

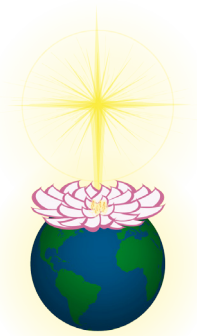
The 2012 Talks

By the White Brethren

September - December

2011

Channelled through Jabeen.



GHAEN
PUBLICATIONS

Contact information:

0044 (0)7902 556789

0044 (0)7751 156786

ghaenmail@yahoo.co.uk

www.ghaen.net

*©Copyright. All Rights Reserved. No part of this publication
may be copied or reproduced without prior written permission.*

Contents

25th September - Hastings 10

- 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

17th October - Brighton 28

- Addressing the most neglected
- Transcending conditioning
- Time frame of the Light descending
- Accessing the Akashic records
- Changes in relationships

23rd October - Brighton

42

- Divinely orchestrating life.
- Earth changes.
- Personal progress.
- Corporate and governmental changes.
- The best use of time.

27th October - Hastings

56

- The Divine focus.
- Delays in manifesting.
- Activism.
- Centres of light.
- Rejuvenating the Self.

29th October - Newhaven

68

- Incorporating higher thought.
- Using technology to make a difference.
- Building up inner resources.
- Understanding right and wrong.

- 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.

- Being creators of change.
- Returning to our true nature.
- Preparations to make now.
- Seeing humanities true state of suffering.
- Awareness of one's energy levels.
- Using time to nourish oneself.
- Using the body to create higher energy.

- The art of honest co-creation
- Congruency between inner and outer life
- Creating heightened energy with spiritual practice
- The importance and benefit of meditation

- Bridging the divide between old and new spirituality
- Nourishing oneself on every level
- Heightening intuition to receive guidance
- Healing through listening and understanding
- Understanding as the basis of relationship
- The changes in 2012

2012

By the White Brethren

25th September 2011

Hastings

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 form 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.

17th October 2011

Brighton

You are all equally a part of the oneness consciousness. None of you are excluded, are not part of the wholeness. We speak to each and every one of you. There are many matters close to our hearts that we summons you to be a part of, creating change within your lifetime. The days are gone where you individually believed that you are not a part of the changes to come. There was once a time, not only in your lifetime, but before that also when you lived individuated lives within family units and your cares and concerns were isolated from the rest of the world. You did not feel able to make a difference on a larger scale other than amongst friends and family members. This is all about to change. Not slightly, but on a large scale and your participation is paramount to the success of this new phase in evolution. You see you are each a part of the growing consciousness that is to become the new age, that has not come yet. It is still to come.

The year 2012 is the year the new age will be heralded in. It will come not in stages, as some of you are feeling now, you are merely responding to the light energies that have been incoming on the earth plane for some time now, but they have not been new energies, they are sourced from higher altitudes of awareness like our own. We have been feeding you Light so that you may be in a state of heightened awareness, so that you may prepare yourselves well, as fully as you possibly can do for the Light that will be incoming in the later part of next year. The precise date is not known by any of us. It is so hard to predict when this will happen, the cosmic event in the later

part of next year. It has been known to us for some time now that there was a large event to happen in the year 2012 and this date has been given, this year has been received, by many of you inhabiting physical bodies here on the earth plane. Those who have been highly regarded as conveyers of accurate information to others have also prophesied this time and as a result many of you are aware in this day and age how important next year will be. The earth is literally shifting on its axis right now. It is turning around and what has been in the past will be no more. It will change gradually at first. If it does not happen straight away, it is because the groundwork needs to be done first of all. What I am trying to convey to you is everything will change once and for all, eventually, after next year.

There are some areas of life that have been neglected now for many decades and even before this. They have not been properly addressed, the issues that lie underneath dormant subject areas that none of you dare to look into in-depth because you are afraid. I wish to relay to all of you that you can make a large difference in these aspects of life, the aspects that have been ignored up until now, the issues that have not been properly addressed up until now. There are many areas of life that prosper well currently and these tend to be areas of trade where there is indifference to fellow human beings and there hardship, their sufferings. They have been run using cutthroat policies and they have worked up until now because no one has challenged them with sufficient Light energy to make them change.

Many of you have risen out of the darkness and the dampness of the collective egoism and you see life from a different perspective, one that is unique and wholesome, that includes each and every part of life within it. As a result you have harnessed your own innate potential and put this into action in your everyday lives and yet you have not seen great results up until now. It is not necessarily that you were not trying hard enough; it has been a collective egoism that has dominated over all other things up until now. It has not been that you have not been able to harness your own inner potential to create changes within and outside of yourself, there has been a collective apathy and it has been difficult to make changes up until now. We are recognizing this and have recognized this for many centuries now and we have laboured away, behind the scenes so to speak. You have not necessarily seen our presence up until now, however we have been helping each and every individual who asks for it. We have seen so many things over the ages of time and it has not

been possible to create large scale changes, even by us. We have gradually seen a shift in perspective that has happened largely over the last decade or so and we are pleased to see that so many of you are awake and active now.

The best way that you can be helping right now is to focus on your own inner potential to create changes in life later on. You see the energies have not ripened yet in the collective. There is still a large amount of work to be done before larger changes can happen.

There is one area that we would like all of you to focus on wholeheartedly. It is on restoring harmony and balance in your earthly form, creating good relationships between you and others. Resentments need to be put aside, dissolved away. The energies around need to change drastically to prepare for the incoming Rays of Oneness and Grace that will arrive in the later of part of 2012. It is important to establish a healthy outlook on life itself, to see each individual, each individuated aspect as a part of yourself, to no longer isolate yourselves from others, to see each other as your equals.

The hierarchical ordering system that you have operated under up until now encourages people to separate themselves off from one another, to place themselves on levels, either above or beneath others and for this reason it has been difficult for you to surmount obstacles on the earth plane with ease and grace because you are battling against a system that has been put in place by others to create division and separation between people. These systems are now breaking down and you will see the resultant shifts happen collectively. You see there are areas of life that have been submerged, driven down to the ground by this hierarchical ordering system. They have been seen as less than others and have not been given the right opportunities to grow and diversify their resources. They have literally been stepped on by the systems in place. There will be a gradual breakdown of all the systems that are in place that make this happen and as a result you will start to feel greater unity and harmony between one another.

Your consciousness has been largely influenced by systems that have been in place for aeons now and this has influenced the way you think about yourself in so many different ways, you cannot even imagine. If you look at yourself right now you will

find that you are subliminally influenced by these thought forms that place you in one category or another. In fact you are not categorised by any of these earthly limitations, you are in fact much larger than you currently believe yourselves to be on the earthly plane. It is important to surmount these obstacles, these restrictions that have kept you encapsulated in one form or another and have made it difficult for you to reach out to others because you believe yourself to be less than others in some respect or another.

We wish to assist you to dissolve away these thought forms now so that you no longer place yourselves in categories, you no longer see division where there is in fact unity and harmony, in essence, and you no longer segregate yourselves in groups. Instead you may diversify, spread out and exchange ideas with different parts of the wholeness and in this way you grow and learn, you become much bigger as human beings. You start to spread your interests around the globe, you learn from each other in such ways that you enhance your own inherent capability to create whatever it is you would like. You see, when you diversify yourselves, you grow much larger in all ways, you become interesting people with interesting ideas that stem from many different cultural beliefs and systems – systems that actually work, based on wholeness, unity, oneness. We would like all of you to become the most interesting people you can be by sharing your internal resources with each other, by exchanging ideas – useful thought forms - with each other, by forming groups, but not closed groups, open ones where you invite others to come in and also share their gifts and ideas. This is no longer a time to segregate yourselves off from one another.

Start preparing for the coming year now in this moment by exchanging telephone numbers with people you meet. Allow your personal network to grow much larger. Make new friends, make fewer enemies by encouraging unity, compassion, oneness, by developing a forgiving nature, by learning from one another instead of condemning one another for shortcomings, weaknesses. If you can do all of this right now you will be perfectly prepared for the new year to come. If you can forgive yourself for your own shortcomings, if you can know yourself to be whole and perfect right now in this moment, not to feel confined, trapped and limited by what you have become. Instead to feel open, to feel a co-creative life-force run through you where you are open to learning more without resenting the smallness of who you are in this moment at times.

We would like to encourage each one of you to develop a more compassionate nature towards yourselves, to no longer be egoistical about yourself, to no longer feel that you must be higher or lower than someone else when you first meet them. You can all be the same, can you not, on the level you are on. You do not need to be higher nor lower. There are times when you feel more able than others in some capacities, but this is only one area of life, it does not mean that you are smarter than everyone else that God has created. It is these kinds of ideas that we would like you to be working on right now. On encouraging others also to delve deep into themselves so that they may learn that they are perfect as they are right now. It is this sort of mentality that encourages a better sort of society to form in the future because everyone will be feeling good about themselves. They will be feeling so perfect that they will want to share themselves, the best part of themselves, with others in order to spread the Light of oneness.

When you are feeling good about yourself on each and every level, even the small bits of you, then you are able to feel comfortable in any type of company and you can sit amongst saints and gurus or lepers and beggars and feel the same, see no difference between anyone and in fact the two are interchangeable in our eyes. We are giving an analogy of course. We are saying to you that everyone is of the same essence. No one is any better than you are inside.

We would like to council you on helping others. It is not quite the time to do this on a larger scale right now. Later on there will be rife opportunities coming your way to be of assistance on a larger scale, therefore we would like to prepare you in advance. It is important to remember that right now are the preparatory phases for what is to come later, at the beginning of next year.

Next year, even at the beginning of it before the light has come, there will be a marked difference in the collective consciousness. There will be many people, those who have predicted the changes that will happen, who will be feeling excitable, so to speak, and jubilant. They will be expecting some great cosmic event to happen anytime during the year. They will be feeling so excited and jubilant that there will be a different energy around just because they are feeling like this. There will be many who will be feeling this way, especially among the spiritual community who have long known about this date, who have been waiting so long for it.

Because of this energy, you will find that many opportunities will spring up on the earth plane for you to be of benefit to fellow humankind, to all sentient beings for that matter, and you will be able to implement plans that you have had for a long time now to be of benefit to a greater range of people. Therefore if you are able to remember this you may be vigilant and be able to grab the opportunities as they come your way to enhance the quality of people's lives around you. There are many areas that you can be of benefit in. The healing art forms are an area that is of interest to all of you here in some form or another. We believe opportunities will be rife for you to be useful in the early part of next year. You can be assisting people by offering people your gifts and talents as the opportunities arise. Large-scale projects can also begin at the early part of next year.

The jubilation in the early part of the year will slowly wane as the year progresses and then you will find that there is a certain discordant energy amongst people where they feel they are waiting for something of a large magnitude to happen and they may feel that they are still waiting for this event that never seems to happen. You know what people can be like, so they will grow impatient and frustrated however this will be a time of cleansing for people. It is like before you win on a raffle, for example. You have a good feeling when you buy the ticket that you are to win that day and you intuitively clock this fact, however then the prize does not appear for some time and you start to lose hope and you grow a little angry and frustrated. It is exactly like this however it will be a time when people can be purified on a much deeper level and again you, as healers, can be of assistance to give people hope that this cosmic event is in fact coming, that it will happen and that great changes will happen for everyone concerned.

After this the tension will grow and mount up and then there will be fluctuations in peoples energy levels. Sometimes you will feel high as a rocket and other times low. You see the energy will not have arrived yet but you will be feeling a buoyancy around, an expectancy, like before Christmas day arrives. The Light will arrive on a specific day at a specific time however we cannot predict when exactly. When it first arrives, hits the planetary surface, you will notice a shift in your perspective that day. It will be an instant shift so those of you who are sensitive will know that the Light has arrived. Before this happens there will be a gradual shift as there is a time delay between when the Light arrives and when the Light touches the earth's surface. Those of you who are highly psychic will know when the Light arrives

because it will be felt on the ethereal levels. Those of you who are more grounded will not feel a thing. Gradually the Light will filter downwards and there will be a time and a day when it will hit the earth's surface and that day, believe me, you will feel a difference of great magnitude. You will feel a very excitable sort of energy, like suddenly everything is possible, things that you never envisaged in the past, things that you could not imagine happening. Gradually, after the Light arrives, you will start remembering past lives, you will start remembering information that has been stored away within you for aeons that you have forgotten most of in this lifetime because you have not been able to remember such things amongst the turmoil and difficulties in this lifetime.

When the energies are made much lighter it brings out a lightness in you also and you start attuning to those thought waves that are light and buoyant within and then you start remembering information that you did not even know you knew. You start finding new ways of doing things and it makes life quite simple and buoyant. Sometimes you are struggling when the earth energies are heavy and they feel oppressive to you however in the later part of next year you will no longer feel the same heaviness on the earth plane. Your life will suddenly become much easier. It will be like a distant memory, the life that you had before, the way you used to do things. Even the way you used to tie your shoe laces will change. You see you will find new ways of doing each and every thing that you currently do. Even the way you bake your food, or prepare it if you are raw. There are so many different ways of doing the same thing, you cannot imagine. You will start finding very interesting ways of doing things that will excite you spiritually.

I wish to speak about the Akashic records. Currently these are not accessible to you on the earth plane unless you are especially gifted at attuning to such things. This is very rare and far between, that someone has such a gift. There are perhaps certain sages that are able to do this, but on the whole you are not able to readily access the Akashic records. Again this will all change next year, in the later part, and you will readily be able to access information and ideas that are stored away in these records. The Akashic records are like databases that store away information, past life times, all in one convenient package. It is a little like computer memory, but a bit different to that. You can literally walk into a great hall and look up anything that you want to.

There is another aspect of life that will change dramatically next year.

It will be your relationships. There will be an increase in magnitude, an influx, of people who will enter your life in the later part of next year. Sometimes relationships have turned sour on the earth plane because people have been unable to recognise the Divinity in each other. They have felt submerged by mischievous thought forms created by others, darker energies perhaps, at times. There must be a balancing of this effect now.

Sometimes your relationships with others have fallen by the wayside because you have been unable to resolve a dispute that happened long ago. Sometimes you have not been able to maintain good relationships with people even when your heart desired it and as a result there have been many miscommunications on the earth plane that have resulted in chaos and hardship for all concerned. You will find that people from the past will start to make contact with you by next year, the later part of it. People will suddenly start to feel more jubilant and buoyant and they will start remembering the Divine truth of any situation that has arisen in the past that has not been fully resolved. Your telephone will start ringing abundantly. Likewise you will start making calls to others and you will readily be able to make contact with the right people. In this way your personal networks will expand and become quite limitless.

There will be an abundant flow of new energies that come into your life from next year onwards and none of you will struggle again to make new friends, to find enough support on the earth plane. It is this part of life which will see the most radical change first of all. It is this personal aspect of the self that often causes a sadness, a dissatisfaction amongst you. There are many of you who may feel a little lonesome at times, who may feel a lack of support around them, who may feel that they do not have enough friends to call up when they have a problem and I tell you this will all change. The fragmented nature of society as it is right now will no longer be that way and people will start to understand each other on a collective level so you will easily find support for any problem that you may have. You will no longer become isolated if you are an alcoholic, if you have any unresolved issues from the past. If there are any areas within you that need healing right now, often there is lack of understanding from others about how you may be assisted so you flee away from others and become isolated and feel alone. This will no longer be the case and it will

be largely recognised that we are all one, that no-one is separate anymore from one another and that each problem you may experience is experienced by others also.

There will be a collective consciousness of healing, of change, of greater understanding and those who have been hard headed will start to develop a compassionate nature. There will a new social ordering system based on love and compassion. It will not be a hierarchy like before, it will be something quite different and those with a compassionate nature will be the ones who rule the roost, so to speak. Everyone will be happy about this because their needs will be taken into account. All this will start to happen at the later part of next year.

The changes you will see first will be in your personal lives where you will have more family and friends around you, more understanding, more support, more feelings of oneness and Divine Grace. After this you will start to see a change in social institutions such as care homes. Care-giving organisations will be the first ones to make changes on a large scale. Gradually you will see this process happen in schools and hospitals and other such institutions. Even your governments will start to see sense, finally, and change. There will be new leaders who will come into place.

I have one final message for you. It is about using your time effectively in this moment. There is no time to waste. The advice I have given this evening can all be used straight away. You can start developing good relationships with one another straight away. You can start exchanging information and ideas straight away. You can start attending groups that are of interest to you straight away. There is nothing that needs to be left to do later on. There needs to be a congruency between what you think and what you do right now. This is difficult for some because people have many issues and fears around relationships. They find it difficult to forgive and forget for example, they find it difficult to build bridges between new contacts - people they have not met before – but I am asking you to make changes right now in this moment of time, not leave it till later on, because if you prepare yourselves well in this moment you will be in a much stronger position to help others later on, in the later part of next year.

Questions and Answers

Question : Can I ask about time, has time speeded up?

Answer : It is difficult for us to answer this question because we have no sense of time like you do and we see beyond time and space, however we have a certain sense that the pace of life has quickened somewhat over decades, not only now. We believe that time has speeded up somewhat. It is like this, the clocks that you use are divided into fragments of what you term time however they are based on something empirical, something that can be measured and dissected whereas the very thing that you are measuring is subject to change. So the empirical formula stays the same but the separate fragments may be ever increasing in length, or going the other way, getting smaller.

Question : Regarding the White Brethren's comment on the social ordering of things, from my personal experience, being unconditionally loving as much as one is able to be did not always have the desired effect with people who perhaps thought that I considered myself above them because my culture was very different to theirs. A lot of them did need help but they rejected the help because they perceived themselves to be victims, or of a different culture. I was wondering what the White Brotherhood would say about that?

Answer : It is complex what you have asked, it is difficult to answer accurately because it is based on your personal experiences and life has not looked kindly upon you. It is difficult for us to say conclusively, for your life, and make a universal statement to others about what will change here.

There are many fragments of life, parts of life, that have been sectioned off up until now. Unfortunately you have been part of some of these aspects of life that have been sectioned off and you have been in the cross fire between them. When you section yourself off from others, you no longer feel unified with the wholeness and you no longer identify with separate groups to you. Your loyalties lie within

your own social group and order. As a result there is a certain lack of empathy and compassion that develops between fellow beings and you have been caught in the crossfire. Universally speaking this has happened to all of you in some way or another, that you end up on a battlefield and get caught up in disputes where there is no longer empathy between different factions. And so you feel used, manipulated, taken advantage of, lied to – all the things you find so hard to forgive and forget in others. The answer to this lies in developing a universal consciousness, in no longer separating yourself from others, no longer seeing the difference - instead the similarities, that you are all one, that your heart beats as one, that there is one cosmic heart beat that you are each a part of.

Question : What has been described as going to happen at the end of 2012 is quite a significant change to consciousness, is it a prelude to other changes that are going to happen shortly after or a long time after?

Answer : The answer is simple, yes it is. Now is a prelude to what is to happen then and then is no longer a prelude because the cosmic event is quite real. There will be an influx of light onto the earth plane that you will not be able to ignore on any level. It is such a grand happening, which is why we are speaking about it now. The resultant change that you will see will happen after that date and continue forever more. The whole world will literally change, overnight in some ways because your world will change. The way that you see the world will change overnight and you will start to see the outward manifestations of this gradually over time, however you will all feel quite different.

Question : What came to my mind in particular was things like people often say ‘if there is a God why does he allow babies to die and famine on such a large scale and wars etc. Are we likely to see these things changing at the time?’

Answer : You will change so the world will change. You are God incarnate in physical form, you will change within and learn to access this God at a far deeper level than ever before. Even the sages and gurus will change. We will change, the White Brotherhood, as we are subject to the same change that you are, our consciousness will also be influenced, we will all ascend much higher than ever before.

Question : Why is this all happening now?

Answer : You are coaxing the answer out of us. Seeing that you have asked we will reveal to you the massive secret that we have been keeping from you, that we have not wished to discuss without being asked first, so we will tell you now.

This will all be happening in the later part of next year because a long time ago, a very long time ago, we were sent Light from another galaxy altogether, a galaxy far away, much further than even we can see. We have no idea exactly who sent it. We have heard of this distant galaxy far away and we believe they have heard of us, the White Brethren, and know who we are. They have evolved at a greater rate than we have. We believe they have some innate ability, given by the Father, which enables them to evolve over time at a greater rate than us. Their learning curve is perhaps less steep than ours. Anyway, they are a far more evolved race of peoples. We have never met them and we are not able to stretch our imaginations so far. We have certain aptitudes that we can exploit for the greater good of all beings. We are able to attune to other galaxies, attune to cosmic Rays that come from other places that bring greater unity to the earth plane however we cannot stretch so far. This cosmic Ray of Light was sent long ago and because of the amount of distance it has to travel in time and space it will reach us in the later part of next year. We do not utter a word to most people about this because they would not believe us and we quite understand why. They are not able to attune so far themselves, so why would they believe us simply at our word, however we are aware that it was sent.

Question : Will there be a physical manifestation of this cosmic event?

Answer : Only in you.

Question : Concerning the negative forces that control the world at the moment, will the Light transform them to light or will they just lose their power?

Answer : You have asked an interesting question. It is of much interest to us, we do not know exactly. We believe some of them will be transformed to light, that their essence will recognise the greater buoyancy of light around them and that they will start to attune more clearly to their innate essence of light. However there will be other dark forces that will become more potent because they will have to try even harder. They will become cleverer, more astute and even more devious. We believe there will always be dark and light on the earth plane and as the Light increases the dark has to become more resourceful and clever in order to try to worm its way into daily life and influence peoples minds on a grand level. We hope this answers your question.

Question : Does that mean there will be a greater split between dark and light?

Answer : Yes, we believe this will be the case. It will become even more apparent when something is dark. You will notice it much more. At the moment it is commonly ignored, but then it will become so stark. It will feel discordant to most people and only some will be fooled by it. It will not be the pervading consciousness.

Jabeen : When I channel the White Brethren the words are just a part of it, the White Brethren are in fact present, they are here in the room and they are sitting with each one of us. So as you listened you may have felt inspired in different ways or certain thoughts may have occurred to you or you may have received clarity about certain things so I wanted to say don't ignore that. As we sit here right now the Brotherhood will be sitting with us, giving more information through our consciousness if necessary or giving light and healing by their presence, whatever it is we may need in the moment.

23rd October 2011

Brighton

There are different aspects of your lives that are of concern right now.

We see that you are not fully prepared yet to step forwards in all ways. There are parts of your awareness that are kept encapsulated by negative belief systems, about the course that your life is currently taking. It is not given by us, it is not written in the stars, predicted by the planetary motions that you will not succeed. What I am articulating is that your current lifestyles are co-created by yourselves and others however the Divine influence is not completely determining what you are creating here.

The negative influences around you have produced catastrophic consequences in preceding times; I am talking about all of you, not you singularly. There are many others who have experienced catastrophic consequences from following their hearts desires, who have acted on impulse up until now and not always found what they hoped for in return for the love they give out. You see, what I am trying to say to you is that your lives up until now have not been Divinely orchestrated in all ways. You have co-created with others; acted on your own whims and others have done the same. Therefore the consequences have not always been harmonious and when you have acted on your heartfelt desires you have not always been greeted with the same response from others. The remainder of the time you have acted quite wisely in your lives and as a result there have been blossoming's in various areas of your lifestyle up until now. I would like you to contemplate what I am articulating to you

so you may fully understand why it is that you may be feeling unfulfilled in certain areas of your life. None of these actions are predetermined, it is not meant to be that you are unhappy, that you are left lacking in some respects.

I would like all of you to see a greater picture of your lives from today onwards. To realise that nothing is predetermined, that you are all orchestrators of your own lives, that you too can counsel others to realise this. What I am trying to say to you is that you are all capable of creating rich, vibrant, fulfilling lifestyles for yourselves so that you may feel adequately nourished and well within yourselves, so that you may step forwards now and it is this aspect that I wished to speak on before commencing onto other topics of conversation. You see, if you are not feeling fulfilled in your earth life in all respects you will not find true fulfilment in other aspects of your life easily. It is of our primary concern that you feel able to orchestrate changes in your own personal lives at this time in particular, more than ever, because you must feel sufficiently empowered to do this now. Along the way you have learnt a great deal about personal power, about using your own creative potential to manifest whatever it is you would like on the earthly realm and I believe it is absolutely paramount that you utilise your own know how before proceeding further right now.

In some ways what I am saying is not new to any of you. You are all well aware that certain changes now need to happen for you to experience greater wellness, a greater abundance of energetic flow in your lives and so for this reason I wish to transmit to you a greater awareness which is that you are as abundantly blessed as you realise now in this Divinely orchestrated moment and you are no more or no less blessed than what you realise in this moment. The real blessings in life come when you recognise that they are already here, that you are already experiencing them right now and I believe that you may take this attitude one step further even and recognise that in the oneness of the Divine Light you are able to bless each and every sentient being that you come across and spread this Divine Light in each and every moment of your existence. When you recognise how abundantly blessed you are in this moment, you feel an abundance, do you not, of energetic flow within you. It is like a pot, a giant pot that is simmering and the fumes emanate outwards and reach each and every individual in your vicinity. It is this type of energy that I would like each one of you to be cultivating at this time. To recognise the abundance around you

in each and every moment, to recognise that you are capable of spreading this abundance amongst family and friends and that you are also a conduit of this very abundance that you benefit from yourselves.

Finally you must also recognise that what you are experiencing right now is a consequence of all the internal decisions that you have made up until now and where you experience lack and a blockage in the flow of abundant energy in your direction it is because of the choices you have made up until now. Nothing is written in stone, cast in iron, and you may make new choices in this Divinely orchestrated moment to create a beautiful lifestyle for yourself and others to benefit from, for it to be brimming with love and abundant energy from the Divine Source Itself, for it to be exactly how you would like it to be in all ways. Once you have taken this step, you will climb much higher more easily than before. You will feel so full inside of yourself that it will simply be a matter of time before you feel ready to launch massive projects on the earth plane, much bigger than you are able to envisage currently. It is when all these aspects of your life feel full and buoyant that you will feel able to step outwards and manifest new positive realities for the whole of creation.

I would like to say to you to focus entirely on first satisfying what it is that you deeply desire within yourselves. To come together with others regularly to focus your thoughtful intentions on subject areas that are of concern for you. To begin manifesting in groups as well as individually your heartfelt desires. It is an excellent time to be doing this right now. I would highly recommend that you seek out others that feel the same way as you do about life, about their lives, who would like to manifest positive changes for the highest good of all, and you work with them. You may call these focus groups of positive manifestations. I would like you to remember this as I proceed further because what I have to tell you now is more far reaching than simply your personal lives.

The energies you will experience in the later part of next year will evidently be the most energetically charged time period you will ever experience in human history and it is no exaggeration to tell you so now because indeed the shifts in energy will bring such catastrophes, as well as wellness and healing. You see, when the earth energies change, shift dramatically, there are resultant shifts in the earths

geometry. There are certain incremental shifts that happen on the earth surface that result in volcanoes erupting, massive tidal waves. Heavily populated areas will be greatly affected by the shifts in the earth's geometry. We have refrained from discussing this matter with you in previous talks because we did not wish to alarm you. Our message overall has been very positive however you will all experience massive earth changes on the physical level and these will be manifestations of the resultant shifts in consciousness. You will not be left alone to deal with these changes however, none of you. You will no longer remain isolated in singular units like you have been before. There will be the type of mutual co-operation that in the past you may have only dreamt of. There will be large-scale support initiatives for each and every tragedy.

Many problems will arise as the earth energies continue to shift. There will be a prolonged period where drastic measures will need to be taken to prevent further humanitarian crisis's and I believe by the later part of next year all of you will feel empowered enough to be a source of aid to others. If you are to do as we are suggesting you will be so well prepared by the later part of next year that you will be jumping for joy and feel privileged to lend a helping hand at these times of need and turbulence.

There is another aspect of life that will dramatically change next year, in the later part. It will be the collective psyche regarding issues of self-care, personal progress. There will be many people who will feel a great urgent need within themselves to seek out resources that assist them to feel well and balanced within. There will not necessarily be an influx straight away on the spiritual pathways to wholeness and unity consciousness. These will remain in the fringes of society, so to speak. There will be a gradual drawing; they will create a pulling effect on people, these spiritual groups that already exist, but people will not feel drawn to them straight away. The most instant requirement for the masses will be for personal progress resources; tools and techniques that assist people to feel well and balance within. It is in this way that many newcomers will enter, gradually, the spiritual arena – that is, they will make the connection between what they experience on the earthly planes and what they attune to on higher planes. This will come gradually over time so you must prepare yourselves right now for this influx of people.

There will be new centres that will be created over the course of next year, which will cater for this need for personal progress. They will become widely available to all different types of people and there will no longer be such a rift between the old world and these methods of making personal progress within oneself. As a result what you will experience is a gradual gravitation towards higher forms of thought and awareness. It will become commonplace for people to monitor their thoughts about themselves and their own lives and what they are creating around themselves. It will no longer be a dramatic way of thinking to realise that you are one with all around you and that your own state of mind can influence what goes on around you.

As a result there will also be gravitation towards positive new approaches for dealing with patients in hospital units, for dealing with school children. New parenting methods will be introduced over the course of next year and widely accepted by the masses as the right approach to take; where you monitor your own thought forms towards the ones in your care. It is this type of thinking that will predominate over all other things in the mass consciousness.

There are two more areas that will be greatly affected. These are before the earth changes at the later part of next year. It is areas of personal care and well being relating to work life. Corporate companies, institutions, will begin to bring in a wider range of holistic minded practitioners in order to influence the employees state of mind. They will quickly start to incorporate in their policies a healthy regard for their employee's mental and spiritual wellbeing. This may sound far fetched that corporate companies will have regard for the spiritual wellbeing of their employees however there are many changes happening now as we speak and there are many corporations that are quickly recognising the inherent potential of stimulating further aspects of their employees psychic awareness in order for them to gain an upper hand in the consumer market. These initiatives will spread widely and people will begin recognising, in the corporate world particularly, the benefits of control of the mind, of psychic awareness, of utilising both left and right brain functioning.

All these approaches will become widely accepted in the corporate world. I would therefore highly recommend that those of you who are spiritually

minded currently and looking for additional sources of income investigate the corporate arena, because they will pay you well for the work you do. They are currently intrigued about these new approaches to life and living that enhance ones physical capabilities, mental stamina, that increase ones level of awareness – field of vision, that enable them to work more creatively, more productively. I am not saying the reasons why they are pursuing these avenues are completely wholesome and well founded however I see there is potential there for you to look into creating additional sources of income for yourselves by teaching others how to utilise additional parts of themselves in the working arena.

The other area that will change significantly next year – gradually we believe over the course of the year – is the functioning within governments at large. There will be increased pressure from the public over the course of next year. In fact it is happening even now, globally, for governments to become more transparent in their policies that effect people's needs. Therefore there will be large-scale regulation of policies that affect all people. You will be gradually moving towards a truly more democratic society. I believe there will be a large number of you who are currently active in community life that will be called in as advisors to people in governmental offices. I am not saying that you will necessarily be called in next year to give advice to the prime minister; it is nothing as radical as that. It is only that society will be gravitating more and more abundantly towards calling in advisors from community life. I believe that this will have large-scale implications for the policies that are made that have a collective affect on all of you. You may find as a result that your life-style is greatly affected in new positive ways, that your life becomes somewhat easier, that there are less laws regarding the usage of land for communal use. You see I am trying to convey to you that there will be large scale governmental changes in policies next year that will influence your way of life and living over the course of time

Many of the loopholes in the laws right now are in fact placed there so people can use them for the greatest benefit of the whole. It is not coincidental that you are currently able to find ways around the law. It is in fact a deliberate effort so that the right people may still be able to establish what they need to on the earth plane, however these loopholes will no longer be there and it is simply that the governmental policies will change radically and you will no longer need them.

You will quite easily be able to establish what you need to on the earth plane without unnecessary red tape or restrictions on the earthly plane.

Be constantly vigilant about how you are spending your time and energy right now. The time is ripe to use your time well to make earthly changes. There are no unnecessary burdens placed upon you at this time. What I am trying to say is that in the later part of next year your services will be greatly called upon and there will no longer be time to have these focus groups of positive manifestations. There will no longer be time to simply sit and do nothing. I am aware that currently your lifestyle has enough space in it to have periods of rest when you need it, to have time to simply be by yourself when you need it, to have time to meet up with friends and family when you need to and all these things are great privileges to have. When you are fortunate enough to have the time to do things that you would like to, personally, you are abundantly blessed. You see after the later part of next year, believe me there will be no time to be so frivolous and therefore I would advise you to feel the abundant blessing that you have of having more time on your hands than before. It is this time that you must use wisely right now to prepare the way for your future life-styles. Feel the abundant quality of having time to spend on yourself, your own earthly needs. Use this time so well that you feel invigorated in the later part of this year. We hope that by Christmas time you will all have worked through a massive amount in your earthly lives that there will have been changes manifested in your lives that make you feel buoyant and jubilant.

I have one more thing to say right now. It is also about using the time that you have well and I believe this would make an excellent time to start creating the foundations of projects for your future lives. For example it would be an excellent time to purchase a property that can be later used for some communal usage. To begin painting and furnishing your own home so that it may be further used in the new year for larger initiatives. It would make an excellent time for drawing up a plan of groups and events to hold in the later part of this year and the early part of next year. All these activities would be using your time well. It is an excellent time to move location right now so that you are well settled for the early part of next year. I see that it is possible for you to devote time and attention right now to setting the foundations for your future lives. I tell you

your future lives have not even begun yet. What you have created now is not what your life will be in the future. It is like you are setting paving slabs on a surface however you do not know what will happen next, what will go on the paving slabs. You must simply prepare yourselves internally and externally for all the changes to come.

The cosmic Light will be a manifested in you only next year. The Light will not come in increments as some of you have been led to believe. These are only preparatory steps for what is to come later on. In the early part of next year there will be further steps to prepare you for what is to come in the later part of the year. You will be prepared to such a degree before the cosmic Light reaches you that it will no longer feel a shock to your system when it arrives. The Light will raise your earthly frequency, the vibration of your physical body, to such a degree that you will feel an enhanced sense of wellness in yourself to such a degree that you will have an enhanced perception of earthly life in all capacities. It will not be limited to one aspect of life or to another.

We wish to only briefly touch on this aspect today because we have spoken about it at length in previous talks. I would say to all of you that now you need to be focusing on readying yourselves and your earthly life-styles for the changes that will inevitably happen next year. You are all part of the changes that will be orchestrated. You are all conduits of greater consciousness, here to bring harmony and wellbeing to all of creation.

Questions and Answers

Question : I wanted to ask about what they said about hearts desire, at one point I thought they were saying that in the past some of our choices in following our hearts desire were destructive and that it is a time now to follow our deepest desires, could they elaborate on what they mean?

Answer : In this day and age you could find that you could follow your heart but does not mean everyone else will so it can lead to disastrous consequences, or that is how you experience them, because you are coming from your heart and it can be painful when others are not. Sometimes in life people have followed their whims, sometimes they have followed their heartfelt desires but these have not been reciprocated so as a result there have been a lot of catastrophic consequences. Now is a time to be true to our own inner nature. Your inner passions will guide you to the source of greatest light. You have your own heartfelt desires but when you connect to the Source you feel an inner passion and it this inner passion that will guide you in every moment to the desired outcome.

Question : Was there also something mentioned about the bigger picture, that it's not just an individual desire.

Answer : Yes certainly, it is a desire in the context of the whole.

Question : There are a lot of people that don't even know that anything is going to happen in 2012, how will they get through it.

Answer : Not without a lot of help from others, they will struggle. The path will not be easy for them. They won't know what is going on and they will feel dazed and confused. Their mind state will suddenly change, but there will be confusion and panic. We have not spoken of this before in these talks because no one has asked such a question but there will be large scale panic and all of you will be called upon, all of you who are sufficiently awakened to ease the panic, the stress, the heartache and

all the challenges that arise when there are massive shifts in perspective collectively. People will not know whether they are here or there anymore. Yes, there will be a lot of confusion. Do not underestimate what will happen. There will be large-scale panic all around the earth, not isolated in one region. No one will know what is going on unless they have been sufficiently informed prior to the event. Our role is to sufficiently prepare the people who are able to hear our words, feel our awareness. Those who are not ready, who are not able to attune to these higher aspect of life will not be sufficiently prepared so you will be called in to assist on a large scale. That is all you need to know for now.

Question : When will the dust settle, when will all the confusion be over.

Answer : It will never settle, the changes will keep happening, as the magnitude of the Light that is to arrive is so great, will bring such profound changes. In the early part of 2013 people will be feeling more sedate, they will not be as anxious and confused, they will have surrendered to what is happening. The changes will continue happening progressively, changes to institutions, social structures, they will just keep going after 2012 however the early part of 2013 will be a lot calmer.

Question : The changes that will be happening in consciousness, the changes in perspective people will experience will be profound as has been said and many people will struggle with this. Can you say anything about any physical earth changes that will happen as this might be another area people will struggle with, dramatic changes to day-to-day life.

Answer : These catastrophes will happen in heavily populated areas and there will be a lot of help and support because there will be a collective shift in consciousness. Actually these earth changes will help people to focus their consciousness on the immediate, believe it or not they will be quite helpful events for people to focus their energies on something greater, larger than their own personal lives and pool their resources together. The shifts inside will happen first and then the outer shifts will happen periodically over a space of time, not immediately. First people need to change and by then the dust will have settled sufficiently for people to bridge

the gap between the past and the present of their personal lives, their collective livelihoods, perspective ways of seeing the world. It will all go hand in hand, so to speak, with each other.

Question : So the Light will arrive and create a shift in consciousness with a resulting shift in physicality.

Answer : Yes, that is exactly how it will happen. There will be periodic shifts in the earth's geometry corresponding to shifts in consciousness.

Question : I was interested in being conscious of such changes, consciously working with these shifts in consciousness as well as in the corresponding physical changes.

Answer : Many will predict such changes and warn others in advance. Many lives will be spared because they will be forewarned.

Question : Can all these shifts be predicted?

Answer : Yes they can if someone is sufficiently attuned to higher realms.

Question : The White Brotherhood have spoken before about water and how water holds consciousness, I was interested in how this would reflect the shift in consciousness, the great bodies of water.

Answer : Everything holds water, not only the seas, it's also the volcanoes, tornadoes - there is water vapour in the air. Water makes up part of every living being. Yes it is true, water does hold consciousness and so this affects the earth's grid. As the water molecules change in the earth's surface, because you have changed, they change their crystalline structure which causes shifts in the earth's geometry, in the shape, in the way that it holds itself together and this creates earthquakes, whole continents will move over time. They move anyway however they will move more dramatically

over time. These shifts will happen more gradually. In the time preceding 2012, volcanoes will erupt and hurricanes may strike. It is these sorts of shifts that will happen.

27th October 2011

Hastings

There are many angels present in the vicinity you are in, not only us of the Brotherhood, many angels who come to watch, to hear our words. The beings that are present here in this vicinity are from many different realms of awareness. They come not only to participate but to observe, to hear our words also. The knowledge that we transmit through this physical vessel is not only for the earthly plane you are on. There are many beings that reside on many different levels of consciousness that wish to hear us articulate what is in store for humanity in the year 2012. The knowledge we possess comes from much higher altitudes of awareness that can be accessed only by going deep within oneself and accessing greater awareness than the material plane.

The attributes that one possesses when one is sufficiently aligned to higher altitudes of awareness are not governed by ones actions, materially speaking, they are not governed by what one does or says. There is a cosmic awareness that infiltrates ones beingness that expresses itself outwardly yet it is the inner expression that matters. Ones outer expression changes quite rapidly according to the circumstance one finds oneself in however ones inner awareness is not altered dramatically from circumstance to circumstance and so it is this inner essence that you must focus on cultivating within yourselves in order to be sufficiently aligned with your purpose in this day and age. The material conditions one places oneself in is often cumbersome at times in order to learn a higher aspect of beingness which is not altered by time

and space. It is merely a reflection of this higher awareness that gives rise to cosmic changes. It is this awareness, always, that should be sought first and foremost, not the mere reflections of it. What we are trying to convey to you all is that higher altitudes of awareness must be cultivated within in order to orchestrate changes outwardly according to the circumstances that one places themselves in. It is this facet of awareness that we would like all of you to focus on right now until the time arrives when you are able to implement the change you seek to create on the earthly plane.

There has been a time delay up until now in the changes you experience outwardly and the changes you orchestrate within. That is, sometimes you are experiencing a lack outwardly when inwardly you are focusing on abundance of a particular facet of life that you would like to incorporate greater quantities of into your lifestyle choices. The main difference you will observe in the later part of next year, when the energies rise sufficiently high enough, is that there will no longer be a time delay between what you envisage to create outwardly and what happens, what you actually experience in real time.

You must understand the difference between how you feel inwardly at times and what you actually experience at times. There is not necessarily a congruency between what you would like to manifest in each and every moment and what you experience in each and every moment. Your awareness of energy and matter has been changing gradually over time, collectively speaking, and you are all beginning to realise that there is an inter-connection between energy and matter, that in fact the two are interchangeable, and when there is sufficient energy produced it may materialise into matter and matter is the coagulation of energetic particles that have come together by mere thought and desired intention. I am trying to convey to you the reality as it stands now. It is not necessarily that you have lacked awareness at times. You have in fact been riding a tidal wave that is made up of many other particles of energy, not only your own thoughts and desires, and therefore you have ridden the wave, so to speak, and certain desires have not materialised as yet as you would have liked because you have been riding this wave with others also in mind, therefore the changes you will experience at a later date in 2012 will be the materialisation of all these thoughts and desires that you have held close to your heart up until now, that have not yet manifested.

There is another facet of life that is of concern to you right now in this day and age. There has been a cosmic cataclysm, an eruption of violence, shifting awareness on many facets of life. It has resulted in a large-scale shift amongst many. Radical activism, as it was once seen, has become more the norm than it used to be and all these shifting energies have resulted in a greater awareness amongst many of you that a real change needs to happen collectively if you are to walk forwards in this lifetime, have enough to eat, have a place to sleep at night. There is a large-scale awareness amongst you that things need to change, that there will be rapid shifts in awareness as the years go by because this really needs to happen as the earth's resources are rapidly running out.

So what was once seen as radical activism has become a more fundamentally accepted way of being and it will give rise to rapidly expanding centres, places where people can congregate together and receive higher information from each other, from higher sources such as ourselves, from high angelic beings. This is an aspect of life that concerns you all and we believe that each one of you here will become an important part of centres such as these, which will start to take shape and form over the coming months. It is precisely this type of work that will lead to a gradual shift in awareness amongst many more thousands of people than now.

We believe the primary focus of your individual work right now should be on creating community groups such as these where people can meet and discuss possibilities for future work. Where people can come together and offer each other advice and council on how to step forwards without having to negotiate with a third party. Bureaucracy and red tape no longer need to be considered to the extent that they used to be considered. You see in 2012, even the early part of it, will lead to many changes happening and there will be less red tape for you to battle against in order for you to co-create centres of light and greater awareness. You need to ready yourselves in this precise moment by coming together with others of like mind and cultivating ideas, discussing possibilities and allowing them to ripen gradually over time and you will see the fruits of your labours in the later part of next year.

The shifts you are experiencing now are an accumulation of all that you have envisaged must change in your lives right now. The shifts you will experience later on will not be the result of all your inward desires, they will not be manifested by

your intention alone, to create a better life for yourself and others. The shifts that you will experience are much larger than all of you, they are not created by you, they come from another source entirely and the Light that you shall receive will invigorate you and others to such an extent that you will feel bouncy. You will have a buoyancy like you have never experienced before and it will enable you to create so much more together. It is this togetherness that we want you to be cultivating now, to recognise your fellow man, woman and child as part of yourself entirely, to no longer feel fragmented within by separating parts of yourself off. We would like to negotiate with each one of you and assist you to recognise each other, truly, as parts of the whole and in doing so you are building the foundation for your future lives to flourish upon.

When the Light arrives in the later part of next year you will no longer feel tired, depleted in reserves. You will feel much more invigorated and alive and the resultant consequences of this will be that you will be seeking to create much larger initiatives than you have envisaged before on the earth plane. You will see the possibilities emerge over the months and years after this cosmic event actually happens and we believe it is then, as the possibilities emerge that you will feel empowered to put into action all that you have ever dreamt of creating here on the earth plane. You do not have to look far inside yourselves to recognise that this is all possible, that you will no longer feel alone or isolated as days go by, however it is perhaps a new experience to recognise that all you have dreamt of within yourselves is actually possible, that you were never meant to dream and not create here, that dreams are in fact a facet of reality itself and that without dreams and aspirations nothing would ever be created into reality, take form, become matter.

So you see up until now you have collectively been stifled somewhat by the energies you have been immersed in, collectively speaking. There has not been a sense of lightness around, of buoyancy, of possibility made real easily. It is all this we would like you to delve into in the coming months ahead. We would like you to recognise all that you are capable of creating collectively and find new ways of coming together that are fun and merry and joyous occasions.

There is one more aspect we would like you to focus on and it is to take the time daily to look inwards and recognise a larger part of yourself. By attuning inwardly you are able to breath life into areas of your psychic awareness that may

have been dormant up until now. I am speaking about rejuvenating parts of yourself that need more life put into them. The breath of life is a primary part of feeling aliveness in your body, in your mind. The source of all life is pranic energy that you take inwards into yourself and it gives you a buoyancy, a spark that is contagious, that brings joy and merriment and hope, that is compassionate by its very nature. There are parts in all of you that have been stifled because there has not been enough nourishment available to bring them to life fully up until now. I believe that you are all able to sit quietly in your own homes and attune inwardly to these parts in yourself to bring them to life again, to restore vitality and confidence that they actually do exist in you. It is this sparkyness within you that will be the forerunner to the actual creative act that will bring the manifestation of what you desire on the earth plane. Together you can cultivate all that you desire and later on next year there will rife opportunity to do this on a large scale.

Stay alert by first putting aside your own doubts and fears about what lies ahead, about what you have done and not done. Look within yourselves and reignite those parts of yourself, as fully and completely as you are able to and finally seek out like-minded companions to assist you to manifest your hearts desires outwardly.

The future is coming gradually, the future you have longed for collectively, the future that has eluded you up until now, somewhat. Your lives have been a reflection of what is around you as well as what is within you. Parts of you have withered because you have not been able to create certain circumstances easily. The tides are indeed turning, the winds whisper into your ear and say 'this will happen'. Gradually you are waking up and realising that there are major changes afoot. I am glad that you have all recognised this. Stay alert and focused on your inner desires, aspirations.

Keep the energy contained somewhat, until the early part of next year. After the New Year there will be ample opportunity to start expressing outwardly some of what you desire to create. After this time, over the months, there will be a slight decay in energy. Around June/July time there will be an increased surge again and you will again be able to find ample opportunity to create with others. Large-scale initiatives will start to flourish and you will start noticing that there is a collective demand for alternative approaches to life.

People will seek out professionals in the area of personal development. There will not be so many spiritual seekers until the later part of the year however people will become increasingly interested in alternative approaches to living. They will seek out health food products abundantly and they will also start questioning the nature of reality. They will start delving into themselves to a greater extent and looking for approaches that help them stay balanced and centred over the coming months.

As the energies start to change people start noticing within themselves certain imbalances, they start becoming aware when things are not quite right. They start to notice things that before they had a blind spot towards and it is all this that effects peoples desire to shift perspective, to find new ways of doing things and radical new approaches become the norm. In this way the tide turns and what was once considered alternative becomes commonplace. So you see the waters are moving now in that direction and the change will come for you all to see by the later part of next year.

Then there will be a dramatic turn of events, you see up until that point, in the later part of next year, there will be a gradual interest, a surge in fact, in alternative living practices, in tools and techniques that bring health and well-being. There will be a corporate interest in these facets of life because employers wish employees to understand and realise their true inner potential so that they can meet the demands of their job, so they can create even better results for the company. However at the later part of the year there will be a heightened energy that people suddenly experience and those that are not knowing of what is to happen will feel confused and dazed, even those who have been open to higher energies somewhat will feel baffled. They will not be able to comprehend the sudden shift in energies. There will be such a heightened awareness this time that people will be able to read each other's mind state. People will no longer need to possess emotional intelligence to be able to read each other's energies because this will become commonplace. So it is all these things that will change and the masks will gradually remove themselves, as they will no longer serve a function, because people will be acutely aware of what everyone else is feeling and as a result there will be a general confusion.

You must prepare yourselves well for this time because there will be many in need, in crisis, who will not understand what they are experiencing, who will feel out of place, who will not be inwardly equipped to cope with what they are experiencing around

them. You must be the steady still waters at this time. When the tide is turning there is a general disarray around. People are not able to recognise what is happening instantly and you must make yourselves available so people may understand what is happening. You must prepare yourselves now, forewarned is forearmed. We are speaking truthfully to you that you are being forewarned now so that you may be well prepared for the later part of next year because there will not be time then to sit and inwardly attune to parts of yourself that have been extinguished somewhat by life, by trial and tribulation. It is a time of engagement with the world around you. When there is chaos, you will be called into action abundantly. You will not have time to inwardly focus upon what you would like to be creating so now is an excellent time to spend time doing this. It is an excellent time to make new friends, create spiritual family and come together to discuss earthly matters that you wish to assist with when the time is right. Spend time continuously focusing on these aspects.

Do not feel ill at ease when you are confronted by others who do not share your beliefs and ideas, because this will soon change, not now, but in the later part of next year. Now is a time when there are mixed energies around. There are so many people who are not aware of what is happening around them, who are not even aware that they are much larger than the life that they currently inhabit is. They do not know wrong from right in a true sense. They are not aware of the larger picture; they do not know the consequences of their actions upon others. The world that they inhabit is no larger than their awareness of other aspects of life so they do not know the destructive implications of the choices they have made in the past.

What I am trying to say to you is, the ideas that we convey to you will not be understood by most people right now, they are far fetched to many that you should even hear these words that come from higher altitudes so do not be dismayed if others are not so open to your life choices. You must understand that life is changing right now, that you are in a river that is flowing downstream and it will gradually bring change for everybody. You are a mere part of this river, you are not the whole of it and you are flowing with many other particles within it. You make up a fragment of this river however it is all flowing in the same direction, you are going with it and so you see, you are heading in the right direction. You do not need to feel alarmed that others do not see where the river is heading for. You do not

need to battle within yourself when others do not comprehend what is going on. It is not really your concern to assist those to understand better who are not able to right now, you must merely follow the flow that the river is going in, not resist it's current, not feel concerned about what other members of the human race are doing. You do not need to feel alarmed when challenged by others, only to observe your own internal reactions. You need to stay put at this time from preaching to other who are not well equipped to handle the information you are disseminating. You must handle yourselves with care and regard for other members of the human race. You must not separate yourselves off from others however you must also not convey too much information to those who are not yet ready.

At the moment you are all walking a fine line in life. You are neither a part of this way of life that currently resides on the earth plane nor are you part of an alternative way of life because this has not come into being yet, so you walk a tight rope between what currently is and what you desire in the future and you must walk carefully between the two for now. Sometimes you must make choices, you may need to alter your preferred desired options in order to walk more comfortably for now. I am alerting you all now as to the circumstance that you live in right now. There are some compromises to be made currently about your preferred lifestyle choices. You do not currently have the resources to manifest everything that you would like to and so I tell you to hold your horses at times, to refrain from feeling disappointed that certain things have not yet happened because they will happen, just not now in some cases, in some parts of your life.

This is my final message to all of you. I give this message to comfort and guide, to give consolation, to say that good things will manifest. I am determined to convey that each and every individual here will not be disappointed at the later part of next year, remember that. I speak honestly and truthfully, you will not be disappointed. You may feel a little disappointed now but not at the later part of next year.

Questions and Answers

Question : I wanted to ask about Anastasia, the Siberian lady, does she have a part to play? What do you have to say about that and her concept about plots of land for everybody?

Answer : Her part is to disseminate information to the wider community about life and living, particularly on the land. She lives in an isolated part of the world that is unique in its climate. Her lifestyle is not suitable collectively, for many people to live like that. I would say that her particular lifestyle is exemplary, is an exemplary example of utilising cosmic consciousness to live harmoniously with all types of life, to be at one with nature, to use nature, through your connection with it to live harmoniously with all life forms.

You see, because Anastasia has harnessed the power of nature to her advantage, she has learnt how to brave the elements and remain unclothed, yet feel warm inside. She has learnt to eat simply the fruits of nature, nuts and berries and yet she retains her physique for she is well nourished by what she consumes because she has learnt how to harvest the fruits with optimal nutrition within them. She has also harnessed the ability to telepathically convey to other life forms what it is she needs from them and in this way she maintains harmony with all life forms around her. She is also able to communicate over long distances to others who need her help and it is this type of harmony and balance that you all strive for in your lives that you have not been able to accomplish yet. However it is not for you to go and live in Siberia, it is not for you to replicate everything she does. It is for you to adjust yourselves according to where you are living, to obtain the required nutrition for the part of the world that you are living in. To harness the innate potential that lies dormant within yourselves, to walk in harmony and oneness with all life forms.

This is Anastasia's role in life; it is primarily to disseminate information to others. I believe her purpose will expand as people become more receptive to her messages however she is but a part of life, there are so many other parts that need to all come into action in order to optimally utilise opportunities that will come after the earth changes somewhat.

Each person's function is different, but each person plays a part in the whole, they are not all of it. You must understand this if you are to function as a human race, that one person cannot do it all, that you must each remain humble and modest. You must each understand that you are whole within, that you may access any facet of the wholeness and channel this through you, that you are capable of attuning to the heavens, to the earth plane, to any realm whatsoever and yet you are a mere part of the wholeness. It is in this understanding that you flourish in your lives, that you learn to appreciate one another for the uniqueness that you each hold within, that you no longer feel conceited that you are a greater part of life than any other part and I hope that you will all remain focused on playing a part with one another for the betterment of all sentient beings.

This is my final message to you. I am Archangel Gabriel, messenger of the Light. My messages have covered a vast array of different subjects that are important right now. I am not able to transmit to you what you are not ready for yet. When you are more receptive to greater information we will transmit it for you. For know this information is adequate for you to go onwards with. You may not yet fully understand all the consequences of next year, of the changes that will happen, however you have enough information to be preparing yourselves with. Do not feel afraid to ask us questions at a later date, we have answers.

29th October 2011

Newhaven

There is no room for arguments when you are all connected to the same source of light, there is only togetherness, comradeship, oneness itself here on earth expressed through each one of you sitting here today and others who aspire towards the same goal of being reunited with their true essence in all ways. I am privileged to be able to speak so clearly without wading through the density of your own thoughts riddled with doubts and fears about what is ahead for you and others. When you are here, sitting in the oneness consciousness itself, there is no longer doubt and fear amongst you. You feel safe and at ease within yourselves. It allows for a new perspective to blossom within you.

There is much concern amongst you, I am talking collectively of course, about what is to happen next. Is the world really ending, as some of you say, or is it only blossoming into what it should be becoming? The second opinion is the most correct one and I wish to state to all of you that you are in fact roll models for future life to be inspired by. You are not alone in your way of thinking, currently, that you are the pioneers, the pioneering generation that has incarnated to be here right now in this moment, in this precise moment of time so that you can pioneer new pathways. Ingenuity and absolute dedication are facets of the personality that are paramount for making inroads into co-creating a new bright future for everyone.

There are many places in the world that need the kind of resources you have here in western civilisation. You are not alone in your way of thinking, because in fact you are on the right path here in the West, currently, when you combine material resources with spiritual pursuits and create inroads; ingenious ways to incorporate both the material aspect of living you have here in the West combined with the spiritual aspects of life abroad in foreign continents where people have much faith and spiritual power but no material resources to speak of to create a better civilisation.

The subject matter I wish to focus on here is about improving life for everyone and looking further afield than your own homeland. Many of you sitting here are seeking to improve your own life-style in some way or another currently, either materially speaking or by attuning to higher realms of thinking, incorporating these into everyday living, into the way you think about the world. Once you have incorporated higher ideals into yourself you start thinking differently, more universally. You no longer isolate yourselves off from others and instead you see a comradeship where before perhaps there was competition, a distrust perhaps of motives, and comparison of skills and attributes.

You see, now that you have been incorporating higher ideals and ideas into your mind body, you are capable of noticing things that were not apparent to you before. The more that you notice these things, the more that you start to incorporate new ways of thinking into your life-style choices. There was once a time when perhaps you did not notice what substances were in the products you bought in stores and supermarkets and now you are highly astute, some of you are, about what you choose to purchase and consume so you have readily incorporated higher forms of thinking in this arena and made different choices based on the new knowledge you have incorporated within you.

The essence of thought is connected to the stream of consciousness that you readily incorporate within you. Some of you here are already incorporating higher streams of consciousness within you on a daily basis by going inwards, through meditation and other such methods of attuning to higher streams of consciousness and allowing these to infiltrate your mind and body. You must allow these higher thought forms to influence your choices on a daily basis in order to begin manifesting new realities. This is first and foremost.

Secondly you must try accessing higher thought forms than even this and believe yourself capable of vibrating in harmony with the oneness consciousness in all ways. This is the second stage of evolution, when you know that you are able to be perfectly attuned to the Divine Source Itself in all ways. You no longer feel that you are simply a separate unit working alone, you know that your field of vision may be perfectly attuned to the Source Itself and it is through this knowing that you experience this as a reality in your everyday life and life-style choices. It is only then that you will start to see the bigger picture in all matters and it is then that you will be able to make a bigger difference in life, that you will be able to go out, see the bigger picture and take the correct action.

The vision I have for future life is about enabling each one of you to access your Divine selves completely in each and every moment. We are negotiating with you currently, trying to lift you out of old ways of doing things, trying to take you to places that may be unfamiliar to you currently. We are working very much with the higher mind when it comes to human consciousness currently, which is why many of you are feeling an inner urge to seek out resources that enable you to connect with higher altitudes of awareness. We believe you are taking the right steps, here in the West, in incorporating higher awareness into your daily lives.

The material resources in developing countries are scarce. There are many people left without homes when there are floods, hurricanes. They are not well equipped to deal with such outbreaks of natural disasters. They scarcely have enough material resources to get by day to day and when such catastrophes happen they are left without homes and food, family members are washed away in the floods. They have no other means of survival.

This is a dire situation and we wish to alert you to this right now because we see that you are all capable of making a difference. The second stage of what I have been saying, about being perfectly attuned to the oneness consciousness in each and every moment, is the stage you need to access, the level you need to be at eventually, in this lifetime. It is not for you to delay, to put off attaining this because I tell you that the world needs you to be enlightened as soon as you can be, so that you can start to make a difference. I am speaking about very real situations that are happening now as you sit here listening to us speak. There are people who are

so desperately in need that they have nothing to eat at all and they are literally dying from hunger. They are living in isolated situations far away from the material resources of the western governments.

There needs to be a bridge between what is happening elsewhere and what you are experiencing here in the West. The most useful part that you can all play here is to make the connection between different parts of the world. It is important to remember that you are so well equipped here in so many different ways, that there is nothing that you lack at all when it comes to resources and making connections with others. You have so many tools at your disposal, like modern day technology; cell phones, the internet. There are so many different forms of communication available nowadays and we wish you to utilise all these modern methods to make a difference on a large scale. The change that you will be experiencing in 2012 will make it possible for you to reach out to larger numbers of people, to the masses in fact, and make a real difference.

I would like you to concentrate upon building up your inner resources currently, using your time and energy well to feel a part of the oneness consciousness itself and it is by incorporating these higher energies within you now that you will be able to make a difference later on. You see the world is changing to such a degree that what has been in the past will no longer be a reality anymore. It will seem like a distant dream, a far away land and I tell you that you will look back after 2012 and wonder what you have all been up to, collectively, to create such a dismal reality in the past. I tell you, these days will no longer be and all that you have seen and experienced up until now will fade away as consciousness rises up to new heights. I am afraid that you still have a long way to go however I am trying to fill you with optimism about what will be, about what will be made possible by uniting together and co-creating a new reality for all beings to enjoy and be nourished by.

There are certain steps that need to be taken before any of this can happen. The first step you have already taken, collectively, and I see that so many of you are working to raise your consciousness right now, I see that much of the hard work has already been done by many of you and there are some of you that have worked so hard that when 2012 eventually comes you will feel in the right energy to be of immediate service. There will be no purification that you will undergo because you have done all this.

I would like to inspire you towards working on incorporating greater aspects of the oneness consciousness into your energy field right now. I would urge you to meet with others to discuss possibilities for future work because when the time arrives in the later part of next year you need to be ready, you need to be in stable solid groups of people who can work harmoniously together, where there are no personal issues between you that arise. You must be capable of coming together in groups of people quickly and efficiently by the later part of next year. I tell you, this is what you must work on in this time, you must purify yourself sufficiently so that you are no longer at the mercy of your own foibles, nor are you at the mercy of other peoples. You must become completely self sufficient when it comes to your own personal issue, your personal lives so to speak, by the later part of next year because it is only then that you will be able to harness your full potential to bring healing and oneness to the rest of creation.

You can not be relying on one another in times of crisis when the rest of the world is in such dire need. You need no longer be negotiating personal quibbles when there is such an extreme need for the light that you have within yourself, that you have incorporated within yourself by attunement to higher realms, higher frequencies of knowing and to the oneness consciousness itself. You must understand that this is no longer a time for personal quibbling amongst you. It is a time of gathering together, of oneness, of community life and living. It is a time when you need to put differences aside and come together with all types of people from all walks of life, no longer differentiate between people like you have done, no longer place yourself higher than another person; whether that be in social status or spiritual prowess. It does not matter to us where you are in life, it matters that you are here to make a difference and that between you, you can move mountains.

Each of you has been created slightly differently, with different attributes, different talents, and different prowess when it comes to different levels of awareness. You must no longer differentiate between what is better and what is worse. You must seek to utilise every type of prowess and use this to make the world a better place for everyone to live in. It is only then that you have transcended the material plane fully, when you no longer see difference, instead appreciate the similarities and use your individual uniqueness to make a splendid difference in the world.

I would like to speak to you about right and wrong because this has long since been an issue in your governments, for example when they are making decisions for the mass population they are differentiating between what is wrong and right. When you are making decisions in your own life you are making decisions between what is wrong and right for you in your personal lives and I would like to speak to you about this matter because it is not a small matter and it is something to be considered if you are to make a difference on the earth plane.

There are many similarities between those that are right minded, so to speak, however there are differences also. There are some of you who are believing that what is wrong and right is fixed, it is written in stone, like on tablets of stone that Moses brought down. You must understand that nothing is fixed in this universe, it is all mutable and there are many differences between wrong and right on different levels of awareness. You see, in certain governments they perceive wrong and right differently to the governments of the West and this is important subject matter to ponder upon if you are to understand the consequences of incorporating higher awareness, higher forms of thinking into everyday life, globally. You see, you must understand why different people see the world differently. You must be able to see past the reasoning of others who disagree with you and your ideas in order to further influence them in the right directions.

What you are not fully grasping, is that there is a certain degree of discrepancy in peoples' way of thinking that is governing their response in different situations and sometimes people are believing they are right to ostracise certain members of the community because they do not believe they deserve to be given a second chance. They believe they are rotten apples, so to speak, who will contaminate others with their way of thinking and their way of acting. You must be able to understand all these different types of thinking in order to make a tangible difference in society. The particular angle we are coming from in this discussion with you is that you must learn from past mistakes and be able to justify your methods in given situations adequately in order to be able to influence policy makers to make a tangible difference and to help sectors of society who need greater resources. We are speaking about foreign aid and sending this abroad. You see there are many genres, types of policy makers, who attune to different

ways of thinking and there are some who believe that the chaos created on the earth plane is the result of the choices that others have made and they take no responsibility for what has happened.

NOTE: Our sincere apologies, but due to a technical error the rest of the talk was not recorded.

19th November 2011

London

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.

26th November 2011

Glastonbury

The conscious awareness that you seek is already here, amongst you. Each one of you sitting here are ambassadors of some sort or another. You must realise that in you already lies the answer for the rest of creation.

You are not alone in your way of thinking that changes are ahead on a big scale, that a massive transition period lies ahead. You see, when the light comes down, in the later half of next year, yes there will be an immediate shift in awareness, however there will be a gradual pervading shifting of awareness. Each one of you will be affected, some more than others I believe. It is I, Michael, speaking. I am aware that the changing reality will come gradually over time.

First of all you will start to feel different internally only. There will not be massive shifts on a global scale that you like to think that will happen. The changes will reach you, first and foremost. You will not feel the same about life in general, there will be a sense of urgency with you about making changes on a large scale, greater than before. You will feel more able to take the initiative, to create these changes, you will feel more alive, more vibrant inside, but you will not see a massive difference in the earthly reality. You see, without vehicles to create changes, nothing happens. Things do not change without people at the forefront of these changes happening. You see, even us, the archangels and ascended Masters are limited in what we are able to do

when we are not incarnate in a physical body. There must be someone who walks forward on the earth plane to create these changes that you all hope for inside of you. There have to be people who are sufficiently activated to take the right action. We will give you the cue when to speak, when to stay silent, what to do next, but you have to be the ones who are sufficiently awakened and aware of our presence in order to take the initiative.

We have seen a large number of disappointments over time. In the long run, everything happens as it should do, however in the short run a lot of things don't happen that would benefit mankind. The vehicles of change, i.e. you, need to be sufficiently activated to take enough actions, to keep going forward, not backward, in your awareness; to keep the momentum going. You may launch initiatives of change however you need to be there at the forefront, keeping in mind at all times that there is a presence that is all pervading each and every aspect of consciousness incarnate that maybe attuned to. Inspiration is derived from this source of awareness, no other. It is inspiration from this source of awareness that creates rapid changes on the earth plane. You see, when you are inspired by one another, it creates shifts in awareness, but not as rapid as when you attune to the source itself and take inspiration from this. Then you are guided by something higher, something all pervading that attunes to each and every one of you and you are able to launch initiatives that are more far-reaching. You are not all able to do this to the extent of being leaders. Some of you are here to launch such initiatives and you are all sitting here right now, you are the ones who are able to attune to the higher dimensions of awareness and you must be the ones to go forth and launch these initiative that will attract many others to them.

You see, not everyone is able, at this point in time, to attune to higher dimensions and they need sources of light on the earth plane to attune to first before they are able to access this energy for themselves. This is the reason why it is so important that you are all activated at this point in time, so you can be bringers of this awareness, so that you can show others the way to attune to higher realms, so that you can bring this light to others when necessary. You no longer have to be hidden away in the background, it is time to come forwards now and show yourselves as you truly are in the fullness of your light. It is time to shine, ambassadors of the light.

I have seen a gradual withdrawal of people who are like-minded to ourselves, of the Brethren, from life because they feel unable to take initiative to make the changes that are necessary. It is perhaps because they are uncertain about how to do this, perhaps it is because they do not have the necessary approval from others around them. Sometimes they are left despondent and alone, like they are not able to create change like other people can. It is necessary at this time to move beyond these previous limitations, these limiting beliefs that you are not worthy to be vehicles of change, that you should stay in the background. It is time to come forwards now, to no longer hide away like you have done and I speak to each one of you in one way or another. Please attune to my energy for details and I will speak to each one of you individually as this talk ends. You will not be left alone without my presence by your side. I wish to drive you forwards now, to move you along on your chosen pathway, to bring to you greater knowledge about what is to happen in the year 2012.

At first you will not notice a difference at all, the year will begin as normal and you will not see a sudden change in the pervading consciousness, you will feel the same inside and you will ask everyone around you if they feel any different and they will say they feel exactly the same. Because you will not notice any change instantaneously you will feel deceived that perhaps no change is going to happen however I would like to forewarn you not to fall into this trap because the changes will not happen until the later part of the year, I assure you of this and the change which will come will be as massive as you have hoped for. You know inside that my words are true and you have felt it yourselves, that there is something awaiting you, in the not to distant future. You sense that times will change drastically and you sense that somehow your time is arriving to take action in the world and really make a difference on a large scale.

In the later part of the year, it is then that you will notice a dramatic change in your internal state. You will no longer feel confined in any sense in your earthly lives. You will feel buoyant and vibrant and easily be able to attune to higher dimensions and you will feel able to take action on the earth plane like never before. None of you will have experienced this feeling before, perhaps to some extent, but not to the extent that you will do. The level of pervading light will increase to such an extent that you will easily be able to access it at any point. It will no longer be a struggle to

attune to higher dimensions. You will no longer have to meditate for long periods of time in order to access blissful states. You will start feeling more like your true selves in all ways.

You have been deceived for a number of years, I am speaking about humanity of course, that you are limited beings trapped in a physical body and unable to make a large difference in the world around you. You have been led to believe that certain facets of the personality never die, that you are at the mercy of them. I would like to tell you that your direct experience in the coming year will be quite different to this and you will realise that it is not necessary to feel this way, to feel so disempowered about life. To feel that you are at the mercy of these attributes that you have been told are part of the human condition because actually you are not really this way inclined, you never have been. You gravitate towards truth, towards clear thinking, towards Divinely guided action. You gravitate towards one another. You gravitate towards love. All of these things are inherent parts of you that cannot be destroyed. Even when you are struggling inside, you still feel those parts of yourself, do you not? You have an inclination towards love, towards assisting one another.

You see, those parts of you that withhold love are simply crying out for that substance itself. You are not naturally inclined to be deceptive. You are not naturally inclined to be greedy, possessive. You must realise that these facets of the personality have been exploited for a long time now. I wish to reveal to you that it is you who have been deceived into certain ways of thinking, up until now, that you are not pure in your intentions towards the rest of humanity, that you must lie and cheat to make ends meet. Large corporate structures will begin to realise this quite rapidly after the change happens in the later part of the year and they will start to question their ideology. Then you will start noticing that things start to change on the earth plane and you will no longer be deceived by those who try to lie, cheat you, tell you things that are not true. I am talking about a larger level than personal relationships, I am talking about governmental organisations, structures that affect the rest of humanity and yet have lost the very essence of what it means to be alive in the truest of sense.

There is another cause of concern for all of you that I would like to touch on. It is about being sufficiently ready to meet the challenges ahead. Each one of you realises that a certain degree of authenticity is required to be reached by the later part of next year in order to be of optimal service at this time.

It is no longer necessary to hide your selves from one another. I tell you the time is now to start removing the masks and to start revealing yourselves as you are in both darkness and light. It is time to start becoming all that you hoped for, all that you wish the rest of life would become. It is time to start serving yourselves as you would others. It is time to start remembering everything that you have learned over the previous years and start incorporating it into your daily life-style choices. It is time to start preparing yourselves on all levels for the changes ahead.

It is literally now or never because I tell you at the later part of next year you will no longer have the time to make these changes that you wish for in your lives, in your personal lives. It is time to learn now how to speak more clearly and authentically to others, how to communicate higher concepts to others clearly and articulately. It is time to start remembering everything you have longed for in this incarnation, in your personal lives, to look for soul mate energies to come into your lives so that you can feel sufficiently supported in your earth lives when the changes come. It is necessary for you to do this now because you are the champions of the light, you are the light bringers for others so you must walk clearly in the light now and you must learn to incorporate greater awareness in your actions towards others, right now in this moment and then you will be sufficiently prepared for the later part of next year and you will be able to walk firmly in your true awareness and take appropriate action to assist others.

I would like to tell you that you have enough time to do this and I am not asking you to take action in this moment in assisting others. I would like each one of you to focus solely on yourselves, on your own personal lives for now, not to go looking for new clientele if you are therapists, but to focus on what is before you at present. I would like each one of you to grow stronger in your present day awareness and to incorporate everything you already know. To perhaps go seeking out new teachings that are congruent with what you already know, that take you to another level perhaps.

A lot of the groundwork is already done I believe. There are many here on the earth plane at present who already display a high level of integrity with their spirit. They make choices in life based on what they are guided to do, they are already sufficiently aligned with light and love energies, with the higher cosmos and they are already able to impart information, conduct themselves in a manner which is

evolutionary for the rest of mankind. It is a case of further grounding this awareness, making it more tangible, making it congruent so that it may infiltrate every area of your lifestyle so that you are no longer at the whim and mercy of negative thought forms, so that you know how to transmute negative energies that come towards you from others. You must learn all these methods if you do not know them presently. You must learn to become masters of your own reality. You must learn to make conscious choices in each and every moment and then you will be empowered human beings who will be able to walk in harmony with the Light at any time.

I tell you the conditions on earth will improve in the later part of next year however there will be sufficient challenges to keep you well occupied for the rest of your lifetime here. Do not be deceived that life will change so dramatically, yet I tell you it will on one level because you will feel quite different, like never before, but there will be so much to do and so many different challenges like you have never seen before. There are certain sectors of society who's stress will be revealed like never before and there will be so much to do on the earth plane that you will be kept busy for lifetimes. There has been such a large degree of neglect about the true needs of people, of all sentient beings, for so long now that there is a lot of mess to clear up, there are a lot of people to help. You must realise that in your lifetime a lot will change but there will be more work to do, even after this. So much has happened over the decades, the centuries, it is beyond belief, even to us. You do not presently comprehend how much devastation has occurred on the earth plane due to your actions and you must start clearing up the mess from the later part of next year.

Up until now you have been dealing with small degrees of debris that cause you inconvenience and stress at times, but you have not dealt with the real problem itself as yet, collectively. You have not even approached the subject in governmental organisations. You must understand that people's true needs have been neglected for so many lifetimes now that people incarnate with that already in them, they already feel unloved even before they have had the opportunity to re-experience this in this lifetime. There are so many causes of this. There are so many reasons why people have been trapped in certain scenarios for lifetimes now. You must learn to understand each and every sentient being individually as well as collectively. You must learn over time to attune to one another with such precision and depth

that you may truly understand the path they have walked for lifetimes and in this way you can uncover the true reality of what has happened amongst you. You can learn to understand why society is so fragmented, why certain beings feel so lost, alone and isolated. You must learn to be like detectives at times and uncover the mysteries of life. The greatest mystery, at this time, being the state of humanity.

I would like each one of you to understand that you are all part of the same picture. You are not separate from what has happened and you have each played your part at different points in time. You must understand that the suffering of others is also part of you. I have one more thing to say about this subject, it is not to dwell in darkness and despair, it is to be aware of what is present before you, to see the mass suffering and not hide away from it as you have done in the past, collectively, but neither to make it everything. To put it in the right context. To see it as a part of life, a part of life that needs healing, a part of you that needs compassion and then to focus upon the positive outcomes that can be created when you put your minds together, and your hearts together, of course. It is for you to focus upon positive realities and creating these, however simply be aware of what has happened and why people feel the way that they do in life and in this way you will have the whole picture and you will not simply be do-gooders with no awareness about how other people are feeling, what their true reality actually is.

I would like each one of you to keep your feet on the ground at all times, to stay attuned to each other, not only higher realms. To take inspiration from us, from your own spiritual awareness, from your own connection to the cosmos, but to attune to each other directly and to notice how each other is feeling and make this action appropriate in each moment according to whom you are speaking to. I do not wish for any of you to become so ungrounded by these higher energies that you do not keep your feet on the ground. You must be attuned to both levels of awareness equally, heavenly and earthly energies. You must learn to relate to each other as equals, even when you are attuning to higher dimensions and seeing more. You must treat each other equally because indeed you are and you are each made of the same substance. You each have the same desires within, to be loved, to express yourselves as you are - truly, to serve your divine function here, to know yourselves as part of the light of oneness.

Your energies have risen quite dramatically over time. As I have been working with each one of you I have been noticing a difference. How your energies rise when you attune to us, when you are inspired in a certain direction and I have also seen great slumps in your energies when you think about the wrong subjects that do not bring you joy. Become aware now what raises your energies, what keeps them high. Notice the slumps and start to observe your thought forms. Start to notice when it is in the day that you start to feel low. Start to monitor the set of circumstances that lead to these slumps in energy. I am telling you this now so that you may better understand yourselves and start to harness the power within to keep your energies high at all points in time.

If you notice that certain activities lead to slumps in your energy, stay away from them. If you do not like attending talks, do not go to them. If you like going to certain groups, go there. If you then start noticing that you do not feel good around certain people, stay away from them until this changes. You see you must become observers of your own reality and take responsibility for keeping your energies high. I am not talking about avoiding painful situations that need healing within you or around you, I am not talking about this, because you will observe in yourself that even when a situation is painful, if it is necessary you will feel inspired to go in that direction and even the chaos will bring you something positive, energetically. Know the difference between the two scenarios.

Sometimes you are in the company of others and it brings out in you a negative response and you experience it as a healing reaction, then this is good for you to do, to be around these people. At other times you fall into a low energy around certain groups of people and I tell you it is because you have no function there, because you are not able to express yourselves in this group of people. You must seek out circumstances that are conducive to you being yourself as a whole being. You must not sell yourselves short at this point in time. You have all become accustomed to being silent witnesses in life, in your own lives, where you go to work and you are often silent, you sit in groups and you are often silent. You do not express yourselves as you should currently. You have been kept curtailed by circumstances in life that do not allow the free expression of the spirit, that constrain it somewhat.

I am not blaming any individual for this occurrence, I would simply like to say that you have become so used to being curtailed in your expression that you see

it as the norm and you must learn to question what you do with your time, how you are feeling inside. Why are you feeling low? It is not normal to feel low all the time. You must learn to do things that uplift your energies, make you feel whole and vibrant, that bring to you nourishment of the spirit, that bring to you a spark of life, of aliveness, of wellness. You must learn to love yourselves as you would another. You must learn to nurture the inner child within that was perhaps not given the nourishment it needed to flourish as it should. You must learn to give yourselves the opportunities you would give your own children if you could. If you wish to learn music, take a lesson. Do not deprive yourself of anything that brings you nourishment at this time. Build yourselves up into vibrant living beings of light so that the Light may flow through you abundantly, so that you feel no lack in your personal lives, so that you feel free within yourselves to express yourselves.

I would like to say something about using your time well. At this point in time you are all rich in the time that you have, more so than you will be in the later part of next year. I would like you all to focus upon the time that you have and use it productively, for your healing, your wellbeing, for your internal nourishment. Do not fritter away valuable assets like time. When you have it, use it. I am saying this now because in the later part of next year you will be so busy.

Time is a precious commodity in your world and you do not always use it well and you often spend hours by the television watching cumbersome soap operas or television shows that have no nutritional value in our eyes. It is like eating a plate of chips everyday and spending a large sum of money on the chips and then depriving yourselves of more nutritious foods because you have spent so much money on the chips. It is a waste of your assets. In the same way you must value time and so if you spend two hours watching soap operas and gaining no nourishment of any nutritional value, then you are frittering away what you have in your hands. You must learn to appreciate what you do have. It does not have to be tangible. It is still an asset and you must use it wisely to renew yourselves, to become larger within by incorporating higher energies or expressing yourselves dynamically in life through action you would like to take. You see all these things are worth while. They allow you to be yourself in life. They enable you to express who you really are whilst in a physical body.

Time is limited when you are incarnate. Your physical body will not last long in comparison to the rest of time itself, eternity, and so you must learn to use your time well.

Feed yourselves the right foods on all levels. This particular subject is of the utmost relevance to you all now because so many things are happening currently on the earth plane to prepare you all for next year. There are many new workshops happening currently that can bring you healing, relief from aches and pains on the earth plane, I am talking about physical ailments. I would like each one of you to look after yourselves on the earth plane also, not only spiritually. I would like you to harness your inherent power to look after your physical bodies well so that they can last a lifetime without emergency operations, without any artificial implants of any sort. I would like each one of you to start using your physical bodies properly, as they should be used. To learn stretching exercises if necessary, to exercise daily, to eat correctly, to learn how to use what you already have optimally so that you are no longer limited in any sense on the earth plane. I am not speaking about becoming fanatics about the body, about diet and exercise because this is not an attractive characteristic to have when you are doing spiritual work because it does not allow you the flexibility in your regime to do what is necessary at times to assist others. You must not become fanatics, you must simply learn how to look after yourselves as necessary.

Spiritual life is often cumbersome on the physical body because you have to be at the right place at the right time. You are often called to assist when you would rather be doing other things on the earth plane so you must learn to harness your inherent power to create a healthful physical body so that you can do what you need to easily without constraint.

There is a final matter I wish to touch upon. It is about using your physical bodies to create higher energies on the earth plane. You see through your body you are able to access higher energies and they are able to flow through you and bring about changes on the earth plane. I would like you to learn about using your subtle energies to raise the consciousness of the earth plane. There are certain activities that enable you to do this - making the best possible use of the energies around so that the light can be magnified, the spiritual light, using your bodies through

movement to create higher energies for others to feed off and using your bodies to exchange energies with others that create oneness on the earth plane, again energies for others to feed off. You must understand that a healthful body can be used to create even more energy for others. Your physical environment responds to your energy and you can implant into it any kind of energy you wish to, so you can move certain objects, place them in certain positions and it will heighten the energy field of the room itself and you can move around it in certain ways, in unison with the spiritual bodies and create even higher energies on the earth plane.

You can respond to other people's energies in a particular kind of way that raises their energy and yours. If you can master the subtle movements of energies on the earth plane, it increases your vitality, life-force energies, and in this way you have a greater presence on the earth plane. It gives you the power to make changes because you feel full and vital, able to speak clearly and express what you have to say, take necessary action because you have enough energy to do so.

There is a distinct lack of understanding between energy and consciousness at the moment on the earth plane. You must understand that as your spiritual energy increases you become more pro-active in the creation of higher energies on the earth plane. When your energies are low, you may feel low in another way, but you are not able to take action easily, others are not able to hear your words, there is a certain lack of grace and congruence in your manner. You must understand that it is necessary to learn to use your body to create a higher energy on the earth plane so that you may be nourished and others may be too, so that they may feel vibrant, like the vibrantly living beings that they really are. And then as consciousness changes, people will feel able to take appropriate action.

Questions and Answers

Question : There is a lot of talk, in certain circles, about DNA and about the tampering of DNA long ago as well as the reconnection of DNA circuitry, energies that can activate and affect our DNA, I was wondering if you have anything to share on that.

Answer : I have a lot to share about that subject. I am aware of these so called DNA activations that are advertised everywhere at the moment and yes some of them do work. It is important to reconnect to all your DNA at this time however I believe that this happens automatically as you reconnect with your authentic self. You see there are many parts of you that have been hidden away for so long now that you have not remembered, up until now, you even had.

There are many ages that have been before this time. The Atlantean age was one of them where people explored DNA substance in-depth and they learnt to understand what it was actually composed of, what did what so to speak. Certain Atlanteans have returned and they have started teaching others about DNA and activating DNA strands within you. They have explored this subject in-depth in past lifetimes and so you must trust their words when they talk about DNA activation however I believe it is also not necessary for all people to explore this area in-depth. You must realise that it is an automatic process, and of course you can assist the process itself by seeking out experts in the area. That is all I have to say for now.

Question : There has, until fairly recently, been the assumption that only a small amount of DNA is viable and useful and a huge percentage was considered junk or just not functional. That idea has changed and there is a theory that the 95% or so that is not used are actually capacities, capabilities and aspects of ourselves that allow us to be here in this 3D existence beyond anything that we could related to. The idea being discussed is of us as spiritual beings being in a body and being able to regenerate the body and examples of Ascended Masters who have mastered that and regenerate, renew and repair their bodies demonstrating the capabilities we have in this vast reservoir of DNA that is dormant. I am trying to get a sense

of the truth and reality all of this and how to bring it into human awareness and demonstrate it.

Answer : It is a vast area to explore and for you it is an area of interest. I would like to see more of this technology being used to assist others to reawaken dormant parts of themselves so that they may regenerate tissue. Cellular structure responds to what is already in the DNA itself and when certain parts are reactivated they have a corresponding affect on what is around.

It is a difficult subject to touch upon in passing because there is so much knowledge in this area that has already been uncovered in previous ages and so when I speak about the subject there is so much you do not know yet. I cannot even find the correct terminology to express what I know, what I have learnt from all of you that have explored this subject in-depth in previous ages. I will keep it brief and simple, however I would like to say to you that this is your area to learn about in-depth and it is important to remind yourself why you are doing this, so that you can encourage others to heal their physical bodies and not to resort to conventional medicine. You see it is literally a case of mind over matter and in the study of DNA it has already been shown that it is possible to regenerate tissue quite easily when the correct segment is activated. That is all I would like to say.

Question : I read a book that Michael channelled some time ago and in it Michael says that this is Lucifers planet and how the fallen ones are in charge of this planet.

Answer : That is complete nonsense. I, Michael, would not have said such a thing because it is simply not true. You are all in charge of this planet and you are not the fallen ones, you are here to raise it up higher and none of you here have caused mischief and chaos to the degree that Lucifer has. There is a particular energy around that is of this origin that causes mischief and chaos on the earth plane and I tell you none of you here are part of it. It perhaps forms a part of you because you have attuned to it in former incarnations, you have been affected by it, but you are not the creators of this energy that come through Lucifer.

There is a certain aspect of consciousness that exists for the purpose of bringing chaos and destruction. I tell you this is the truth. It is also the case that this type of

energy works through conduits, anyone that it can, to create mischief and I tell you it is not a Godly energy, it is the antichrist and it is an energy that causes destruction whenever it can do and you must attune to only the love in order to conquer it and you must not be brought down by it. You must understand that it is this so that there is balance and harmony on the earth plane in order for you to understand better why you are here on the earth plane, so that you may master yourselves and understand who you truly are. You see there is no other way of learning other than having an opposing energy present that can cause destruction so that you can understand your power to create, so that you may make choices that are for the highest good. You must have another option presented to you. You must have someone who comes to you and says 'why not do this because it may work to your advantage'. You see this energy must be present. I am sorry to disappoint those of you who believe there must only be light, because this is simply not the case and I tell you that everything exists in this world and there is both darkness and light and this will always be the case. It is now the time to decide what you choose. Up until now many of you have chosen darkness over light. You have been deceived by its illusionary power over you and now you must make a different choice as humanity and you must seek out the light and use this to counteract the negative opposing forces.

Question : We have heard many things discussed about 2012 recently and much of it is quite a doomsday scenario, saying the earth is going to shift on its axis because the magnetic field is changing and that 70 % of people will pass over fairly quickly in the next few years. What would Michael have to say about that?

Answer : Some of that is true, not all of it. Not to the extent that people claim. It is true that certain people will leave the earth plane shortly due to natural disasters that will happen as a consequence of people raising their conscious awareness. You see when people change the earth is also impacted and things start to change, to shift.

The earth will not turn on its axis instantly. It is a gradual change that occurs. It is a reverse in polarity, it is true, but it will happen gradually and 70% of the people will not die, far fewer than that and it will happen gradually over time. People will be relieved to leave their physical bodies when the time arrives because many people

are simply not well equipped to last through the changes. They no longer have a function on the earth plane because they are not able to assist others in any way.

You must understand that the changes will not be as dramatic as people have said on the earth plane, but they will be dramatic inside, perhaps even more dramatic than you imagine. You will feel so many things inside that you have not felt for a long time and you will start to feel and notice the world in a different way to before. You will start to see lights all around you quite readily, you will hear other people's thought forms quite readily, you will develop telepathic communication quite readily, you will hear our words with ease and you will no longer require physical channels. You will simply know that we are present because you will be able to hear us audibly. All this requires a stretch of the imagination whilst you are sitting here and I know that it is hard to believe but it will all start to happen gradually over time.

We are quite audible on another level and when you attune to this level inwardly you can hear our words quite clearly. It is only that there is so much noise to distract you from doing so. You will no longer need to consult experts in order to gain our expertise on different subject matter however certain people will be clearer channels than others and they will be able to communicate a vast amount of information very easily.

Question : Can I just ask if you have anything to say about this two earths thing people are talking about, the one earth that will be on a higher dimension and this one on the physical level.

Answer : In my eyes there have always been two earths, a higher and a lower one. What you say is a different matter. No the earth will not divide in two. There will not be certain people living in higher hemispheres and others in lower ones. It has always existed that other people live on other dimensions, like ourselves, but certainly there will be no divisions between those who are more dense and those who have lighter bodies. You see many have believed up until now that you will literally leave your physical body when you are ready and not die but simply have a lighter body but this will not be the case because for you to exist on the earth plane you need an earthly body as well as a spiritual one so this will not be the case.

27th November 2011

Saltdean

Stay attuned to my presence first and foremost, before even listening to the one that I, Michael, am speaking through because without this attunement first and foremost the words themselves will not be understood, put into the correct context according to your lives. I speak according to who is present and I speak according to the energies around you all and so my words are meant individually for all of you and they apply in a unique way to all of you here. I wish for all of you to have a unique experience of this talk so that it is made relevant to your current lifestyle choices, to the vision that you hold within you and finally it is made relevant to others who are in your vicinity. Do not take my words literally, allow them to infiltrate your awareness and bring to you the right understanding according to your life purpose.

I wish to cover a broad range of subject areas in this talk in order to fulfil the requirements of each one of you here. Some of you here are present for different reasons to why others are here and the subjects I will cover will be relevant for all of you. There are different aspects of life that concern each one of you here at present. Some of you are concerned primarily about emotional aspects of the self, such as self worth issues, love and partnerships, forming cosmic union on the earth plane with others who are like-minded to yourselves. There are others amongst you who are concerned with cosmic aspects of the changing times ahead and you would like to know more about what will happen next year and how this will influence

the world on a global scale as well as in your personal lives. Others of you are here out of curiosity, to hear my words, to see how I speak, to attune to my energies of oneness and grace to bring greater wellbeing, a heightened awareness of the cosmic influences around - the Angels, Archangels and Ascended Masters - and how they influence the earth plane you are on currently. I will cover all of these subject areas in as much depth as I can in one talk. You must not be concerned that certain aspects will be tiresome if they are not your area of interest right now. My words are made relevant to each one of you here because my energies attune to each of you individually as I speak and I tell you what is relevant in what I am saying and each one of you here will understand differently what I have said in this talk. It is for this reason that it is wise to stay inwardly focused.

The second half of what I will say will cover larger scale issues that concern all you. I will start off by primarily focussing on personal issues, heartfelt issues that you are feeling for before we move further. You are all feeling inspired in the direction of personal growth right now. There is not one of you that does not feel this inwardly, this desire to grow, to expand yourselves beyond previous limitations, to encompass more of life within, to expand even sources of income stream on the earth plane into different areas. You see up until now your lives have been along a certain path for all of you and you have either concentrated upon personal development issues, or not as the case may be.

You may have had a half hearted approach to spiritual life at times because it did not completely suit your needs. There were times that you were sceptical that spiritual awareness actually brought results on the earth plane and perhaps you questioned your ethics at some points and wondered if it was actually necessary to lead a spiritual life in order to excel on the earth plane, do well in the life you were leading, and for some time many of you questioned your spiritual ethics, your point of view about the world itself, and you wondered what was actually necessary, a spiritual life or an earthly life. We are living in changing times now where the two have come together on such a form where you can no longer ignore the spiritual aspects of life, even in your earthly life. You see all relationships depend on holding a spiritual viewpoint in order for them to succeed over a long period of time. All your earthly activities depend on you yourselves being attuned to a higher dimension of thought forms in order for you to excel in what you are doing otherwise all tasks become mundane, purely functional and you no longer feel spirited about life itself.

So you have seen the two come together most potently at this time when people of all genres question their way of earning a living, their very livelihoods, in order to seek personal fulfilment, to lead more spirited lives that enable them to feel whole and alive within. It is important to remind yourselves why you actually pursue a spiritual life. It is not simply to be up in the air, gazing across the distance at some far reaching concept or idea, something you hold dear but you do not actually live out in your daily life-style. It is actually to focus inwardly on the Divine aspect and to make this real and tangible in your everyday lives. It is this that spiritual life is actually about, nothing less than this and up until now perhaps meditation has seemed like you are gazing at something in the distance, something intangible that cannot quite be reached in the here and now, that gives you a feeling of unity, that makes you feel good when you do it however is not necessarily incorporated into your everyday life in the way that it could be incorporated if circumstances were different. You see up until now your personal relationships have sometimes hindered personal progress, hindered the establishment of a purely spiritual life on the earth plane, one that fits all your inward ideals and hopes and desires from life itself. I would like to remind you that times have actually changed now, or are drastically changing, so that everything you have hoped for will be made possible, finally, and you will no longer have to walk a steady equilibrium between two types of life, a spiritual life and an earthly one. You will be able to incorporate higher ways of thinking into every aspect of your earth life with ease and simplicity.

My words are meant to inspire you, to show you what is possible in these changing times. You will no longer have to walk a happy medium in life like you used to. I see that certain things have not been possible up until now. I speak quite frankly and this applies to every single one of you here but not only here, everybody at large. No-one has been able to incorporate their spiritual ideology into everyday living and there have been certain regulations that have stood in the way of progress on the earth plane. There have been governmental institutions that have made life very difficult for people on the earth plane who seek to create spiritual communities, who seek to create changes for others, who seek to create initiatives that will assist those who most need it. Your personal lives are in need of change at the moment to reflect what will happen next globally. It is important to spend some time daily focussing upon what it is you wish to create in your lives on an everyday basis. It is important to remember that your personal lives are as important as your professional ones. It is important to remember that everything that you have ever dreamt of within is

actually possible and you are able to create it in your personal lives right now and it is only in this way that you will start to feel empowered enough to make massive changes when the time is right in the later part of next year.

At the moment I would highly recommend that you all focus on your inner desires and manifest what it is you would really like on the earth plane and in this way you will also start to remember tools and techniques that you have been taught, in this lifetime and in previous ones, and it will enable you to practice your skills. It is the art of mastery, spiritually, to be able to create whatever it is you would like without hindrance, without feeling constrained by others. I am not speaking of the egoic needs of you, I am reminding you that you are all creative beings who are here to manifest whatever it is that serves your Divine purpose and all your needs will be met effortlessly when your mind state is correctly attuned to the Divine aspect within you. I am not asking you to become master manifesters, I am not saying that this is the only way forwards, to manifest everything for yourself, I am saying that this is an aspect of spiritual life that is often ignored. The way forward for humanity is to become aware that you are each a part of the whole equally, that you are each a Divine aspect of God Itself, here to create God's will on earth. When your personal lives are fulfilling to you, when you feel that you have attained everything that you desire on a personal level, then you feel able to go out and create for others a more fulfilling life, then you have no doubt yourselves that you are able to assist others because you have first assisted yourself.

You see the art of manifestation is one aspect of life that enables you to feel more empowered, enables you to have your needs met adequately so that you can actually serve your Divine purpose effortlessly.

There is a subject I wish to touch upon, it is the art of coming together with others in unison who are like-minded to yourselves and co-creating between you a new reality for others to come into and gain nourishment from. There are many of you here who are seeking to co-create something new that covers a diverse range of needs on the earth plane, that is not confined to certain types of people only, that enable people of different backgrounds to come in and receive nourishment and sustenance on the earth plane. I see that there are troubled times ahead on the earth plane and it is necessary now to come together with others to try to find a resolution, a long term resolution, for the problems people face here.

There is a distinct lack of integrity when it comes to the services that are provided by governmental institutions. I believe it is necessary, at these times to come together in a community spirit and provide for yourselves adequately so that you are no longer reliant upon governmental institutions to provide for the needs of people at large. I believe an important aspect of the coming age is that you will become more creative beings who will come together to cover the needs of others instead of relying on larger initiatives to do this job. I believe the time has come for you to take control of your own lives, collectively, to no longer rely on anyone else to do the job that you would like to be doing yourselves, that you are quite able to do, more than adequately.

I believe that certain members of this group are experts in certain areas of life and that you have gained much experience over the years about the needs of different diverse groups of people so that you can adequately meet their needs without interference from other agencies and for this reason I would advise you, those members who are in this group right now, to go forth and start visioning what it is you would like to create for others on a large scale. It is important to remember that none of you are placed here arbitrarily, that you all serve a Divine function in the place that you happen to be at.

When you speak to one another about your vision and your plans there is often a discrepancy occurring that I would like to clear up now, in the present moment. Sometimes you are not clear enough with others about what you are wishing to create between you. Sometimes there is a haze, a slight cloud when you communicate with others because you believe they will not accept your reality. You believe you will be challenged in your approach and for this reason there is a tendency to hold back when you are in group environments and not be clear about what you are wishing to create with others. This is why many projects fail on the earth plane, because you are not being honest enough at the outset of the project itself about what you are desiring to create within yourselves.

I wish to clear this problem up by reminding each of you that you are placed here to serve a function and if by coming together with others you are not able to express this function clearly, in the right direction that it should be expressed, you must separate yourselves and come together with others who you are able to work with

more coherently and are able to establish relations with that can benefit mankind optimally. You must not confine yourselves to others with whom you do not feel that you can communicate clearly, whom you feel you must hold back. On the surface things often appear a certain way, however you hold within you the secret to the actual reality that is happening before you.

You must communicate to others clearly, coherently and you must establish relationships based on this. In this way a common purpose can be served together without discrepancy and if there is ever ill feeling you must clear this up as soon as you can and communicate your vision, your ideas about life. Things must never get to a point where you feel frustrated, where you feel that certain things have not been communicated outwardly. I am saying this now because it is relevant to all of you here today. You must understand that your function depends on you being present in this precise moment to what that function actually is and to not hold back in communicating it to others. You must say clearly and boldly what you are trying to achieve on the earth plane and you must not hold back in any way if you are to achieve your target in this lifetime.

You see, I have seen this in many peoples lifetimes, that they have held back and not established on the earth plane what they were actually here to do and they have been held back by others whom they have not communicated with clearly enough. There are many examples of this that I know of and I say to each one of you here that you have incarnated to serve a function that must not be compromised, for anybody, at any time and if you do not feel able to communicate clearly with certain groups of people you must separate yourselves now and find other methods of establishing what it is you are seeking to create on the earth plane.

I have seen many discrepancies occur on the earth plane as a result of this. There have been many communities that have fallen by the wayside because there has not been a clear focus at the start, at the onset of the project, and you must understand that my words are here to inspire you to go further within yourselves, to be more honest with others, to seek harmonious relationships with others. To be focussed and decisive and clear and bold and consistent with everyone whom you speak to in any particular moment of time. You must not divide yourselves up arbitrarily, just for the sake of it, however if division occurs you must become comfortable with this so that you can fulfill your Divine purpose here accurately.

Furthermore, I wish to extend this statement and make it relevant globally. There are many governmental institutions that are divided inwardly at present and they argue about political matters, whether to invade foreign countries, whether to raise taxes, whether to cut benefits for certain groups of people and they are currently divided about all these different issues and for this reason they do not succeed in establishing a stable system. When people are undecided within themselves about what is right then nothing can be established that is consistent and stable.

In politics this often occurs and people go along with certain ideas because they wish to stay in particular political parties that they no longer have an inward affinity for. If they were loyal to themselves they would speak outright what it is they really felt. It is for this reason that politics is no longer heartfelt, it is no longer coherent in any sense. It is simply about people seeking power on the earth plane. They wish to stay in certain offices so they do not speak up for certain groups of people. It is not the people themselves who are corrupted, it is the system itself. It is no longer possible for people to stay in office if they are true to themselves and for this reason people compromise and they reach a high position on the earth but it is done with compromise inwardly. You must understand that what I am saying now is so important, it is crucial in fact, because all of you here are placed here to serve a function and you are all as important as any governmental officer who has a high position. It is simply that you have not compromised yourselves enough to be in that position however you are each capable of serving humanity, making decisions for others that will bring wellness and harmony.

To establish harmonious relationships on the earth plane is not an easy task. It requires concerted effort on your part to be true in each and every moment, to also be open to others, to receive suggestions, higher ways of thinking in each moment of time, to not be constrained by dogmatic viewpoints about the world at large, to no longer believe yourselves to be the only ones here to bring harmony and wellness. To co-create with others takes an immense amount of will power to restrain parts of yourselves which are not always open to new energies. In each moment you must extend yourself further so that you may reach out to different types of people and incorporate their viewpoints in your way of thinking. It does not come easily and those parts of you that protest often need help in raising themselves higher so that they may clearly see the bigger picture and this is why meditation is a key aspect of community living.

You must understand that it is through going inward that you understand more fully what is going on outwardly. If you stay confined in your earthly lives without spending adequate time going inwards, you no longer have an accurate attunement to what is going on around you. People come in many shapes and forms and you must learn to discern between them in light of your Divine purpose here. You must learn to recognise those you are in harmony with and those with whom there is some discrepancy on the earth plane. I am trying to heighten your intuitive powers. I wish to help you go inwards further so that you may learn to recognise what is right for you and what is not, so that you may recognise what is worth continuing with and what is not, so that you may learn to rise up even higher within yourselves and be more astute, discerning, but also more compassionate towards others, so that you may have greater understanding about each person whom you meet and what they are trying to do here on the earth plane. It is these sorts of powers you must develop for the new age because it requires you to work in greater unison with others. These are no longer times of isolation, retreating inwardly and not focussing on the outward aspect of life. It is time to go out, but with your inner life intact, without compromising anything at all.

You may be on cloud nine when you go inward and meditate but this does not necessarily translate in your earthly life well when you are at odds with others. In order to retain this feeling you must check that everything you create on the earth plane is in harmony with this. Your relationships must take on the same quality you feel inside when you meditate. You must develop heavenly relationships with others.

First you must learn to translate this feeling into your actions towards others, you must learn how you may impart this feeling to others through touch, through the way that you speak, through the way that you conduct yourself on the earth plane in your earthly lives. Secondly you must be open to receiving this type of energy from others. You must learn to be receptive to higher energies that come through others that enable you to feel elevated and create elevated relationships with others. It is only in this way that there will be a congruency between your inner life and your outer life. There is no other way that this is done on the earth plane.

I would like to remind all of you to stay focussed on the here and now, to first and foremost be focussed on the Divine aspect of the self, on raising every part of you to meet this self, this Divine self. Be it through meditative practice or other spiritual pursuits that raise the energies upwards. Meditation is a key technique that you all must learn if you are to readily attain a balanced state of mind and be able to hold stillness even in chaos and to be able to think coherently in crisis situations, however there are other key techniques you should all investigate. Certain aspects of sound work interest some of you here. When you are creating music using sacred instruments it creates a heightened energy field around you and it enables you to take in higher energies readily. It is an excellent preparation for a meditation area. Before you proceed with a meditation it would be wise to play an instrument of a sacred kind to create a heightened energy field for others to bathe in.

It is also necessary for you to learn a little at least about tantric practice, about exchanging higher energies with others through touch because this enables you to stay in a heightened energy state, unencumbered by lower thought forms. You see when you are fully charged up, you are able to transmute lower thought forms readily and you are no longer hindered in your progress by negativity from others or even yourself. In order to stay in a heightened energy state it is important to remember that you must keep creating spiritual energies. Consciousness alone will not sustain you. You must create resonant energy with the consciousness you are in because this enable you to feel charged up with life force energy that sustains you on your earth paths.

There is a clear connection between energy and consciousness that not all of you here have recognised. Consciousness is one part of spiritual life. It is the part in you that seeks to see life from a vantage point, that seeks to bridge the gap between heaven and earthly energies and see things from a higher point of view. It is the part of you that attunes to us, higher beings, and receives higher information. It is the part of you that may merge with any life form that it so chooses inwardly and receive energy, information, from that source however it does not fill you up with life force energy itself, this must be created here on the earth plane through earthly activities that nourish that part of you. When you are in a heightened energy field with others who are meditating it creates an energy field that is not unique to any one of you and this energy may be used and taken in within you and it charges you up with a life force. When you are in closer proximity with the ones you are

meditating with and when you are in engaging in physical touch there is a greater flow of this life force energy between you that fills you up with spiritual energy. When you meditate alone the process is also there however its effects are not as long lasting because there is only you present in the vicinity and yes you are attuning to a heightened awareness, but it is not able to sustain you in your earth life. Simply that alone will not do.

You must learn to come together with others and meditate with them and then exchange physical touch so that you are creating on the earth plane a Divine presence that you are all feeding off and then you must also learn the use of sacred sound so that you may create heightened energy fields for people to bath in and receive the light of God Itself that you attune to and bring down when you are playing the instrument. You see it is these sorts of techniques that you should learn at these times so that you may learn to master energy - spiritual energy, so that you may understand what creates what and you may be able to feed off these nourishing energies on the earth plane, no longer feel that you have to go off to a quiet space and meditate in order to keep filling yourselves up. Your life-style should be self sustaining energetically and yes there should be periods of meditation alone, but you should also be able to generate energy with others that can sustain you to an even greater degree than before.

It is this type of work that is crucial for community living because if you find that you are becoming drained by other life forms you will quickly start to isolate yourselves again and feel that your function is not being served by coming together with others. If you can find new ways of relating with one another, if you can learn to meditate together in group meetings and feed off this heightened energy field first and foremost before commencing any other business, if you can learn to exchange tantric touch in your everyday lives, you will no longer feel reluctant to engage with others energetically and you will feel actually sustained by your relationships rather than the other way round, rather than feeling that it is your spiritual practice alone that sustains you.

This is quite crucial information for all of you as I see that you all have tendencies to isolate yourselves because you feel drained by the presence of others around you. When you are sitting in an energy field with others and you are merely responding to where they are at and where you are at in this present moment there is often a

depletion of energy that results because you are merely responding to what is already there. You are not creating anything new, anything that can be fed off, anything that can provide greater light. When you both come together, two people that is, and you attune to something much higher, you are then feeding off a different light source than simply each other and then you are able to create a heightened energy field amongst you that can feed both of you even greater light. This is a crucial piece of information for you all to receive from this talk.

Meditation is a key part of spiritual life for a good reason because it holds the key to inner awareness. It helps you to understand yourselves better, what your true desires actually are. It enables you to unlock the gateways inside that uncover the mysteries of the Divine self. It enables you to inwardly break through past constraints, limiting beliefs that you did not know you even had and finally it enables you to touch the very essence of God Itself. It enables you to make contact, absolute contact, with God Itself and experience the resounding , all encompassing nature of God Itself.

There is a certain inward sound associated with God, the sound of oneness that resounds within you when you make contact with it. God, by Its very nature, is intangible to the other senses. When you attune to God inwardly, it becomes a tangible experience, something that can be felt with every part of you, something that can be heard, seen visually. All the senses are activated by the presence of God Itself and God is made a tangible experience, not only of the psychic senses but the physical is also able to perceive God Itself. I am saying this now so that you may all learn to meditate, go inwards, not outwards. Go inwards from the perspective of then seeking to go outwards to bring this experience to others through your Divine self.

If you have not attained this level you will not know what I am referring to but you will still feel it inside of you what I mean. You will still inwardly recognise what I am referring to so do not be alarmed if you do not hear the sound yet because you all will and this is one of the things that will change next year. You will all start to experience God Itself more tangibly and those of you who have not heard the sound yet, many of you on earth, will start to hear, start to see, start to experience more in your individual meditations so this is why I am telling you this now. Not to alarm you about what you have not experienced yet because it is commonplace in this world as it is now not to experience these things and only certain masters, sages and gurus

know of these things currently, experientially, but you will all experience this in the coming age, readily. So learn to meditate now, wholeheartedly embrace meditative practice now so that you can uncover the many secrets within and so this experience can be deepened in the new age to come. It is an exciting experience, meditation, but up until now for many of you it has been laborious and cumbersome. It has not led to psychic experiences necessarily or even amazing spiritual ones. At most it has led to peace of mind, an elevated mind-set that is able to see with a heightened awareness of other life forms, it has led to insights and it has filled a need for you to be at one with yourselves but there is more to be discovered over time.

Find yourselves a good meditation teacher, someone who can guide you along the way accurately, with ease, or otherwise simply use the tools you already have but use them regularly so that you can uncover further secrets within. That is all I have to say.

Questions and Answers

Question : There are many who claim to have the best route to meditation, how does one know which is the best route, the most authentic?

Answer : You must discover this for yourself. There is no route that is more authentic than another. Many may claim that their route is the best but it is simply not the case. It is simply that they have found their guru of choice and that they really love this method, that their guru highly recommends it and claims it is the ultimate way to enlightenment because they have used it and attained it using this method. You see every guru has their own particular methodology that they recommend to their students and then their student ardently practices, many for lifetimes and then they claim that this is the best way because it has proven result, but this does not mean anything. It simply means that these are tried and tested routes that actually work, but it does not mean that there are not many more thousands of ways to reach the same state and some may even be quicker than others but it is simply that they are not tried and tested and recommended by ardent students so you must realise in yourself what it is you are looking for, first and foremost. You must learn to identify what it is that works for you, what sort of method you would enjoy because if you have a leaning towards sacred sound, you may enjoy simply playing an instrument and then going into meditation simply and naturally without any other method and I tell you this method works just as well as any other one.

Question : When you talk about sacred instruments, what instruments are you referring to?

Answer : The harp, harmonium, the gong, Tibetan bowls, crystal bowls, the guitar - when the guitar strings are plucked with spirit then the instrument is made sacred, certain types of drums. Not all instruments are sacred because they do not produce the right sound that is vibrationally resonant with the higher realms. Only certain instruments produce those range of sounds and when the strings of the guitar are plucked in accordance to your spiritual nature then there is an energy produced

that is congruent with the higher planes. You must distinguish between different instruments by sound alone and you will easily learn to recognise which instruments are sacred and which are not when you feel the vibration around after they are played. You see when you strum the guitar in accordance with higher energies and then you sit in silence, you feel the energies around, do you not, and it is the same with other instruments.

Question : How do you distinguish between when your energy or endeavours are materialistic or spiritual?

Answer : There is no way of distinguishing between the two, it is only that your approach will vary. Sometimes your actions are egotistically driven, I am speaking to all of you not just one of you, and you are not recognising this but your actions will take on a certain format, you will be a bit too over enthusiastic. Notice this in yourselves when you start to stretch yourselves beyond limits.

The urge to create on the earth plane is always there and I understand that there is a certain degree of enthusiasm to create but when you are overstretching yourself, over boundaries, there is normally something else that is going on that is driving you. I am not saying it is necessarily an egoistic urge to be larger than life, but sometimes it is simply a fear that is driving you, of not creating something that is much needed or there may be an interplay of energies within you, something that fears retribution from others if you do not act a certain way, if you do not show enough initiative. You may even fear that the angels will not be happy with you if you do not work hard enough so this is not necessarily driven by any personal desire for success or fame, it is simply something that has not been resolved in you from childhood. It is something that drives you forward to the point of becoming exhausted but you do not recognise it easily inside yourself or it may be another part of you that does not feel enough, that you must attain something on the earth plane to be held in the arms of another. Again this can stem from a childhood issue of not being loved enough, of feeling that you must accomplish something to be deserving of love and affection from others. So all these things you must learn to recognise otherwise they will drive you down to the ground and you will quickly become exhausted and tired, feel resentful that you are being driven too hard and

yet it is in yourself first and foremost that this situation has been created where you are having to do too much.

If you are able to establish a harmonious relationship with yourself without having to do anything then you are on good footing to go out there and start creating for others as well as for yourself. If you feel that you must create something in order to be considered worthy inwardly, in order to feel at peace within, then there is something else that is driving you. You see peace does not come about simply by taking action, it is something that you can attune to at any time inwardly. I understand that certain actions may bring you greater peace because you have done the right thing finally. It might be something you have to say in order to feel relieved inwardly and to feel greater fulfilment however peace itself is also a state that is always present, there for you to attune to. You do not have to go out seeking it, you do not have to take some form of action always. I hope this has clarified.

To be peaceful requires concerted effort, I know, on the earth plane as it is because there are many psychic influences that may inhibit you from feeling peaceful at times. There are psychic cords that may be pulling you in certain directions at times. There may be other influences at work that make you feel not very peaceful, so I am not saying that it does not require concerted effort however you must not feel that to be peaceful, you have to create something right now, that is all I am trying to say.

Question : You said that you would refer to the great changes that are coming, could you expand on that a little more?

Answer : I have referred to them enough, I do not wish to say any more. I wish for you to understand that the great changes are coming and it is necessary for you to be in the right place at the right time however the changes will happen through all of you by receiving this Light at the later part of next year. You will all feel a heightened attunement to the Divine aspect within you and then you will all feel more able to create resources on the earth plane that may benefit other. However before this time I wish for you all to focus on first of all your personal lives and then collectively co-creating with others initiatives that can be put into place to assist others when the Light finally arrives.

Sometimes I am brief and vague when it comes to this particular area because I see it is not relevant to mention. I wish to straighten a few things out, make it clear to you all that you must focus on the right things first and foremost before you can proceed to the next stage of the Divine plan. You must do things in order and sometimes certain information is withheld for good reason, because I am guided not to touch upon it in to much depth. I see for all of you that it is necessary to focus more so on your personal lives and coming together with others as well as your personal relationships with each other and it is only then that the stage will be set for greater knowledge to be imparted, for you to understand in greater depth what will happen next.

5th December 2011

London

There are many angelic forces at work right now. We of the Brotherhood are one of them, we are made up of many angels and masters, however we do not hold the forte. We are not the only presence that you may attune yourselves to, there are many Divine forces. The angelic hierarchy is diverse, it is huge in fact, and there are many angelic beings that are not part of our group, however they are often present, speaking to you all in different forms. You must understand that because there are many groups it does not mean we are not united as one. It does not mean that we do not work together. It does not mean that we are at odds with one another. I tell you this to reassure you that we are all one and the communication that you are receiving is one and the same, as what you may receive through your own connection to the Source Itself.

There is a certain division occurring at the moment on the earth plane, and it occurs between different groups who are at odds with one another because they are not fully understanding the ethos of one another correctly. In order to be a bridge between different groups, you must correctly attune yourselves to each and every one and then provide. This provides a point of reference, a way of understanding each of them, and then you may displace certain aspects which no longer serve you and communicate only what really matters, the essence of each teaching that you learn. It is important to remember that part of your function here is to be a channel of the Divine Source Itself and to alleviate fear and doubt amongst

people that all religions are not compatible, to show people that the diversity of what exists here on the earth plane is perfectly acceptable and in fact it is the essence of each individual teaching that really matters. It is important to remember this now because the world will drastically change over this period of time and people will seek reassurance from religious factions that are currently located in different parts and you must be able to bridge the gap between these different groups and bring it all together for people who come to you.

Part of your function here is to remind people also of the angelic presence around and that there are many different groups of angels and they are still attuning to the one light Source that there is and in this way there are many different groups on the earth plane and in their own way they are each attuning to the one light Source. I hope that my words elaborate on what already is, appropriately, so that you may clearly understand that what already exists here on earth must not be challenged, it must first be understood.

There are two ways of changing what already exists, the first and foremost is to become a part of it and to operate within it and then maneuver oneself within it in such a way as to influence the leaders and make discreet changes within it. The second is to operate outside it and to no longer be discreet, to be open and produce something that is vastly different to what already is. It is the 'alternative scene', so to speak, that we are speaking of. The reason I am telling you this is that many of you here are from conventional upbringings who have challenged the belief systems of that particular cultural upbringing and you have gone against the norm and sought out sources of spiritual light that no longer fit into a certain framework. For this reason you feel alienated from the norm of your cultural backgrounds. It is important to remember that you must bridge the divide between the norm, between conventional spirituality and alternative ways of doing things if you are to serve your Divine purpose optimally in this lifetime. I see there is room for change in alternative religion, spirituality, also. I see there is a certain commercial element that needs reviewing in some cases. I see there are many resources published that are not factually accurate and so I am telling you this to reassure you that the alternative scene is not perfect either.

You must prescribe to your own value system, to your own ethos, you must seek out spiritual light from within, not without. You must no longer alienate yourselves

from what does not resonate with you, instead try to influence others in a positive direction, to understand what they are doing and then share with them what you are seeking to achieve. This subject area is broad, however it is important to us to convey to you that it needs looking into. Without people such as yourselves, certain changes are not possible. Without people who are prepared to speak the truth, challenge dogma, certain reforms do not happen.

There is an area of concern that is relevant to all of you here, it is about using your time effectively, no longer seeking out sources of nourishment that do not bring healing, happiness, ultimate fulfillment. You see there are many ways to nourish the physical body, the earthly vessel you are in. There are many ways to nourish your mind. There are many places, spiritual places, you may go to receive nourishment however you are not always so wise when it comes to taking care of the physical vessel you are in. It is important to remember that at this time you are preparing for a new era to come. It is important to remind yourselves that you must attune daily to what is necessary in your lifestyle currently in order to heighten your awareness on all levels.

There is a certain lack of integrity within all of you currently that needs reviewing. It is important to maintain your physical health, your earthly body, in the same way you maintain other aspects of your being. Without looking into every part of your lifestyle choices you are not able to fully ground that part of you which is sacred, which is attuned to the one light. It takes a certain vigilance on an every day level to obtain an enlightened state of mind in each and every moment. It takes a certain element of self-control and willpower to attain a heightened state of awareness in every moment. It takes restraint on your part so that you do not indulge certain habits of watching too much television, for example, or eating too much cake, or fanciful foods. It is important to remind yourselves that every part of your life is sacred and Divine and it is as important to nourish your physical body adequately, as it is your spiritual bodies. You must no longer separate the two.

As you learn to identify with higher aspects of the Divine Source Itself, as you learn to see yourselves in angelic beings, you start to desire the experience of this on a tangible level. You wish to alleviate suffering, remove hardship from your own personal lives and of others and to do this effectively you need to start nourishing

yourselves on each and every level appropriately. We are not asking you to go out straight away and start alleviating suffering, we wish for you to start on yourselves, to start taking good care of yourselves on all levels. To no longer refrain from activities that nourish you. To take time to do the things that you truly love, that bring you healing and wholeness on many levels.

There are certain dogmas in place, collectively, that prevents you from doing the things that you love regularly. You believe that you are here to put your head down and slave away. There is a certain collective mentality that deprives people of the inherent choice to do as they would like to. For example, when you are confined in certain situations in the work place you no longer have a choice about when you wish to go outside and smell a flower. There is a certain sense that you are there to get a job done and you are no longer given the freedom to do as you would please. I am trying to convey that this mentality pervades the collective. It infiltrates all areas of life, so that you are led to believe that it is unnecessary to do as you would wish. It is self-indulgence to do this. I would like to correct this and convey the importance of doing as you would, following your own will at times.

When you are Divinely attuned to the oneness consciousness, there is a flow of energy that you are attuning to that is no longer separate from the rest of creation. When you are in this energy, what you are doing on the earth-plane is perfectly attuned to everyone else and in this way when you are following the flow you are bringing about a harmonious outcome for each and every being around you. I would like to encourage all of you to be in this flow more often and to no longer feel constrained by outward influences that tell you that this is wrong, that you should be doing certain things at certain times. I wish to show you a way of living your lives that is sacred, Divinely orchestrated on each and every level, so that you may remove this conditioning that tells you otherwise. I would like to show you a higher way of utilising your energies on the earth plane, so that you are no longer doing unnecessary tasks that syphon off important life-force energy so that you are not able to do other things that will ultimately create a more harmonious outcome for the rest of humanity.

It is important to remember that times are changing now and that you are no longer confined and constrained in a box, so to speak, that you may free yourselves from the past, fully and completely, and walk forwards in confidence that you will be

supported on the earth plane, as you are above. It is a time where there is much greater harmony on the earth plane than ever before and although there is a long way to go, you will be fully supported now in your chosen life path. In this incarnation, all of you will see great changes. The changes you have seen up until now are minuscule compared to what will be in 2012 onwards. There are many such changes that you have seen on a small scale that are to happen on a large global scale.

There have been heightened tensions amongst you recently, all of you, about your lifestyle choices, about the direction you are heading in and I would like to calm your fears and say to you that you are all heading in the right direction. There are certain choices to be made over the next couple of months or so, for all of you, about living situations, about where to go to next to be correctly placed for the year ahead. It is important that you do remember that you must choose a location that provides optimal nourishment on all levels of the being. The choices you have made in the past are no longer relevant to your current lifestyles.

You must realise that the location that you are placed in is always for the benefit of others as well as yourselves. You must be open to receiving Divine information on this subject in order to find yourselves at the right place at the right time. You see the choices that you make on the earth plane are often Divinely orchestrated, though you know it not and now you must directly communicate with the energies around you to obtain pertinent information so that you may reposition yourselves appropriately. Sometimes when you are Divinely guided, though you do not realise it, it has been difficult to communicate to you the information you have needed.

We wish for you to become clearer channels of the Divine Source Itself so you no longer need to be knocked on the head in order to receive pertinent information. It is important to remember that the more attuned you are to the Source energy of light the less energy it takes on our part to relay to you what is needed at each moment of time and therefore the more energy we have to do other things on the earth plane. You see, when you are clearer channels of the Divine Source, everything becomes easier to accomplish here and changes you have longed for just start to happen because you are so attuned to the energy of the oneness consciousness itself. You find that synchronicities occur that would not have been possible to orchestrate before because you are being Divinely guided and it is all happening easily, without a bash on the head, so to speak.

There have been many incidences in your lifetime, even within your own lives, where we have had to literally knock you on the head so that you may realise something crucially important that you have needed to know. There have been many choices that you have needed to make that have needed Divine prompting so that you may head in the right direction. So I am guiding all of you to further fine tune your connection to the Source energy so that you may be Divinely guided appropriately. And furthermore, I would even advise you to seek out spiritual resources that heighten your intuition further. There are many teachers around who are able to heighten your awareness of the spiritual realm, who are able to show you pathways within you that you may attune yourselves to in order to receive higher information more easily. There are many channels of communication within you that have not been sufficiently opened yet. I am telling you this now so that you may work with this information to further align yourselves internally, so that you may convey Divine information easily and clearly to others.

There is a piece of information that I wish to convey to you that is very precious, that is close to our hearts, and we believe it is close to yours. There has been a certain disregard for others, for their state of mind. Amongst teachers, therapists, medical professionals there has been a certain disregard for peoples state of mind and internal well being that has been neglected for so long now that people have found it hard to see through the veneer, to see what's really going on inside people's state of mind and how different people react to different sets of circumstances.

There has been a certain lack of integrity within your medical establishments, within the teaching profession, within governmental institutions for the welfare of people and certain types of people have not been heard yet. There is very pseudo hearing, where certain minority groups have been given a voice and yet they are not really allowed to speak. They are simply given an opportunity to express some dissatisfaction and then they are silenced again and kept confined within certain situations that are not conducive to spiritual growth and emotional well-being.

There are certain projects that exist on the earth plane that have served to deal with the consequences of this neglect. They have served their function well up until now, however there is a certain aspect that is still lacking that we would like to put in place through all of you. We believe that you are able to influence these types of groups

and organisations in your area and guide them towards raising their standards, the standard of services that they provide to others. We would like to put in place a way of people receiving what they need on all levels of their being. We would like to see their spiritual needs attended to.

Psychological well-being depends on one thing only, it is being heard and understood by another who is able to see what is going on in your life and when this one thing is in place you will see many forms of illness quickly clear up and disappear. When a person is heard and understood, on an emotional level, something changes within them and they start to take on new forms of behaviour because they know that they are understood by another member of the human race. It is a type of therapy we believe that already exists, where people attend sessions where they are listened to and understood and they receive tremendous benefit from this. There is another aspect that can be put into place, it is showing them that they are attuned to something much higher than simply the earth plane. It is showing them their connection with the Divine Source and showing them how to use this to make changes in their earth lives. We believe the two go hand in hand and if certain institutions are able to take this forward, they will see massive results on the earth plane.

We are sharing this piece of information with you which is very dear to us, very precious, because we believe that some of you here may take this forwards and show others how to do this on the earth plane. There is much suffering currently because peoples needs have not been adequately met up until now. When you are correctly understanding others around you there is a tension that disappears. You start to feel different around each other, you feel heard and understood on a very fundamental level of existence and this brings about a harmonious atmosphere on the earth plane for others to attune to. We would sincerely like this to be developed amongst you, to learn to listen and truly understand one another, one another's needs and desires, backgrounds. Your fundamental reality will change vastly through this simple correction that can be made in your societies.

Your goals up until now have focused upon the pursuit of particular outcomes in your life, on trying to make things happen, go in a particular direction and this is all good for you because your goals have a spiritual focus. However there is one more thing that is even more important, it is to create here on the earth plane

stability that others can attune to also. Without a firm solid foundation, here and now, certain goals cannot be adequately achieved. There will always be a surface tension that is there. The firm foundation that you are searching for comes through understanding others, it comes from truly appreciating the uniqueness of each individual currently situated in your lives. Without this sort of understanding there is nothing to build upon that is solid and stable.

All working relationships depends upon this level of understanding first and foremost. It has always been put last up until now, however it will be put first in the new age. Before individuals can work together there first must be suitable understanding between all of them. Before individuals can create a family together there has to be inherent understanding between them. Before individuals can create something magnificent together for other people to come in and enjoy there must be this basic foundation present between them. So you see everything that you desire depends upon this one thing. We believe one of the fundamental changes that will start to happen from next year onwards, is that people will be put first and foremost. All people will be allowed to speak openly, eventually.

Governmental regimes that do not allow this, will no longer exist. In the future it will become commonplace to speak out loud your feelings in the boardroom, to trust your intuition not only your mind and rational logic. It will become commonplace to start a sentence with 'I am feeling such and such...' You will no longer have to ask others how they are, they will tell you quite readily. You will no longer have to hide how you are feeling from others around you, because they will already know. There will be telepathic communication between all of you after 2012. The cosmic light that will come in from distant planetary sources will raise the vibration level on a very fundamental level of existence and people will readily understand each other's feelings. They will readily go towards one another when they are feeling hurt and be able to speak about what they are experiencing. They will start to find ways to clear up problems constructively, without undue tension, without undue stress.

For the first time you will see civilisation exist on the earth plane, because people will start to behave in a civilised way towards one another and people's fundamental well-being will be everyone's primary concern. For this reason I am asking all of you to prepare yourselves now, so that you may be role models for others to look upon in this capacity. It is in the area of emotions and feelings and psychological

well-being that you all excel in here. You are all able to influence the state of mind of others around you and in fact I see that your roles will be much larger than this, that you will be influencing policy makers into establishing a basic framework that accounts for the needs of people. The type of groups that are around at the moment must change accordingly to keep up with the times ahead. They are not aware of what is happening on a cosmic level, but you are. And you are all masters of communication in your individual ways and you may communicate to them openly about what is to happen.

There are two more areas we will touch upon, the first is personal. It is about not only using your time constructively but also assisting others to do the same. You see your paths are not individualised, you are all affected by the behaviour of people around yourselves, some of whom are not adhering to Divine principles, who are not able to orchestrate for themselves changes that they would like to see. For this reason, it is important to act as Divine ambassadors and to encourage others around you to make more healthy lifestyle choices. I believe your roles currently are to influence friends and family to make the right choices in their lives that will lead to health and happiness.

The second message I have for you is to remember to use your time to focus upon what it is you would like to manifest in your earthly lives for you to feel healthier, more able to assist others. I have suggested in a previous talk that people set up focus groups on manifesting what is they would like currently. I would like all of you to do the same, to set up groups that other people can attend, to show others how to create what they would like in their earthly lives. When the year changes, at the onset of 2012, there will be a change in the activity levels around and people will be busier focusing upon larger projects. Their state of mind will not be able to accommodate more personal issues in their lives as easily. It is an excellent time now to focus on your personal lives, to manifest more of what you would like to see in your lives and to assist others to do the same. By the end of the month I believe you will all have made good progress on this front.

I tell you now, it does not take long to start the process of manifestation. A very simple technique that I can show to you is to use your mind to focus upon what it is that you would like to see more of in your lives and to spend some time simply

doing this. Then you may even make a movement to accompany this focus. You may strike an instrument, like a Tibetan Bowl, to add energy to this process. You may take an instrument like a gong to add energy, or some bells of some sort. It is very simple. You see what you focus upon you create in your earthly reality. What you put energy into manifests physically and when you are using an instrument it creates even more energy, it amplifies everything that you are thinking of. So you see, this is the most basic way one can manifest quickly, rapidly.

Most of the time you are not aware of what you are thinking about, you simply have thoughts passing through your mind states and you are not focusing on any one thought in particular. When you are, it may often be a negative thought so your lives are not reflecting the Divine aspect of the self. If you use your time well in this regard, to focus upon only that which you desire to create, I tell you, you shall see massive shifts in your life quite rapidly. I assure you of this. The energies are ripe currently for this process to happen and it is not only you who are desiring to make changes in your lives, others also are on the same wavelength and when many decide together to change in a positive direction the results are cumulative and the changes you see are therefore rapid.

At the beginning of 2012 you will start to see massive changes happening, even before the light has arrived. The massive shift will happen at the later part of the year, not the beginning, but you will start to see people take the initiative right from the beginning because they believe it is up to them to create the changes that will happen in 2012. People will launch big projects at the start of next year and you must do the same, you must launch your individual initiatives on a larger level than before. You must reach out to many around you and say 'I am offering this to the world at large.' It is an excellent time to do this. I am not saying that you will have hordes of people coming straight away however you will be able to access more people than before in whatever initiative you are working for, in whatever project you would like to launch.

As the year proceeds the energies will start to dwindle down and you will notice a slump occurring by the mid part of the year. People will start to lose faith that massive changes will actually happen, they will become disillusioned with this myth that 2012 will bring big changes. I am forewarning you now so you may be well

prepared, so you do not believe what you see around you. As the later part of the year arrives you will gradually notice that people become excited, as though they are anticipating something massive, and yes they will be, although not consciously aware of it. There is a certain date that the light will arrive from another planetary source. You must be aware of this now so that you prepare yourselves for the arrival of this light because it will bring massive changes for all of you. I am not saying the changes will be physically manifest for all to see, there will not be catastrophes on the earth plane. You will not suddenly go to another dimension, you will all stay on this plane as you are now, however your light body will change dramatically and you will incorporate higher frequencies of light within you, quite rapidly.

The pervading consciousness will change around you like a light switch changing. That light will suddenly come on and be much brighter than ever before and you will all incorporate these higher frequencies of light within yourselves. You will start to feel buoyant and jubilant and yet you will not know the reason why because there will be nothing around you happening that is a cause for celebration and joy. It is how you will feel within yourselves and you will see the same changes happen in everyone around you and everyone will start feeling good and jubilant for no reason at all. For this reason people will start to come together more readily and you will notice your phone starts ringing much more often than before and old contacts will come back into your lives. People will suddenly start feeling more able to make changes in their lives, they will suddenly feel to take the initiative, to contact someone that they have thought about for a long time. They will no longer feel afraid of doing these things in their lives. Peoples' personal lives will improve dramatically.

Each and every person will feel this influence to a large extent. People will no longer feel despondent, disempowered in the same way as they have done in the past. I am not saying that the world will suddenly become a perfect place. The problems will not clear up by themselves, it will be you who will be changing internally, all of you, and so you will feel more empowered to come together to start creating solutions for the problems that you see around you. I am not saying problems will decrease, because they will not, and actually the problems will increase because you will suddenly start to see the world with new eyes. You will start to see the scale of suffering and discomfort that is already present, that you have shielded yourselves from because you do not wish to feel submerged by the discomforts of others, the

struggles of others. However you will also start to feel more empowered to create changes in the lives of others, you will start to feel that you are able to offer more than before because you will feel more buoyant within, because you will be able to offer your services along with others in order to provide solutions for those who are in desperate need of assistance.

Many have asked us ‘will there be greater natural disasters like earthquakes, hurricanes, tsunamis?’ Yes, there will be, however the answers will come readily from those who are willing to provide assistance. You see as the frequency of light increases on the earth plane, people lose their reluctance to offer assistance to others because they feel so full within themselves. They feel able to go forth and offer their services on a larger scale than before. They also feel more able to talk to others about the problems that are going on and people become co-creative, that is, they start to create solutions amongst themselves.

There is one more thing we would like to touch upon. Your efforts up until now have not been wasted here on the earth plane. Whatever you have given your time to, up until now, has benefited others. It has been the preparation phases of what is to come next. Just because things will change drastically, it does not mean that what you have given up until now has not been greatly appreciated by others. We understand that it may feel futile to try to assist others when there is so much work to do. It may feel like sometimes you are simply giving out energy to a bottomless pit that could always receive more, however none of your attempts to be of assistance have been futile at all because you have shown others the way to do things effectively.

You do not have to do everything yourselves, sometimes you simply need to be role models for others, to show them the way to treat others. Sometimes it is a simple act of kindness that shows others the way to do things. You do not have to empower each and every individual whom you meet, in fact you cannot do so because it consumes a large part of your energy to do so on a regular basis. All that you need to be doing often is acting in accordance with your intuition. Doing the right thing at the right time, that is all it takes on your part often to raise the vibration of a situation you may happen to find yourself in. Furthermore, you do not have to take responsibility for every member of the human race and what he or she does. Once you have done

your part, you may simply observe from a distance. Sometimes it may be necessary to intervene when harm is being caused by another individual's behaviour, however you do not always have to be the source of the light itself for others, sometimes you may stand back and simply allow the process to work through.

There is a certain degree of purification that needs to take place on the earth plane. Not every member of the human race can simply receive higher inspiration and healing and raise themselves upwards in this way. For some people it is necessary to experience the devastation caused by certain actions that they may take towards other individuals. For this reason there will always be a certain level of suffering on the earth plane that you cannot alleviate. You may try to, however your actions will not always prove conducive to a good result, sometimes they may even make a matter worse, sometimes we will guide you to stand back from a certain life situation that is going on around you and simply watch and observe.

I am telling you this now, because although it may be difficult to hear, it is the truth. We have done so on many occasions, we have simply watched until the people are ready to come to us and ask for assistance. You all must learn to do the same if you are to prosper good energy on the earth plane without the detriment of your own self. I have seen many occasions in the lifetimes, in your lifetimes, where this has been the case. Not everything that happens on the earth plane is for the highest good of all beings. You must become comfortable with this fact if you are to be agents of peace, alleviators of suffering. You must come to terms with this fact early on, at this stage of your lives if you are to go forth and take great strides forward. You must become comfortable with discomfort at times. You must become comfortable with watching people suffer at times. That is all I have to say.

Questions and Answers

Question : What's going to happen to the economy?

Answer : The economy will change gradually over time, it will not happen all at once. Many have predicted mass devastation on this front, but this is simply not the case. As 2012 approaches, there are many financial situations that cannot be resolved within the current system in place, however it will not change yet because people have enough resources, they have enough to eat and drink here in the West. When people are malnourished on a physical level, that is when they start to revolt, not before that time. When people have enough food on their plates, they may feel a slight discomfort on the earth plane, they may feel a certain lack in resources, but they do not feel enough lack to revolt against a system that has been in place now for many, many years, centuries in fact.

You must understand that the stability of the West revolves around the fact that people have enough of everything that they need most of the time. Poorer countries have a greater degree of instability because there are many hungry mouths that are not fed and people feel a huge discomfort with the regimes, the systems they live under, for this reason. Over the years the stability of the financial system currently in place will start to deteriorate as resources dry up. It is connected to the oil wells which are quickly running out. We believe by the year 2018 or so there will be massive shifts in the way the financial resources will be distributed. Your governmental organisations will no longer value paper money. Bank notes will no longer have value because material resources will be scarce.

You will see shifts in awareness that will result in a distribution system being put into operation that depends on skills and labour rather than banknotes. People will be rewarded according to the time they utilise assisting others in the distribution work of resources. It is difficult to comprehend right now, however there will be big changes in your lifetime and the system that will be put in place will work quite well, at the right time.

Question : When we ask for guidance, how can we be sure we are making contact with beings of light?

Answer : There is no way of knowing for sure until you have been deceived. There are many entities around who you may attune to and not all of them are from light and love and some of them seek to deceive you, tell you that they are this and that so that you believe their words and you give them authority over yourselves. We believe the only sure way is to listen to your own inner guidance of your own heart and mind, there is no other way of telling.

We have seen it many times over when people come to us and tell us that they are attuning to the Sirians or extra terrestrial sources or some other kind of light beings when it is simply not the case. You must carefully listen to your own guidance on this matter. We believe the best way of attuning to the Archangels, to angels, to higher beings, is to first create an environment that is sacred and divinely attuned to the Source energy. It is important to incorporate perhaps a mantra that is divinely attuned. It is important to pray and meditate regularly to build up that life force energy within you of the Divine itself, to cultivate this on a regular basis because then you cannot be deceived so easily, because then the light in you will not resonate with what you are hearing from this other source. You see, all light comes from the same place and when something is not divinely attuned, you feel it internally; it does not feel right within you, the message does not bode well. The more that you become accustomed to what this light feels like, the less you will be deceived. It takes practice, it does not come easily.

Question : Who and what is Lucifer?

Answer : I do not wish to discuss this topic in depth because the light in this room is so bright and it brings in a disharmonious energy. Yes Lucifer does really exist, it is not a myth and yes there are dark forces at work on the earth plane. They do not work through you, but they work through others who are good in essence but they have been deceived by the dark forces. There are also beings who are incarnate who make up part of this regime. They have been so hurt and wounded in the past that they choose this way instead of the light. Do not be deceived that it is any real

threat however, because it is not, because light always conquers dark and when you attune to any entity, in your hearts of hearts, you always see the light in them and they always see the light in you. When you send out this light to others they start to recognise themselves again so you do not need to fear the darkness, simply send light to it when it comes your way. Do not be afraid of it in any sense and do not dwell on the subject either because then it becomes a part of your reality.

Question : Is it the case that there is now a set timeline that humanity and Gaia are moving down or is it the case that moment by moment we, humanity and Gaia, are able to move and change into different timelines?

Answer : The timeline is now set and people have made the right choice.

11 - 11 - '11 marked a shift. It was like a light switch turning and things are heading in the right direction. There has been a shift in the collective consciousness now already made and yes we will head in a certain direction. It will be a good direction, there is no need to fear that the changes predicted will not happen, the positive changes, and the new era will be heralded in come the later part of next year. You have all made the correct choices up until now.

I am pleased that you have asked this question because up until now there has been a discrepancy amongst all of you about what is actually going on and some of you have predicted that the Earth has no more than 10 years left, some even say that it will end next year. This is no longer the case and I speak in these words because once it was the case. Enough of you have desired the light source that is coming for the new era to come in. Without a consensus amongst you it would not have been possible to even prepare you for what is to come and many of you would have simply left the planet because you would not have been able to handle what is to come. There are certain changes going on within you currently that you may not be consciously aware of but they are going on anyway, in all of you, because you have decided that this is to happen.

We on the angelic realm are bringing in higher frequencies of light to prepare all of you for next year. Without adequate preparation you would simply not be able to take in this level of light that is to come. It is like your physical bodies would not

be sufficiently prepared and so you would shrivel up internally, you would start to feel dazed and confused and this would quickly lead to chaos and disarray that would lead to disaster. I have seen this in an alternative reality. We see many things on this plane. We attune to many alternative realities at any one time and yes this has been predicted because at one time this was the case, when humanity really had to choose between the light and the dark, between going forwards and staying put, but enough of you have chosen and so it is all good now. You no longer need to worry, you simply need to focus on the task at hand. The world is already saved, so to speak, and take our words literally because it is quite true. This can be verified through numerous sources.