

## Earth Alliance & Patriot News for June 23th, 2022

By Mark Baughman

Sources: Ted Mahr videos, Q interviews, Gene Decodes live and videos, C-VINE.com, C-Vine News Network, Operation Disclosure, Jared Rand, Skye Prince, Before Its News, Michelle Fielding, Zorra of Hollow Earth, Alex Collier, Dinar Chronicles, Q drops, Benjamin Fulford Website, DoD, Era of Light, and Other Live Conference Calls.

**6/23/2022 News: Extremely Hot News; Major Points of the New 4<sup>th</sup> or 5<sup>th</sup> Dimension and the old 3<sup>th</sup> Dimension Control Matrix: Have you taken the Red Pill or to stay in 3D with the Blue pill? Nick's Video Notes, Nicks DoD Posts. Articles: The Arcturian Group: What You Hold in Consciousness, The Arcturian Group: Living Your Highest Truth, Solstice Gateway Sees an Unprecedented Number of Twin Flames Uniting, the 9D Arcturian Council: What You Need to Know About the June Solstice, The Hathors: Learned Behavior, Yeshua: No One Needs to Seek Love, Ivo of Vega: How to Contact Your Twin Flame.**

**Moving from the 3<sup>rd</sup> Dimension World of Duality to the 4<sup>th</sup> or 5<sup>th</sup> Dimension of Love & “Service to Others”.** (We are moving to 4<sup>th</sup> Dimension August/September 2022)

**Overall:** Through newly awakened awareness we are looking at the world with new eyes and choosing to reject many of the long held societal and religious rules that have held so many in bondage. We implement new awakened choices in our daily decisions and feel love and compassion.

**Unconditional Love & “Service to Others” in the New 5<sup>rd</sup> Dimension World!**

-) Opening up the Light of God: Consciousness is the substance of form and the collective is opening to a new and higher state of consciousness.

-) We are all connected through the Quantum Realm, with God's energy. We are connected in the "heart mind" or "soul" through this quantum energy of God. This is the communication pathway to God, all other beings and in the Universe. All answers are within; meditate, pray and listen. God does listen. (Go Within You will Discover Light of God). (Jesus Gospel: "Break a Stick, and I am There".)

-) With the 4<sup>th</sup> or 5<sup>th</sup> Dimension frequency increasing, so does our knowledge and awareness. This means our "consciousness increases, and we know "We are all one". We know God's true light. No more lies, we know for sure that God exists!

-) Opened up to understand and accept Oneness: "We are all One". Spirituality as ONE opens telepathic abilities and communication. We also understand that everyone affects everyone else. The movements of Spirituality, technology, and caring for one another helps everyone on the planet in so many ways. We call it living in "Service to Others", and when everyone does this, we will be living in paradise, really "Heaven on Earth". We together create Heaven on Earth, for All is One". Everyone and everything are connected.

-) From Yeshua: "You do not need to spend almost all your waking hours focused on those concerns and issues, whereas you do need to spend quiet time every day connecting with Source, by sitting peacefully as you invite Love into your hearts to embrace you and reinvigorate your energy fields."

-) You are adequate, therefore live and work together while living life with meaning; harmoniously, lovingly using your individual skills and abilities. You have awakened into the Reality of your Oneness, your inseparability from Source, and therefore from one another. Source *is* Creation, and so, therefore, you are a Creator.

-) MOTHER/FATHER/GOD – "The Almighty Creator of All Creation" *is* Love and Compassion, therefore so are you!

-) When you honor and respect yourself, the God Self, you honor “The Almighty Creator of All Creation.”

-) MOTHER/FATHER/GOD “The Almighty Creator of All Creation” *never* blames, judges, or condemns –only *embraces* all most lovingly.

-) Love is within yourself, all judgment has fallen away and, you are most happily at peace with yourself in complete self-acceptance, and in loving and compassionate acceptance of all others.

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## **Points of Duality & Separation in the Old 3<sup>rd</sup> Dimension World**

-) Third dimensional living is built on and manifests from what is already known and accepted in a universal consciousness of duality, separation, and two powers. Because they do not yet understand that all answers lie within, the majority continues looking to the “experts” in all areas of life—religion, philosophy, education, law, medicine, government etc. for answers, truth, and knowledge.

-) The church demands total commitment to their teaching and discouragement of a personal relationship. Belief in the church and engagement in formal worship and prayer is the only way to attainment in becoming a spiritual being. Prevalent in many churches, the enjoyment of ordinary living is not spiritual. Dictating rules regarding exactly which activities are spiritual and permitted and which are sins worthy of punishment, which keeps dogma alive and continued separation based on sin, unworthiness and punishment.

-) ALL Religion has been manipulated to control the population. These teachings began long ago because they allowed those in power, especially religious power, to control and take from the lives of a majority that were uneducated and naive.

-) Sin is not real. No one is a sinner. The Churches do this to control you. Often the minister’s sermon on sin is an emotional ploy so that you will

leave feeling “lower than dirt.” There is right and wrong and the ten commandments as guidelines but “Sin” was put there to control.

-) Fear and familiarity are the reason so many continue to hold fast to obsolete beliefs even when they have resulted in painful, unfulfilling, and sometimes downright horrible life experiences. Fear is nothing more than an expression of duality and the separation of consciousness. This is an underlying source of every discord on earth.

-) It has long been taught that suffering brings a person closer to God, that in order to become “holy” a person must suffer and offer the suffering to God in reparation for their innate human sinfulness as if God could be happy in the suffering of ITself individualized. Some believe that if they aren’t suffering enough, they must help things along through activities that bring about physical pain. If suffering existed in Divine Mind, it would be permanently held in place by Divine Law, never to be healed or changed. Therefore, one does not have to suffer or be celibate to be closer to God, that is NOT what he/she intended.

-) “The Almighty Creator of All Creation” knows that all in form are *desperately* seeking Love, and the more desperate a person is the more unloving their behavior tends to be. ANYTHING that is not in alignment with Love is a very desperate call for Love.

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### **(Major Energies from Central Sun, Changing Everyone’s DNA) Solstice Gateway Sees an Unprecedented Number of Twin Flames Uniting Excerpt:**

Gaia is currently coexisting on 2 predominant collective timelines. The ending of the timeline of Kali-yuga and the opening timeline of the golden age...As a result of this, the Earth is now being bombarded with an intensified level of gamma-ray infusion. We wish to inform you that the gamma rays that are predestined to pour into the Earth at the Time of the solstice are carrying a mutated, upgraded and transformed geometric light patterning and are therefore configured differently to the previous gamma rays that have been pouring forth from galactic central hitherto this point.

At this conjecture, it is important to note that the gamma rays communicate specifically with the DNA in the human body. In fact the gamma rays infuse with the DNA via a Fibonacci spiraling sequence, which locks into the human DNA much like a key and a lock, this interlocking communicates messages to the human DNA informing it to upgrade and configure into alignment with the Ascension codes that are stored in the bodily system, and these codes hold information pertaining to the construction of the human light body.

During extremely potent and auspicious energetic portal dates such as solstice, it is crucial to gather together in Ascension groups, in order to radically assist Gaia to ground and assimilate these upgraded codes and frequencies.

As these new upgraded gamma rays lock into humanities DNA spiral, this sends information to the DNA to align with the soul gifts of clairvoyance, clairaudience, telekinesis, remote viewing, telepathy, and so much more. This upgrade will also manifest for many of you as a heightened degree of serendipity and synchronicity in your life, and a definite experience of divine intervention in terms of aligning you with your highest Kristic timeline destiny.

These light codes are designed to communicate directly to the pineal gland, the organ in the body that governs multidimensional awakening and knowing, and as such these powers are set to be magnified in this particular gateway.

The time for the lone wolf is no more dear ones. Please know that we are collectively entering into and anchoring the new earth golden age Paradigm timeline, and It is highly advisable that you gather together in your soul groups to assist Gaia to harness this newly upgraded bombardment of light codes.

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### **How to Stabilize Yourself Excerpt:**

“One of the greatest repercussions of the grand transition the human race is undergoing right now is destabilization. To review a little context here, the human race is now going through the greatest

transition it has ever experienced at any other historical period. There are several reasons for this.

The human race has always been evolving and is continuing its evolution at a breakneck speed right now even though many people are so disgusted with human activity and behavior that they are convinced the human race is actually regressing. This may appear to be so but it is entirely inaccurate. Right now, the human race is going through puberty, moving from childhood to adulthood through the transitional stage of adolescence. Anybody who has been around adolescents, especially delinquents, may also be convinced that they are regressing but that is obviously not so.

The transition to adulthood can be very difficult and that is what we are in, squeezed into a fifty-year period of time. Not only are we evolving in terms of our scientific, technological, and economic accomplishments, but we are evolving in terms of our spirituality and consciousness. However, we are not all evolving at the same rate and this creates huge polarization and conflict that threatens to tear our world apart. In fact, not every member of the human race is evolving through puberty at this time. Some are just shifting from infancy to toddlerhood, some from toddlerhood to child stages, and some are moving from adolescence into adulthood, and some are even moving from adulthood to the mastery stage. So, what each of us wants and needs right now is very different and the changes that some humans need to make deeply threatens others who are not ready to make those types of changes. In other words what we have is a great deal of chaos and destabilization across the board.

**Change always comes with destabilization.”**

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### **The 9D Arcturian Council: Are Reptilians, AI & Cabal Groups Preventing Ascension? Excerpts:**

“But the natural evolution process is the best way to raise your level of consciousness, and we see how you all participate in the natural evolution process, consciously and subconsciously, and we

just want you to understand that the old-fashioned way is still the best way to evolve and to ascend.

You do want to meditate, process your emotions, offer forgiveness, and focus on your vibration. You do want to be aware of your thoughts and the words you speak, and in today's world, the messages you send electronically.”

All of it just keeps you from focusing on what is truly important, which is always what's going on within you.

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### **Ivo of Vega: How to Contact Your Twin Flame Excerpts:**

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“Energy course is about is teaching you how to start using your inner perceptions, your inner senses and to start seeing life from an intuitive perspective, not from strictly your intellect. The intellect and the intuition are meant to work together, but we've been overusing our intellect and under-using our intuition.”

“Stop taking, start giving. Become a good steward of the earth. Why? Because these are fourth dimensional ways of being. You will be vibrating at a fourth dimensional level.”

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### **Fleming DoD Posts 6/22/2022**

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**nvflaming**

Jun 22

The latest RV GCR update going around is the same ole, same ole, BS that we've heard for decades - "Redemption Center Testing is going on."

Translation, this Biden Administration and Friends and Family have the opportunity to benefit. Didn't we hear this same thing for every Federal Administration for the past 25 years and more? We heard about this back when the Clinton regime benefited with Kuwaiti dinar and that whole rigmarole, remember?

There's not much for those of us that are outside of this circle of influence, to do but patiently bide our time. We know how to do this since we've managed to put everything on pause for such a long time, so well. This is a watch and see time, all while doing your best to stay healthy - which is a feat in and by itself. Stay healthy and try and not be too unhappy over the stalemate we appear to be forced to endure. There is massive back-and-forth underway, and everything must be handled lawfully, appropriately and with finality, before it's safe for us to Redeem, and the world to see 1,000 Years of Peace and Prosperity.

We're looking for some PROOF of the start of Lawful Global Systems - this is "SYSTEMS" - caps necessary. We are all benefiting from the Shift to Quantum Systems which will affect every area of our lives. This world will be healed. We all will be healed. This is happening. That's a great thing to focus on.

### **Fleming DoD Video summaries 6/17 & 6/18/2022.**

We are not in charge—the QFS decides when the R/V GCR goes, only those codes are left to drop. All else is ready. Most think fake Biden needs to go first. No concrete date. (Prime Creator is in-charge when it goes!)

In Dinar land, lots of chatter, but that is probably just talk

But Iraq already gets 1 to 1 for oil and they get paid in Dinar.

Iraq keeps everyone in the dark. Iraq can start by themselves.

Deep State Government Janet Yellen can stop the real value of the Dinar listed on Forex & even the back screens, one they revalue now, until a New Government is formed or Biden Administration taken down.

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**Ted Mahr Video Notes- 6/7/2022--He says October is going to be a magical month. Especially, the 10/22/2022. This might be the Time for the Med-Bed to be brought out.**

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**News from Simon Parks: He had an Ascension call, and wanted everyone to think “a Dark Cube” to bring about Ascension. CLEARLY, THIS IS NOT RIGHT!! This is illuminati thinking! Everyone wants & needs to send “Love & Light”, it appears he is compromised and please send him “Love & Light”!!**

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**The Arcturian Group: Living Your Highest Truth Excerpt:**

“Organized religions the world over has played a very large part in this. It can be very difficult to break away from the security of having someone tell you what to do, what is right, and how you will be “saved” if you abide by certain rules. Yes, you will be saved from a lot of things when you live truth, but much of what has been and continues to be taught as truth is not truth at all being nothing more than ego based three dimensional concepts of real truth.”

“Unfairness, discord, and long hidden activities of selfishness must first be exposed, witnessed, and seen for what they really represent before change can happen which is why there seems to be so much of it in the world at this time. Remember, earth is a planet of time and space and the process of ascension is unfolding. These things will not last forever because there is no Divine law to support them.”

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**The 9D Arcturian Council: What You Need to Know About the June Solstice Excerpt: (June Energies coming in)**

“Now, some people on your planet are not ready for that just now, and so, what they will get will be an energetic download that assists them in preparing for those gifts to be activated. But those of you who are ready and who have been waiting for specific gifts to come online, this is your time. This is a time of greater awareness. That’s what we would call a time of awakening. It’s about awareness, and one of the things you need to be made

aware of is how much is inside of you, how much you've already accomplished in other lifetimes, and how much you still have yet to tap in to. It's all coming. It's all on its way, and it's all directed to you, specifically. That means it's time for you to relax, let go, and open up to receive. You can expect your gifts and abilities to come online, and you can prepare yourselves by being grounded in your bodies, being hydrated, and letting go of that which is not serving you.”

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## The Arcturian Group: What You Hold in Consciousness

Posted on [06/07/2022](#)



Dear readers, welcome to this [message](#) which in reality is your message because consciousness draws to itself that which it is in alignment with and thus through these messages you are attracting to yourself what it is you need to know, understand, and are ready for. This is why it is so important to be aware of what you hold in consciousness.

World events continue to cause stress and confusion for everyone. Those who have attained a consciousness of oneness understand that there is an energetic shift taking place but they too are experiencing a sense of sadness because they know that the world could be so different. Never forget that a new and different world is the goal, the [Divine Plan](#), and will happen.

Allow the process dear ones for all is proceeding according to plan and anything not in and of Divine consciousness is temporary.

Many of you are finding yourselves increasingly drawn to step back from activities and people that were once important to you. This is because you have evolved and your consciousness no longer resonates in alignment with some of these activities and individuals. It does not mean that these

things were inappropriate or false, it simply means you have moved into a different state of consciousness.

When you choose to withdraw from things that once played a large part in who you were it often brings angry responses from those who were involved with you through activities or as companions. Your withdrawal is seen as personal rejection by those not yet able to comprehend that energy seeks to align with like energy and your energy has changed.

Love those who may feel hurt and rejected because you no longer enjoy doing the things you once did. Do not engage in argument. Participate now and then, because it doesn't hurt to "play the game" in order to be loving on a level they can understand. It often happens that those who have been close longtime friends are open to the idea that some things may feel finished for you and it is not a personal rejection of them. These friendships often continue in a higher and more satisfying form.

Everything presently known and accepted in the third-dimension belief system is changing. Some things will change radically and some not, but as collective consciousness increasingly awakens it cannot help but manifest as higher forms. Many long-established institutions and belief systems will no longer be as they have been because the energy that maintained and sustained them will no longer exist.

Those living fully in the three-dimensional belief system and dependent on the outer world for their good are experiencing fear at this time. Change is destroying the illusory foundation they have built their lives on leaving them floundering and confused. However, the crumbling of a false foundation is often the wake-up call necessary to force them into new and higher ways of thinking. Allow the process dear ones, just allow, trust and know that everything taking place at this time is a facet of earth's ascension process even if things do not appear to be very spiritual.

**Third dimensional living is built on and manifests from what is already known and accepted in a universal consciousness of duality, separation, and two powers. Because they do not yet understand that**

**all answers lie within, the majority continues looking to the “experts” in all areas of life—religion, philosophy, education, law, medicine, government etc. for answers, truth, and knowledge.**

**Because most experts research, draw information, and come to conclusions through the three dimensional belief system, the facts they promote and which have come to be accepted as the final word on a topic, will change as consciousness changes, leaving these experts and those dependent on their findings confused, angry, lashing out, and resisting as new ideas begin to surface.**

The findings of experts have always been considered to be truth in the minds of most but as increasingly more individuals awaken and begin to trust their intuition, they are starting to question many commonly accepted beliefs. **Through their newly awakened awareness they are looking at the world with new eyes and choosing to reject many of the long held societal and religious rules that have held them in bondage.**

Many young people today are rejecting commonly accepted three dimensional rules and regulations to the dismay of their parents. Large numbers of very evolved souls chose to incarnate at this time in order to add the Light of their evolved consciousnesses to the collective. The majority of them long ago evolved beyond what the earth’s present-day belief system still considers to be real and important. To their evolved states of consciousness, many current three-dimensional rules and regulations just seem silly, unimportant, and irrelevant.

The density of earth’s energy prevents them from actually remembering who they are and why they came. They don’t understand why they are “different” and frequently do not fit in with their peers. Because of this many have become depressed, confused, and even suicidal. However, with time and maturity most will eventually come to understand that they must play the three-dimensional game a bit in order to be understood by those not yet at their level of awareness and do what they came to do.

Parents, do not try to force these children into three dimensional molds they have evolved beyond. They need loving guidance for living in a world that does not fully resonate with them, but allow your intuition to guide you rather than societal opinion.

**Fear is the reason so many continue holding fast to obsolete beliefs even when they have resulted in painful, unfulfilling, and sometimes downright horrible life experiences. Fear is nothing more than an expression of separation consciousness and is the underlying source of every discord on earth.**

When a person believes themselves to be separate from God, people, other life forms, and what they need, they feel unloved and unwanted. Not knowing how to deal with these emotions, they frequently blame those in their life lashing out at them physically, emotionally, and mentally in an attempt to prove that they are “somebody”, have power, and are worthy of respect and love. This can easily be observed in individuals rich and poor, some police, governments, some military, corporations, and in many present-day three-dimensional institutions.

Open yourselves to the Light dear ones. Allow the fresh air of that which is new and higher to have a prominent place in your thinking rather than continuing to constantly compare the present with the past. Despite what many believe and hope for, the past is not going to return exactly as it was because the energy that formed it is no longer the same. **Consciousness is the substance of form and the collective is in the process of opening to a new and higher state of consciousness.**

Allow yourself to let go of anything that feels finished and complete regardless of what others may tell you. Empowerment is the trusting of and acting upon your inner guidance and intuition.

BEing Light does not mean you must always be consciously thinking of spiritual truth. Once a consciousness of truth and oneness is attained, it is yours forever and will continue to spiritually unfold because Consciousness is infinite. Know that you can never revert to an outgrown state of

consciousness even if you should try as some have done in the hope that it would make life easier.

**When you are happy, doing what you love, your energy vibrates at a higher frequency because love and joy are the reality. Because there is only ONE, the state of your consciousness effects everyone else. Spending time in the nature, smelling and appreciating the beauty of a flower, watching children play, reading a good book, talking with friends, doing work you love, or engaging in a creative activity that you enjoy are all spiritual activities because they lift your energy into a higher frequency.**

**The belief that you are not being spiritual when you engage in activities other than conscious worship or formal prayer reflects old religious teachings and dogmas that remain alive and well even today. Teachings that say the enjoyment of ordinary human living is not spiritual are still prevalent in some churches, even to the point of dictating rules regarding exactly which activities are spiritual and permitted and which are sins worthy of punishment.**

**It has long been taught that suffering brings a person closer to God, that in order to become “holy” a person must suffer and offer the suffering to God in reparation for their innate human sinfulness as if God could be happy in the suffering of ITself individualized. Some believe that if they aren’t suffering enough, they must help things along through activities that bring about physical pain. If suffering existed in Divine Mind, it would be permanently held in place by Divine Law, never to be healed or changed.**

**These teachings began long ago because they allowed those in power, especially religious power, to control and take from the lives of a majority that was uneducated and naive. Most of you have lived lives under the influence of these beliefs and may find that they occasionally pop up in your thinking about suffering. **Suffering can indeed be a wake-up call for those who need it, but concepts about****

suffering giving pleasure to God must be seen for the nonsense they represent and once and for all be let go.

Know that...

God does not, never has, and never will take pleasure in the suffering of ITself as you.

We are the Arcturian Group.

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## **The Arcturian Group: Living Your Highest Truth**

Posted on [06/20/2022](#)



Welcome dear readers. Always know that these messages are sent in love and with the intention of bringing hope and information to you who courageously chose to be on earth at this time in order to assist with her spiritual ascension.

**Personally, and globally a great deal is happening behind the scenes that you are not yet aware of. Long buried densities are surfacing and clearing, hearts are opening, and minds are becoming increasingly more receptive to new ideas. Collective consciousness represents the accumulated energy from all states consciousness and has remained unenlightened for a very long time. The collective is now beginning to open and resonate at a higher level due to the presence of so many more evolved states of consciousness on earth which will automatically replace much of the old and false.**

The high resonating energy brought to earth by evolved individuals who chose and are still choosing to be a part of earth's ascension process was needed to "jump start" earth's collective consciousness. As more spiritually

evolved ideas and information flow into the collective it will give people access better and more evolved ideas and bringing about clearings and change. You who willingly chose to come into the dense energy of a three-dimensional world in order to serve its ascension process are respected, honored, and very loved by those observing from the other side.

The majority are not yet aware of what is taking place because much of it has not yet manifested outwardly and most of what has is not being understood for what it actually is. The manifestation of anything begins in and as consciousness where it then takes form. Form exists in all dimensions but on earth in the density of three-dimensional energy forms are physical or material.

This is why those with only an intellectual knowledge of some truth do not see it manifest in their life and begin to question their path or truth itself. Intellectual knowledge is only the first step toward attaining the actual consciousness of truth. Consciousness is the substance of form.

Increasingly more individuals have become aware that many of commonly accepted beliefs and rules for “correct” living do not serve everyone but rather represent long held and accepted means for egos to express self-righteousness and “power over”. The result of this is that many have chosen to no longer accept and abide by the rules and regulations they do not align with and were held in place through guilt, fear of punishment, threats, and banishment.

**Organized religions the world over have played a very large part in this. It can be very difficult to break away from the security of having someone tell you what to do, what is right, and how you will be “saved” if you abide by certain rules. Yes, you will be saved from a lot of things when you live truth, but much of what has been and continues to be taught as truth is not truth at all being nothing more than ego based three dimensional concepts of real truth.**

Many present-day false teachings had their origin in the minds of those who meant well, but were only able to understand truth through the

limitations of their three-dimensional state of consciousness. Truth should never be organized because the minute it is, it attracts differing states of consciousness many of which are simply not at a level of consciousness able to comprehend the message of the original teacher. The real teachings of many high resonating spiritual way showers have been lost through organization.

People are becoming weary of perpetual wars and violence, no longer seeing these things as necessary for peace. Increasing numbers are starting to see with new and more evolved eyes, realizing how war and violence against fellow human beings represents only separation and “power over” rather than bravery and greatness as is touted by those who strive to perpetuate it. Know and understand that we refer to those who create and benefit from war rather than those who are forced to actually engage in, be maimed or killed, and who believe war is necessary.

**As increasingly more hearts open to a sense of Oneness, the stupidity of killing a fellow human being because one wants what the other has or for any other reason will become increasingly more apparent to the majority.** Higher states of awareness are dawning in human minds but actual change can only come from the people themselves as they begin to claim their power and realize that looking outside of self to a government, politicians, famous people, church leaders, some expert, or weapons to save them is the denial and surrender of their own innate power.

**Unfairness, discord, and long hidden activities of selfishness must first be exposed, witnessed, and seen for what they really represent before change can happen which is why there seems to be so much of it in the world at this time. Remember, earth is a planet of time and space and the process of ascension is unfolding. These things will not last forever because there is no Divine law to support them.**

We would speak of gratitude because gratitude is a facet of love, both belonging only to God. No one person in and of themselves, has either love or gratitude to give which is why at some point in everyone’s spiritual

journey they must cease looking to others for love or gratitude and begin seeking it from the only place it exists—from within- God.

It is humanly natural to expect love or gratitude to come from certain people and when it doesn't it is easy to blame them or even yourself. However, those from whom you may expect it do not in and of themselves have it to give for love and gratitude are Divine qualities that flow through individuals, but never from them. The love or gratitude you seek may never come from those you may expect or want it from, but if you acknowledge and seek it from within— (I can never be separate from the Love I am, I am forever complete and whole because I AM) it will flow to you in ways and from places you least expect.

Express gratitude for Cause, rather than effect—gratitude for the qualities of Source that are manifesting and appearing outwardly as that which, you are grateful for. If you feel gratitude for some person or persons in your life, see them as outer expressions of your oneness with Divine harmony and wholeness. If you feel gratitude regarding some event or happening, acknowledge it as the manifestation of spiritual completeness.

Give gratitude for the law of infinite abundance when money or goods come your way. Realize that beauty in all its forms— flowers, art, nature, a baby's laugh, etc. And the pleasure these things bring are in reality manifestations of the ever-present joy, love, peace, harmony, and perfection of Divine Consciousness. Do this with everything you feel grateful for, honoring Cause rather than effects because effects can come and go but Cause never does and will simply express ITself in new forms.

Give gratitude for lessons learned through experiences that may now or in the past have been humanly unpleasant or painful. Life lived on earth is a chosen opportunity to spiritually evolve and nothing is actually random but rather representative of the choices you knew were necessary in order to bring you more deeply into a realization of Oneness with Source.

Looking for love or gratitude outside of Self is a form of idolatry. Divine Consciousness/Source/God is all that exists and when that reality becomes

your attained state of consciousness, it automatically manifests in, as, and through every aspect of daily living without any personal effort.

Present times have become difficult for many but remember every person is learning what they came to learn and that every person approved their life contract before incarnation. Nothing is an accident and no one is a victim although it seems that way if judging by appearances.

Be the Light, living your highest truth as best you can with no self judgement if you fail now and then. Lend a helping hand when and where you are guided knowing that all is proceeding according to a Divine plan in spite of the facts and information you read and hear from outside sources.

Rest within, trust your intuition, and simply and without judgement let the “heathen rage” (Psalm 2)

We are the Arcturian Group.

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## The 9D Arcturian Council: Are Reptilians, AI & Cabal Groups Preventing Ascension?

Posted on [06/23/2022](#) by [EraOfLight](#) — [Leave a reply](#)



Greetings. We are the Arcturian Council. We are pleased to connect with all of you.

We are looking for the natural evolution process there on Earth and looking to encourage all of you to participate in it consciously and deliberately. In other words, we know there are a lot of people out there who are telling you that they have the shortcut, the way to bypass all of the work, and that you can grow by leaps and bounds if you just use this technique or this device. **But the natural evolution process is the best**

way to raise your level of consciousness, and we see how you all participate in the natural evolution process, consciously and subconsciously, and we just want you to understand that the old-fashioned way is still the best way to evolve and to ascend.

You do want to meditate, process your emotions, offer forgiveness, and focus on your vibration. You do want to be aware of your thoughts and the words you speak, and in today's world, the messages you send electronically. You want to be aware of these things because they are so much more powerful than anything that is happening outside of you or anything that could zap you or force you into a more enlightened state.

And we say that with the full knowing that you are getting help from outside of you, but that help is always meant to get you to focus more inwardly than you currently are and currently do. So, you have a choice to make when it comes to your spiritual evolution. **You can look to the predictions about med beds, and solar flashes, and things that can fix all of the problems of your world at the drop of a hat, or you can choose to take more control of your spiritual evolution by paying more attention to what's going on inside of you. That is one of the biggest benefits of meditation. Meditation brings you more awareness, and with more awareness, you can make more changes, the changes that need to be made, the changes that will be made one way or another.**

Taking on your work deliberately is the much better and easier path, because if you put things off and push things down, they eventually erupt out of you, and then you have a bigger mess to clean up while you are doing the necessary work on yourselves. Lately, we have noticed the power of connection for human beings. In other words, many more people are seeking out connection with those like us, and we help you to pay more attention to what you are thinking, feeling, and vibrating, but we also offer a higher vibration to you, and that is an invitation that we are sending out for you to join us in the higher-vibrational realms.

When you make connections, you reach up, as well as in, and it is through that reaching up vibrationally that you make a huge impact on your normal set point vibration. That is needed for each individual in order to handle

the energies of ascension. Otherwise, as we said, you are just making it harder on yourselves by ignoring everything that's going on inside of you and looking outside of you for the answer, or for the e.t.s who will swoop in with their more advanced technology to make everything better for humankind. We know that there's a lot of focus on A.I., and reptilians, cabal groups, and so on, and the idea that they all must be defeated before you can access the truth of who you are within you, and none of that is true. **All of it just keeps you from focusing on what is truly important, which is always what's going on within you.**

And so, we are happy to be one of many groups and beings that you can reach out to for connection because we know that our vibration is helpful. We see the impact that our energy transmissions have on all of you, and we know that you, as the awakened collective, are ready to not only receive those higher-frequency vibrations, but also to spread them around to your fellow humans. And that is how your seeking of connection helps everyone, regardless of whether they are seeking it and regardless of whether they are listening to anything you are saying. This is one of your many gifts that you have to give to your fellow humans, and everyone is benefitting from that particular gift of connection.

We are the Arcturian Council, and we have enjoyed connecting with you.

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## **Solstice Gateway Sees an Unprecedented Number of Twin Flames Uniting**

Posted on [06/22/2022](#)



Dearest beloveds,

Greetings of the highest. We come forward now in this moment of your time, with important news regarding the upcoming solstice gateway. As we stated in our last written transmission **Gaia is currently coexisting on 2 predominant collective timelines. The ending of the timeline of Kali-yuga and the opening timeline of the golden age...As a result of this,**

the Earth is now being bombarded with an intensified level of gamma-ray infusion.

We wish to inform you that the gamma rays that are predestined to pour into the Earth at the Time of the solstice are carrying a mutated, upgraded and transformed geometric light patterning and are therefore configured differently to the previous gamma rays that have been pouring forth from galactic central hitherto this point.

At this conjecture, it is important to note that the gamma rays communicate specifically with the DNA in the human body. In fact the gamma rays infuse with the DNA via a Fibonacci spiraling sequence, which locks into the human DNA much like a key and a lock, this interlocking communicates messages to the human DNA informing it to upgrade and configure into alignment with the Ascension codes that are stored in the bodily system, and these codes hold information pertaining to the construction of the human light body.

During extremely potent and auspicious energetic portal dates such as solstice, it is crucial to gather together in Ascension groups, in order to radically assist Gaia to ground and assimilate these upgraded codes and frequencies.

As these new upgraded gamma rays lock into humanities DNA spiral, this sends information to the DNA to align with the soul gifts of clairvoyance, clairaudience, telekinesis, remote viewing, telepathy, and so much more This upgrade will also manifest for many of you as a heightened degree of serendipity and synchronicity in your life, and a definite experience of divine intervention in terms of aligning you with your highest Kristic timeline destiny.

These light codes are designed to communicate directly to the pineal gland, the organ in the body that governs multidimensional awakening and knowing, and as such these powers are set to be magnified in this particular gateway.

The time for the lone wolf is no more dear ones. Please know that we are collectively entering into and anchoring the new earth golden age Paradigm timeline, and It is highly advisable that you gather together in your soul groups to assist Gaia to harness this newly upgraded bombardment of light codes.

The reason why this is so advisable is...individually you are powerful beyond your wildest imaginings so therefore when you come together and unite your intentions collectively, this sends out an almighty wave of information to the collective consciousness to come into vibrational alignment with these new upgraded instructions/ patterning.

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## **How to Stabilize Yourself**

Posted on [06/22/2022](#) by [EraOfLight](#) — [Leave a reply](#)



One of the greatest repercussions of the grand transition the human race is undergoing right now is destabilization. To review a little context here, the human race is now going through the greatest transition it has ever experienced at any other historical period. There are several reasons for this.

The human race has always been evolving and is continuing its evolution at a breakneck speed right now even though many people are so disgusted with human activity and behavior that they are convinced the human race is actually regressing. This may appear to be so but it is entirely inaccurate. Right now, the human race is going through puberty, moving from childhood to adulthood through the transitional stage of adolescence. Anybody who has been around adolescents, especially delinquents, may also be convinced that they are regressing but that is obviously not so.

The transition to adulthood can be very difficult and that is what we are in, squeezed into a fifty-year period of time. Not only are we evolving in terms of our scientific, technological, and economic accomplishments, but we are evolving in terms of our spirituality and consciousness. However, we are not all evolving at the same rate and this creates huge polarization and conflict that threatens to tear our world apart. In fact, not every member of the human race is evolving

through puberty at this time. Some are just shifting from infancy to toddlerhood, some from toddlerhood to child stages, and some are moving from adolescence into adulthood, and some are even moving from adulthood to the mastery stage. So, what each of us wants and needs right now is very different and the changes that some humans need to make deeply threatens others who are not ready to make those types of changes. In other words what we have is a great deal of chaos and destabilization across the board.

**Change always comes with destabilization.** When you move from one part of town to another or from one city to another there is a period of destabilization and adjustment. There is a period of time when you can't find any of your belongings because they are still in boxes and you don't know where the shops are or the best routes to anywhere. Your neighbors are all different people and there are many things to get used to. You may have taken a new job; the kids are going to new schools and all your family's routines are disrupted for a period of time. In a word it is a stressful time, and you are destabilized, probably thinking, "I just want to skip forward six months" or "I wish this was over." So, destabilization comes with some resistance and anxiety.

The kind of destabilization we are in right now is more severe than what I just described. The amplitude has been steadily going up and the vibration of everything is changing by the day. Perhaps you experience this as that nothing looks familiar anymore. You may be asking, "What country is this anyway?" What year or month is this? What season is it? Nothing is the same anymore. I feel freaked out. All of my friends look way older than they did a little while ago. How much time has gone by? How did the kids get so big? How old am I? Do I have dementia or what? I don't recognize this street. Where the F\_\_\_ am I anyway? How did the country get into this state all of a sudden? This may sound extreme but many people are actually experiencing this. Some people chalk it all up to having had Covid and struggling with brain fog and the like but even people who have not had Covid are saying these things. You can't tell if that weird feeling is indigestion, or if you have taken something that is altering your consciousness, or if you are coming down with the flu. The next minute

you are feeling fine, maybe even great. One minute you are anxious and depressed and the next you feel your heart has opened wide and you love everyone.

Consider these alterations to be the new normal. Yes, you are destabilized and that is the price you pay for admission to the next phase of humanities' evolution. We are evolving very rapidly and everything is crumbling, especially our comfortable relationship with what we think is our reality. Reality is being shaken to the core and this is only the beginning. Is it any wonder many younger souls are completely losing their marbles and shooting everyone in sight? Is it any wonder that people are electing officials that are clearly off their rockers? Is it any wonder that conspiracy theories seem to have hijacked balanced reason? Price of admission folks, and a steep one at that?

How do we stabilize ourselves? Clearly many people's choices only destabilize them further. Reaching for the bottle can seem like a good idea to some. Racing around city streets in the middle of the night is another strange attempt to stabilize. Buying guns and loading up on ammunition may seem to some like a way to stabilize. Going online and seeking answers in radical sites is another attempt. They are all doomed to failure. In fact, most of our attempts to cope externally are doomed to failure and usually only make the problem worse.

The problem is that the ego, our false personality has never been stable. It is subject to the vagaries of other people's judgements and opinions, to cultural norms, to political movements, to conditioning, programming, and brain washing. No stability there. In the end it can't even wipe its own ass (pun intended). It only knows how to compare, judge, whine, complain, blame and a few other unsavory ways of being. In the end, whether your false self has you wearing a business suit and sipping fine wines or dressing in a street person's rags it holds no lasting promise of anything but more misery.

Your awareness of your own presence, your awareness of your own being, your own consciousness, is the only thing that is ultimately stable. Why?

Because by definition it never changes. It is always, always, ever present and witnessing your life as it is. Your consciousness is absolutely neutral but it is not cold and uncaring. It is the only thing within you that loves, that is known by love, that knows without having to think. It just is, being now, unconcerned with time, place, or movement. The awareness within you never goes anywhere, has never gone anywhere in your life no matter how fast you were running or driving. Even if you are racing to get to work or home at the end of the day, it is completely still, has no agenda, does not care. It is spirit knowing you as you are and recognizing you as part of itself. That is the definition of stable and that has always been so and will always be so.

In these times of ultimate destabilization this is your only real port in a storm. Even your reliable mates, friends, and relatives are in this moment going through their own destabilization and not to be completely counted on to be sane from one moment to the next.

The most stable things in the universe are not objects because objects are subject to destabilization. Your awareness, your beingness is not an object. To the degree you identify yourself as an object is the degree to which you are unstable. This is not an optimal anchor to have. A more optimal anchor is your being because your being is actually not yours but belongs to Spirit and Spirit is the best possible anchor you could have.

Therefore, sanity resides within you, right here, right now. You are actually stable in your awareness and presence but maybe you haven't looked there yet. You have always been stable, will always be stable beyond death and rebirth. Your sanity is free, costs nothing but your attention. It's like a big jug of water right in front of you when you are frantic with thirst and are looking everywhere for a drink.

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## **The 9D Arcturian Council: What You Need to Know About the June Solstice**

Posted on [06/18/2022](#)



Greetings. We are the Arcturian Council. We are pleased to connect with all of you.

We are very aware of the changes that need to take place there on Earth, and we are also aware of the energies that we can provide that will help you to make those changes. We want you to know that there are so many who are working on your behalf at this time, and of course, you always have your sun and your own planet sending you energies assist you. The solstice is one of those times when the sun gives you a little extra, and it is also a time when all of us give you a little extra because of the alignments, because you are more open and receptive at the time of the changing of the seasons.

You have been experiencing a lot of clearing in those lower three chakras of yours throughout the month of June and especially around the time of the full moon. Perhaps you noticed. And now, as the solstice approaches, the energies are coming in stronger and with greater intensity to assist all of you in opening up to all of the gifts and abilities that you have already attained in other lifetimes. **Now, some people on your planet are not ready for that just now, and so, what they will get will be an energetic download that assists them in preparing for those gifts to be activated.**

**But those of you who are ready and who have been waiting for specific gifts to come online, this is your time. This is a time of greater awareness. That's what we would call a time of awakening. It's about awareness, and one of the things you need to be made aware of is how much is inside of you, how much you've already accomplished in other lifetimes, and how much you still have yet to tap in to. It's all coming. It's all on its way, and it's all directed to you, specifically. That means it's time for you to relax, let go, and**

open up to receive. You can expect your gifts and abilities to come online, and you can prepare yourselves by being grounded in your bodies, being hydrated, and letting go of that which is not serving you.

We are talking about habits, but we are also talking about thoughts, beliefs, energies that you hold in your chakras that you know you can clear by paying attention to them and breathing into them. These are the things you can do to facilitate the acquisition and activation of those spiritual gifts and abilities you all desire, and these solstice energies are coming in to help with that. They are coming in to help everyone because everyone needs a greater level of awareness in order to truly awaken to the truth of who they really are as a Source Energy Being.

Now, once you notice that you have greater access to one or more of your gifts, you're not done. You then have to use the gift, or gifts, and you have to trust what you are getting when you do, because when you trust you are more likely to share, and when you share, you are more likely to get positive feedback. And when you get positive feedback, you are more likely to have confidence. And when you have confidence, you are more likely to use your gifts again and again. And that is another way that all of you who are receiving these transmissions can help humanity to grow, to evolve, to expand, and ultimately to ascend to the fifth-dimensional level of consciousness.

We are the Arcturian Council, and we have enjoyed connecting with you.

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## Mike Quinsey's Higher Self: Accelerated Progress

Posted on [06/19/2022](#) by [EraOfLight](#) — [1 Comment](#) ↓



Necessary changes are being placed upon you to hasten progress towards a New Age. It is painful for many but unavoidable as so much of the old has to be discarded.

Like the phoenix rising from the ash's humanity is to introduce all that is new and to be part of your evolution. Recovery from the past troubles is taking place but the new must now be introduced to enable a quantum leap forwards.

There is much rebuilding necessary not just of your houses and buildings but also the necessary structures to prepare for new ways of living that are more beneficial to everyone. We say again that all people should have a roof over their head and sufficient food to live a healthy life; such progress must be planned well ahead. We know that many souls are with you who are well equipped to take on the challenges, and they have the foresight to see it through.

Understand that new technologies will enable you to progress much more quickly than you would otherwise have done. We will be on hand to ensure that all goes well and assist you without overriding your freewill. We have much to offer you and we will protect you to ensure your safety which we have done for a long, long time.

In time we will be able to come freely amongst you and help in direct ways. We can speed up your evolution as you prepare for life in the higher vibrations. It will move you beyond the lower levels that have caused you so many problems in the past. Think positively of your future and it will attract levels of energy that will lift you up.

For the time being all around you souls are having their last experience of karma that is being cleared not to return again. Clearly some souls are so mired in negative energies they are unable to clear them, and will stay in them until they have the will and ability to deal with them.

All souls go through these periods of trial and error, until they realize that the answers lay in their own hands. The turning point comes when they understand that it is within their own power to overcome their problems. All souls have an enormous potential to rise up but few are aware of it. Have faith in your own ability to do whatever you put your mind to as nothing is impossible.

We have often told you that what you focus upon becomes your reality, and you attract such energies to yourself. So, if life is difficult for you it is either karma you have brought with you or attachments you have made in this lifetime. Think carefully when making decisions and consider the likely outcome where you are personally concerned.

We will once more assure you that your Guides are always working with you to achieve the best outcome. Understand that when this life is over you will review it so that you understand why it worked out the way it did. So eventually you will get all of the answers that are usually involved in your life plan. You will almost certainly wish to know why events turned out the way they did, particularly if they were outside of your life plan.

Spiritually speaking, your life is very much controlled only in to help you meet the challenges of carrying out your life plan, that is normally meant to give you experience that will help you evolve. However, with freewill you are at liberty to follow your own plan but will face the consequences if it proves to be unhelpful.

However, as we often mention you can always bring back missed opportunities to evolve for inclusion in another life. Nonetheless, it is far better if you complete it in the lifetime it is intended to be in. As matters are arranged in advance for you, you are not normally aware that at times you are working to a life plan that you agreed to before you incarnated.

Obviously if you miss out on events planned to help you evolve, they will come around again. You will realize now why visitors to Earth are not allowed to interfere with your progress. The systems used have been well tried and tested and are most ideal for humans.

You see that much care and consideration is always given to the arrangements helping you evolve. We as more advanced souls are keen and eager for your success, and that is why we closely follow your lives. Some of you already know us well from previous lives and we are truly one great family of Light.

Some of you are sufficiently well advanced to have no further need of experience in the lower vibrations. You can safely say that you have learned your lessons well and have lifted up your vibrations. What a journey you have had with so many experiences that have helped your evolution.

Many have reached the end of the long journey home and soon you will rise up into the higher vibrations. By maintaining them you are near to the end of that journey with a wealth of experience that will see you well equipped for life in them. Your presence on Earth is helping others rise up who still need that little extra help to continue evolving.

You have been through Hell at times but to your credit you have never given up. You have sensed the help being given to you and it has kept you on your path. In these end times there will be great celebrations that so many of you will experience as you continue towards Ascension.

We will still be with you and so pleased that you came through some severe testing at times. You have the experience now to help others also on their chosen path of evolution. Some will find you through being attracted to your auric emanations and you will be able to help them on their path.

In the future, not far away, a version of the Earth will become a beautiful Garden of Eden as it was intended to be. Understand that many versions of the Earth still exist and are evolving as separate entities. You are on the threshold of understanding much that has been kept from you until you are considered ready to learn of them.

I leave you with love and blessings, and may the Light brighten your days and path to completion. This message comes through my Higher Self, my God Self, and every soul has the same connection to God.

In Love and Light.

Mike Quinsey.

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## **The Hathors: Learned Behavior**

Posted on [06/18/2022](#)



We are here inviting you to review how you interact with others. The relationships that you have with one another are a magnificent way to recognize and integrate all aspects of yourself. You see it is in the interfacing, the interacting, that each human is given the opportunity to be fully present or to be on automatic.

Automatic is the state of consciousness that is similar to the cruise control device on your cars. When the human is acting from an automatic stance, the reactions are from old learned responses and programs. Humans stay in a state of automatic response and reaction by not being fully present in the moment; perhaps they are thinking of what of they will do in their future or perhaps they are dwelling on events from the past.

When humans live in past memories, past experiences or past emotions or they live in the worries, concerns and projections of the future, they are not present in the moment of each new “NOW.” Their responses to the “NOW” will be generated from stored programs, learned emotional responses or memories, which are usually under the file name of ‘shadow self.’

We have observed that it is usually an automatic response that humans give one another. These responses are like learned dance steps or a learned script. The responses are not fresh in the moment, appropriate to the new “NOW.”

These responses are generally not daring, innovating or thought provoking. They generally are tried and true responses, they are familiar, they are safe, and they are responses that the human has leaned and uses well. Many times, there is no thought involved.

This interesting shadow dance that most humans do together in a relationship is offering them the insights into their automatic responses and

behaviors. These automatic responses and behaviors are especially evident in close personal relationships with family, mates, business associates, those people with whom you interact daily. These people, to use one of your terms, “Push your buttons.” It is the pushing of the buttons that starts the automatic responses, that activates the unresolved issues, the past emotions, all the insecurities, and learned defenses.

So, you have wonderful opportunities in each moment to observe yourself in these close and personal relationships. Notice what gets activated, what insecurities, what defensive behaviors or posturing do you offer in any given situation. It is the observation and the keen awareness of your personal triggers or buttons which activate old automatic responses to the new situation.

Relationships can get stuck in these loops. This can occur for years. These automatic response loops can and will even define the relationship. We all know and can review our various family and other relationships where each person knows their boundaries. They have recorded and learned the buttons of the other person, which they either avoid entirely or deliberately push to activate the other.

This is the common way that humans relate to one another, avoiding or activating each other’s insecurities, and defending and guarding our own. This is the ego manager’s job, to pull from the past a response that protects or attacks. Humans are very skilled at camouflaging their insecurities, their hopes and dreams as well as their unfulfilled expectations of the other.

Each relationship, parent/child, siblings, mates, employer/employee even stranger to stranger, all have a created and scripted response that has been learned and is automatically triggered or activated when the two are involved and interacting with one another.

You might observe and notice how your automatic knowing and opinion of that particular relationship colors each interaction. You do not respond in a new manner. It is always the same with them. You know them, they know you. Notice your conversations are they always similar? Do you ask

the same questions, feel the same things every time the two of you interact? Do you ask them for their truth, do you give them your truth?

The truth in each moment is fresh and new. Our responses can and should be fresh and new. Ask yourself what is my truth in this moment. What would I like to share with this person, this child, this mate, this stranger, that is not my standard automatic response?

We are offering these suggestions as a clear way and a tool to begin to notice how many times and how often you are not present in your relationships. This is a similar reaction human have in their relationships, especially their close family and personal relationships.

There are certain habits of relating that are established. There are involuntary emotional reactions that have been created and sanctioned between the two people or the family as a group. However, these automatic emotional/mental reactions that are established in your relationships do not support your total aliveness, your total expression, your embrace of the new and spontaneous reaction in each moment.

Imagine that each moment is entirely new, that there is no stored or learned behavior. This is the level of expanded consciousness we are inviting you to embrace. We realize that it is a challenge to recognize and honor each and every encounter in relationship as if it were new and whole, unpracticed, original and spontaneous.

The key here today is to observe as many of your learned responses to others as possible and begin to offer a truer interaction from your now state of mind and state of being.

Just for a moment consider your thoughts and feeling about the people who make you angry or even fearful. How you judge those individuals makes a true difference in the outcome of reality.

It is those who trigger your hatred, fear or anger that need your love and forgiveness the most. Imagine that you did not act from your old pattern of

judgments, instead you sent that individual a vibration of love and light. It is love and light that will dissolve hate, fear and heal all wounds.

You are powerful beyond measure, remember, what you focus upon and send your love and awareness to, will allow the most menacing and hated individual to transform. This may be a parent, a boss, a world leader. The love you offer provides them the opportunity to transform as well as it offers you the opportunity to release any pattern that is negative or misqualified. Notice who you might hate, who you judge, who you might be prejudice against. Be prepared to shift your attitude regarding this individual or individuals.

Each person is your mirror. Each interaction offers you a reflection of some aspect of yourself. If the reflection is one of pleasure and makes you feel joy, acknowledge that and seek those reflections more often. If the reflection is one of discomfort and distress, if the reflection invokes a sense of insecurity, anger, fear, rejection or judgment, you have a clue to some of your own personal unresolved issues, wounds and automatic projections.

Discovery is the first step in this process. Being aware of what is triggering your issues and how you are activated in your interactions with others is a major step in your evolution. Once you have discovered and revealed these personal issues and patterns, you can begin to shift them consciously. Be the detective, investigate your reactions, be kind in your search, be playful in your search. This is a game, we invite you, to lighten up.

We assure you that in time you will be more fully in the present with each encounter. Being fully in the moment during your interactions with others honors yourself and honors them as well.

You can do this. Everyone can do this. It is being requested and required in order to expand and embrace the full reality of your multidimensional consciousness. Being fully present in your multidimensional consciousness offers incredible tools for your planet to shift to a new level of consciousness.

We are always available to support and assist you in striving to offer a new way of being with those with whom you share this planet. the 'team'

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## Yeshua: No One Needs to Seek Love

Posted on [06/09/2022](#)



To awaken is your destiny because, being One with Source – being fully aware in complete conscious wakefulness in every moment – is your constant state. As humans in form it is difficult for you to conceive of such a state, because you are almost constantly being distracted by your worldly concerns and interests. They are, of course, totally appropriate while you are in form as they assist you in maintaining your physical well-being. However, **you do not need to spend almost all your waking hours focused on those concerns and issues, whereas you do need to spend quiet time every day connecting with Source, by sitting peacefully as you invite Love into your hearts to embrace you and reinvigorate your energy fields.** There is still a lot of 'stuff' arising planet-wide that takes a heavy toll on everyone in form, so resting and recuperating deep within yourselves daily is essential, otherwise it becomes very difficult for you to share and extend to humanity the love that each one of you is, and which is your reason for being incarnate at this moment in humanity's spiritual evolution – TO AWAKEN!

We are watching over you with intense Love as your awakening process approaches its most magnificent conclusion, and it will indeed be most dramatic and uplifting for you all, way beyond your wildest dreams. You incarnated to be present in form at this moment and not one of you will be disappointed. Nevertheless, this short period of time remaining before the miracle occurs, is proving to be very stressful for everyone, so be aware of this and intensify your intent to be only loving whatever arises. You know that you *are* Love, One with Mother/Father/God. You *know* this divine truth deep within yourselves, and yet you allow your egoic doubts to hide

this from you with distractions – I am unworthy, I am a guilty sinner, I am not good enough, God couldn't love *me* – all of which are utterly and completely invalid. Because you are in every moment One with God *none* of these doubts or beliefs could ever be true because the One – YOU – are eternally perfect in every way.

**The best way you can honor Mother/Father/God is by honoring and respecting yourselves.** Until you do that you will continue to find yourselves projecting those judgments on to others and condemning them – Self-Condensation – as you attempt to relieve or disown your own sense of inadequacy.

YOU ARE NOT INADEQUATE!

How could you be inadequate when you are divine creations, the eternally beloved children of God? Yes, as humans in form, you are different from one another, you are, each and every one of you without any exceptions, individuals with different skills and creative abilities. **Therefore, do not compare yourselves to others, to do so is *meaningless*, because you need to work together, harmoniously and lovingly, using your own individual skills and abilities, and thus awaken into the Reality of your Oneness, your inseparability from Source, and therefore from one another.**

**Source *is* Creation, and so, therefore, are you.** Your nature is continuously conjoined with and cooperating with M/F/G creating beauty in an infinite expression of Love. You all love beauty – beautiful flowers, blossoms, gardens, trees, sunsets, animals, and people – and that is what you are unceasingly creating in myriad magnificent variations for the joy of All. You *are* all beings of eternal joy, and yet that is what you spend much of your lives in form seeking outside yourselves, as for most of your lives it does not appear to be present or accessible. But it is! It is within you and is instantly attainable for you when you allow yourselves to release your grasp on judgment of the world and its people, especially those close to you with whom you interact regularly.

Judgment is a 'skill' that you begin to learn in infancy as you are regularly judged as not good enough for whatever reason – mostly very minor – and you're learning of this skill never ceases because as you grow you feel an

intense need to defend yourselves against the judgments of others, and you do this by judging and blaming those others. For most people this also leads to judging and blaming the worldly environment itself – it's cold, it's raining, it's too hot, there are too many people, there are too many wars, people cannot be trusted, it's not fair – for your dissatisfaction and unhappiness with your lives. But the world *is*, and people are people, so instead of judging and complaining, extend and share Love with everyone because, as you know deep within yourselves, even if you do not wish to accept it, everyone is *always* doing their best. The fact that *you* do not think this is true is an invalid judgment and personal belief. And you can just let it go.

**M/F/G *is* Love and Compassion, therefore so are you.** Instead of blaming and judging extend love to *all*. Yes, some do need to be restrained from harming others, but thoughtfully, wisely, and compassionately, as closely as you can manage to the divine way – remember

**M/F/G *never* blames, judges, or condemns – She *embraces* all most lovingly. She knows that all in form are *desperately* seeking Love, and the more desperate a person is the more unloving their behavior tends to be. ANYTHING that is not in alignment with Love is a very desperate call for Love. Honor that call and help people to awaken to the deep inner knowing that they *are* LOVE! No one needs to seek Love, because your nature – LOVE – is with you in every moment waiting patiently to be discovered as you let go of the egoic distractions that hide your true nature from yourselves. **When you finally find Love within yourselves, and you WILL, all judgment has fallen away and, miraculously, you are most happily at peace with yourselves in complete self-acceptance, and in loving and compassionate acceptance of all others.****

Your loving brother, Jesus

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## Ivo of Vega: How to Contact Your Twin Flame

Posted on [06/21/2022](#) by [EraOfLight](#) — [Leave a reply](#)



Folks, you ask me about ways to contact your twin flame. Some of you have twin flames on earth, like in5D's Greg and Ally, who recently got married, but many of you have twin flames that are either disembodied or live on other planets or in other dimensions.

Contacting your twin flame isn't something specific you do, it's about everything you're doing.

Ivo and I have been giving you techniques to **“increase your spirituality”** and I put that in quotes because it's a very general term, all throughout every one of his channelings. This is the way to contact your twin flame. I went through a process of refinement of character and ridding myself of as much ego as I could and you may need to as well. Refinement of the human psyche with respect to power, wisdom and lovingness are the key goals to becoming more spiritual. Loving others without wisdom, loving others without power – being in a disempowered position in your relationships, being wise but unloving, being powerful but unloving – these are all characteristics we see being enacted all the time on earth and refinement of particularly these three is what you need to focus on.

Where have you been kind to others but unwise? Where have you been wise but unkind to others? Where have you been powerful but unwise? Where have you been loving but disempowered? Once these three biggies become refined through life's trials and tribulations, you will be moving closer to embracing unity consciousness.

Being loving but disempowered: Loving your kids but they walk all over you. Being in an abusive relationship. Experiencing child abuse. Being powerful but unwise: Making foolish business decisions. Renting to tenants who don't respect your property. Being wise but unloving: Telling people

the truth but in such a way that's hurtful. Being powerful but unloving: abusing your children. These three are combined in many ways on earth right now.

When you become of unity consciousness, you will be powerful, wise and loving. Why are these necessary? Because it's the way the true human actually is. All beings of light reflect these qualities. You've never heard Archangel Michael diss you nor have you heard Mother Mary talk from a stance of being disempowered, have you? You love their messages; well this is why. But you can grow to be that way yourself, at least to the degree that your life on earth provides the opportunity for growth. But believe me, there's loads of opportunity here.

So, this is the first clue: Do the work. Examine where you have been unwise, unloving and disempowered. Look where you blame others for your unhappiness. This is giving away your power.

It stands to reason that if your twin flame is in a higher dimension, if you want to communicate with him or her then you're going to have to speak the same language. Your twin flame is of unity consciousness, until you are as well there's going to be some hang-ups. Your twin flame might be your guide, and it will be their job to move you out of duality consciousness.

The people of earth have had a lot of difficulty with ascension over the last 12,000 years. Starseeds came here to show them how to do it.

The next thing that Ivo and I recommend for contacting your twin flame or just life in general is meditation. Why? Because you've been over-using your intellect. Life is not just what you see before you, there are 12 dimensions that you are actively living in right now and so you are not who you think you are. Your twin flame is in one of these dimensions as well. The way to speak to him or her is to go inside and utilize your intuitive mind, your higher mind to contact them. You are a 12 dimensional being, not a three dimensional being. You are a part of God and God spans 12 dimensions, at least in this universe. There is an entire universe just waiting to be explored inside your mind!

Another recommendation I have is to do Athena's course. What Athena's **Energy course is about is teaching you how to start using your inner perceptions, your inner senses and to start seeing life from an intuitive perspective, not from strictly your intellect. The intellect and the intuition are meant to work together, but we've been overusing our intellect and under-using our intuition.** So, by doing this course, we hope to get you to start seeing life from a whole perspective. It stands to reason that psychic abilities and telepathy would be somewhere on the spectrum for you when you continue to see life this way. These exercises aren't meant to be done once then forgotten. This is a way of life to be practiced always.

**Stop taking, start giving. Become a good steward of the earth. Why? Because these are fourth dimensional ways of being. You will be vibrating at a fourth dimensional level.** Continually taking because you see yourself as needy or lacking, is vibrating at a third dimensional level.

**Focus on de-calcifying your pineal gland and detoxing your body. Why? Because your body is a receiver.** But like the old radio's, if the receiver isn't in good shape, it won't be able to work well. You are an electro-magnetic being who receives electric energies (thoughts) and sends out magnetic and electric energies (emotions and thoughts). Your light body senses magnetic energy is the form of others' emotions as well. Your pineal gland is the part of your brain that accesses other dimensions as it relates to the third eye chakra. Efforts have been carried out throughout the years to calcify the pineal gland so it doesn't work as well, such as fluoridation of the water. Drink non-fluoridated, non-chlorinated water and detox your body regularly. And stop eating products, start eating real foods that come from the earth. The other thing: reduce time in front of the TV and computer – they emit EMF's that interfere with your body's vibration.

I'm a turmeric freak, I take it constantly, and I swear that it works to decalcify my pineal gland. I also detox regularly.

More info. [Link in the description.](#)

Read everything Ivo has channeled. Why? Because there are “light codes” embedded in his messages that will help you to wake up to your spiritual nature.

**Learn to use Universal Law correctly. Why? Because on earth we’ve been taught to use it improperly and as result, this keeps our vibration down. The higher your vibration, the more chance you have of relating to your twin flame.**

The other thing you need to look at is what do you want from your twin flame? Why do you want to contact him/her? Because you feel unloved and you want someone to “give you love.” You ARE love, you are comprised of that energy. Start to recognize that fact first and understand that your need of others to love you before you love yourself is incorrect. Love yourself first, don’t inflate your ego, love yourself and good things will follow.

More info. [Link in the description.](#)

Practice good energetic maintenance. Cut cords, rebalance your chakras, take time to relax and do nothing, yes, nothing. Get off the achievement bandwagon and just chill out. Don’t hang out with energy vampires, leave toxic people to their own. Stay grounded and centered.

Ivo: If I may make one important point, my love.

Me: Of course!

**Ivo: I suggest that you all make a practice of learning how to love yourselves. You do this, my love, and yes, you have all day to do so. Yesterday you pulled out your acupressure mat and meditated while lying down upon it. You rebalanced your chakras and listened to chanting.** You did not spend the entire day working as you used to do. You gave to yourself, and this is the first person that the one who seeks mastery or seeks to contact one’s twin flame, must realize: everything you do you do for yourself, and in doing so for yourself you do for others because we are all One.

Me: But not to be selfish.

Ivo: No, but to be caring of one's self. When you care for yourself you allow others to care for themselves? Because how many of you practice a double standard? Do you insist that others neglect themselves when you pamper yourself all the time? Well, then you are speaking from a place of power but not love. Do you insist that others care for themselves but you do not care for yourself enough? Then you are speaking from a place of love but not wisdom.

**When you practice unity consciousness – you allow others all the good things that you want or have created for yourself – then you infuse the collective unconscious with these memories.** But if you have an addictive habit which you practice alone then you are off balance, you are being glutinous or greedy – you are practicing power over love of others.

Me: I used to share my cookies with the kids in the schoolyard who kept asking for them every day. So, I learned not to share my cookies.

Ivo: Again, this must be healed. Whatever goodness you have you must wish for others to have as well. The actual act of offering, of sharing, is a very powerful, healing act.

Me: Merlin didn't want any cookies. He wanted cat food. LOL

Ivo: When you buy cookies, my love, buy another box and donate to the food bank.

Me: Ah! Good idea.

Ivo: I am full of good ideas, my love.

Me: LOL You want a cookie?

Ivo: No thank you. I do not ingest sugar. Which I might suggest is another idea that you would expand upon – the relinquishing of white sugar from

the diet. You have read the book, “Sugar Blues,” by William Dufty years ago and it scared you then, **however sugar is extremely addictive. Why? Because it affects all body parts. It not only acts as a source of dopamine – it affects every organ in the body temporarily and then detracts from that organ afterwards. It is highly addictive.**

Me: It is.

Ivo: You eat it because your thyroid is low. And this is another point to be made for those upon the planet. Either see a healer or find a way to overcome your physical limitations, or ailments, and as you return to health and balance, your intuition will also become stronger. There are many things you can do; however, we have mentioned many of the things that will create the most change within you.

Me: Yes, thank you Ivo. This is about changing your DNA, I’m intuiting.

Ivo: **It is, the earthling DNA is so diverse and so powerful, if only it could be harnessed for the good of the galaxy now.**

Me: **I realize that many ET races want our DNA and so they come here to impregnate the women. It’s possible, ladies, that you may have an ET baby with your Twin Flame and not even realize it. It’s possible to “pinch time” and fold it back on itself so that you have lived a part of your life twice. Same idea as the “twenty and back” that the SSP uses on its super soldiers and others they take into their program.** Positive ETs do it as well. Just goes to show, your soul is running the show, not you. So, it’s best to get on board with your soul and learn what its plans are for you.

Ivo: Indeed. Thank you, my love. I am still watching your star and it is doing some magnificent vibrations.

Me: The sun, yes. I’m going to watch it from down here today when I sit outside to get more of a tan – and yes, that’s another thing that’s very good for your pineal gland – the sun. **Don’t wear suntan lotion, or sunscreen,**

**the sun isn't as bad for you as the sunscreen is. I use aloe vera gel if I burn and it takes the sting away. Go as natural as you can.**

Cheers! Sharon and Ivo