

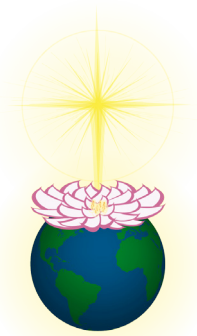
The 2012 Talks

By the White Brethren

19th November 2011

Changing human priorities
Staying true to life-style choices
Create a nourishing life now
Simple spiritual techniques for the masses
The importance of healing touch
Building life force energy

Channelled through Jabeen.



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By the White Brethren

19th November 2011

There are many angels present in this room today and not all of you here are aware of the angelic presence that is already here. There is a great light that shines forth from this place, it is a place to come to receive an abundance of spiritual nourishment. I am speaking about Paolo and Amy, who are here, residing in this place. A great light shines forth from this abode. The angelic energies are present here in abundance.

I say this now so that this energy may be further cultivated. Our Light comes here today because the angelic presence that is already here resonates with our vibration in all ways and we are happy to come and sit amongst you all. You may be aware of our presence already, know that we exist. For this reason we are able to communicate directly to you, not through words alone but by direct communion with your own spiritual energies. You are all here today to receive our guidance on how to go forwards.

None of you here are spiritual novices, I see. Each has come with their own purpose, their own way of life that sustains them optimally. You are not searching for a spiritual path, you already have it at your fingertips so I am not here to instruct you on how to lead a spiritual life-style, I am here to show you the way to go forth and bring this life-style to others to alleviate suffering and hardship that others face. I am not here to tell you what you already know about spiritual life, about God Itself.

I am here as a Divine Presence in support of what you are already doing here on the earth plane, to build you up even further so you may walk forward with greater confidence, peace of mind, clarity, ease and structure. There is no need to look any further than your own Divine Self for instruction on how to live a better life-style. There is no need to turn to us in order to learn what you already know yourself. Our guiding light is present to assist you to be of greater service to humankind.

There is a slight discrepancy between how you are feeling about yourselves at present and who you actually are in physical form. You see, many of you here have envisaged a greater degree of service than you are currently fulfilling. Inside you feel you are able to make a large impact on the world around you, however often your efforts have been curtailed by situations that were out of your control. Your own mind-set has been influenced by others who were not like minded to yourselves and as a result you feel that you wish to attain even more in the coming times ahead.

There are two things that I would like you to know about the road ahead to come. The first is that everything will change radically in the later part of next year, beyond all recognition. You will no longer be living in the same reality as before and this change has not come about because you have asked for it internally, this change has been orchestrated by an outside influence. The choice was not of your making, like it is now. Currently, your life-style choices have been of your making only. You have been assisted to make the choices that are helpful to the rest of humanity. You have been added in your work life also, however the choices have come from you only and we have merely assisted you in the path of your choosing. The changes that come in the later part of next year are quite different to everything you have known previously. There is an outside influence at work here, bringing greater light to you and you will all feel uplifted in your vibrational frequency of light. You will all start to radiate a Divine presence, much larger, much stronger than ever before. Even those of you who are already enlightened will change and grow even further.

Many of you do not realise how large, how enormous even, the changes will be which is why we are here speaking about these changes, to forewarn you so that you may take advantage of what is to come for the benefit of all humankind.

There are many initiatives that have been launched previously that have failed miserably because the light was not there to sustain them. There are many initiatives that have been launched that are successful up to a point, however they do not flourish as they should because the light is not present. You are living in what is a dimly lit room at present. This is your reality. It is not necessarily of your making, it is the world at large that you are living in at present. Initiatives that are highly spiritual often fall by the wayside because there is not enough light to sustain them, to make them work. There are also certain economic factors, of course. There is an interplay if earth energies also, however the larger fact is the energy of the earth plane at present.

There needs to be a substantial shift in perspective in order for priorities to remain as they should be and that is that all life should be prioritised over all other things, like material matters. What I wish to convey to you is the shift in reality towards the end of next year will result in priorities shifting across the globe and human resources will become the main concern. People will begin to acknowledge each others presence to such a degree that they will at last realise how important they are to one another's well being and very survival.

Furthermore larger initiatives that seek to enliven spiritual values in people will start to thrive on a scale like never before and it is for this reason I would like each one of you to prepare in advance for what is to come. It is important for you to retain your perspective right now that things are about to change for the betterment of the whole planet. It is important to stay positive even when challenges arise at present so that you can maintain the momentum that is needed for you to be at the right place at the end of next year. It is important for you to recognise that you are here to play a large part in the coming age. It is important for you to remain solid in your perspective about life, true to your life-style choices, the ones that sustain your well being and furthermore it is truly time to start coming together with others who share your perspective on life-style choices, who too are seeking to alleviate the mass suffering on the planet.

It is important to remind yourselves on a daily basis that the one thing that you can be doing right now is to stay focused on your particular genre, field of expertise, not to necessarily reach out to others yet, on a large scale. The time has not yet arrived where you will be greeted with an abundance of support for alternative life-style

choices. The time is yet to arrived and until this happens it is important to focus upon what you do best and to continue doing it, the best that you can, to seek out like-minded people, to gain support from others so that you can build up a family around yourselves so that you can feel fully supported in your life-style choices.

I believe that at the moment there is a slight discrepancy between the way you live your lives and the amount of support that you feel around you and sometimes your efforts are curtailed because not enough people are recognising what you have to offer. Occasionally your own doubts and fears curtail your own efforts and I would like each one of you to work on these doubts and fears so that you may feel confident in what you are doing. I believe that it will be the later part of next year when your efforts will pay off fully. Now is a time for perseverance, a time for gradually gaining greater confidence, for building yourselves up so that you may stand tall, even higher than before. A time to gravitate inwards but also to look outwards to others who are similar to yourselves.

There will be a gradual shift next year. The later part of the year will be the climax of this shift however I see that this shift is happening already inside of all of you here. There was once a time that you doubted even your ability to speak the truth clearly and confidently to others and now you have grown somewhat and I am asking you all to grow even more confident. To no longer look to others for the answers, to become vehicles of truth and love yourself, to stay true to all that you know currently and to allow yourselves to receive even more information from the right sources so that you can grow further.

I am asking you all to start recognising your own true potentials. To begin moving away from what no longer serves you in your life-style choices. To gravitate towards sources of greater light that renew you and nourish those parts of you that have fallen by the wayside in the past. I am urging you to do this now because I tell you in the later part of next year you will not have the time to do these things. I am urging you to take care of yourselves right now, to eat well, to sleep well. These may sound like mundane matters to you but I am speaking openly and frankly and I wish to say to you now that times are rapidly changing and there will not be time to do all of these things properly, if you are not well equipped within yourselves by the later part of next year to look after yourselves correctly. It will not be the time then to learn how to do it, you must learn now what your own needs are. You

must learn to put time aside to nourish yourselves on all levels so that you may feel strong inside and it is only in this way that you will be strong warriors of light when it comes to next year when you will be much needed in your separate communities to assist others.

When the light comes, in the later part of the year, people will no longer feel as they have done. They will start to question their present life-styles and they will start to feel concerned about their spiritual well-being that has been neglected for many aeons now. People will start to seek out people like yourselves. They will start to need ongoing support from regular group meetings, one to one healing sessions. They will start to take an interest in healthy life-style matters and most of all they will seek out their true essences at all times.

The world will no longer support a certain type of mentality. It will no longer be open to inauthenticity and people will start to question large organisations, corporate structures. There will be a gradual shift towards democratic governing systems that will result in large-scale changes in how things are decided collectively. People will begin to consult higher beings for advice. It will become commonplace to channel entities like ourselves in schools, in hospitals, in large institutions. It will become a normal practice to do so, not a rare occurrence and this will all start to happen after the shift in the later part of next year.

As a result you all need to be prepared to step into action. You will all be required in your own individual ways. None of you will be excluded from this. You see, people will be guided to learn about posture, about yoga, about healing art forms. They will be guided to learn about spirit entities that heal and assist the planet, like ourselves. They will be guided to explore avenues of personal growth, like counselling. They will be guided to start meditating frequently and people will hear their spirit guides readily and so they will know what to do next. So you must be ready to meet their needs at this time.

I believe that many of you here are already involved in the healing art forms in some way or another. There is some guidance that I may give you that is relevant to your particular field of expertise. I believe that posture work may readily be incorporated in other healing art forms to give a comprehensive system. It may

correct any deformity that has arisen as a result of wrong life-style choices, long hours sitting in an office by a computer. I am telling you this now because I believe you must develop your skills further so that you may cater for the demand.

It is important to remember that you are all here to meet a need and the growing need will be for people to start correcting life-style choices that have resulted in deformities structurally, in their physical bodies. People will need healing on other levels too. They will need to correct their inner perspective about what their life has been about up until now. They will need to learn about how to stay calm when everything around them is changing, much faster than ever before. Key meditation techniques will be invaluable. Even a very simple meditation, sounding certain syllables of the Sanskrit alphabet, is a very useful technique to learn right now. Perhaps you may all seek out relevant workshops and teachers where you can learn very simple techniques that you can add to your tool box so that you can hand these out when people come to you.

I believe it will be simple techniques that will alleviate peoples pain and troubles, techniques that they can learn easily. You see, by the end of next year you will be catering for the masses. You may be specialised in your field of expertise right now, but you need to be able to reach out to everyone who comes to you and there will be some people who are simple minded. They are novices, spiritually, and they need very simple tools and techniques that can assist them to feel calm and stable so it is wise for all of you to learn a few of these techniques. You may already know a few. I would like all of you to be well prepared

There is one more thing I would like to touch on, it is about maintaining your Spiritual equilibrium in these changing times. You have each been affected somewhat by the collective negativity around. I see that there are distortions often in your state of mind, in some of you, because the impact of the collective has been detrimental to you. I believe it is important for you to seek out the support of others in order to build up a strong life force energy within yourselves. I believe healing touch is an area that each one of you here should explore.

There are certain elements that cannot be reached through individual practice. There are certain parts of you that need contact with other living beings in order to

feel full, well nourished, fully healed. You see, when you have been detrimentally affected by the state of mind of others it causes an imbalance in you that is not spiritual, however it exists on a physical level. There are certain parts of you that close down to physical contact because you are afraid, because you have been hurt by others. It is energetic in nature. It is nothing to do with your state of mind. It is nothing to do with your spiritual principles, your attunement to Godly energies. It is a purely physical matter because you have shut down certain aspects of yourself, because you have needed to protect yourselves.

I am asking you to start exploring these aspects of the self. To look into exchanging healing touch with others readily, people who you trust and who honour you wholeheartedly. When you exchange massage, physical touch with others beings, you start to open up. You become like a flower opening up to greater sunlight and everybody feels that energy around you. It is possible to learn this healing art form. It is called tantric practice and it may be very simple. It may be as simple as holding the hand of another being. It does not need to be sexual by nature, however it can be and this will lead to a more intense exchange of energies between people that will result in even greater healing.

I would like each one of you to explore tantric practice to some level so that you can understand better what I am saying, so that you can learn to unravel yourselves energetically, no longer affected by the impact of other peoples actions towards you. So that you can feel free within yourself to explore touch, sensual touch, without constraint, without feeling inhibited because I feel this healing art form is very therapeutic and it brings love to a very tangible level of reality. It is the sort of love that you can feel on all levels, not just one or two. It is the most intense form of love there is. It is what results in holy union between mind and matter, the spiritual bodies of two people. When you are fully merged with another you experience oneness, grace, and this is God incarnate. It is a very important part of the spiritual pathways to oneness. You will find that tantric practice is included in every spiritual path, to some degree.

Your therapeutic practices up until now have concentrated on building up regular clientele, people you can work with, however it is misleading to believe that a busy practice equals success on all levels of the being. You see some of you have concentrated on working as hard as you can to build up a successful practice however I believe a successful practice begins at home in the person.

It is important to recognise that when you are healing another person it is in fact you that is the channel of these higher energies. It is important to recognise that the more work you do inwardly, the greater impact that you have on others, even if they are not in direct communion with you. So you see the most successful practitioners are not the ones who see the most number of clients per week, they are the ones who practice regularly on building up their own life force energies, who practice regularly connecting heaven to earth, being conduits of higher energies. In this way you will impact the earth plane even more.

I am not asking you at present to see as many people as possible, quite the contrary. In fact I would like you to focus more on yourselves at present. To spend more time creating a structure, a routine, that actually works for you. It may involve meditating for some part of the day, doing yogic stretching exercises. It may involve taking care of yourselves on a practical level, eating regular meals, nutritious meals that nourish every part of you. Whatever it takes at this time for you to feel well on all levels is what you need to be doing.

I am not urging you to go out there to look for people who need healing, they will find you, at the moment. I would like you to be strong ambassadors of the light when it comes to the later part of next year. I would urge you all to seek out other healing practitioners and exchange with each other. Build up a rapport with people who are like-minded to yourselves so that you can form networks of light on the earth plane that feed off one another and in this way you will feel much stronger inside yourselves.

You do not need to be masters of the earth plane yet. You are still developing strength in yourselves. I am asking you to keep working along these lines, to stay moderate in your actions until I give you the go ahead and you will know when this time comes because you will feel my energy so potently that you will not be able to resist the impulse to start manifesting.

You see, sometimes you feel tired or perhaps uninspired to do things on the earth plane and I would like each one of you to respect how you are feeling at present. The ascended masters, who are around also, agree with my point of view and we are all of one mind at present, that you need to be taking care of yourselves, primarily, at present. It has not always been like this. Sometimes I have pushed you forward at such a pace that you have struggled to keep up with me. Mark my words, I am able to push when needs be, but at present it is not the time to push, quite the opposite.

There is a further detail I would like to elaborate on. It is about including others in what you are doing. Sometimes when you are spending time alone, it feels necessary, however I see it is possible to spend time with others and feel nourished in their presence.

Sometimes you are reluctant to share your time with others freely because you see them in greater need than yourself. You see that you will spend your time helping them rather than rejuvenating yourself and I see that there is great accuracy in this observation however I am also acutely aware that there are many people like yourself around who are on par with one another, who are able to give to each other equally. I would like you to seek out like-minded companions and share your homes with them and to spend time in each others company in a nourishing environment. In this way you will grow in familiarity with each other and you will perhaps be able to collaborate at a later point, use your assets for the greater good.

When you work in harmony with one another you are able to affect the earth plane to a much greater extent. When you form communions with each other which have spirituality as the basis, they create a potent life force energy on the earth plane for others to feed off. You must understand your interconnectedness with each other at this time if you are to flourish on the earth plane. You cannot stand alone and have a great impact on the earth plane, no matter what others tell you, this is not the case. There is not one person who has been successful in creating change without the support of others on the earth plane, it simply is not the case.

I wish to finalise this talk with one more reminder. It is about using your time efficiently because when you are not involved in work commitments there can be a tendency to fritter away time, which is a useful resource in our eyes. You do not need to spend every minute attuning to higher realms, you do not need to spend every minute doing useful activity, however you do need to use every minute in a way that is nourishing to yourselves. Whatever this involves, use your time carefully.

Questions and Answers

Question : About the change in the later part of next year, are they talking about a change in consciousness or a change as in natural disasters, or both?

Answer : It will involve both, but one will precede the other. You see, natural disasters are caused when there is a shift in the pervading consciousness, which occurs first.

Of course there are certain rhythms and cycles the earth goes through over time however if you look back at recent history in the earth changes you will see that there has been a shift that has caused the resultant natural disasters to occur in isolated areas. The two depend on one another. When there is a pervading shift in conscious awareness, the earth needs to move to accommodate the greater energies that flow through it, across the ley lines. The earth is made up of a grid matrix system that covers its entire surface and when people start to grow and change the ley lines also shift somewhat, they move energy across the earth, but they are also impacted by great surges in energy.

In simple terms you can see it like this: when you move your physical body, it impacts everyone else, it impacts what is around you and that is it on a gross level. You are literally moving your awareness, which is energy - it is the lighter form of matter so to speak. We are putting it the other way around. It is impacting everything else that is around.

Yes there will be great earth changes but these will be dealt with effectively because consciousness will have shifted dramatically and people will work together side by side to alleviate the consequences of what happens. Many people will suffer and die, but it will not be a disaster on a human level because people will work so well together, there will be such a heightened degree of compassion, of human aid, that the human spirit will flourish in these cases. You do not need to be concerned because the earth, the world, will pull together as a team and everybody will help one another abundantly after the later part of next year.

You will not see the kind of natural disasters, or even unnatural disasters like famine and war which have occurred before on such a scale because they will be prevented early on. People will develop a different state of mind and they will see it as common practice to assist one another in different parts of the world. You need not be concerned about what is to happen on this level because you will be so well equipped to deal with it.

Question : After this change, as we evolve with the planet, will we go somewhere else, another planet, or will it be a change that will involve us as human beings changing into some other forms.

Answer : No, you will not leave your physical body, you will stay grounded. You will still have a physical form in the same way that you have now. You will not change in form, you will look exactly the same as you do now, only more vibrant in your auric fields. You will sparkle and shine on an auric level, but you will not change physically.

Perhaps you will take on a better appearance in physical form because your aura will have changed and this will impact your physical form. It will make you look more healthy, more vibrant, more dynamic, but you will not leave your physical body. All of this is myth. People who have said that have attuned to a feeling and translated that to the physical.

Question : They were saying that there would be a time next year when we would need to be in the right place and I would like to know how we can develop the intuition to know where to be.

Answer : Step by step. To be at the right place involves attuning to your innermost desires at any one point in time, to truly ask yourself where you wish to be. We are not asking you to make a decision now but we wish for each one of you to attune more deeply on this matter and to ask yourselves what it is that you desire for your life-style.

