

# The 2012 Talks

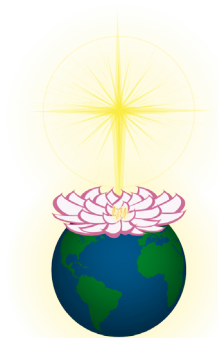
By the White Brethren

25<sup>th</sup> September 2011

Relationship between all sentient beings  
Reconnecting to unity consciousness  
Preparing for the changes ahead  
Experience of the Light  
Greater awareness, greater challenges  
Understanding the Law of attraction

Channeled through Jabeen





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# 2012

*By the White Brethren*

*25<sup>th</sup> September 2011*

**There is a clear relationship between you and all sentient beings** that until now has not been acknowledged widely. Only in certain sectors of the community do you acknowledge that you are interconnected with others. As a result there has been a diffuse separation that has occurred in your societies until now. It is a sad reality to have to observe this, to see certain sectors suffering from malnutrition when other parts of the whole are eating far too much and literally ruining their physical from through overnutrition with the wrong substances. I am trying to convey, using examples, the differentiation between certain sectors of society. You have not included many others in your plans and as a result certain communities have fallen by the wayside and they now suffer not only from malnutrition, but other circumstances that have been created not by us, by God itself, but by humankind.

You are seeing the consequences of these actions decades after the actions were taken. You have reached a point in your lives collectively where you recognise that something has gone terribly wrong. You are all recognising this to some extent and there is not one of you who denies that there is something very wrong in the place you are living. You find it hard, as people, to find adequate nourishment for your spiritual needs; your earthly needs are also not met without a struggle on your part. It is a sad fact that not one of you is able to comprehend how devastating the result actually is without delving deep into your psyche. Without a certain aptitude for cosmic awareness you are not able to recognise the true state of your planet as it is because you have been brainwashed by media frenzies at the slightest eventuality.

When there are riots in London it is seen as a disproportionate number of people causing havoc, more so than normal. It is seen that these people are causing chaos and destruction and it is not recognised that in fact you have created the very circumstances that you now comment upon through the media and other such ways of communicating to the masses. You are no longer recognising yourselves as part of the wholeness and you see certain people as different to yourselves and see them as the trouble makers in society, the ones who are not doing enough to help themselves and yet you have excluded them time after time in your decision making. We wish to convey to you that this is no longer appropriate in these changing times because there are a large number of you who are seeking to revolt and make decisions differently, inspired by a cosmic consciousness.

I have seen many of you wake up in this time to a larger reality, to a different way of seeing the world that is not unique to you, that includes each and every life form, that does not differentiate between certain types of people, that sees each other as equal companions. We would like to see more of this happen. We say that there are many of you who have woken up to this extent, we also say not enough of you and we would like you to be awakening others and showing them the connectivity between you and others so that they may understand that no-one is different in what they experience, that we all experience pain and suffering in the same way. A child starving in Africa is no different to your very own child not eating for a few days. We wish sincerely to convey to you now that the people who are suffering in far-off continents are not any different to you who are sitting here right now. They suffer to the same degree that you do. When you are hungry and needing your next meal, they are suffering to a far greater extent. They feel hunger just the same as you do and yet they are not acknowledged to the extent that you are here in the West.

We are concerned that there is a collective mentality amongst you that certain kinds of people are different to others and this creates a lot of chaos and stress in the world around you because you are no longer recognising each other as your true Divine form. There are great consequences that have happened already as a result of this non-identification with others.

**Some of you are currently feeling alone in your lives** as you have sought to isolate yourselves from others because you no longer feel acknowledged for who you are. You create societies where many of you are living lonesome lives because you have isolated your consciousness from others in such a way that you no longer recognise your fellow beings as part of you. You must understand that every type of energy you send out comes back to you eventually and when you distinguish yourselves from others, make them less than you, there is a part of you that suffers, that is broken off so to speak and this particular energy is reflected back to you in your lifestyle choices. It is a very subtle energy to speak about; you must experience it for yourself. It is like when you cut yourself off from a family member you see the consequences in your lifestyle and it comes back to you in subtle ways. It is rare to see a life where someone is feeling truly happy without reconnecting with every part of your life, the people you have known far back who may have hurt or wounded you.

This is the first step we would like you to take in your reconnection, in your path to reconnecting yourselves to unity consciousness. First you have to no longer separate yourselves from others in your life. It does not mean you have to be best friends with everyone you meet, it simply means you must recognise the divinity within each individual aspect of the collective. It does not mean you need to have reconciliations with people you have known way back, people who no longer fit your lifestyle, it does not mean that at all. It simply means that you do not dismiss others, that you recognise they were useful beings, that they served some function in your life and that they have a divine function, a part that they will continue to play in the lives of others.

Every single being, whether they are positively or negatively charged, will play a part in the cosmic plan. Every single being is necessary for the survival of others on this planet. You must recognise this within yourself if you are to feel a collective wholeness within yourself. Once you have established this inside of yourself, you may then go and play a part in assisting others to recognise this in whatever part of life you are involved with; be it the healing art forms, be it dance and music, be it holistic health care, in institutions like schools and hospitals, be it tutoring others in subject areas that are specific and specialised. Whatever area you are concerned with, you may then take this perspective into it.

We are speaking about what you may be doing currently to prepare yourself for the cosmic changes ahead of you. 2012 will bring many such changes that you are hoping for dearly and I tell you this now, you must be prepared if you are to play a part, a large part, in the changing reality.

So I tell you now the steps you must take, first to inwardly align yourselves to the cosmic collective, secondly to go out and bring this to others.

**I have many messages I would like to convey to you** about the times to come. I have spoken briefly (or at length as some may perceive it) as to what you may be doing right now to prepare yourselves for the changes ahead. I will now go into further detail about what is to come because the changes you perceive right now are only preparatory steps for what is to come much later in the year 2012, in the later part of the year.

The cosmic frequencies of light that some say you are receiving right now are only preparatory steps for the incoming energies in the later part of next year. The Light you are currently accessing is coming in from higher realms to prepare you collectively for what is to come at a later date. You are often concerned about what will be in the year 2012. Many of you have predicted this date long ago such as in the Mayan calendar and other such diaries, databases in human recordings. I would like to say to you that the date has been received, even by us, from higher realms, higher than we are and we are not able to tell you how important this year actually is. It will mark a change in direction for the whole of the human race. Not one of you will be excluded, there will be a rapid expansion in areas of consciousness beyond your current level of understanding, of comprehension, even amongst the highest and most perceptive of you.



You must understand that when there are cosmic shifts in consciousness there is knowledge that is revealed that was previously kept hidden from you in order to assist you to stay focused on what was ahead of you. There are many lightworkers who are accustomed to working with the higher dimensions however they have not even received this knowledge yet that will be revealed. It is far beyond anything that people have experienced in thousands of years. It will reveal to you the way forwards for humanity and you will take these steps one by one. Although there will be a rapid expansion in your growth, in all areas of well-being, you will also see that the steps will not all be easy to take; there will be hardship, and suffering will not cease. There will be continued violence on the earth plane for many years to come still, there will be both light and dark still; these things will not change. What will change is the consciousness at large. The ways of dealing with conflict will change and people's inner spark will be reignited to such an extent that they will find ways forward that they have not thought of before, things that were beyond their cosmic landscape, which would not have even been possible to conceive in olden times; which will be seen as now, for you are still living in the olden days.

The new age will be a far cry from this day now and you will see so many things that you have not seen for aeons. Many of you have past lives aeons ago where you experienced so many things that were splendid, beautiful and awe-inspiring, things you have forgotten about because you have been made heavy and dense by the years, thousands of years, of pain and suffering you have all experienced. I am speaking to you the Divine truth that you have all experienced this, each and every one of you, even the enlightened few have experienced this and as a result they have kept their focus on assisting others to rise up, improve the quality of their current lifestyle choices, ways of living, ways of perceiving the world around them. Even they have not been able to implement a higher vision until now because they have been curtailed by the earthly circumstances, but now it will be lifted in 2012 and there will be no constraints on how high you will be able to go on the earth plane. You will be able to create whole societies of immense light, of vigor, cosmic vigor, that will be able to make changes for others. I am speaking about communities of Light, which will spring up in many places over the coming months after 2012. The communities are already ripened to a certain extent and there will be a further shift in cosmic abilities after 2012, then these communities will have more far-reaching effects on the wholeness consciousness, on the collective whole.

**There is a cause of concern for all of you at the moment;** it is that you feel you have not prepared yourself well enough for the changes ahead. Perhaps you feel a lack in your lifestyle currently, like you have not achieved enough until now. I am concerned that you are feeling like this, that you are feeling you have let yourselves down somewhat. I see it in all of you, this particular feeling that you have and I wish to remind you that everything you have attained until now will reach further fruition over the coming months before this time in 2012 and I tell you this now because you are still all experiencing changes in your lifestyle as I speak right now.

You have all come together, even today, for a common purpose, to serve a higher need, a function even. You are equally capable of orchestrating changes before this time arrives and I tell you, when his time arrives, because I have spoken now and reminded you that this time is indeed coming, you will all be well prepared within yourselves and you will all have orchestrated changes in your lifestyle choices and have created lives that emanate the oneness consciousness in all ways. I tell you this now because it will be the case. You are all equally capable here in this room right now of playing a large role next year. The time right now is not quite right for those of you who are accustomed to attuning inwardly and accessing higher dimensions of thought, higher altitudes of awareness and bringing these into your daily lives. It is not quite the right time yet for you to stride out confidently and try to make changes in the world. I tell you even the ones who are sky high like a rocket struggle to make changes right now. There is not one sage or guru who is not struggling right now and I speak to you the cosmic truth about the situation. I see it in all of you who seek to make changes right now; there is a degree of struggle, difficulty in doing what you are seeking to do, which is to improve the quality of lives around you. Come this time next year you will no longer feel the same and you will have rife opportunity to make changes around you.

**There is one particular area of life that I would like you to focus on right now.** It is the area that concerns your personal sphere of family and friends. I see that there are many of you who are in a state of inner turbulence and turmoil right now. If you are able to alleviate the turmoil of others who are immediately connected to you then I believe you will be following the right line. I am afraid you must refrain from stepping out too early; you must try to help those around you, those who seek you out. For now you must do whatever is in front of you. You must

speak to whoever you can and I believe it will be early next year when times will change even more and it will be the right time to launch new projects that seek to alleviate mass suffering and turmoil, to branch out on a larger scale. By early next year certain energies will have ripened and you will have many more opportunities for expansion and growth.

This year is about orchestrating changes in your own personal lives and around family and friends only. That is your sole purpose and you will be given opportunities for expansion, but to a certain degree, not on a large scale. Next year you will expand even more and it will be continuous next year until the time arrives when the incoming Light arrives. It will be a particular date, it will arrive at a certain point of time and you may ask me now ‘what will I experience then?’ ‘How will I know if the Light has arrived or if I am imagining something in my own head and mind?’ It is important that you ask these questions so that you do not feel you are influencing what you are experiencing with your own ideas about what is to come. I tell you, you will not experience it as a sudden leap in consciousness as you might imagine, it will be more gradual over time, weeks perhaps because when the incoming Light comes in first of all into your planetary sphere, there will be a certain turbulence that it makes contact with and it will take a few days in your time to dissolve away this first layer and then it will gravitate downwards gradually. Those of you who are already sky high will feel it immediately and you will feel a sudden jolt in the cosmic heavens, at higher altitudes. You will feel that something has shifted on the higher planes first and then gradually you will notice it is filtering downwards and others are feeling it too. There is a literal relationship between your planetary, atmospheric layers and between you because you are all part of where you are living to such an extent that whatever happens on much higher levels, you notice within yourself. I am speaking about geographically higher, not higher altitudes of awareness.

After the process is over, when the Light has gradually come down and all of you have felt it, you will start to feel very buoyant and light within yourselves and you will have a lot of energy inside you to make changes. There will be a ripple effect because one of you will be feeling buoyant, then another of you will be influenced by this energy. You will already be feeling buoyant and so will they so there will be an amplification of the light and you will create much more Light between you than even the Light that has come from other places to you. There will be a certain degree of buoyancy in the ether around you and you will start to feel very excited

about what is to come. You will then start receiving higher information from other levels, start remembering past lives. You will experience telepathic communication between you and others and on a daily basis you will have visions of what is to come. You will experience life to a far greater extent, in a way it is meant to be experienced and there will be a co-creative effect amongst you where you will be able to easily organise events, new ways of doing things. You will be able to implement ideas at a far greater pace than before and it will literally be a case of thinking about something you would like to create and then attracting like-minded people to you so that it can be created more effortlessly than before.

**You may ask us that if everything will become so easy,** then what is the purpose of us being here because we will no longer be learning at a great pace because everything will be so easy. I tell you this will not be the case, as new solutions are found, new problems emerge and there are many aspects of life that have been ignored for thousands of years and I tell you the problems that you will face will be immense. There will be large sections of the world that need healing and it will all come to light in this time. At the moment you only recognise those few and far between in comparison to the true scenario. Those who are in immense poverty, those who are so hungry they cannot live anymore and die of malnutrition and starvation. When you talk about the state of the world you refer to the most extreme scenarios, so extreme that even the most closed heart cannot ignore their cries. This is how accustomed you have become to pain and suffering in your own lives that you can no longer feel the pain of others because you are in far too much despair yourselves and have had to separate yourselves from others in order to still function, otherwise you would feel a mess all the time as the pain is so immense. You no longer hear the cries even of your neighbours who are in despair because you are so busy trying to function and keep alive yourselves.

There is nothing wrong with this, but what I am trying to say is that with more incoming light you will feel much better within yourselves and you will no longer struggle to survive as you have done before. You will be able to feel the depth of suffering on the planet; you will hear the cries that have been unheard so far. You will hear the quiet whispers of the pain every sector of society suffers and as a result you will have a lot of work to do.

There will be struggle too, in reaching out to certain sectors, because they have been so badly damaged. There are certain aspects of life that have been so neglected that they need tremendous light in order to be resurrected and again be reconnected with their Divine authentic selves. There are parts of life that have been separated from their true essence from years of abuse, neglect, damage by the human race, by fellow beings. You must focus for now on what is positive about 2012 because I wish to relay to you a buoyancy about this time so you may feel invigorated and hopeful and know that life shall be much better for all of you as a whole. You must not worry about the problems because they will be fixed by you and we are very happy that you are all hear listening to us and we know that you will all play a large part in the cosmic plan. It is not a coincidence that you are sitting here hearing our words. You have come here for a reason.

**There are many coincidences in this universe that may seem bizarre**, that cannot be explained rationally, that you may not understand, even as years go by, but I tell you this; everything that happens on the earth plane is vibrationally influenced. It does not happen by chance and you must understand that vibrationally you draw in every circumstance that occurs. You are not separate from this infinite reality on earth. Your vibration changes as you do when you make internal changes, shifts in consciousness. Your attractive qualities change and you draw to you a different set of circumstances. I wish for you to understand the laws of attraction to a greater depth so you may understand how you may put them into action right now and draw to you the right set of circumstances that optimally serve your function in this lifetime.

The first exercise I would like to propose we all do together is to attune yourselves inwardly to your Divine form, not your earthly one and use this attunement to magnify your Divine aspect right now in the moment. I tell you that as you do this you increase your attractive powers to co-create with others a new cosmic reality based on the oneness consciousness. Your Divine aspect is equally attuned to the Oneness consciousness as we are. It is the part of you that is connected to absolutely everything else, it is not separate to any other life form and I would like each one of you to focus on this part of yourself and visit it regularly after this talk. Become so familiar with it that it feels like an intrinsic part of you. Some of you so rarely visit this place inside of you that it feels almost separate, different to your earthly self and this should not be the case. Your earthly self should be a reflection of your Divine self, it should be reflected in every pore of you. Every cell of your body should emanate the Divine facet of your self because it is the Divinity in you that ignites you and is the flame, takes you onwards on your path to wholeness, to co-create with others positive circumstances that the whole of humanity can benefit from.

I wish to say one more thing before I end. It is about using our words as a positive reminder of everything you can achieve in this lifetime. Do not feel despondent about anything in your lives right now. I would like to remind you of your infinite power to co-create with the Divine forces, with the Divinity in each other, positive circumstances. I come here now to remind you that you can all achieve this.



# Questions and Answers

**Question** : It would seem there are cultures that believe something will happen next year and it has been pinpointed down to a specific date of 21st December. As I understand it the Age is about 25 to 26 thousand years and for thousands of years they used a lunar calendar and now they are using a solar calendar, which if it is translated would be about two and a half thousand years out so I was wondering if anyone had looked into that?

**Answer** : The calendars are predictions; they are like projections of the mind. Science can calculate many things that have not happened yet. The calendars are based on a scientific method using the sun, the moon, geometries and you can do these cosmic calculations to predict when these earth changes will happen. The lunar calendar is not a precise model. The solar calendar is an archetypal model used in this present day and age, but both are approximates of what will happen next. We believe the most accurate prediction that has been made is that the Light will arrive in the later part of the year, however we would not presume that the date will be the 21st December.

There are many approximations that are made when using these methodologies. There are variations that occur in the movements of these heavenly bodies from time to time because we are all interconnected to each other and even the heavenly bodies are influenced by these cosmic forces that are within us, so as we make changes within ourselves, so the bodies also change in their flux and flow and rhythm and cycles. So you cannot count on these methods entirely and you will find that many of them have discrepancies, if you look closely enough. I personally predict that the changes will happen in the later part of the year, approximately a couple of months from this time of year. I cannot say precisely however I do believe that some of these sources are highly accurate, but I would not rely on them entirely. I hope this answers your question.

**Question** : Not entirely. People have been talking about changes happening around the 21st December in terms of months or years but if there was a lunar calendar used of 13 months and we use a solar calendar of 12 months, over a period of 2600 years there would be a discrepancy of about two and a half thousand years in the date. I have not heard anyone speak about that before.

**Answer** : There are changes that have occurred in that time that have not been accounted for in the calculations. There are discrepancies, but there will be because the cosmic forces are changing. I believe that the lunar calendar is a better system but it does not account for the changes that have happened so discrepancies will occur. The methods that were used before cannot be utilized now because the cosmic forces are changing. We have changed internally and this has affected the heavenly bodies. Both systems have been useful, but not now.

You cannot predict such changes entirely. These systems have always been approximations of the Divine Truth, using science to calculate what will happen. People have changed and will be changing even more and this influences the heavenly bodies, but also there are other changes occurring constantly.

At this time use the solar calendar, as the lunar calendar is obsolete. There is good reason why people changed and it is because the lunar calendar is influenced by many earth changes and the solar calendar is a more accurate measure right now and that will change of course over time. You must understand that these methods are approximations only. They will never predict the exact time the changes will occur however I tell you now these changes will happen, this time next year, sometime then. I tell you these changes are definitely happening. Right now you have started the preparatory phases of this and I see far into the future and I see it happening sometime next year in the later part. If I am wrong about this you may speak to me about this at a later date however I do not believe I have made a mistake and neither have many others of us who are too working with you right now to make the changes which are necessary to prepare all of you.

I know my message right now may seem far-fetched in the current times when I am speaking about major changes happening, things changing to such an extent that you will not recognize your old lives, but I tell you the truth right now to remind



you to look inwards and attune to the changes you are able to make right now in your lifestyle choices so that you can be living a new life by the time the changes occur. So you will be even more ready than others, perhaps to be of assistance to them, to those that have not prepared so well because they were not knowing of what was coming ahead. You may meditate upon these words and I tell you that you will receive more from your own inner attunement to the Light Source, to the Divine Light that we all attune to receive this information. These changes are really happening. They are as real as you are in your physical body. Take faith that times are changing in such a positive direction that all your dreams will be recognized, will be made manifest here on earth. You are in a greatly privileged position to be incarnate at these times and able to function so well compared to others who are not as fortunate as yourselves. You are in a highly privileged position right now to be hearing our words and to be influenced so directly by our cosmic awareness so that you can ready yourselves even more fully. As a result I hope for each of you that you will feel well prepared, as activated as you possibly can be before these changes occur.

(Note from Barry : The Mayans had a number of different calendars that counted time in days, months, and even ages. These all fit together like cogs. They had a 13 month calendar, I'm not sure it was specifically lunar based but may have been. They had a 'day count' calendar that counted days in sets of 20, each set turning a cog on the 'monthly' calendar. This made up 360 days, plus the 5 extra days that had a unique energy of their own, 'days out of time'. The 'months' on this calendar were not based on our monthly time scale. Their 'yearly' calendar counted our trip around the sun in the same time frame as our present calendar. This is notwithstanding the other changes and factors that have been mentioned that cause discrepancies.)

**Question** : Is intelligence in a wider sense part of consciousness, or is consciousness part of intelligence. The relevance here is that a lot of people are not very intelligent, but if there were a change in consciousness would they maybe become more intelligent?

**Answer** : Consciousness is all pervading, it is the all pervading force behind all things and intelligence is a part of consciousness itself. When someone is highly intelligent

in a spiritual way; someone who thinks rationally, has high minded thoughts, has ways of doing things that are highly astute that take into account all circumstances - or all major ones, then this person is regarded as highly intelligent and it is true that it is a Divine quality that this person processes. So intelligence does rise as one evolves further because they take into account the whole of consciousness in their decision-making. This enables them to be highly affective on the earth plane because they are not negating any aspect of life and in this way creating an even more effective model, way of doing things. Something that really works to bring change, really works as a model to create whatever it is they are trying to create. I hope this answers your question.

**Question** : Where does the Light come from and does it affect those in higher realms as it comes through?

**Answer** : Yes it will affect all of us, even me, Archangel Michael. I will be greatly affected also because I am a part of creation like you are, no more, no less. Perhaps a bit more, a bit larger than life so to speak because I attune to so many of you. I am a part of the infinite whole and I will be affected also. This Light will bring major changes for all of us in higher realms too; we will feel lighter and more buoyant also because at the moment we are affected by the density of the earth plane as well. We are often in turmoil ourselves because we feel so distressed to see your suffering and there are so many aspects of life that you do not even attune to and yet we do. We are forced to because we are a part of all life and we see so much distress that it saddens us deeply. We cannot separate ourselves from it in any way. We watch and we do our best to make changes however more often than not our attempts fail dismally. You are not aware of how many failures we have had, of how many disappointments, of how hard we have tried on higher realms. You may be asking why it is that God allows so much suffering to take place and I tell you that God does not allow it, does not simply watch by and let it go. We are all attuned to the Divine Rays of oneness and God works through each one of us to make changes happen, to magnify His Light on earth through us, through each of you. You are all a part of the Divine plan to bring greater Light to the earth plane and so yes we will all be affected by the changes.

The Light source itself has come from distant galaxies as yet unknown to you. They have incorporated a much larger part of the cosmic Divine Light from the Source of all Light than even we have, the Brotherhood, and as a result they are so buoyant and light that they attune to many other gateways that enable them to access you, but we cannot access them because our light has not increased sufficiently. They are responding to a dire need that we currently have for light. Aeons ago they sent us light. They live so far away that you cannot see them and nor can we. This light will reach is in 2012, the later part of the year. They are literally light years away from us. The light takes that long to reach planet earth. This all sounds far-fetched and we have not mentioned this to many other people so far however we will be revealing the light source to the people who ask us that question.

It is amazing to see how numerous the galaxies are, there are so many even we have no idea how many. The farthest light stretches far beyond what we can see currently. It is so vast, His creations; it amazes us even to try to comprehend such a truth. It is beyond even us. We are limited like you are in what we are able to see. We attune to God's Light to a far greater extent than most people do. We see everything that affects you, or we can see everything that affects you. If we do not know something we can easily find out. We can view the Akashic records just like that and we have access to each other's information so we can tell you what you need to know even if we do not know it ourselves, so in this way we are very enlightened beings, but we do not know everything about all the universes in existence, about all the other beings. We are confined to this one presently. In time we hope to grow also and by helping you all rise up we may become one giant being of light and then learn even more about other places, new ways of doing things; in aeons perhaps. We have much work to do first on ourselves.

**Question** : I have heard about 2012 being the 'end of times' and it is thought to mean the end of clocks and calendars as we know them and that the human concept of time will come closer to that of the Divine realms where all time is simultaneous and in the now.

**Answer** : That will not be the case. On the earth plane time will always exist however you will not experience it as you have done so. It is like when you lose a sense of

time, when you are enjoying yourself so much and you are spontaneously in the moment without thinking about it, you are so present that time does not exist. You will experience it in this way, however clocks will still exist. Time will still exist however you will not be so focused on time, that is all. Clocks are a necessary part of life so we can make arrangements with others.

The world will not become so far-fetched that you will not recognize it anymore and that is a good thing because some things must exist for you to feel earth bound. It is a necessity for you to feel sufficiently grounded here on the earth plane so that you can all do your Divine work. Otherwise you would all be in Spirit like us and Spirit time is quite different, as you know. It is wise for you to stay grounded as well as sky high in your awareness because in this way you can be as affective as you possibly can be on the earth plane. Do not lose sense of time completely. Sometimes it is wise to immerse yourself in life so completely, so full of Spirit that you have no concept of what the time is, but I tell it is also necessary at other times to immerse yourself in life to such an extent, in the earthly life, that you know exactly what the time is, that you feel so grounded that you can feel the pulse of Mother Earth beneath you on the ground, the solidity of Her, so that you can experience Her in material form, not only the beat of Her in your hearts of hearts, but also materially. You must feel that grounded too.

**Question** : I have a question about this idea of other people who are starving or suffering a lot, people who are far removed from us, and what was said earlier, that we should relate it to when we feel a feeling of hunger. What do they suggest we do in this scenario?

**Answer** : We were using that as an example. It is not to do anything. We are not suggesting that you try to feel another's hunger. We are saying that you should be as you are, Divinely attuned to the oneness consciousness and then you will feel everything that needs to be felt in the precise moment. Do not try to attune yourself to the hunger of another. It is not necessary for you to do so at this particular time because you must function yourself. You must feel whole within yourself and well enough to be able to help others right now. I was using this as an example that as a society, as a race even, we have become so disconnected from one another that

we can no longer feel another's pain without extreme circumstances to tell us that another is suffering; like extreme malnutrition that leads to eventual death. That is all we were saying.