aha" moments of self-recognition become the steam that will power your journey Home. It is when you realize what you have gone through in order to get to this point of understanding that you can begin to make the connections you require to advance to the next platform on your vibrational journey to awareness. Use the *Letting Go of Illusions Essence* if you need help to remove the veils of illusion and allow you to step out of the fogs of your own making into the pristine clearness of self-realization.

Working with the Lessons.

What are the illusions you have been clinging to that have prevented you from exploring the higher paths to self-awareness? List them. Beside each illusion, list the reality that this was trying to mask.

Illusion	**Reality**

How will you use this new insight to redirect the focus of your life on this higher plane?

Do it!

Lesson 45 - Mary's Gift of Love

When you come from a position of loving awareness, all things begin to change in your environment. You are able to see the grouchy cashier as someone who requires your compassion and is worthy of your loving concern rather than someone who invokes your wrath. You are able to surround the members of your own family, who may not be acting lovingly at the moment, with your cloak of light and watch them as before your eyes they too are transformed by your love. If you allow *Mary's Gift of Love* to become your reality, you open not only yourself, but also the world to loving possibilities. The possibilities for transformation are endless. What if instead of spreading germs of destruction, you were able to inoculate those around you with this loving vibration. They too would then be able to pass this on to those they encounter until all would be exposed to the vibration of loving energy in *Mary's Gift of Love*. Imagine the possibilities when all are operating on this higher vibrational level of awareness. This is what awaits those who are able to catch the ascension express.

Being able to make this utopian dream a reality in your own neighborhood is one of the possibilities if you are willing to share these simple truths with those you interact with, either by word or simply by example. When you begin behaving "as if" this is your reality, it begins the paradigm shift that causes the energy in your auric field to be transformed into a higher vibrational level. As this "bumps into" others, their energy is "contaminated" with this higher vibration and it begins to expand within this new system. In this way you are subtly helping to alter the vibratory levels of all you encounter when you are able to maintain the high vibratory level of your own system and share this positive energy with those around you. You become subtle ambassadors of loving energy to all you meet without saying a word if you are able to banish the negative vibrations of fear from your being. This provides a vacuum for the energy of love to fill. The magnetic qualities of loving energy draw in others who are experiencing voids in this positive energy and enable you to share your positive vibrations with them.

Another aspect of this exchange of positive energy is that it not only attracts people who require its healing vibration, but it will also bring forth opportunities to help change the energy of more far-reaching areas of society. When you create

a subtle energy vortex as mentioned above, more and more opportunities for sharing this higher perspective will be drawn into your awareness. You will begin to be confronted with many areas where a lack of loving energy calls out for the intervention of someone who can begin to shift the vibrational field of the situation. More and more avenues for introducing the positive energies you exude will be drawn into your awareness. It is prudent for you to begin to share your perspectives with others so that they too will be able to help shoulder the tent of awareness you are holding up so that they may in turn share it with others. Soon the tent will expand to include all of humanity who are willing to make it their own.

While many are being drawn down in fear of the various infectious agents being sent to spread the specter of fear and hate among your people, it is incumbent on you and those of like minds to begin to create your own "epidemic" of loving energy. You may refuse to buy into the fears of others and instead offer the sheltering arms of love to all who are foundering in the waters of ignorance and grasping at straws for the reassurance that can only come from the loving heart of God. Be willing to share *Mary's Gift of Love* in essence form or in the life you live in response to this reality and you will be serving not only your own ascension journey but also making the process available to others who will be able to join you on this fantastic journey.

Working with the Lessons

What are you doing in your life to share your loving energy with others?

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Are there things you are doing in your life that are less than loving towards others?

What can you do to banish fear from your life and bring the energy of love into all you do?

Begin the transformation by behaving "as if" until this becomes your new reality. Share your loving aura with others to help them begin their own journey of transformation.

Lesson 46 - Discarding Fear from Your Reality

When you incarnate on earth, you suffer from temporary amnesia of the soul's journey through previous lifetimes on earth. It is like getting a second chance to "get things right" In the movie *Groundhog Day*, Bill Murray's character was caught in a time warp, reliving the same day over and over until he "got" the message. This is similar to what the soul goes through as it tries to correct the misconceptions of previous incarnations and to rise above the vibrational level it has risen to before. The tone or vibrational level of the body must continue to progress up the scale of awareness if it is to hit the high notes that will place it on the ascension escalator.

In living life anew you are able to experience situations from an altered perspective, which can help correct the skewed viewpoints you may have adopted in other incarnations. You all choose to experience the things required to bring your soul's experiences back into balance. If you have swung too far in one direction, you may choose to experience life on the receiving end of that condition to help you become aware of the results of your actions. It is bringing the celestial teeter-totter back into alignment so that you understand the plight at both ends but are able to move to the middle and maintain the balance that allows you to proceed even higher.

The lessons of your lifetime are important in that they help you realize the higher aspects of your personality and allow you to move toward a more light-filled reality. Every choice you make to step upward and forego something that has become evident to you that it does not have the higher vibratory level, allows you to attune to the higher frequencies you require for your journey. As the road gets steeper, you are called on to continually examine the things you have chosen to create for your reality and discard the ones that no longer shine brightly. Your life may be cluttered with the trappings of a comfortable life on earth but have little meaning when viewed from the higher perspective. It is up to you to continue to clean your house on a higher plane and discard the excess baggage that is holding you back from advancing higher. The more you are able to simplify your lives and discard the obstacles to growth, the smoother your journey will be.

This time can be especially difficult as you try to keep up with events on the world stage and at the same time keep your own inner equilibrium. Viewing the images of death and destruction as mankind struggles for power and control of others can have a negative vibratory effect on your body as you attempt to sort out the "real" from the imagined. It takes a strong internal gyroscope to keep focused on the higher road you seek in these times without being pulled off the track by those who find their own power in pulling down others into their cave of darkness. You must be willing to use your own light to shine into the dark caves of others and help them extricate themselves from their prison of darkness so that they may join you on the higher path. Those who refuse to be enlightened will find themselves left behind as the wave of believers pushes forward to be part of the homeward journey. Be willing to let go of the negative thoughts that keep you earthbound and you will also begin to see the fog clear so that you can join the homecoming. You may find the *Overcoming Fear Essence* to be helpful in tuning in to these higher vibrations so that you will not be left behind.

If all you have known is a world of fear and negativity, throwing open your doors to the new reality may be too fearful or risky a step. Begin with the baby step of behaving "as if" until this becomes your reality. What if all you encounter are not trying to take advantage of you or harm you? How would you treat them differently? What if just for today you decide to send light and love to all those you encounter at work, in the store or traffic? How would your attitude toward them be different? This is as much an exercise in letting go of the fears that bind you so that you are able to let the joy that is your birthright become your new reality. Begin by behaving "as if" this was your reality and you will soon be able to create it.

Working with the Lessons

What things or people in your life continue to spread a message of fear and trepidation?

How can you remove these forces of darkness from your environment so that you are able to raise your vibration?

Allow the vacuum created by removing the fears in your life to be filled with the loving energy that is necessary for the upward journey.
Do it!

Lesson 47 - Creating Heaven on Earth

When you are no longer operating from the bunker of fear, you climb up and are able to view events from this higher perspective. When you put all you do in a context of following your path on these elevated levels, you make the connections and perceive the higher importance of events and situations. Operating from this elevated position can help you make sense of events that could throw others into caves of doubt and fear. You are then able to make the connections and see the larger picture, including projecting ahead to envision the higher meaning of the lesson.

Likewise, when you operate from your higher self, it frees you from the petty intrigues of the personality and allows you to rise above the fray and see the bigger picture of a situation. Imagine a room full of bickering earthlings and being able to extricate yourself from the mass and float free from the grasping arms below that would pull you down. As long as you are able to disassociate yourself from the dramas below, you will avoid the snares that others may set to pull you down. Beware of the seemingly well intentioned on higher hills that secretly would draw you back with feelings of guilt and responsibility to pursue less lofty goals on behalf of others. Your primary responsibility in these end times is to follow your higher path and to assist others to do also, not to be sucked under by those who refuse to let go of their own fears and doubts. Learn to distinguish between those who are committed to making the changes they require in their lives and those who merely give it lip service and then slip back into their old ways of behaving. Those who are willing to make the tough choices and extricate themselves are worthy of your helping hand, while those who are not still have many lessons to learn before they will be able to pull themselves away from the crowd.

The times ahead will be exciting for those who have packed their bags on the soul level. There will be a brilliant future for those who refuse to bring along the stowaways of fear and doubt. Imagine a place where all operate in loving awareness and concern for each other, where all try to help the others be the best they can be. How rapid will be the progress on the higher path. In the crystal clarity of the higher dimensions there will be no need for subterfuge or hidden

agendas for all will be transparent in their motives. How blessed will be the reality when all exhibit the loving kindness that is part of the Immaculate Heart of Mary. Who would not want to be part of such a dimension?

Your purpose now is to begin to envision such a reality and thus help to create it. When enough are able to envision this for themselves, there will be a collective shift of vibration that will help manifest it. This will become your vehicle of ascension. First you must desire to make the transition by transforming yourself. When you have transformed your thoughts, you will begin to transform your reality and create the utopian reality of your vision. When enough are willing to join in this creation, it will be so. During the coming years you will be given many opportunities to help others create the world of their vision. Will it be the world of your nightmares or the one of your highest imagination? The choice is yours alone. Which do you choose for yourself?

Working with the Lessons

What do you envision for your ideal world? List the things that would make your world a "heaven on earth".

What prevents you from creating this reality for yourself here and now?

How might you go about dissolving the impediments to this so that you can begin to materialize the reality you desire?

Begin by doing one thing from your list that will begin the process of manifesting your heaven on earth.

Consider using *Creating and Accepting Abundance Essence* if you need help with this lesson.

Lesson 48 - Extricating Yourself from the Treadmill of Fear

The abundant nature of the universe assures you that you will have all you require for your growth and understanding. Sometimes it may seem that you have slipped through the holes in God's plan, but nothing could be farther from the truth. While you choose the lessons required for your journey in this lifetime, you are never far from the loving gaze of your Heavenly Father. It is in this love that you are allowed to play out your dramas until you *get* the message and are able to complete that segment of your puzzle of life on earth. If you wish to continue on making the same choices in your life and getting the same results, you will forever continue on this treadmill of experience until you are willing to raise your eyes and envision higher possibilities.

It is when you envision greater possibilities in your life that you are able to create the things required for your next lesson. It may seem that the universe is "out to get you" at times when you have chosen to learn your lessons the hard way by refusing to make the higher choices when they are first presented to you. Eventually the recurring themes in your lives will become hard to miss as they keep repeating in your experience. It is when you examine them under the microscope of awareness that the pieces begin to fall into place and you are able to make the correlation that will help point your way to the higher path.

Many times you have painted yourself into a corner in your refusal to make the hard choices and surrender to the higher purpose of your journey. In many of these instances, it may take the energy of the *Leap and the Net Will Appear Essence* to push you off the cliff of your own creation and allow you to begin again a journey on your higher path. There is something about admitting defeat and using this as your stepping-stone to higher awareness that allows you to leave behind completely the things that have not worked in your life and to try afresh in redirecting the focus of your journey. There is a freedom in cutting cords of the past and beginning anew that helps you sail over obstacles without being weighted down by the "shoulds" of your former life. There is an allied energy in the *Letting Go Fear of Commitment Essence* that allows you to put aside the fears that have prevented you from making the leap of faith you require to begin this new adventure.

When you allow fear to rule your reasoning, you will be forever mired down in the negative situations you create in your life. Begin with the *Overcoming Fear Essence* if this is your reality. The companion to this essence is the *Mary's Gift of Love Essence* that allows you to substitute loving energy in your life and begin to raise the vibration so that you move higher and envision a brighter future of your making.

Since you create your reality through your thoughts, it makes sense that the more you dwell on the negative aspects of your life, the more you create that reality. Conversely, the more you are able to envision a light-filled reality of love and peace, the more you will be creating that also. It is more than just being optimistic, it is creating a bubble of light that surrounds you and helps you rise out of the denser experiences that suck you down in fear. The more you keep this light-filled bubble of loving energy around you, the more you will elevate your vehicle of awareness until you step out onto an entirely new floor of experience where this is the reality. The more you envision how this will feel, smell, sound, etc., the more you will manifest the reality you desire. Begin behaving "as if" and this will soon be the reality you seek.

Working with the Lessons

List in the left (brained) column all the reasons why you cannot move out of your self- imposed rut. List in the right (brained) column reasons why you should make the leap of faith and follow your dream.

Left Brained **Right Brained**

Which of the ones on the left are based on fear? Which of the ones on the right are based on love?

If you wish try placing *Letting Go Fear of Commitment Essence* in one hand and *Leap and the Net will Appear Essence* in the other.

Close your eyes and begin to envision the life you wish to create in love without the specter of fear.

Begin to make this your reality.

Lesson 49 - Eliminating Doubt from Your Reality

If you are not blessed with the spiritual gift of knowing, how do you ascertain what is true for you and what is false? If you are able to question with an open mind and listen within for the answers you require, you can begin to develop the tools for inner discernment that can help guide you on your own path to truth and understanding. The difficult part of this scenario comes when you must put aside your own fears and prejudices and become a neutral observer of your own life. It takes a highly developed sense of peace within an individual before you are able to let go of the outcome of a situation and set aside your inner fears in order to receive information from a higher source. The internal guardians of the ego frequently "protect" it from the influence of outside sources that will not allow you to let down your guard and discover real truth for yourself.

Once you are totally able to disassociate yourself from the outcome of a situation, then you must be willing to see past the skewed opinions of others. It is as if there are many lances barring your path to enlightenment that are held by others that would prevent you from seeking the real truth therein. If you are to find the true meaning in a situation, you must change your focus to the end of the journey and all the impediments to growth will dissolve and allow you to move forward unimpeded. It is this focus on the light at the end of the tunnel that allows you to journey safely forward and not be distracted by the bogey men of fear that threaten to jump out along the way. When fear is no longer your reality, you will no longer be a slave to its tyranny.

Once you are able to cast aside the fear that clouds your vision, you are able to focus on the situation at hand. If you are going to determine the truth of a situation, you must first define the opposing opinions clearly and objectively. It may be necessary to break it down into smaller components so that if A is true and B is not, there may be a different conclusion. Deep within your electrical system, there resides a regulator that can register whether something possesses a positive or negative charge. Things that support the system contain a positive charge, those that do not contain a negative charge. If you are able to tap into this inner "lie detector" with kinesiology or use of a pendulum or other means, you are able to access this information readily. The trick to making this work for you

consistently is being able to step outside the question and act as an impartial observer. When you have a vested interest in either outcome, it is like putting your finger on the scales of justice and the results are no longer accurate.

Secondly, you must be able to break down the situation into a series of small yes or no questions so that the answer will become obvious when viewed from the perspective of these series of questions. If A is true and B is true then C must also be true. It is through these small interrogations that the answer will emerge.

It is important that as you move through these questions you remove yourself from the process as much as possible. It might even be helpful to write them down then point to each of them for an answer without reading them. This is a good method if you are emotionally attached to an issue. It might help to put each question on a small piece of paper and test for positive or negative feelings, then place them in that pile. Be sure to word the questions in as neutral a way as possible so that you do not inflect your own prejudices into the mix if you wish it to be an accurate test. It may take some practice before you are able to get out of your own way, but if you are willing to practice on many things in your life, you will soon develop the confidence to act on these messages from Spirit and make them part of your life.

The final step in working with higher realms of communication is to put the information to work in your life. Asking questions in this manner without having any intention of acting on the information is an exercise in futility and should not be continued. It is like having deep, meaningful conversations with a friend but totally ignoring the advice that is given; soon the friendship will begin to deteriorate. Your friend may sense that you do not value the information given and be reluctant to trust you with more meaningful insights. Do not squander the information you receive from Spirit and you will soon find that you are accessing ever higher levels of confidence. It is as if your security clearance will be elevated when you are shown to be trustworthy of these confidences.

Working with the Lessons.

Define a question in your life on which you would like higher guidance. Break it down into a series of small yes or no questions.

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Test each question individually for positive or negative answers. (See the appendix for using kinesiology or use a pendulum, mind screen, or other method) Write down the results of this test.

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What can you conclude from these answers and how this can alter the direction of your actions?

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Take the appropriate action.

Lesson 50 - Creating a New World

When you are one with the process of growth and are committed to making the adjustments to following the higher path of understanding, you find that the journey becomes one of great adventure. There is an air of excitement that surrounds anything new, but this is more than that. The excited feeling is as if your whole reality is surrounded with effervescence and it is as if you are breathing in an atmosphere of champagne bubbles. There is a physical tingling within the body as you becomes familiar with the new vibrations of energy that you have awakened. There is also activation on a mental plane that feels as if someone has rewired your circuitry and now you are able to pick up more channels with greater clarity.

Part of this reawakening has to do with discarding the lead coat of fear that prevents the higher energies from penetrating your consciousness. The dense energies that surround a fear-based mentality prevent the higher frequencies from getting through in order to raise the vibrations in your atmosphere. It is as if you have been submerged in a submarine of your own choosing and are finally able to create the buoyant atmosphere that allows you to break through the surface into a clearer, more radiant world above. The difference in this world of love and understanding is profound as you begin to familiarize yourself with a new world of possibilities.

You are surrounded by others who share this new world perspective. As all disembark from their crafts onto this new world, what will they choose to create for its reality? What will it be like to be able to create a society in this new world of possibilities? What do you value the most? What things do you wish to leave behind? How will you relate with the others who have chosen this adventure of many lifetimes? What do you wish your world to be like? As you begin to sift through the flotsam and jetsam that have washed ashore, you begin to see the patterns of life emerge as you discard the things that are no longer important in your new world and those that have lost their glitter when the fancy trappings have been washed away. What are the valuable attributes that you wish to incorporate in building this new society of peace and light?

As you move deeper into this new world, you begin to join the others who have chosen this path home. You are able to recognize those who have shared similar paths before and who have also found their way back to this increasingly familiar environment. As you join hands with these fellow travelers, you are drawn ever nearer to the light ahead which you know is the utopia that you are creating. It will not be long before you are able to touch, feel and smell the destination that you seek and you will become one with the Source. Continue moving forward.

Working with the Lessons

Sit in quiet meditation.

Envision yourself adrift in a clear glass bubble in the vastness of the ocean. You are drawn closer and closer to a remote island. As you are deposited on the shores the bubble dissolves. Others begin to arrive in similar fashion.

What will you create as you new reality from this virgin soil?

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How will you structure a society when all are united in higher thought and loving awareness?

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How do you begin to work together to create a society based upon these new realities?

Allow these visualizations to take form and become familiar with them. See them taking shape in tangible ways. Visualize yourself as a part of this process.

Return slowly to your present "reality."

How can you begin to create this new vision in your life today?

Do it!

Lesson 51 - Growing In Service to Humanity

When you are on the homeward path to ascension, you need to be aware that this is not a solitary journey. There are many others who also are traversing this narrow path. It is part of your charge to help bring along those who may have stumbled or find the going rough as they strive for greater understanding of the things that are confronting them. If we are to all arrive together, you must extend yourself so that others may share in this process. To arrive alone without the camaraderie of others does not ensure that you will be allowed admittance through the "heavenly gates." It is in the *Cooperation and Teamwork* of working together that you learn your greatest lessons of humanity.

Part of working with others is learning to come from a position of love rather than superiority. It is in humility and being willing to place yourself on equal footing with those whom you would assist that you open the doors to mutual understanding. When you feel that you are being talked down to or lectured to, you frequently will turn off what is being said and focus on the speaker. This is not the way to get your message across! It is only when you become equals that you are able to put down your social armor and express your empathy and love for the other. By this example alone you connect with their heart chakra and your message becomes real to them. If you are able to keep this soul connection and express your truth in an outpouring of honest emotion, you will touch the souls of the others and connect on an intimate level of expression. If you find this difficult, then perhaps you should try the *Communicating Your Truth Essence* to open these pathways of expression on an intimate level.

When you are able to put down your earthly pretenses and bare your soul to those who you would give a hand up along the way, you assist your own journey as well. It is in these small lessons of love and compassion that you find your own upward path. It is not in the "sacrifice" you make when you stop to help another, but in the lesson you learn as you allow yourself to become part of their learning, that you receive the spiritual gift of loving-kindness. The more you are able to share this gift with others, the more it helps elevate all that share the path.

As you open the schoolroom of your own experience to others, you also invite them to share their own lessons along their paths. It is not necessary that you experience all things for yourself if you are willing to glean from the experience of others the lessons you also require for yourself. Think how much simpler would be your path if each of you were able to share a moment of truth and have this truth be accepted by others on the path. It is when you refuse to acknowledge that the lesson has any meaning for you that you must create the experiences for yourself to learn from your own mistakes and not from those of others.

Living in isolation from others who have lessons for you can mean that you must experience much on your own in order to gain the understanding you require on your journey. There are those who choose to live in communion with their inner wisdom, which is good, for therein lies the wisdom of the ages. However if you are to transcend this earthly passage into higher understanding, it also requires that you learn the love and compassion that you glean from your interaction with others, especially those who may not possess this skill of inner communication. Both have something to offer the other and both will benefit from the interaction that can bring you together on the upward path. Be willing to share your inner truth with others, and you all will find your place on the ascension path.

Working with the Lessons

Find a partner or someone with whom you can share doubts, assessments, and revelations about life on an intimate level. Begin to share with them the things going on in your life. Help draw them out into sharing the same about themselves. Practice coming from a place of loving compassion and helping others to see the lessons in their experiences. Listen to the feedback from the other about the things you are communicating about your own life and the lessons you might learn from them. Use this mirror of reflection to help each other work through the mysteries of life and begin to make sense of the things you are hiding from yourself.

What insights did you have from this exercise?

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Begin to integrate them into the experiences of your life.

If you find this lesson difficult, you might wish to try the *Letting Go of Illusions Essence* also to help you release the veils that can obscure the truth in your life.

Lesson 52 - Timeless Reality

The timing according to your earth calendar is being accelerated as the vibration of its energy increases. If it seems as if things are moving more rapidly, it is because this is true. However, time is an earthly illusion. Time is merely a grid in which those on earth are able to organize events. In higher dimensions there are not the constraints of earthly time. In the freedom of a timeless universe, events can take place simultaneously and entities are free to be at different places simultaneously. This concept may be hard to grasp for some that are tied to the narrow concepts of linear time, but it is part of the reality of an infinite universe.

The way you measure time on earth is one of the ways you control events and activities. When you are tied to the constraints of the clock, that becomes your reality. However, if you are able to look upon time and events as fluid, you are able to alter these realities at your will. Consider your day which begins with an alarm, then you strap on a watch and perhaps watch or listen to a news program where there are time announcements every few moments. This intrusion of the clock continues throughout the day with appointments and schedules to keep until you go to bed at an appointed time. What if you were free to make your own time and take whatever time you chose for a selected activity? How different would be your world?

When you are in a timeless universe, you are able to float free without the shackles that bind you to the tyranny of the clock. You awaken whenever you feel refreshed. You allow yourself to be guided through the events of the day without regard for schedules but instead by sensing what needs to be done and doing it. You are free to take side trips as inspiration guides you and to flow on waves of intuition wherever you feel drawn. How easy would it be to follow your higher path if this were your reality?

But how do you bring this free flow of limitless expression into your everyday reality? Economic necessity generally requires that you be at certain places at certain times. It is within your power to be at these destinations at the appointed times if you decide to make this your reality. By allowing the universe to warp time to conform to these goals, you begin to cut your shackles of bondage to these demanding masters. What if you turned your timepieces to the wall for a day and

proceeded through the day with nothing but a knowing that you would be over here at 10:00 and over there at 3:00? Would you pay more attention to the sun patterns and nature if you did not have the friendly weatherman telling you what your reality would be? How would you use your time differently if the clock was not your master and you were creating your world in a vacuum of timelessness?

If time were no longer a factor, what things would you choose to make part of your life? If you could make time for anything you choose, what would you choose to fill your time? How would you allocate time for the things that fill your life if time were not involved? Would you prioritize things differently if you considered the things most important to you worthy of greater portions of time? Begin to reconsider the time you devote to meaningless activities and to those where you place greater value. How can you reorder your life to make better use of your time?

Working with the Lessons.

Spend an entire day in a timeless world. Turn the clocks to the wall and put away your watch. Turn off radio and TV with their infinite reminders of the "time". Prioritize the events you wish to engage in and allow a preconceived amount of time for each. Proceed with your day, knowing that you will be able to accomplish the things that are important for you. **Sense the freedom of a timeless universe and feel the flow of the universe through your reality.**

What changes did you notice?

Find ways to release the grip of time every day.

Lesson 53 - Home for the Holidays

In the spirit of holiday giving, we have a few suggestions as to the things you might wish to give others and yourself. Since the greatest gift is the one that comes from the heart without thought as to receiving anything in return, we might suggest sharing with your loved ones the things that are most heartfelt to you. It is the inner beliefs that you keep hidden away within your protective grasp that can have the most meaning when shared with those you love. When you allow yourself the anonymity of sharing your core beliefs with strangers, it is not as threatening as when you share them with those you must deal with for the rest of your life. "Coming out" to those you love can be both frightening and at the same time liberating. Living a lie in not sharing your deepest beliefs and realities with those that you love the most creates a separation that stands between you in all that you do. Letting go of the fear of judgment will open many doors into the truths that you try to hide from even yourself. Since you choose those with whom you wish to experience life, it goes to the core of your mission if you decide to keep from others the truth about who you really are and what you really believe. You may find the energy of the *Communicating Your Truth Essence* useful in providing your catalyst for change in removing any blocks you may have in this area.

Another gift you may wish to share with those you love is the gift of companionship. You sometimes take for granted those in your family that you know will always be there for you and devote your time in exploring lesser-known areas. It is a great gift to be able to reconnect with your teachers of life within your family who share your concerns and history, for they still have much wisdom to share with you. While all the lessons may not be joyful, it is nevertheless valuable to interact with those who are not afraid to mirror the things you need in your face. You are then able to use their mirror to see the way you are perceived by others and the lessons you still need to learn. Remember that you also have many insights for them to share in the family dance. You might want to bring *Mary's Gift of Love* or *Home for the Holidays* sprays or essences for the humidifier or fountain to all family gatherings so that all the interactions will be loving and supportive of others, free from the agendas of the ego that disrupt many such interactions.

Don't forget to give yourself a gift also. The greatest gift you can give yourself is one of acceptance and love, realizing that you are indeed perfect reflections of the God-spark that resides within and worthy of love and acceptance. This is a time to share *Mary's Gift of Love* with yourself and bring this inner realization to your conscious awareness. When you are able to fill your lives with activities that help honor this inner presence and begin to share it with others, you allow your awareness and love to enlighten all you meet. Use this opportunity to honor your own loving presence and to do things that help fill your own spiritual well so that you will be refreshed and able to share this newly found insight with others. It is selfish to refuse to make time for yourself for you then deprive others of the inner wisdom you will gain from such enlightenments. Honor yourself and your unique path on earth and you will find that those you love will begin to honor you also. In your example you will also teach them to honor themselves and learn to share this love and respect with others. Be willing to share your insights with those you love and you will have a holiday full of the love and joy that awaits you at the end of your journey.

Working with the Lessons

Plan to share with those you love meaningful time to share love, awareness, and understanding. Focus on bringing loving energy to everything you do.

Be willing to open up your heart and share with others the truth of your reality without expectation of acceptance or understanding. Just *BE* with those you share familial bonds with and allow others to fill in the blanks with their life questions. Respond lovingly without judgment but understanding of what they are going through. Be a mirror to reflect their concerns in ways that help them to view their situations from a higher perspective.

What observations did you have?

Share the gift of love with those you wish to accompany you on the journey home.

Lesson 54 - Creating the Dream Team of the Future

In coming from a higher perspective in all that you do, it is easy to fall into the trap of assuming that all your decisions carry that same higher motivation. While you may choose to take the moral highroad, there are still lessons to be learned in the realm of experience. When you think of yourself as perfect reflections of the God-spark within, this is the image that you hold up as the perfection you wish to attain. It is not necessarily the reality of where you are at the present. You are all *becoming* this perfection but will usually fall short of this goal even as you move ever closer to the finish line. That is not to say that you have failed in your mission for this is exactly what you are supposed to be doing.

It is these final lessons in humility that are sometimes the most difficult. There is a tendency toward smugness as you approach the finish line if you have mastered the lessons you have been given. There is a tendency to look down on others who are still struggling with the things they came to learn and have not been willing to give up the things that are holding them back. There is a feeling of isolation from those who are struggling in the back of the pack and have not yet made the breakthroughs in acceptance of the things that would set them free to charge ahead. The air is clear up here and it is lonely.

It is wise to remember now that you all must cross the finish line together. Weary and battle trod though you may be, it is necessary for you to return to the ranks of humanity and try one more time to set those free who are struggling. Having held the end in sight, you know what you must do to make this vista visible to others who are lagging in the back. You must be able to not only enlighten, but also inspire others to continue with renewed insights so that all may forge ahead together. Being able to set aside personal goals and earthly achievements in order to help others achieve for themselves is an ultimate act of selflessness that will catapult you back to the winner's circle at the end of the race.

The energy of the *Cooperation and Teamwork Essence* helps bring these selfless energies forward so that they may unite *all* together in brotherly love without the constraint of individual competition. This is the energy of the new age where cooperation is the byword rather than competition. Long after the lessons of

capitalism and socialism have fallen by the wayside, the loving spirit of cooperation will emerge from the rubble and take its place as the utopian ideal that will usher in the new age.

Think of the institutions and businesses that are motivated by greed. What would happen if suddenly they where to reverse their emphasis to one of cooperation and teamwork to make sure they had the best product that could be of help to humanity? What if everyone were to adopt this same work ethic. How different would society become? The indigo children will make a tremendous change when they begin to enter the work force. Imagine the changes that will be possible when they begin to alter the status quo with their revolutionary visions of doing business in higher principles. Already those who are in it simply out of greed are being exposed for who they are. Look to see this be the norm as these new kids on the block begin to assume their rightful place as the liberators of planet earth. Begin to create this new reality within yourself and you will be ready for the societal shifts to come in the near future. Prepare yourself from within for this changing reality and you will not be left behind as the polarity changes.

Working with the Lessons

What are you doing in your life to help foster a spirit of cooperation and teamwork?

What might you do to incorporate this new paradigm at home, at school, at work or in your leisure activities?

What changes might you make in your life to flow with these new energies?

Begin to incorporate these new perceptions into your everyday life.

Lesson 55 - Tapping into Inner Wisdom

We would all like to think of ourselves as loving and compassionate people, especially when we are coming from our God-self. There is a higher energy associated with actions that come with such a connection. When you allow this inner guidance system to direct your actions, you become one with the higher energetic flow of the universe. As part of universal wisdom, you also have at your disposal the wisdom of the universe, but only if you are able to access this without interference from your ego. It is when you allow this "middle man" to step in and act as interpreter that you begin to lose the clarity of the message. Learning to step outside yourself and become an impartial observer of a situation is one of the greatest challenges to getting a clear channel to the higher frequencies.

When you wish to tap into these higher sources, you need only ask. If you clearly and without expectations ask to be connected to a higher source, that will be your reality. The real challenge comes in being able to ask clearly what you wish to know and then opening up your reception to allow whatever comes through to flow uncensored into your mind. You may find this is easier to do verbally and may wish to use the assistance of a tape recorder so that you can get out of your own way without being concerned as to the mechanics of recording the messages. Others like Penelope are comfortable with the keyboard and are able to let the words flow through them into their hands that translate them into impulses on the keyboard. Whatever method you find most useful, it will be a matter of practice before you can smoothly flow with the process, but that is what practice will teach you.

When you are able to open this channel to higher thought, it is up to you to ask the questions and initiate the process. God has given you free will to find your own way on the path home. It is up to you to study the road maps and to stop and ask directions when you feel that you have lost your way. There will always be a teacher with the right information if only you are willing to make the request. Each of you has the information required for your journey sealed away within your consciousness in the form of encoded messages. Connecting to your higher self or other higher sources allows you to open the messages and translate them into the insights you need to continue your journey. Be willing to call upon all

who are there to help you and you will save yourself countless hours of going in circles looking for the correct route.

Learning to phrase questions is half the process in receiving accurate messages. You must be able to see the situation from an objective place in order to define the questions to which you need answers. Asking something like "What can I do to get back at Steve for the injustices he has caused me?" predisposes an assumption that Steve is to blame rather than being used to mirror a lesson for your learning. A higher perspective might be to ask, "What should I be learning from the things that Steve has brought to my attention?" Realizing that there are no random moments but only opportunities for understanding that you call forth for your lessons in life, helps you see things in this higher light and make the connections you require for your understanding.

It is permissible to defer to higher realms for clarification of a situation. If you are having trouble deciding which route to take or simply seeing objectively a situation in which you are involved, it can be helpful to state the situation as objectively as possible and ask for a higher perspective. Recording your thoughts as they come to you without censorship allows the information to flow through you without the filter of your ego and therefore without coloration or distortion. Do not stop to analyze or revise the process. Your job is as a court reporter to merely record the conversation and stay as far in the background as possible. There will be plenty of time afterward to reflect on what was said and make any necessary correlation.

Developing your skills as a channel of information from higher realms will serve you well as the ascension time nears. There will be times when other channels of communication will be either absent or suspicious and the only true source of knowledge will come from within. Begin to tune into your own private station of truth now by establishing the inner connections you need to receive your own higher learning, and you will not be fooled by the erroneous messages of others that would prevent you from hearing and believing your own truth.

Working with the Lessons

Begin to set up your own channel of communication with the higher realms.

State clearly your intent to do so. Ask to be connected with only the highest realms such as angels, spiritual teachers, and guides, and always your higher self. Be ready either at a computer or word processor, with a tablet and pen or with a tape recorder. Empty your mind of all worldly thought. Ask clearly the questions you wish answers to. Allow a void to fill the space. Begin recording the wisps of words of information that come into your mind even if they do not seem to make sense or have any relevance. Do not censor anything! It may seem as if you are making things up but that is OK. Everything takes practice. Allow your friends in spirit to guide you as you begin these baby steps at higher communication. Ask questions as you go along if you need to clarify a point or get more information but then step aside and allow the conversation to flow through you in response.

What insights did you receive?

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When you are through, thank your guides for the insights they have given you. Use these to make decisions in your life.

You may find the *Going Within Essence* to be helpful in this process

Lesson 56 - Evolving Your Reality

The inner awakening of realization that we are all one with God may come as a shock to some. Much of western teaching revolves around a separation of you from your own divinity. Much that you call worship is meant to perpetuate the distance and keep those who would honor their creator from assuming their own power to create their reality. As you become aware of your own god-self, you begin to reexamine these tenets and to sort out those that no longer fit your new image of God. There is God, the Creator of heaven and earth and all the beings therein. As it is said in the Bible, he created mankind in his own image. Part of this image is the power to use your free will to create the realities you desire for your own growth. Though you are complete and powerful images of the Creator God, you also are still in the process of reawakening and remembering the true powers you possess within your God-self. If you are to reunite with your creator, you must be willing to reclaim this power as your reality.

There are those who would cling rigidly to their interpretations of scripture and refuse to challenge the interpretations of others. While all have a basis in truth, it is the conclusions that have been drawn by seemingly well-meaning scholars that frequently miss the mark of correctness. In the early days of the church there were struggles as to how much the illiterate would understand and be able to incorporate into their lives. Vibrational levels were much lower and people were struggling merely to survive without much concern for their evolving souls. As mankind has continued to evolve into the technological age, so has his ability to comprehend the greater powers that he possesses to control his destiny. The genie is out of the bottle but it remains to be seen whether mankind will be able to use this power for good or evil.

One of your challenges in this rapidly evolving world of technology is to remain grounded in what is true for you and what has a false or negative vibration. If something does not sound quite right, even though it may be accepted "fact" from many tellings, it is time to question its validity. Teachings of the church may have had a place in early periods, but now the body of believers has grown up and is able to comprehend larger realities. What was once doctrine to be blindly followed in order that humanity could evolve in an ever-upward spiral is now just

a stairway to the higher thoughts that will open up the expanded vistas at the top of the stairs. As you step up out of these narrow passageways on the road to enlightenment, it is like opening a door into a whole new world of possibilities. Breathe in the clean air and allow the lingering vapors of limiting possibilities to dissolve into the vastness of the new world.

Do not try to convince those who are not ready to step off into an airless world for they have not yet made the realizations necessary to emerge around the next curve in their awareness. They may be stuck in a cul-de-sac that entraps their vision until they are able to make the realization that perhaps they do not have all the answers and must venture out into the stream of upward mobility and search anew for the answers to life's mysteries. If they are unwilling to extend themselves back into the waters of growth, they will have time in future incarnations to move higher up the ascension ladder. For those who are ready for the adventure, the *Leap and the Net Will Appear Essence* can provide the gentle nudge to make this your reality.

For those of you who allow your questions and prodding for deeper meaning in your lives to fuel your trip home, life is full of exciting possibilities. Part of the limitless expanse of the universe comes when you allow these new visions to be your reality. Surrender to the reality of this new world and invite it to carry you in its flow and you will indeed ride high on the swift current of expanding consciousness. Allow yourself to float freely in the broad stretches of relative tranquility and examine the ever-changing scenery along the way. You will find the security of inner knowledge that will allow you to glide smoothly over the rocky passages ahead and emerge complete at the journey's end.

Working with the Lessons

What beliefs did you previously hold about God and how you must behave and what you must do to have eternal life? List them on the left side of your paper. In the right column, list your new realities and what you now believe will bring you home.

Old Beliefs	**New Realities**

See how you have evolved in your understanding from the primitive concepts into higher levels of reality.

Write down what you wish to do to change this reality even further?

This is your new reality. Begin to live it.

Lesson 57 - Your Mission, if You Choose to Accept it…

Your mission in life is to follow the sealed orders you came in with that will lead you back to God. At times you may wish you had x-ray vision and are able to penetrate the mind of God in order to read more clearly exactly what the messages contain. It is your process that helps reveal the lessons that you require for the insights that bring the message home. It is by demonstrating within your life the higher principles of understanding that you make them your own and help demonstrate to God that you have indeed "gotten" the message and are ready for the next level of understanding.

If it were only as simple as some fundamentalists believe that you need only to utter a belief to be "saved". While this leap of faith that causes you to proclaim an understanding is a start, it is a mere glimpse under the tent as compared to your taking this new revelation and then implementing it in your life. Insights without deeds are like planting a seed but failing to nurture it into fruition. If you are unable to complete the process in this lifetime, you will have a chance to complete it in another. Declarations of faith are always good in that they help create the paradigm for service that you require to demonstrate this newfound truth. It is in demonstrating the truth of your commitment to the ideal that you create the reality.

If you are to walk your walk and talk your talk in a world of sometimes conflicting promises, it will help to define what you believe your sealed orders to contain. It may help to meditate on the question and ask for help in recalling the things you came here to do. Write down whatever comes to mind as you list things you enjoy doing and those you feel carry a higher vibration. It may also be helpful to list those that no longer hold any joy for you. By comparing the two lists you should begin to see a trend emerging that can help you realize the things that are in your sealed orders. Begin to envision how you can incorporate these activities into your life. You may find *Going Within* or *Memory Essences* helpful in the process.

Working with the Lessons

Using the above insights, write a personal mission statement.
Include your basic goals for the next five, ten, or twenty years and how you intend to accomplish them.

List the things you intend to learn and do as well as how you think you might go about accomplishing this.

Post it on your bathroom mirror and refer to it every day.

Lesson 58 - Examining the Rituals and Habits in Your Life

The news of the day seldom mentions the things that have real importance as far as the growth and evolvement of man as a spiritual being. However, the recent events have prompted many to examine their core beliefs and how they stack up, not only against those of others, but with regard to their own evolving perceptions of the true meaning of life. What things are *true* for you and which ones have become as childhood fantasies that you have outgrown? As you constantly evolve along the spiritual path, there will be things that no longer hold your interest as you grow beyond their relevance to the new life you are creating. There are things that you have done ritually that no longer fit in your new life. Now is the time for a little housecleaning.

Suppose you have always gone to church, synagogue or Mosque at a specific time each week. Could this need for spiritual refreshment be better served by attending a different service during the week or volunteering somewhere where you can demonstrate the principles of your faith? Suppose you always spend certain holidays visiting friends or family in a particular place. Perhaps this is the time to alter the venue or activity to something more meaningful and less stressful for all concerned. When you examine the rituals in your life, you may find that doing things out of habit or because "this is the way you always do it" restricts your growth in meaningful ways of interacting with others. Be willing to examine the ritualistic activities in your life and revise the things that no longer are meaningful for all concerned.

Who and what do you honor in your daily rituals that are no longer worthy of that honor? Are you honoring things in your life by the gift of your most precious resource, time, that are not worthy of such a precious gift? If you had to rate all of the activities in your waking hours in order of the amount of time you devote to each, how would they stack up? Begin to examine the things that make up your day and rate them in importance to you and your spiritual goals. Which ones need more time allocated and which less? When you are willing to restructure your life to make better use of your time, the rituals and habits of your life will be redefined in the process.

Other rituals that might bear closer examination are those involving the ways you honor yourself. If you are to garner the respect of others, you must also respect your own needs and yourself. Doing something that no longer serves this purpose is one way you allow the ritual of habit to trump the needs of your changing reality. What are the things you habitually do in your life that no longer serve a higher purpose? How can you restructure your life so that you can substitute more life-affirming activities that bring you in touch with your creative, God-self? What are the things that give you joy in your life? Allow the real you to blossom from within so that you will be able to share the magnificence of this light with others. Self-sacrifice not only deprives you of experiencing things you require for your growth, it also deprives others of sharing in their glow. Imagine a small candle that you keep hidden within so that only you are able to benefit from its light. Now imagine holding this same candle high and inviting others to share in its glow. As more approach they too bring their own lights until the room is filled with glow of a shared radiance. This is your mission in this lifetime, to be a light to the world through your experience.

Working with the Lessons

List the things in your life that you do every day, week, month, and year at the same time or in the same way.

Which ones do you find less enjoyable?

How might you restructure the activity to bring broader meaning to it, to include others in the process or substitute something more meaningful?

Begin to implement these changes in your life.

Lesson 59 - For the Family

The dynamics of living within a family are some of the most important in resolving the issues you came here to learn. It is no accident that you find yourself in a family unit with others who do not have the same viewpoint on the world as you do. It is in concert with others whom you have chosen as your teachers, that you are able to drop your pretenses and come from a position of deep soul truth. Unfortunately, it is frequently those with whom you have chosen to be associated for an entire lifetime that you frequently have the most conflict with in resolving your differences of perceptions. Each has something to offer the other if one is willing to drop the injustices of past encounters and come in loving concern for the others in the family unit.

How can you go about healing the wounds of past lessons? The first step is in recognizing that none are blameless when there are conflicts that escalate into "wars" within the family. All must be willing to let go of previous hurts and move on past these lessons in intolerance if you are to begin anew in establishing a deeper relationship. You must be willing to own in some part your role in the conflict but also be willing to allow the lesson to become a part of history and not the present in resolving the rift that separates you from the others. Continuing to dwell on past injustices will only salt the wounds of the family unit and ensure that they will continue to fester and grow wider with each retelling. There is also a tendency to polarize positions as you try to defend your positions of principle so that soon the understanding of each of the feuding parties resembles little of the original premise of the dispute. The sooner you are able to resolve the conflict, the easier it will be to heal the wound. If this is a gulf you have trouble bridging, you may find *Letting Go, Releasing and Forgiving Essence* to be helpful in transcending the process.

In resolving any misunderstanding or trauma that threatens to divide a family in conflict, it is necessary for all parties to agree that there is a greater good to be gained from the loving bonds that you are able to share within a family that is dedicated to the growth and achievement of all its members. What a cavern will be created in the sculpture if you are willing to leave out the arm or leg representing members who have been unwilling or unable to rejoin the family

unit. It is incumbent on those who have the surest footing to reach out and offer a loving hand to all who founder around in the waters and help them reboard the vessel of family harmony. The void their absence has created leaves a large gap in understanding for all that need their wisdom to complete their own picture of familial learning.

The greatest gift you can offer those within your family unit is your love and concern and acceptance of their journey. It is highly unlikely that all will choose similar paths on their own road to enlightenment. The loving acceptance of the others within your family and encouragement of all to pursue their own vision of reality without censorship or retribution from the others exhibits the kind of loving wisdom you were sent here to learn. If you have a void in this area of understanding, you might try sharing *Mary's Gift of Love Essence* with those around your family table so that all will share this higher perspective of love and acceptance with those who have your best interests at heart.

We are not saying that you should forgo discussions of deeper meaning with those you love. Quite to the contrary, for it is with those who have known you all your life that you have the greatest level of understanding and offer the greatest opportunities for growth and awareness. If you are able to *Communicate Your Truth* in a nonjudgmental and loving manner, you will encourage your greatest pupils and teachers to bring forth their own pieces of the puzzle of life so that all may benefit from their wisdom. There is something about sharing your truth with your siblings in life, without the threat of losing their association forever, that allows each to test the waters of wisdom together. There is also a great sense of satisfaction when you are able to share lessons of love and understanding and accept the other for their unique place in your life. Bring together those who share your family bond in love and acceptance, and you will bring joy into the hearts of many.

Working with the Lessons

Consider your own family of origin. What things did each of the members teach you about the reality of the world?

Are there any members from whom you feel estranged or with whom there are areas of misunderstanding that keep you apart?

Reach out to these in a way that demonstrates to them the love and acceptance you feel for them, despite past misunderstandings.

Begin today to heal the wounds of past hurts so that all may benefit from the loving embrace of the family.

Lesson 60 - Creating Peace with Love and Forgiveness

The meaning of life can be found in the process of finding your own path and committing to the journey. The fact that you know what you have chosen to come here and learn but do something entirely different only means that the journey will take a little longer and the route may be a little steeper. Eventually you will return to the same fork in the road time and time again until you make the choice to experience that lesson. Do it now or do it later! The class will always be there for you to complete so that you may clear this hurdle on your dash to the finish line. Procrastination does not allow you time to resolve the side issues you may require so that you have a better understanding of the meaning of your choice.

When you agree to incarnate, you have a purpose in choosing the families and the situations you require to fill your dance card of experience. You may choose a difficult journey either to atone for past lapses or to allow you the experience of developing an inner strength that can only come from overcoming and rising above life's challenges. It is in the blast furnaces of life that the tools of character and compassion are forged that allow you to build upon their understanding and create the life of service that you desire. It is only when you are able to kindle the sparks of loving energy that are always there in some form that you are able to discern the meaning of the lesson. All lessons from Spirit are means to allow you to bring the energy of loving kindness into your path. You may choose to discard this gift with the wrapping if you are not willing to examine the situation more carefully to see what loving lesson it holds for you.

Soul lessons always involve learning to come from love and opening you up to its healing power. When you are willing to set aside your own wants in favor of creating a loving lesson with others, you will always be enriched in the process. The greatest gifts are those that touch your heart at a deep soul level and help fan a spark of remembrance within your being. It is this remembrance of your own divinity that helps reconnect you with your God-source and helps elevate all that you do into a more meaningful endeavor. By refusing to be caught up in the third-dimensional game of fear, blame and excuses you are able to rise above the seeming injustice of a situation and perceive its real gift.

The light of forgiveness gives you not only the vision to see beyond the door in your path but the key to open it and move forward. Refusing to let go of past hurts and injustices ensures that you will be locked in a room with no doors and windows until you are willing to embrace the truth of this message and be thankful for the insights. By blessing and releasing these subtle teachers without allowing the darkness of the deed to pull you under, you are able to rise into the light of understanding. Refusing to become part of a drama of blame and retribution can do more to elevate the parties concerned than punishment of any kind. Offering the wrongdoers a hand up in love elevates not only the recipient but also the giver in loving-kindness. If you refuse to learn from the things you have experienced in the past, you will be presented with even more graphic lessons in humility and compassion until you *get it.*

One of your greatest lessons is to learn to forgive those who have wronged you, but that is the greatest test of your commitment to the ideal. It is the "unlovable" who have your greatest need for compassion and understanding. Turning the other cheek to insults and threats is only the beginning. You must be willing to find a common ground and reach out past the foreboding exterior to help heal the wounds that separate you. Doing so in genuine love can help heal these wounds and begin to crack the door between them so that peace can become a reality. Make this the focus of your life, starting with your own family and you will begin to make it a reality.

Working with the Lessons

Who in your life is crying out the loudest for love and understanding?

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What can you do to bridge the gulf that separates you?

What are the common threads that unite you?

How can these be woven together with other experiences to create a bridge to love and peace?

Take the first step by forgiving all past injustices and extending your loving kindness to them.

Lesson 61 - Returning Home

When you speak of home, you bring forth many images that remind you of the loving refuge of your earthly home. For some it may also bring up memories of conflicts as you struggled with those you chose for your schoolmates in the college of life. Before you don the cap and gown for the final walk down the aisle to your Heavenly Home, it is time that you begin to take stock of the lessons you still need to complete your dissertation.

With whom in your earthly family do you still need to mend the fences of forgiveness? Who is in need of your loving awareness in understanding of the issues that they are continually confronted with? Who needs your wisdom in bringing together the seemingly random moments of their lives and pointing out the patterns that can reveal a stairway to the next level of understanding? This is the person with whom you still have unfinished business that needs to be resolved before you take that final walk.

The longing to return to your Heavenly Home can become stronger as you begin to remember the perfection of the experience. In comparison with the earthly, sometimes less-than-welcoming environment of your youth, there is much to be longed for in discarding the challenges of an earthly existence and returning to the Home of your origin. You may require the perspective that can be found in the *Overcoming Homesickness Essence* to help renew the vision of the earthly journey and what you need to do before you can go home again. While not extinguishing the homing signal, it can help open up the vision of a larger world beyond that of your safety net where you still have lessons to learn and "siblings" to meet. It can help expand your horizons to encompass this greater vision of reality

Another aspect of the search to make your home in the universe is your constant need to find a kinship with brothers and sisters who share your life. If you realize that all you encounter are indeed part of this family of man, you are able to broaden your vista and embrace others who have lessons to share with you. The kinship that binds you together with your nuclear family also extends to those around you in other aspects of your daily lives, if you are willing to look a little

deeper for their meaning. Be willing to explore with those you encounter common understandings to uncover the sibling relationships that bind you together in the family of man. You will soon come to understand that the gifts you have for each other cannot be hidden if you are able to let go of fears of rejection. Continue to use the *Overcoming Fear* and *Communicating Your Truth Essences* if necessary until you are at ease in sharing your insights with those you meet on the journey and you will begin to feel the surge of those who will join you on the final stretch of the journey home.

Working with the lessons

Who in your family do you still have unfinished business with?

Reconnect in love and begin anew to heal the wounds of the past.

What did you notice about the process?

Find the areas of agreement to begin laying the common ground that will allow you to come together and walk hand-in-hand towards home.

Lesson 62 - The Countdown Continues

The dawning of a new era of existence can be a fearful time for those who have not packed their bags for the journey. There are those who have built their lives on premises that they now find to be on shifting sands of reality. Many will feel as if the spiritual leaders that they turned to for moral guidance have betrayed them. Those who have become rigid and have lashed themselves to the docks of dogma that offer little room for expanded thought, will find themselves overcome by the rising tide of new realities. They may strike out in anger and fear at those who would dare to suggest that these "heretics" might have answers that they have not allowed themselves to entertain. Such is the reality of the last times.

The road is clear for those who have been willing to let go of these anchors of limiting possibilities. If you are to join in the groundswell of expanded consciousness, you must be willing to cut loose the anchors that would hold you back in the harbors of "safe" beliefs. Now is the time to allow your imagination to be your co-pilot on the journey home. Allow the memories of past journeys to help guide you over the rough spots. You have experienced many lessons in past sojourns on earth and now is the time to cash in those frequent-flyer miles of experience. The *Memory Essence* can help bring those hidden lessons back into your consciousness if you have trouble finding your way on the journey.

It is one thing to remember who you are and what you came here to learn; it is quite another to actually do it. When you have the realization that you have not made the life adjustments to ground these new insights into reality with actions, there can be a sense of panic set in as you see the grains of time moving too fast. There must be a commitment to reevaluating your place in life and making each moment precious in light of the importance of the journey. Just filling empty hours is not enough. There must be a vision of what you intend to accomplish in the remaining weeks, months, and years that will keep you moving forward on your journey. Now is the time to chart the course you will follow for the return Home.

The resolutions of a New Year take on magnified importance when you try to make sense of the journey of many lifetimes. What have you learned and what

have you become that would make you worthy of ascending to the next level? What do you still need to refine and implement in your daily life that will serve to complete your ascension vehicle? Now is the time to take stock of the things you require to complete your process. All aboard…

Working with the Lessons

What lessons have you mastered in this lifetime?

List also those that are works-in-progress that you intend to work on in the coming months.

Decide how you intend to go about altering your life to incorporate these new realities. Do it.

Lesson 63 - Visitors from Home

What must we do if the spirit of love and understanding is to grow and flourish in our world? There is a wave of new children who are coming to earth to help herald in the New Age. These "Indigo Children" have many messages to share with those that have been hardened by war and the negativity of the world around them. They have little tolerance for the hypocrisy of those who would perpetuate their society of greed and selfishness. They come with a higher awareness of their Home and have not suffered the memory loss that affected many before them. They are bright and hear a different drummer. You would be well served to get to know them better.

If you are fortunate enough to have one or more of these indigo children in your environment, you would be wise to assist and learn from them. Though they can be frustrating at times for they do not follow the rules society has passed down to them, their lessons on the importance of different aspects of their lives can be quite profound. They are your charges as well as your teachers, and you would do well to try to see life through their eyes. The schools and institutions of your society must stand up to the scrutiny of these "supermen" with their x-ray vision of truth. Just telling them to do something because you say so carries little weight unless they can see the use and justice of it. They can be quite a pain to those who are stuck in their own complacency and are unwilling to look outside the box.

If you are to follow the example of these teachers of truth, you must be willing to see things through their eyes, as tiny space-beings just arrived on your planet. Everything is new and must be examined from the perspective of its worth and relevance to society as well as its vibration. What is worthy of the investment of your time and energy and what is irrelevant for your journey? These ambassadors of love and understanding may be a thorn in the side of those who have not expanded their thought process to include these new possibilities. The days of children being seen and not heard are over, for you have much to remember about your purpose and yourself when you are confronted with the new energy of the indigo children.

If you are fortunate enough to have an indigo in your family, you have a special mission to nurture his or her awareness and to allow him or her to grow and evolve in love. It is not easy to be different, especially when you have a sensitivity that is vibrating at a different level from much of society. Imagine the peer pressure to conform to the "norm" that is force-fed violence and competition at every turn. Finding ways to interact with these little professors in ways that are not condescending or negating the pearls of wisdom that they have for you, can be immensely helpful to validate and support their mission.

The *Supporting the Indigo Child Essence* may help him or her rise above these pressures and to maintain the focus of the things they came here to learn and teach. Refusing to let them to be drugged into submission but offering alternative ways of dealing with their frustrations such as *Letting Go of Anger* or *Dealing with ADD/ADHD Essences* can be of great assistance in helping them find their place in this evolving society. Continue to use *Mary's Gift of Love* in all that you do and you will find an ally with the Indigo Children of the New Age.

Working with the Lessons

Find a child who seems to be "from another planet" who you can help guide and mentor. Work with him or her to begin to recognize their value and worth and to honor the unique qualities that they brought here to share with others.

What observations did you have?

Help them to become the way-showers
and to bring light to an awaiting world.

Lesson 64 - Creating a Parallel Universe

The meaning of the journey can be found in the attitudes you bring to the process. In an attitude of loving awareness, you create a filter that allows you to view situations from a perspective that reinforces these higher vibrations so that all becomes a lesson in this subject. The highest, most elevated view you can take of a situation on earth comes when you put on the "night-vision goggles" of truth and loving awareness and begin to see all events in this higher vibrational way. It is then that you are able to make the correlations you need to raise your own vibration up a notch on the harmonic scale.

When you are operating in these higher frequencies, it will feel as if you are in the world but not actually part of it. Daily events will continue to exist but they will take on a different meaning when they do not have the earthly attachment of emotional involvement. When you let go of the emotions of fear and anger, you operate at such a high rate of vibration it will seem that you no longer are part of the negative, fearful environment that envelops much of the planet. It will be like operating in a parallel universe of joy that becomes your new reality. In this bubble of joy you are free to go about your daily activities free from the negative emotions that cloud the vision of others you encounter.

Operating at these higher frequencies requires some "sacrifices" on your part. You must be willing to forgo the fear-based "entertainment" that has become a staple on your planet. In addition to turning off the radio and TV reports that perpetuate this myth of reality, you must be willing to search out the things that help raise the vibration of your environment. Music that uplifts the soul as well as dramas that mirror higher ways of dealing with earth situations all fall into this category. You might wish to seek out others who have your same elevated perspective to share time to reflect on higher perspectives of thought and awareness or to attend church or educational meetings that share this perspective. The parallel universe you are creating exists on the same earthly plane but operates at a different vibrational level, which creates the higher frequency.

This is but a primer for the universe you will be entering once you board the vehicle for Home. The next stop on your journey will be a way-station on the return journey. This will allow you to review the activities you entered into on

earth and to make the assessments as to how you were able to deal with the lessons you created and whether you were able to evolve your awareness to the higher levels. From this elevated position you will be directed to the next stop on your journey or back for remedial lessons in life. As you continue to see your life as a drama being played out before your eyes, you are able to objectively make the connections you require to review your final grades in schoolroom earth. Allowing yourself the opportunity to time-travel to this future point and to evaluate your life from this elevated perspective gives you the opportunity to make the course corrections you need to ensure that this will be a one-way ticket to Home.

Working with the Lessons

Sit in quiet meditation. Imagine yourself in a bubble of light floating through your daily activities, but at the same time part of them.

Seen from this higher vantage point, what things are not vibrating at this higher vibration of light?

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What do you need to do to rise above these lower vibrations and create a lighter universe for yourself?

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Do it.

Lesson 65 - Visiting Higher Dimensions of Reality

The message of the ascension is both a reward for living a life at a higher level of vibration and an incentive to join the highest realms of spiritual evolvement. As you make your way ever higher on the vibrational or tonal scale, you begin not only to evolve the physical body to a lighter form but also to merge with the higher etheric realms. There are those who have glimpsed the future either through what you might term a near-death experience or by remembering the reality of their past experiences beyond the veil and are able to tune into this higher dimension at will. It will seem as if you are an observer of your own life and can view your experiences as if hovering over the earthly reality. The out-of-body experience is but one aspect of the expanded realities that will become commonplace as you evolve into the next dimension.

To experience an expanded consciousness of reality beyond the earthly dimension, you must put aside all fears of being trapped in a dimension that is outside the parameters of earthly experience and being unable to return. Free will exists not only on earth but also in the higher dimensions, and whatever you choose to experience for your journey is under your control. You must also be willing to let go of the wants of the personality to control all aspects of your existence and to define which creature comforts are necessary for your happiness and which are unimportant. Being able to step off into a sea of nothingness without the parameters you have used to define your space on earth is one of the requirements for the journey. If you still have trouble creating such a mental space, you may wish to work with *Leap and the Net will Appear Essence* until this becomes your reality.

Part of the adventure of journeying in this world without borders is that there are no limits to the possibilities that are yours for the asking. You may choose to remain earthbound with the experience of being an observer of your own earthly activities in an out-of-body experience or you might choose to climb even higher. When you let go of the illusion of a limited world of earthly existence, you are able to explore even higher realms of consciousness. What if you wish to sit in on a meeting of the White Brotherhood or have a chat with one or more of the

Ascended Masters? It is all there for your asking if you are able to cut the tethers of limiting thought.

One hindrance to the process might be that you are tied to earthly illusions of what is sane and what is not. Is experiencing dimensions that are not part of conventional wisdom as being "real" stepping over the edge of the sanity precipice? If you are able to move freely and objectively in either reality and to move from one to the other at will, you can feel secure that this is a sane choice. When the elements of fear accompany the alternative existence and when the reasons for entering into an altered state are less than loving, you should examine the situation in a harsher light. Using *Mary's Gift of Love Essence* to be your guide in these uncharted waters of experience and *Going Within Essence* to lead you across, can be the stepping stones that can direct your journey to a land of untold possibilities.

Working with the Lessons

You may wish to make this expanded experience of mind travel part of a meditative experience or preview the possibilities in your dreams.

Either way, it is important to state your objectives clearly and precisely so that there will be no confusion as to what you are willing to experience and what you are not. You may find the mentioned essences to be of assistance.

Allow yourself to create the space of altered awareness you wish to explore. Know that you can return whenever you choose to reenter your earthly body.

Before you are fully back in the present, record any observations you may have had about what you have experienced and what insights you have discovered.

Reflect upon these observations during the coming days and the meaning they have in your life.

Lesson 66 - Working in the Light

The events of the past year have done much to alter the perception of people with regard to the meaning and purpose of life. While before 9-11 many were preoccupied with accumulating wealth and using whatever means necessary to achieve their selfish goals, the graphic lessons on the impermanence of earthly life and the importance of relationships became part of their new reality. This has been a time of soul searching for many as they try to make sense of their lives and find purpose and meaning in this post 9-11 world.

One area of life that people are beginning to examine is how they have chosen to make their living. What satisfaction do they get from the work they do and how does this play out against their value system? The amount of money you make doing your work pales in comparison when measured against your need for growth and service to humanity. People are asking themselves at the end of the day whether they have made any difference for themselves and their fellow human beings in not only increasing their own awareness and that of others but in sharing loving energy in what they do. When measured in terms of operating in a loving, helpful manner, how many people can say that they are doing this on a daily basis?

While almost any profession can be done in a loving manner, we are speaking about the core issue of whether the purpose of the work is beneficial to the society as a whole and helps elevate the understanding or usefulness of the people it serves. Or is its primary goal to delude or defraud people through less-than-honorable methods? Learning to see through the activities in your daily life and make life choices based upon the positive energy contained in a situation helps guide you ever higher on your road Home. Defending your poor choices with statements like "it's just a job" helps delude you into thinking that you can behave in a way that negates your beliefs and values in service to another while at the same time pursuing a path of integrity and higher values. Nothing could be further from the truth. It is how you demonstrate your values and beliefs in all phases of your life that reinforces these lessons in your reality.

Being true to your own beliefs and values is demonstrated in every phase of your life if you are living in honesty to yourself and others. You must be willing to

examine not only what you do but how you do it in order to bring it into the glare of the floodlights of awareness. This time of soul-searching and looking for greater meaning in your life can have a profound effect on society if enough of its members are willing to change their own course of growth and collectively agree not to perpetuate the greed and deceit of past associations. The shakeups of the corporate world that are being felt all over the planet are indicative of the changes going on in people's lives that express a dissatisfaction with "business as usual." as not good enough. The things you put your efforts into must have personal meaning and integrity in them and not just provide a paycheck at the end of the week. This is a silent revolution that can help move the world forward on the road to ascension.

Working with the Lessons

Examine what you do for a living and how you do it.

What aspects of your job enhance the growth and understanding of others and help uplift them as well as yourself?

Are there aspects that are less than truthful or that manipulate others in a negative manner?

How can you make the changes necessary to operate your lifework in an honest, loving manner or should you begin to look for other areas of employment?

Do it.

Lesson 67 - Passing the Baton to the Next Generation of Travelers

The loving kindness you show toward others will return to you tenfold as you spread your wings and prepare for the homeward journey. All the hard work you have done in preparation for the return Home will be worth the effort when you are able to rise above the dense atmosphere of earth and experience the beauty and effervescent atmosphere above. Those who have glimpsed this world of heavenly bliss express reluctance to return to their earthly home when compared to the pleasures that wait at the end of the journey. All of the activities and "sacrifices" of today will seem a small price to pay when viewed from the perspective of heavenly rewards.

In wrapping up the loose ends that remain, we are reminded that it is not too late to make room for one more soul on the heavenly express. Who have you often wished you could reach as you cast your net for those who are open to the message? The time is now to make one last effort to bring in the malingerers on the journey of many lifetimes and to make one last effort to rekindle the sparks of awareness that have refused to go out despite numerous dowsings of misery and pain. The time is now to find the common thread between you that will breathe the fresh air to ignite these inner sparks into a fire of recognition. It is your charge to make this your "mission possible" before you leave the station for home.

What other unfinished business do you have with those whom you have chosen to share this last journey? With whom in your family of origin do you still have issues to resolve that prevent the understanding of the other and forgiveness? Little time remains to set these issues to rest and come together for one last embrace of understanding. Do not deny yourself and the other the joy that is possible when you finally are able to break through the wall that separates you from others and allows you to see the oneness of all experience.

What about leaving messages behind for those who have not made the connections they require to book passage on this homeward journey at this time? There will be many that will need the perspective of your findings and will be searching for answers when the first wave of the rapture occurs. What will they think when they are left behind to forge a New World in the aftermath? You can begin to plant sparks of recognition in them if you are willing to share your

knowledge posthumously. Now may be the time to begin to write of your own journey and how you have evolved to the point where ascension is possible. Keeping diaries or journals may give the next generation of travelers roadmaps to follow for their own journey. Now may be the time to write the book you have been planning that will share your awareness with those who may be readying themselves for the next wave. Find your own ways of leaving a legacy of truth for the coming generations to use as guiding lights when the world goes dim. Begin to plant the seeds of knowledge that will help their light to grow and guide successive generations to their heavenly home.

Working with the Lessons

Begin to keep a journal or diary of your spiritual evolvement.
Chronicle the insights you have experienced and how these have led to even greater revelations on your journey. Address the foreword "To Whom It May Concern" so that when you are gone, it can be a guidepost for others to follow.

Lesson 68 - Graduation Day

The sanctity of your journey or path on earth is a function of your ability to ascertain meaning in the nuances of life that allow you to glimpse beyond the veil of awareness into the deeper meanings of experience. It is incumbent on you to look beyond the obvious in order to find greater meaning in the events that are your everyday life and to see the bigger picture that this experience is demonstrating in your schoolroom earth. This parable of experience has much to teach you in how the lessons of a lifetime are played out in order to bring the things you need to learn into your awareness.

If you need to experience say compassion in your life, the experiences that may begin to surface in your reality may be to bring you closer to the situation from all sides. You may need to feel the pain as the receiver of the wrath and insensitivity of others so that you are able to fully appreciate the consequences of your own actions upon others. It is when you are able to put yourself in the shoes of others that you will be able to summon up the empathy and compassion that will make you one with those that require your loving energy. This is but an example of the experiences you call forth in your life so that you may develop the soul qualities that will allow you to elevate your tone to higher frequencies. It is at the higher frequencies in the tonal spectrum that you begin your higher service to humanity.

Part of the spiral of life is to free yourself from the lower vibrations of the personality so that you can raise your vibration and float free from these denser energies. You may still reside on the earthly plane but it is as if you are unaffected by the gravity of awareness that keeps others grounded in the fear and negativity of these denser emotions. As you rise above this denser atmosphere, you are able to see the light-filled realities that beckon you forward to higher awareness and service. Allow yourself to move on to these advanced lessons of spirit and you will break free from the crowd and blaze new trails for others to follow on the road Home.

The light at the end of the tunnel is the Home that beckons you forward toward the end of the journey. The illumination that waits will envelop you with the blinding light of recognition, as all that you have been longing for finally becomes your reality. With the revelation of eternal truth and awareness comes the peace of

total knowing, as you are one with the presence of God. The nirvana of your longing is but a dim light when compared with the reality of reunification with the Source. While words are not sufficient to express the experience of becoming one with the Creator and His creation, it may be said that this will be the culminating experience of many lifetimes as all of the earthly lessons fall into place in perfect clarity. Suffice to say that this moment of illumination strikes the chord that elevates you to the next level of growth and experience.

While your journey is never finished until you are totally one with the Creator, the experiences in schoolroom earth have had many epiphanies that have allowed you to move forward on your ultimate journey of self-revelation. It is time now to store these away in your yearbook of memories and move ever forward on the journey of the soul. There are many paths you may take on the next phase of your journey to oneness but you will always appreciate the upward path you traversed in the earth school of life. While lessons of Spirit are never easy, it is these hard-won battles that seem the sweetest when viewed from the perspective of time and what they contributed to your soul growth. As you toss the mortarboard high, remember that this is the graduation to the real school of experience and service.

The adventure continues…

Working with the Lessons

What subjects in the earth school do you feel you still lack the experiences to graduate?

How can you orchestrate the events in your life to provide the experiences to complete these courses?

Sign up for the remaining classes by making a concerted effort to bring these experiences into your life.
Do it!

Lesson 69 - Peace

The peace you experience when you know that you have done whatever is required to complete an endeavor, envelops you like a warm blanket that you can use to shut out the cold winds of negativity that buffet your world. When you are at peace with yourself and know that what you are doing is on your own unique path, you are able to see earthly matters in the clear objectivity of someone who is in but not necessarily a part of its dynamics. Being at peace means that all your affairs are in order and you are free to chart a course for new horizons. Being at peace means that you are confident that the course you have chosen is for your highest good and you have the courage to see it through.

Peace creates a space within you where wisdom and growth are welcome. Peace allows the sparks of inspiration to grow ever brighter as you are nourished by the fuel of understanding. Peace is a cool hand that confronts the warm brow of the battle-weary in life. Peace is the comforting embrace that follows a well-fought campaign. Peace is knowing that you have done all you could to turn the tide of negativity and spread love in the world. Peace is forgiveness.

Peace comes to those who are able to understand a situation and are in agreement with the intent and purpose of the mission. Peace recognizes that everything that could have been done was done and that you gave a situation your best shot. Peace begins within when you find the refuge of inner wisdom and are able to enter this inner sanctuary of tranquility and understanding.

Peace is becoming one with the kingdom of God that is within you all. Peace is knowing that this inner refuge is always with you and is the Home at the end of your journey. Peace is seeing the glimmering image of Home in the distance and moving ever closer to her welcoming arms. Peace is reflecting on the journey and rejoicing in the victories and learning from the "mistakes." Peace is joining hands with others who have shared the journey and walking together across the finish line of life. Peace is at hand.

Working with the Lessons

How can you use the above insights to create peace in your life?

Make this peaceful reality your own.

Lesson 70 - Homeward Bound

The journey of life on earth is but a twinkling in the eye when compared with the journey of the soul. As you come to the end of an earthly sojourn, you are able to reflect not only on the lessons of this lifetime but how these become part of the whole of your evolvement. If you have taken advantage of the insights you have gained within these pages, you will be ready to move on to service in the higher realms. The choice is up to you to move forward or to try again on schoolroom earth. Those who find themselves on the homebound flight of ascension will be comforted to know that their earthly exams are over and that they have passed with flying colors. The lessons in love and compassion have prepared you for the next phase of your journey up the spiritual ladder. Those reentering their Homebase will have an opportunity to reflect on their journey before deciding how they can best put their wisdom to work on the higher planes.

Those left behind on Earth will require much assistance from the higher realms to make sense of the mass exodus and to find ways of raising their own vibration so that they may be part of future waves of ascension. There are those of you who may choose to return to serve in physical-etheric form to help guide those remaining on the homeward path. Others may choose to work telepathically with those remaining so that they may have the benefit of higher wisdom in helping to restore the health of the earth and prevent further destruction. There will be much to do to raise the vibration of those remaining after the higher vibrational beings have left.

Others may choose to do their work in service to the Ascended Masters on matters of higher spiritual meaning or continue their learning in different galaxies. The choices are many and will be dealt with in the future. In reuniting with those who have gone before there will be a welcoming committee without bounds that will bring together the tapestry of lives spent interwoven with those of others. The reunion of souls on the higher planes will be joyous and enlightening as the pieces of the puzzle come together in perfect clarity. It is only when viewed from this higher perspective that you are able to see the patterns of many lifetimes that have forged your ascension vehicle. This is the "aha" moment you have been waiting for.

Passage of time and space means nothing in these higher dimensions. The lessons that have allowed you to make this leap of faith will seem as kindergarten learning when you contemplate the vastness of the universe you have reentered. As you are transformed by understanding, you come to appreciate the magnificence of your mission of existence and come to realize that you have only just begun your journey of awareness. As the threads of understanding begin to weave together the magic carpet that will take you to higher realms, you are able to look around and appreciate this new reality. As all comes together, you are invigorated and say to yourself "Let's Roll."

Go in Light and Love,
Mother Mary, Merlin and Quan Yin

Appendix A

A Higher Perspective on the September 11, 2001, Tragedy

From Mary and Merlin

The writing of Returning Home took place before and after the events of September 11, 2001. To make sense of the times, Penelope asked for insight as to what might be learned from such events. The following readings from Mary and Merlin were done immediately after the events of 9-11-01.

September 13, 2001

The terrorist activities that are shaking the foundations of governments around the world are part of a dying gasp of evil that is trying to disrupt the whole process of ascension. By preying on the fears of the people, you can keep them trapped in the negative vibrations that prevent them from realizing their true power to control their own reality. The sheer horror of the situation causes people to examine their core beliefs that can help them reconnect with their higher power and attune to the higher frequencies. It is when you are tuned into the higher channels that you begin to see higher possibilities for service to mankind.

There are those who will be caught up in the negativity of retribution and proving that they are powerful and able to smite down those who would instigate such attacks on the core beliefs of others. The attempts of these radical sects to impose their own beliefs in violent ways on those who do not share their narrow perspective will surely expose them as the evil monsters they have become. Their fate will be more horrific than the horrors they have inflicted, as they must face the karma of their own actions. Those who would try to silence these messengers of hate and destruction will risk taking on the karma of the oppressor if they do not act in ways that demonstrate a loving understanding of the evil and the evildoers. By using their might to eliminate the source of the evil without thought as to the ultimate justice of the situation can cause the instigators to become martyrs for their cause to their followers. This may do more to polarize the emotions in the area that have already reached a boiling point in intensity.

The violence of the initial acts has caused many around the world to reexamine what they believe to be true and to reevaluate their core beliefs. It can help reaffirm the solidarity of the country and unite the nation in cooperation and teamwork rather than dividing it in ideological bickering. In this position of solidarity, you are able to see clearly the things that bring you together in

common beliefs and begin to share these realities in an openly transparent way. If you are able to use these life lessons to boost you up the ascension ladder, you will be able to use this tragedy to open up higher vistas of service. If you wish to use *Dealing With Grief Essence*, it can help you to move through the stages of bereavement in a gentle, loving way and evolve into this higher perspective of continuing life.

A catastrophe of this magnitude causes you to reexamine your core beliefs and how you stack up to the images that are brought to you most graphically in the pictures you are seeing. Those who have trouble believing what they are seeing are shaken to the core and forced to deal with their own fears and insecurities. Those of you who are able to come from the higher perspective of ultimate justice will be moved by the suffering of others and will be motivated to do all you can to share their burden and help them move through the grief in greater understanding. Those of you who are risking your lives to do what you must to help restore the lives of the grieving have accepted their burden and are willing to pay the ultimate price for the beliefs that you hold so dear. Your courage and heroism serve to create a bond among those whom you serve and helps raise those faltering in their own fears and doubts. These beacons of light in the darkness of the moment can help inspire others to greatness and to achieving their own potential. It is these growing sparks of light in this valley of darkness that will help light the way home for others who share this common path.

Being able to put aside these horrors of the past and unite in the common cause of raising the vibration of the planet with higher, more loving interaction with others on the common path, can help the phoenix of the new age to rise from these ashes of despair. Begin to make this your new reality and those who have suffered and died at the hands of those who would try to snuff out this light of awareness will become the first wave of those who would return home to the light. Allow them to guide you in love and dismiss the fears and hatreds of the instigators to fall on infertile ground and be extinguished in the rain of loving awareness that will nourish the survivors for their journey home.

Go in Light and Love, Mary and Merlin

September 14, 2001

Given the horrors of the past few days and the effect this act of evil has had on the world, we would like to expand a little bit on our discussion of yesterday on the meaning of this from a higher perspective. In some cases, people have used this event as an excuse to promote their own misguided feelings of prejudice and fear. Their narrow view of the world as a fearful place exposes their own lack of knowledge about the universe and how things work. By forgetting that you are all made whole when you embrace a cloak of love, rather than hate, you keep yourself in the stream of this flow of loving energy, no matter what transpires around you. Think of it as donning a diving outfit that allows you to walk fearlessly in the depths of the darkness that surrounds you, safe from the corrupting influence of others. Insulate yourself from the narrow perspectives of those who would allow their own insecurities to become their reality and know that whatever transpires, you will remain in the bosom of your Heavenly Father if you allow His all-encompassing love to be your reality.

When people are faced with tragedy, they often revert to their own inner fortress of solace. But what if they do not possess this rock on which to moor their own vessel of awareness until they are sufficiently recovered to move on? Faith in yourself as well as in the unconditional love of the Creator is the tide that can help raise you over the rocky shores that surround you. *Mary's Gift of Love Essence* can become your lifeline of love until it becomes your own reality. By letting go of the anchor that keeps you tied to the moorings of past safe harbors, you are free to rise above these limiting realities and create the ones you need for the leaps ahead.

In coming years, there will be many things that will test the faith of those that have chosen to stay the course through the coming earth changes. As Gaia begins to cough and shudder to rid herself of the pollution and devastation that man has inflicted upon her, there will be storms and other natural "disasters" that will try the resources and resolve of humanity. If you choose to ride out this cleansing and realignment of nature, you must be ready to listen to the messages that will be broadcast within your own being. Develop the ability to go within and read the inner barometers for insights as to ways you can use these seeming disasters as opportunities to rebuild yourself and your society on higher ground. Resurrecting

past monuments to fallen gods does little to ensure that you have learned the lessons of past misassumption and are now moving in higher realms of awareness. Be willing to reevaluate all that you believe to be true and adjust your moral compass where necessary to reflect the new realities and you will find your way out of the quagmire that has entrapped others who are unwilling to let go of the known and reach out for greater possibilities.

The disharmony within your society offers many opportunities for growth and awareness as well as opportunities for those who would preach fear and retribution to get greater toeholds in the fabric of awareness. Those who lash out at others because of their own fears of vulnerability do little to increase the vibration of the planet and her inhabitants. The real heroes are those who have put aside their fears for their own safety and who have gone back in the crumbling around them to rescue those who are calling out for their help. It is these who may be lost to earthly suffering who are elevated in their actions and who help raise the vibration of the planet through their own sacrifices. Personal sacrifice to bring these graphic images of unconditional love to the forefront of your awareness can move many up the ladder to ascension and inspire countless others to reexamining their own selfish positions with regard to their fellow man. They are inspirations to all.

As the dust begins to settle in the corridors of "power," there will be many who will reevaluate their lives and the significance of their journey. The survivors may begin to realize now that life is not a dress rehearsal and that lives lived in mediocrity are doomed to being repeated until they are willing to envision greater possibilities. Many will be inspired to leave the areas of greed, power, and suppression to relocate to areas where they can put their new insights into serving humanity to better service. It is a time for introspection and going within to examine not only the motivations but also the overall value of your life work and make the adjustments necessary to get back on your path. It is by the sacrifice of those who lost their earthly lives in this tragedy that many more millions will be inspired to make the hard choices and bring their lives back in tune with the beckoning bell that peals in the distance to call you home to God.

Go in Light and Love, Mary and Merlin.

September 15, 2001 Joining Together in Time of Tragedy

As the world begins to resume its "normal" life, there is a difference as to how it begins to perceive reality. Where before there may have been a sense that you are invulnerable to the attacks of others, there is now a specter of fear surrounding everyday activities. These were people who were attending to their everyday lives that were suddenly removed from this dimension. All over the world, people are reexamining their core beliefs about life and death and how this latest tragedy has caused them to reassess their values. In this limited sense, there is something good to come about as a result of the terrorist acts. People are shaken out of their complacency and forced to delve deeper into their core beliefs and adjust them in light of this new reality.

So what is security? Does knowing that your time on earth may be terminated at any second make your journey any different? If you are able to incorporate the hidden meanings in this message, you can begin to adjust your life in order to incorporate this new reality. While this has always been a real possibility, most were content to gamble that the chances were remote that this could ever happen. This is no longer the case. Many are coming to terms with the new reality that your earthly experience can be terminated at any time and you had better have your spiritual bags packed and ready to face the final karmic review board. How would you live your life differently if you knew you might be called to account for your time spent at any moment?

Many will be called to let go of the high paying jobs they may have held that did nothing but provide expensive toys to occupy their time. Many will be drawn into less glamorous professions, but ones that offer more opportunities for service to their fellow man. This wakeup call to humanity has opened many opportunities for service throughout the world. People are thinking differently about the adversarial relationship they may have with others and are coming back together in a spirit of mutual cooperation and teamwork. While it remains to be seen if this global sense of the family of man that has been demonstrated showing a common resolve to unite against a common enemy will last, it has kindled a spark of recognition throughout the globe of a unity and kinship that was not present before. In the horrible acts of terror, the perpetrators have unwittingly brought

together the world in a unified task of banishing these negative forces from the planet.

While there is much to be accomplished before this will be a reality, the commitment to a common journey is an important step in realizing the oneness of all humans. When you are able to call on the things that unite you in commonly held bonds of belief, you are able to overlook the petty disagreements that have kept you apart. By joining hands with your brothers in grief, you help dissolve the perceived differences that have kept you isolated. It will be difficult to maintain an "us and them" attitude when you have shared the intimate realities of life and death and love with a nation of participants in the process. If you are able to keep this spark of humanity alive and continue to grow in these insights without being caught up in the cycles of revenge and destruction that have kept the war fires burning too long in areas of the globe, you will know that these people have not died in vain but as martyrs to a cause of peace and awareness.

Allow this flame of awareness to grow within you and all whom you can touch with this message, and you will make this a living memorial to the good that was born in the tragedy of hate. When you remember the fiery infernos of this week, you must think of it as the destruction of hate, greed and vengeance going up in smoke so that a new phoenix of love, compassion, cooperation, and understanding might be born out of the ashes of the tragedy. This can be the living memorial you can create with your lives to those who have given theirs.

Go in Light and Love, Mary and Merlin.

September 17, 2001

The world is waiting for the next shoe to drop in the realm of international terrorism when they should be examining what they can do to create a different reality. Since you are able to call to you positive energies such as love and acceptance, now is the time to change your own mindset to one of hope and reassurance that you will be safe in your own reality that you are creating. Safety is a relative thing. You can feel safe in the midst of devastation if you have the inner reserves to *know* that you are following your correct path of understanding, whatever may happen to your physical body. When you are able to detach yourself from the outcome and follow an inner direction, you are always safe in the world. Cloak yourselves in an impenetrable blanket of loving awareness and give those whom you encounter safe refuge under its sheltering expanse, and you will create refuges of higher understanding in the midst of turmoil.

It is important for you to begin to call together those of expanded consciousness to share in the insights you have revealed. By making this higher perspective known throughout the world, you can use this teaching moment to reach those who are searching for answers of their own. The time is ripe to help those without a life raft become aware of the consequences of their failing to choose. By continuing to drift aimlessly through life, you waste the opportunities for higher understanding and growth that are there for the asking. Do not waste the remaining moments of your life filled with ambivalence and inertia. If you are to make the final ascension vehicle, you must be willing to dedicate the coming months to spiritual growth and understanding. To waste these few precious hours perpetuating ignorance and self-indulgence is a "sin" in that it separates you from God at this critical time. Be willing to reach out and help pull on board those who are foundering without a life raft in the boiling seas around you so that they too may share in this adventure of many lifetimes.

One of the serious challenges of this trying time is to stifle the brushfires of ignorance and intolerance that would separate one from another. In attempting to place blame for the incomprehensible tragedy that has been inflicted on the country, there are those who would falsely accuse those that fit the perception of their intolerance. With no evidence other than perhaps the color of one's skin or a difference in custom or language, they are willing to accuse them of unimaginable

terrors against mankind and provoke unjust retribution. This type of bigotry and intolerance must be exposed for what it is so that others may witness the cancer of fear and hatred that grows when you forget that you are all one in God.

Though people may choose different ways of worshiping the One God, there are areas of commonality that connect all religions of the world. The only areas that you should be careful to avoid are those that preach hate and intolerance of others for they have lost their core Light that is the Love of God. There are those who would exclude any because of their past indiscretions or beliefs and are unwilling to offer the olive branch of forgiveness to those who truly wish to join the upward path to understanding. They may also be unwilling to allow the truth of these lessons to be the rope of forgiveness that can help extricate them from a quagmire of false realities. The life raft of forgiveness is there to help carry those that wish to be saved from repeating these lessons again if they are able to recognize their own God within and begin to reform themselves in this image.

This is indeed a teachable moment for all of those who are incarnate on earth. Sides are being chosen for the final battles that will determine the future of the world. You do not have the luxury of basking on the beach of indecision any longer. The only hope you have of "surviving" the coming turmoil is by accepting the mantle of awareness that can guide you through the trying times ahead. Become fearless against those who would strip this lifeline from you by expanding your inner fortress with the knowing that you are part of the God of Love. It does not matter whether you continue to love and grow on this dimension or in another, you will always be part of this loving body of awareness. The trappings and symbols of the earthly world are meaningless when measured against the rewards of the higher realms. Readjust your navigational systems so that all you do is in this higher understanding and you will never become lost on your journey home.

Go in Light and Love, Mary and Merlin

September 18, 2001, Out from under the rubble and into the Light

The presence of God on earth can be felt if you are willing to open your heart and welcome in the higher frequencies of love and service. In all that you do, you demonstrate your commitment to the heavenly ideals of goodness and loving concern for those who you draw to you for mutual enlightenment. For those that would tread the upward path to ascension, you must be willing to make this your daily reality. Any "sacrifices" you make of earthly pleasures will soon be overshadowed by the glories of worlds to come.

Your resolve to stay this course will be sorely tested in the coming months and years as the world begins to choose sides in her ideological disputes with factions of evil that would tear her apart. In addition, the negativity that can permeate such battles will begin to seep into the crevices of the earth's core and cause Gaia to pitch and roll in response. There will be storms of unheard of intensity as well as earthquakes and volcanic eruptions that will change the face of the landscape. There are those who will believe that the end of the world is coming when they survey the scope of the devastation but nothing could be further from the truth.

This is a new beginning. Those who have chosen to stay behind to witness the birth of this new world will find a paradise of astounding peace and opportunities. People will have lost their will to dominate each other as they find that they must work together to survive through the tribulation. Those who remain will have learned the true survival skill of going within for the answers they seek. When the power of the forces of nature has been demonstrated and has brought the inhabitants of earth to their knees they will be more likely to listen to the messages she is communicating to those who remain.

The lessons you must learn if you are to survive in this new "Jerusalem" of understanding will be ones of peace and harmony. The common experience of survival can help unite those remaining in bonds of oneness as they struggle to regain their foothold on reality. As in this past week in New York and Washington D.C., the survivors must redefine their lives in terms that honor both where they have been and where they need to go. There are many who will decide that the direction of their lives up until now has been meaningless in the terms of

their soul evolvement. Many will be moved to relocate to areas of greater peace and spiritual awareness and to pursue lives that are more aligned with their new vision. Those who choose to stay will be struggling to bring themselves more into alignment with the principles that have been dormant in their understanding but are clear when viewed from the vantage point of retrospective. They will find ways of sharing their loving awareness with those that are still wandering around in the dust of confusion that remains. All will become heroes in this war against terrorism for they will be able to rebuild their lives and help others to do the same in the higher vision of world service.

As the dust clears on the world following this initial volley, you are given a window of opportunity to reexamine the life you hold so dear and reflect on the direction you must take to assure that when the final shots are fired you will be on the right side of the line in the sand. The time is at hand for deciding what are the lessons of this wake-up call. What are you doing today that can help further the course of world peace? Do you write letters or call your legislators sharing your opinions? Do you band together with others of like minds to form groups that can lobby *en masse* for the things you believe? Do you spend your time in prayer and encourage others to do so also to surround your leaders with loving awareness and wisdom and courage to do what is right, not what is expected? Do you hold your children tightly and reassure them that they are safe in the bosom of God and if they will remember their own spark of loving inspiration, they are always safe no matter what transpires? Do you make the adjustments in your own life that can put you back on your path to awareness and service to others? Do you find ways to help in your community to support and share with others who are in need of your loving concern to give them courage to make their own leaps of faith? Do you reach out on the phone, in letters or e-mail to those you care about just to remind them that you are all one in your sorrow and will share this burden and hopes for a future of peace? These are the things that will bring you together on the upward path home.

Go in Light and Love, Mary and Merlin.

September 20, 2001

The message today is one of hope and courage to do what is right. The past week has seen many examples of heroism from those who refuse to be subdued by the forces of evil that threaten the world. There are those who are filled with hate and intolerance of their fellow inhabitants of earth and who would try to scour the earth of what they perceive to be evil. While removing threats of evil from society seems a worthy cause, those who would fight evil with evil might create a cycle of vengeance and retribution that is in itself evil. The only way to eliminate evil from society is to overwhelm it with love and quench the flames of negativity and fear that are fanning the emotions. This may be a near to impossible task given the hostile rhetoric that is taking place in the warring nations today.

The escalation of a war in which both parties believe that they have the moral high ground is an impossible situation. If both truly believe themselves to be blameless and to be following a higher directive, they are willing to risk all to protect these sacred beliefs. Might does not always mean right for in crushing those whose views are different you always risk planting seeds of retribution that will strike at the core of your security and cause the escalation of the cycle of attack and counterattack. There must be a better way to resolve the seemingly insoluble differences so that all may live together in peace.

If you are to create a world where all are free to exercise their own free will, you must be willing to put aside the pain of past attacks and sit together in a dialogue of peaceful discussion. There must be an understanding that the escalation of violence will continue until all parties are defeated and the world is destroyed. These are the stakes that you will pass on to your children's children if you do not settle the disagreements peacefully. There must be areas of agreement that can be found within the saner members of both sides on which to build peace.

Is there ever a justification to removing those who are evil and not willing to negotiate a peace?

The act of retribution, no matter how you may try to justify its necessity, is never pleasing in the sight of God. The forces of evil must be exposed for what they are and allowed to become pariahs to the peace-loving peoples of the world. By

isolating those who would harm those who do not go along with their fanatical methods of societal controls they will soon fall from favor when others within the society witness the disfavor of the rest of the world. It is true that the peace-loving peoples of any country are at the apparent mercy of those who would take away their freedom at the point of a gun, but it is those who would stand firm in the face of oppression who will earn their place on the ascension ladder, no matter what is their earthly fate. Unless there are those that will refuse to be intimidated by the evildoers of the world and who are willing to stand up at the peril of their own lives, such as those that overpowered the hijackers did, evil will continue to grow as a cancer on the land.

Does this mean that you are justified in going after those who would perpetrate evil on innocent people?

Though the "innocence" of various peoples in the world could be debated, it is always a higher act of heroism to expose the perpetrators of evil acts so that they, as well as others, can grow from the knowledge. Causing others to live in fear and to forget their own journey in love will bring an enormous karmic debt on whoever chooses such a path. By killing off even perpetrators of mass destruction, you in fact cause this baton of hatred and vengeance to be passed to the many who would make this act of violence their own cause. Bringing the perpetrators to trial in a court of world justice would do far more to expose the misguided beliefs they profess to the light of world examination so that the their hoods of violence can be removed and their own fears exposed. It is only by examining the motivations and beliefs of those with whom you are in conflict that you are able to find the common ground that unites you so that peace can be restored.

Hard as it is to believe, you are all one in God, even the terrorists who would try to make you forget it. They too, are following what they believe (however misguided) to be a higher moral path of trying to stamp out what they believe to be evil and immoral forces. It is lack of understanding of the "enemy" that separates you rather than trying to understand the true beliefs of the other. Be willing to explore the motivations of your enemy and you will be able to find ways to bring this understanding to a table of negotiation where world peace will be achieved, not at the point of a gun.

Go in Light and Love, Mary and Merlin

September 22, 2001

The freedom that you have to determine your own destiny is being attacked on many fronts as you begin to emerge from the aftermath of the tragedy. Along with your freedom to choose the religion that most closely aligns with your beliefs, you experience the freedom of thought and expression that allows the spirit of God to come forth in whatever you do. These are precious freedoms that should not be taken lightly. The terrorists would remove these basic freedoms from you with fear. There are those who would sacrifice their freedom out of fear. If you allow the fears of others to become the reality of your land, you will allow the terrorists to have the last say for they have been able to alter your way of life and to remove your freedom.

We are not saying that caution should not be exercised at this time. It would indeed be foolhardy to carry on business as usual without taking precautions to ensure that they do not have access to weapons of mass destruction as before. But what we are saying is that you must not allow fear to prevent you from doing the things that are on your path, no matter how fearful they may be at this time. Courage to rise above your fears and to take the hand of God and move through these fears is what real heroes are made of. Those aboard the doomed airline over Pennsylvania exhibited this courage when they gave up their own lives so that countless others might live. Patriotism means putting the higher principles of doing what is right in the sight of God before the wants and needs of the personality, without regard for personal safety. These heroes will determine who actually wins this war on terrorism.

Throughout the world, countries are beginning to come together in facing this common foe that has previously caused them to cower in the corners in impotence. The outrage felt around the globe has touched many, especially when they find that many of their own people were victims also. This act has done more to bring home the threat to people around the globe and has graphically demonstrated an imperative that no one is "safe" until the evil doers are ferreted out and removed to face their accusers. If more are able to peacefully investigate and discover the criminals and arrest them such as was done in Germany and France, people will see their governments at work in peaceful ways and be less willing to release the bombs that only perpetuate the violence. The world court of

public opinion is with the United States if they do not use this bully pulpit to reinforce the image of some that they are ruthless bullies that wish to dominate the world. Express to your leaders your resolve to take the painstaking approach of investigation and arrest rather than turning to the vast arsenals at your disposal and you will demonstrate that you are indeed dedicated to peace rather than destruction.

Assuming the mantle of leadership can be a tricky business. If one would lead others into battle, those who would follow must be certain that their leader is just and worthy of that position. So far the United States has the moral highroad for they are the ones that have been victimized. This strategic balance can rapidly change if the other countries of the world sense that they are being used to settle private vendettas against the weak and oppressed. The Middle East is a powder keg waiting to erupt if those loosely allied with the oppressors feel that the US is overstepping its right of retribution in capturing the perpetrators of mass destruction. Many feel that the terrorists went too far in awakening the sleeping giant but are reluctant to disassociate themselves entirely from the brotherhood of Islamic peoples. The sentiments run deep to remove the "infidels" from their land and unite in common ideology but this time the terrorists may have gone too far. The delicate balance in the Middle East is still being maintained but one false move by the US or others could set off this powder keg of hostility and hasten the destruction of this area as well as the rest of the world.

Continue to discuss these higher alternatives with all who will listen. Continue to keep your representatives informed of your concerns and how you would like them to handle your future. This is something that can affect the balance of world power as well as the destruction of the planet if it escalates into full-scale warfare. The earth cannot take the assault of another world war. Use this teachable moment to bring together the forces of love and reason to remove those who would take these precious freedoms away and you will begin to create the world peace of peoples united in a common vision of loving awareness and cooperation. You will help create the heaven you desire.

Go in Light and Love, Mary and Merlin.

November 5, 2001 - Choosing Sides in the Battle of Life

When a specter of fear hangs heavy over the land, it is sometimes hard to find the light and love within you to guide your life. When all those around you are consumed in thought of war and retribution, how do you keep your own inner compass from being led into the fear and negativity that help suck you into the vortex of destruction? Develop the internal screens that can help you disassociate yourself from earthly bickering and subterfuge. This can help put these things in the perspective of relegating them to trivial diversions that move your focus away from your higher path.

While the decisions that world leaders make certainly have an effect on the direction that entire countries have, and can in turn, affect how you are able to pursue your own journey, there is little going on there that concerns the enlightenment of the individual in his search for deeper meaning. You would be wise to pray for the enlightenment of your leaders so that they may make the wisest decisions and leave them to do what is in the best interest of all concerned. It is hard for an individual who is getting such a small view of the news as it is presented to grasp the larger picture of what needs to be done to help all evolve. When the issues are so complex, it may be necessary to hand off the decision making power to those who are better able to see the entire vista meanwhile sending them light and love to help elevate them into a higher position of observation.

No one leader will make all the right decisions. It is by suffering the consequences of defeat that you are often able to reassess your position and move higher up your ladder of understanding. It never hurts to remind leaders of their moral imperative to do what is right and just for all of the people. You must be willing to allow them to do what they feel best meets the needs of the people and is ultimately just, even if it goes against popular opinion. In his book Profiles in Courage, John F. Kennedy talks of the willingness of certain leaders to go against the tide of public opinion and do what is right, many times at great personal sacrifice. Being willing to take the moral highroad and allow history be the judge, as well as an even higher court of moral judgment, is a mark of a true leader and one worthy of following along the higher path.

What is the higher path in areas where both parties feel that they are following the moral highroad? In the current battles against terrorism, both sides feel that they have the moral high ground in doing what serves their own perspective of good versus evil. Some look at the avenging the deaths of those who were seemingly blameless in their actions to be a moral act of retribution. Others see the evils of a free society trying to suffocate the religious beliefs that they hold dear and feel justified in employing whatever means necessary to assure that they are able to continue to worship, as they feel necessary. There are no neat lines of good and evil that separate the sides in this "war". While both may feel justified in pursuing their own agendas and waging this war of attrition against the other, little will be accomplished on the battlefields of the world. Though methods may be dissimilar, both will prolong the disruption on the world stage until it escalates to a point that the consequences will be too horrendous for the parties to continue. Or the earth itself may make all such conflicts immaterial as all are forced to cease warfare and instead focus on preserving their species against the wrath of nature. These are crucial times for the earth is in a precarious balancing act of its own. Escalation by leaders into forbidden areas of warfare can not only help tip the balance of power but cause it to collapse under the weight of resulting consequences.

How can you help prevent these ultimate disasters with global consequences? The only real safety is the protection you build within yourself by your beliefs and deeds. If you begin constructing a bubble of light in which you are able to move freely about the planet, you will be impervious to the destructive acts of others, no matter what the consequences are on the physical plane. If you refuse to allow the fears of a society, obsessed with dire consequences, invade this bubble of light and loving energy, you will assure that this negative energy dies out for lack of the oxygen of fear to sustain it. Be willing to work tirelessly in self-sacrifice to demonstrate loving awareness, such as many of the volunteers in New York are doing without thought of personal reward, so that you may bring comfort to those in need. You will do more to squelch the fear and resentment than the bombs that rain down daily on the just and unjust of the world. Allow this bubble of light and love to guide you in all that you do. Expanding your scope to encompass those around you who are shivering in the cold of fear-based realities can help transform them into soldiers of peace and love.

Allow the slings and arrows from those who would try to denounce these peaceful efforts as "traitorous" and naïve to bounce off your bubble of light and instead offer all you encounter the example of a life lived in integrity to the beliefs you embrace and you will eventually cause even them to question their own fear–based thinking and search for greater meaning in life. Continue to share your message of light and love and you will be left standing alone as a beacon in the darkness when others have exhausted themselves with futile warring against each other. The only lasting peace is the one that comes from choosing to make your journey under the banner of Light and Love. This is how lasting peace will be achieved, not at the point of a gun. Do what you can to help make this your own reality and you will soon inspire others to do likewise.

Go in Light and Love, Mary and Merlin

Appendix B

Kinesiology

Kinesiology, or muscle testing, is a simple method of testing the positive or negative state of the body's electrical circuitry and whether it can maintain a positive connection. You may wish to think of it as the body's "lie detector." Quite simply, if the mind and body perceive something to be true, positive or beneficial to its health, the electrical circuits remain unbroken. If the reverse is true, the broken circuitry will cause the muscles to break the connection. Your chiropractor or other health professional may use a form of muscle testing to diagnose disease. He may have you hold your arm outstretched and test the effect of a substance by applying pressure against the arm.

You can test yourself with a simple manual test perfected by Machaelle Small Wright at the Perelandra Center for Nature Research in Virginia.

O-ring Test: With the non-dominant hand. form a circle by placing the tip of the pinky finger on the tip of the thumb. With the other hand press together the thumb and index finger to form "duck lips". Insert the duck lips into the center of the circle. Mentally think of something that you know to be true such as saying "My name is Mary" (if your name really is Mary). At the same time try to spread the "duck lips" open and try to force the fingers of the O-ring apart. If the charge is positive, you will be unable to separate the fingers (providing equal pressure is applied to both). Try the test again with a situation that you know to be negative (my name is John.) The connection should break easily when equal pressure is applied to the fingers of the circle. To test for a remedy, simply place it in your aura field (such as in your lap) and concentrate on the object. If it is required by your body and good for it, you should get a positive response when you test. You can also test in the same way how many drops to take by asking a mental question then trying numbers until you get a negative response. As in anything new, your ability to test accurately will improve with practice.

Pendulum testing: This same electrical current can be tested using a pendulum. Hold a pendulum or dangling object on a string. Mentally ask something you know to be true. The pendent should move back and forth in the direction you will know to be positive. Continue to test positive and negative charges in this manner.

The accuracy of any such testing will depend on clearly stating a question that can be answered with a yes or no. Compound questions must be broken up into smaller increments that are either positive or negative. Practice makes perfect and you can perfect your abilities with muscle or pendulum testing by using it throughout the day. Test everything from "should I have A or B for breakfast? to "what TV show should I watch, A or B? Soon you will develop the knowing and confidence to sense these higher vibrations.

The Labyrinth

The spiral path of the labyrinth leads ever inward toward the center where one connects with the God spirit. It is the path home that we take when we begin our journey of life on earth. When we follow the circuitous path of the labyrinth we allow ourselves to experience all the twists and turns life has to offer as we move ever closer to this spiritual core.

The labyrinth is a metaphor for life's journey. As we trace the paths to its center we are able to follow the route of experience and symbolically connect with the path we have chosen for enlightenment. There is no express route but we must go through all the phases and experience all the twists and turns of complexity if we are to reach the final destination which is enlightenment. The spiral may represent many lifetimes as we transverse the four quadrants and fill our basket of experiences with the lessons we require on our journey.

To use the labyrinth to its greatest advantage, one must be willing to shed preconceived beliefs and let the "magic" of the spiral path do its work. As we concentrate on following the prescribed path the mind slowly sheds the trappings of the known world and becomes immersed in Mary's glorious web. The deeper one travels into this loving embrace, the more one is able to connect with the comfort of the love energies that await us all at the end of our journey.

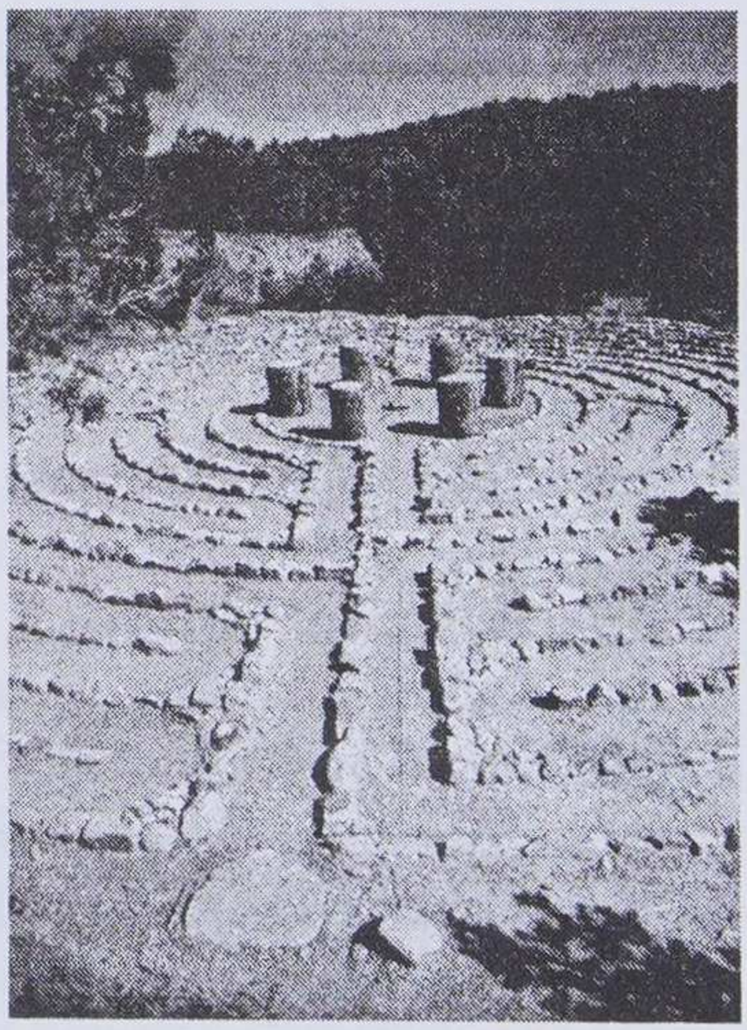
At the center we finally enter our home where we are nurtured by the loving energies that await us all. The more we are able to let go of the preconceived feelings and allow ourselves to become one with the love of God in this womb of experience, the more powerful will <u>be</u> the experience. To allow oneself to become

one with the energies of the total love of God helps us envision new possibilities for growth and service as we retrace our path into the world we create for ourselves. On this outward path one is able to see more clearly the lessons that must be learned for the growth we require. The patterns of the labyrinth and the seemingly random meandering help us fall back into the pattern of life that beckons us forward.

While all life may seem random, there is this thread of experience that helps us retrace our path on the road home to our soul light. It is by connecting with the path and following the ever beckoning light as it flickers around each bend and twist in the road that allows us to return time and time again with new insights and new lessons required for our growth. As we repeat the route of the labyrinth we renew the commitment to our journey with new insights and are able to enjoy this glimpse into the spriral of life that is our experience as we try to return Home.

Go in Light and Love, Mary and Merlin

Unlike a maze, which intends to confuse, the labyrinth is a circuitous path used for walking meditation and enlightenment. It is a large complex spiral circle, which is an ancient symbol for the Divine Mother, the God Within, the Goddess, and the holy in all of creation. The labyrinth is based on arithmetic, geometry, astronomy and music. The 11-circuit or Chartres, labyrinth dates back to the 13th century and is found on the floor of Chartres Cathedral in France and in Grace Cathedral in San Francisco.

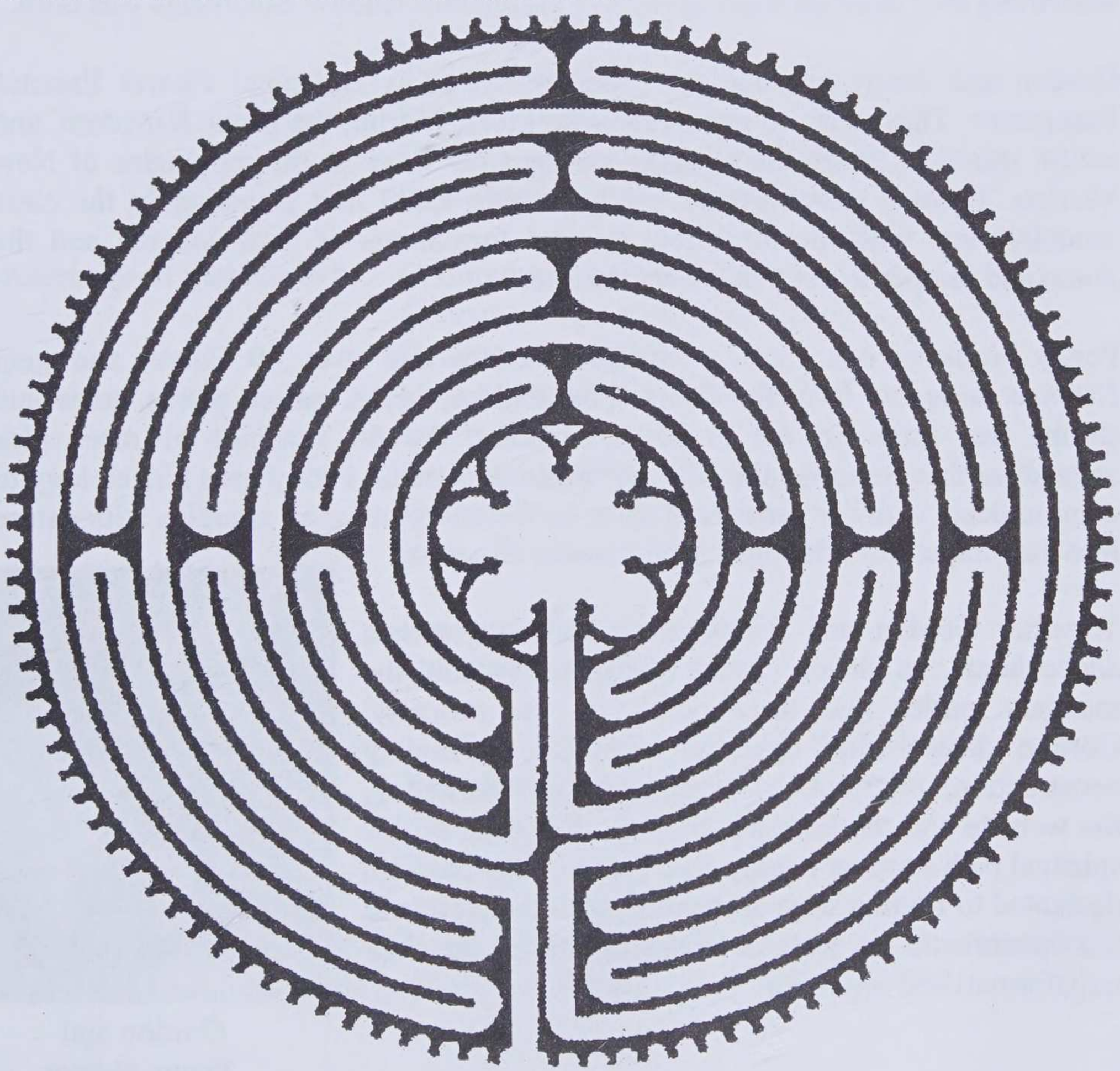


There are many internet sites for information on Labyrinths such as at the Grace Cathedral - www.gracecathedral.org/labyrinth
and the Labyrinth Resource Group – www.labrinths-sf.org.

The eleven circuit design is the one we used to construct the labyrinth at the Mountain Meadow Botanicals property in Cedar Crest, NM.

The Three Stages of the Labyrinth Walk

The inward path to shed preconceived beliefs and let the "magic" of the spiral path do its work. Quiet and empty the mind.
The Center and connection with the God Spirit to receive energy, new insights, and inner peace.
The outward path and renewal of our commitment with new insights by joining the inner and outer worlds for our return Home



About *Mountain Meadow Botanicals*

Penelope (Penny) Genter has been working with nature for over 25 years as a landscape designer, master gardener, xeriscape advocate, organic gardener, Reiki and flower essence practitioner. In 1997, after meeting with other flower essence practitioners and producers at the International Flower Essence Conference at Findhorn in Scotland, Penny and her husband, Gordon, knew then that this was something they must do themselves and Mountain Meadow Botanicals was born.

Gordon and Penny produce the Mountain Meadow Botanical Flower Essence Bouquets™. They work co-creatively with Mary, Merlin, the Devic Kingdom, and nature spirits to create the essences on their 4.5 acres in the mountains of New Mexico. There is extraordinary energy at this 7,000 foot elevation in the clear mountain sun with the incredible mineral formations of New Mexico and the pinon and juniper forest that covers the site.

Penny produces over 350 individual essences and over 40 flower and gem *Essence Bouquets* from the flowers, vegetables, herbs, native plants, trees and shrubs that grow on the property including the 60 varieties of roses plus vegetables that comprise the 100 foot mandala garden. Penny uses kinesiology to communicate with her partners in spirit as she combines their energies with nature into the unique formulations of the *Essence Bouquets*.

Together Gordon and Penny have built a geodesic adobe home, an eleven circuit Chartres labyrinth, the mandala garden and three ponds on the property. Gordon keeps the operation running, including construction, distribution, administration, marketing, the website and the Internet store. He has been on his spiritual path for over twenty-five years. They are both dedicated to finding ways of healing both the earth and her inhabitants as well as assisting others in their transformational process.



Gordon and
Penny Genter

MMB Ascension Essences

MMB (Mountain Meadow Botanicals) Essence Bouquets mentioned in this book include:

Ascension I Essence Set	Going Within Mary's Gift of Love Letting Go, Releasing and Forgiving Overcoming Fear Cooperation and Teamwork Letting Go of Illusions Creating and Accepting Abundance Quan Yin's Gift of Compassion
Ascension II Essence Set	Communicating Your Truth Concentration and Focus Dealing with Stress Leap and the Net Will Appear Memory Overcoming Homesickness Letting Go of Anger Home for the Holidays
Also mentioned:	Supporting the Indigo Child Overcoming ADD/ADHD

All of the MMB Flower Essence Bouquets are available in the following forms:

Transformational Tinctures
Aura Sprays with Aromatherapy
Massage Oils

For more information and descriptions of the *MMB* essences please consult the website at www.MMBotanicals.com or call toll-free at 866-390-3786.

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"The ascension process is one that will affect many who have chosen this higher path of service. The lessons that we have provided can help elevate the consciousness to these higher vibrations. When the time is right, they will be allerted to tune in to this higher channel and be called home en mass. The time is not at hand for this now but all that wish to make this their reality should begin to ready themselves for this final call home. It will take place in a twinkling of an eye and will create an instant transformation from physical to physical-etheric form"

Go in Light and Love, Mary and Merlin

Practical lessons in living a life of greater meaning and awareness in a third-dimensional world.

Includes insights on the 9-11-2001 events, the role of the Indigo Children and guidelines for "Surfing the Dimensional Shift"

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How the healing vibrations of **Flower Essences** can help prepare the physical, emotional, mental and spiritual bodies for the coming changes.

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