

**MESSAGES FROM THE HOSTS OF HEAVEN**  
**VOLUME THREE**

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**THE LAST DAYS**  
**September 21, 2004**

All right, now. We have asked to speak to you today because it is time to begin preparations for the final phase of things with regard to 3D Earth. Our silence for the last two years has accomplished much for those who have followed our prior instruction to go within, but now it is time for this third and final volume in this series of Messages to begin. We will time this last series of Messages so that they follow unfolding developments both on your planet and around her. There are many civilizations represented here, both within time and outside of it. Past, present, and future co-exist in the timeless NOW, and so do we and so do you, as well as everything created and uncreated. The whole potential is a rich sea or broth, containing everything within it.

In the phenomenal world that you perceive with your physical and subtle senses, there is much turbulence at this time. Deep undercurrents swirl beneath the surface, and anger and pain bubble up despite all attempts to keep them at bay. The frozen emotions of times past are melting and thawing, and adding to the rich mix that is present now. Echoes of past themes explored are everywhere to be seen; although more recent memories are easier to recognize, virtually every historic period is being re-visited and even those you would label “pre-historic” are resurfacing

at this time, particularly with regard to the experiences had at the hands of those you would refer to as reptilians. These are NOT the dinosaurs of your planet's past, but those beings who visited your planet in a humanoid form that resembled the dinosaurs, particularly those of the Tyrannosaurus species. They came to exploit the planet's rich resources, both animate and inanimate, to further their goals for domination throughout the galaxy. We wish to emphasize that these happenings occurred many millennia ago, but there is a cellular and species memory of that time carried within your present bodies, and some have incorrectly attributed that memory to the actions of beings currently inhabiting bodies on your planet. The memory and understanding is correct; attributing it to the present timeframe is not.

Those times were long ago, yet their effect on the present and the immediate future is unmistakable. There is a darkness gathering now. It is an outpicturing of those ancient times, held deeply within the memory core of your planet and species, and it must be re-experienced as it is flushed out during this time of personal and planetary cleansing. We have spoken before of a "last look around," in which we counseled you to take a last look around at the world you were accustomed to living in. Now it will be a time for another "last look," one that will be much more terrible to contemplate, for this species of reptilians live in a constant state of agony and rage, unable to find peace within themselves no matter what they do or accomplish. Their hunger for peace is insatiable, and yet they act in ways that destroy peace unceasingly, both for themselves and everything they touch upon.

What this means is that your planet, in flushing out these embedded memories, will witness and experience the outpicturing of that embedded agony and rage, and it will do so in ways that affect all of the creatures and lifeforms on the planet. Nothing will be spared as the clouds of war and geophysical events boil forth everywhere. Since everything on the planet is so interconnected, everything will be affected in some way and to some degree, especially economically, but in the end, it will all come to an end, and then we will be among you physically, tending to your wounds and taking you to places of shelter until our ships will come for you to take you to your next stop in the journey to Terra.

This volume will help you chart your course through the dark days ahead, to give you encouragement to make it through those times, and to let you know that we are ever at your side, surrounding you with our love and our protection. Those of you who are destined for Terra (and everything else upon the planet, as well as the planet herself) are precious to us, but you are especially precious to us because you are truly our brothers and sisters, and share equally in our heritage and status in the larger Plan. It is primarily for you that we are here, and it is for you that we give these Messages now. Everyone else has a different destiny path, and everyone else has their own messengers to guide them to where they are going. Many are leaving now, just as many have always left at all times, but those who leave now and who will leave later on will not return to THIS planet. Incarnational patterns will be fulfilled according to the destiny chosen by the Oversouls, and each will continue to explore along one of the lines of destiny that will present at the "quantum leap" into the new Creation.

The final days are now here. They are no longer in the "future." You are living in them -- now. Take a moment to register this. Reflect on it. Treasure this moment of relative quiet that hangs heavy over you, because soon you will hear the thuds and screams of war, echoing all over the planet. It will begin in the Middle East, but in the end, no nation will be protected or isolated or exempt. It will be a terrible time, as measured in human emotions, but it will also be a time of endings so that a new beginning can emerge. Those who pass from their bodies will be free of

pain and suffering, and those who remain would do well to remember this. There is no way to stop the cleansing. It is ordained from the highest levels so that the planet can complete her cleansing from the past she has hosted and take her rightful place in the heavens as the jewel she is -- clean, sparkling, shining with light -- and the dark clouds of war banished forever from her surface.

These wars that are coming originated with the agony of the reptilians who planted those seeds in the emerging species that they created through their manipulation of the genetic structures with which they worked. They enslaved many of their own kind to this end, and there are females among you who have cellular memories as “breeders” for their genetic experiments. Although these experiments occurred in the distant past, they left their mark and their wounds, and there is not a one of you who read these lines that has not been affected by those times and everything that sprang forth from them. So, as terrible as the wars will appear, they are really the cleansing of those wounds from so long ago, and for you who go to Terra, all that will be left in their wake is blissful surrender and peace, joy, and love. You will be beyond all of the suffering then, and it will have been worth it to go through these terrible times to get there, but they are still to be endured.

Soon, your newscasters will not have to scramble for things to report on. The weather of this year will be tame compared to what is coming later on. The wars have begun, albeit on a small scale, and while politicians make noises and grunts about the state of things, you will notice that no one is really doing anything but making noises and grunts about the state of things. No one is coming to terms with the real issues, and while slogans and simplistic summaries abound, nothing is said about the real causes and even less about solutions to them.

You see, everything is just as it should be. The long experiment of the last 4.5 billion years is nearly over, and there really is not much new occurring now. All of it has been explored and allowed, but the novelty is running out. Apart from some scientific advances, there has not been anything new in many years, and the old institutions of government and law have nearly died of suffocation under the accumulation of so much human debris over the centuries. Every generation, in seeking to correct the “errors” of the past, has compounded them with new errors. It is true that some people have been able to see past the dust of the stampeding masses, but most are blind and will remain that way, because they are not supposed to be any other way. Everything and everyone is just as they are supposed to be, so that every niche – every part of the drama – is fulfilled.

Look at your habitation patterns. If everyone had the same tastes, everyone on the planet would be crowded into just one location, and the rest of the planet would be devoid of human life. Yet, each of you has certain places that naturally appeal to you more than others, and if you find yourself in a place that you don't like, you can pick up and move to another, if you want to strongly enough. So, in like manner, there is a distribution across destinations and “futures” to live. Not everyone is going to the same place, and every niche will be filled, but not overfilled. No one is better or higher. Everyone exists so the Creator can experience all of the experiences that are possible within the parameters of a Creation. Even though stars are always being formed and planets being birthed, the parameters for this Creation have been fully explored, and so it is time for an entirely new Creation. Consciousness will be seeded across an entirely new landscape, but nothing of the old can be taken into the new except essence, so the effects that have been absorbed across the millennia must be neutralized and erased, and that is what is taking place now.

For the human species, the agony implanted here so long ago by the reptilians must be expunged and it will be expunged by re-visiting it and re-living it. It is for this reason that we have emphasized the necessity of detaching from the drama, seeking the quiet and peace of deep ocean, and maintaining a place of peace within yourselves, no matter what is going on around you. We are with you at every step, every turn in the road, but you must do your part in this also. We suggest that you seek out others of like mind and interact with them as much as possible to reinforce what must be done in the face of the calamitous events that are bearing down upon your world. You can be sources of comfort for each other, and if you can quiet yourself enough to feel us, you can seek our assistance also. Simply ask for our presence in your lives and we will be there. Ask to be able to feel our presence, and we will do what we can to help you feel our presence. We are ALWAYS with you, but some of you are not doing enough with your feeling sense to know we are there, so if this is true for you, it will help you if you do some work to increase your sensitivity to our presence. Remember, this is not a spoken communication that you are seeking, but rather an increased sense of presence. If you seek to hear words, there are many who might be happy to respond to your request, but it might not be us! Be content with feeling our presence and let your interaction with words be directed to others of like mind upon your planet.

We leave you now, in peace, honor, and blessing. Amen, Adonoy Sabayoth. We are the Hosts of Heaven.

**WE ARE CRUCIBLES FOR TRANSFORMATION****November 1, 2004**

All right, now. We have asked to speak to you because of where you are in time with regard to what unfolds now. Today is the day before the US presidential elections. There is deep division in the world, and it will become even more evident beginning tomorrow and all the tomorrows that follow until it is all complete. We have spoken before of the increase in polarization taking place, and we wish to remind you that all of this was anticipated and is part of the overall Plan.

So, what can you expect in the near and farther term? First of all, the lifting proceeds and now that you are traversing the middle layers of the frequency shift, the cleansing will be more noticeable for everyone and everything inhabiting the planet. Those feelings and emotions that have lain buried or repressed are now bubbling up to the surface and felt and expressed. Your bodies are cleansing themselves of toxins -- toxic emotions, toxic thoughts, toxic substances, toxic relationships -- and you will find yourselves being forced to change some of your habits that you have not yet dealt with. Addictions of all types will intensify, as a way of bringing attention to what has not been dealt with yet, so if you have any places within yourself where you have been in denial or suppressing feelings by distracting yourselves, you will find the internal pressure for change building up until it is expressed and dealt with in one way or another.

Those who carry a lot of unresolved pain will be forced to move through it or literally die. Many will be doing the latter, so when you read of their passing, know that they are finally out of their pain, and be relieved at their relief. Many who die will be young because it is mostly the young adults that are sent against one another in war, and there will be more and more war as the days, weeks, and months proceed. But they, too, will be beyond pain, and so their loved ones will grieve, but those who have crossed over will not be in pain anymore. Their wounds will be healed instantly, as the bodies they inhabit after they have crossed over will be whole again. Each person who sheds a body now will find themselves in another, in another plane of existence, and will have much help in moving toward their next destination. Those of you who are going to be "on the ground" through to the end will see much of death and dying, but it is all just the means of moving on to the next step, the next phase of existence, which is a never-ending process.

But there is good news, also, for in the intensely accelerated times that follow, each day brings you closer to the end of your "long walk" through time and closer to the remembering of your joy. You will be coming into contact and proximity with more of your own kind as you naturally move in response to the pressures of change, and you will find that in the wake of having shed your more dysfunctional aspects, you will feel weary but also more whole. For millennia, humans have been kept in darkness and separation, and that is coming to an end, also -- or at least for those who are making the journey to Terra. The greatest number of people are heading toward other destinations, and so their journey will wear a different face, involve a different process, and emerge in a different place. But for those of you who are destined for Terra, your return to what you were before is at hand, and this will ask for more surrender on your part -- surrender of your notions of who you really are, what is possible, and of limitation in general.

Now is a good time for you to begin to contemplate what it would be like to be totally whole again -- what it would be like to be able to create anything you wanted to create, what it would be like to be totally free to be and to have anything you wanted to be or to have. What would you

want to create? How would you want to be? What would you want to have? How would you want to live? Those ideas will naturally come from within what you know now, but over time, allow those ideas to change as you change -- and you are ALL changing, whether you are aware of it or not. Look back at how you were just two years ago. How did it feel back then? How different do you feel now? Don't judge by what you see in a mirror. The important changes are within, hidden safely away from other eyes. You ARE changing -- daily. We are helping you to change. Waking and sleeping, you are being "worked on." Be glad that the change is so gradual that it is only noticeable after the passage of a great deal of time. Things are moving very quickly on the inner levels, as compared with movement outside of you, but everything is moving steadily toward the goal of completing this round of existence and preparing for another, totally new reality.

You may be impatient for it all to complete, but it would be much too much to bear all at once. The changes are happening steadily, but in small increments, so that integrity of mind, body, and emotions are preserved. There are many surprises in store for all of you, and those who align with these Messages will have much asked of them, but they have all of the natural abilities built within them to meet the challenges that lie ahead for all. We wish to reiterate the necessity of taking care of yourself during these times. That is not a selfish thing. It is the highest service you can perform. You are pioneers, preparing to create a new world for others to be born into. Just as a pregnant woman must take special care of herself as her pregnancy proceeds, you must take special care of yourself as your "pregnancy" that will bring forth new life of a different kind also proceeds. It does not matter if you are old or young, male or female. You who are heading toward Terra all are "pregnant" with the seed from which a new civilization will come. This new life within you is YOUR new life, and you will all bear new lives -- have children of your own -- as you near the end of your time on Terra. You are the progenitors of the next phase of human existence, returning to your former status as the carriers of the true Adamic seed.

This is a template for a form that was the original creation of the creator-gods -- the elohim who were the first product of the First Thought of the Creator Itself. It is this template that is referred to as being "in the image" of the "gods." Elohim is a plural word, and refers to those beings who were the first Creation of the Creator. They are not embodied beings, but rather vast fields of self-aware, intelligent energy, similar in many respects to the Creator Itself, but finite rather than infinite. That is the chief difference. The true Adamic model is not what you are today, but it is what you will become -- what you will physically manifest as the "gods" and "goddesses" you will become. This is the seed you carry within you, so take good care of yourself. You are precious vessels for the new race that will emerge as you emerge into your next body. You are all quite beautiful now, as we would see you, but you will all be quite beautiful then, as you will see yourselves, and it will not be just "inner vision" that will perceive this, as it is now.

Your first task was to come into the bodies you inhabit now, and forget who you were. You took on the "veil" of forgetfulness, although many of you still had faint recall of what you knew and what you had been like before. You have done that very well! Your next task was to take on the many versions of pain on this planet. Some of you have had more difficulty, more challenges than others, but there is not one of you who has not experienced some loss of one kind or another. For those who had an easier time, you simply came to the same understanding more easily than those who went through more challenging times. But in the end, you are the same in one important respect: you stand in the world with your eyes open. In fact, many of you cannot understand why the others around you do not SEE what you see. You cannot understand why

they can't see what is obvious to you, but all of that is as it should be. Remember that the Creator wanted to experience EVERYTHING, so the Creator created everything with which to experience Itself through Its creations. Each of you is unique, and so is every other created thing. It is only through the uniqueness that everything is explored. Every possible combination is explored through the uniqueness of each created thing. No two snowflakes are identical. No two entities are identical. It is through these differences that the richness of experience occurs. So the fact that you "see" differently than others do is just because you ARE different than others ARE. It is all just the way it should be.

You may not think that how things play out are what you would have wanted, but it is all perfect, seen within the larger Plan. If indeed it is all to come down around you, then the people in power have to be the ones who will be capable of doing that. YOU would do it differently, of that we are sure! But it is also the reason that you are NOT in the seat of power, because you WOULD do it differently. And you WILL do it differently, but not in THIS world, and not at THIS time. Your job is to simply BE HERE, holding the vision of something else. Through the principle of resonance, each one of you who is "ringing" with the tone of Terra, multiplies that effect and brings into being a template for a different kind of reality altogether.

You may ask why it has to be this way -- why you had to come HERE to create the pathway to THERE, to THAT way of being and living. The answer is simple on the surface, but profound if you stop to consider the ramifications it implies. You are not being born into bodies on Terra. That is reserved for the next generation -- the next group of elohim that will take over the reins from you. You have to be HERE because it is from within your present bodies that the Adamic human will emerge again. We have said that you are lightning rods, grounding the higher Light into the planet, and that is true. However, you are also a BRIDGE between this world and the next, a living vessel of transformation, a crucible within which the dross is converted into gold. You are all the alchemist's dream, but before a transformation can take place, there has to be some "dross" to transform. And that's why you had to come here, take on the "imperfect" bodies you inhabit, take on the "imperfect" thoughts and emotions that you all took on in one way or another, so that they could then be transformed.

You see, you are both a bridge and a pathcutter -- to borrow a phrase from Star Trek, you are going where no "man" has gone before. And by this, we are talking about the human species as it presently exists on your planet. Each of you came from another time, another plane of existence, to be here now. You came to embody these imperfections so that you could transform them into something else, and by doing that, you create a template -- a model in the consciousness that others can fit themselves to, like a standard against which they can measure themselves and align to over time. It will take generations for those who do not accompany you to Terra at this time to incarnate there, but they will eventually. Terra is the "next step" for those who are heading toward the positive polarity. There is another path, another "next step" for those who are heading toward the negative polarity, and you can see some of those who will be the bridges toward that destination in seats of power today. The real power brokers are behind the scenes, pulling the strings and playing off the ambitions of those who are more visible, but we will not dwell on that today. We want you to appreciate just who YOU are, why you are here, why it has to be this way, and what it is you have to do now.

Pay attention to all the places within you that need healing. These are the crude materials for your transformation. Each of you carries some part of the patterns of pain that have characterized the human race during most of its tenure on this planet. You don't all carry the same parts or

aspects because the entire body of work is a team effort. No one person needs to do it all, but collectively it all gets done. Your job now is to transform those parts of you where you are wounded, to heal them, and to become whole. You don't need to go running to seminars, buy potions, or spend a lot of money in pursuit of this. The greatest part will come naturally if you listen within yourself and are willing to be totally honest with yourself about your "failings." Coming together with other people of like mind will also help, as you share the common goals and common journey; there is great support and comfort in knowing you are not alone, that you are not "the only one" who is experiencing what you are experiencing.

There may be appropriate practitioners to assist you, appropriate aids and tools to help you in this, but it is so important to quiet yourself enough to discern what is appropriate and what is not. You and only you can tell what is right for you. There are many "wizards" who proclaim that they have "the answer." Beware of them and stay clear of them. Only YOU have your answers. By that, we mean that only YOU can FEEL when something is right for you and when it is not. But you cannot feel any of this if you are filled with chatter or you are being run by your fear. This is why we have stressed going within, meditating regularly or doing whatever it is that allows you that space to listen clearly to what your body is telling you. FEEL, feel, feel. Feeling is a physical thing, not an emotion. When something feels "off," trust that and don't try to convince yourself otherwise, no matter how persuasive someone else may sound. You are your own authority, and you are sovereign beings. You exist solely to be who YOU are, who and what you came to be, and there is no other person like you or who can know what is right for you.

When someone tries to convince you that their way is THE way, take the "highway" instead and leave! There will be more and more loud voices shouting in the din, but the only voice you need to listen to is the quiet one within you. Do what you need to do, go where you need to go, create what you need to create, to be able to listen clearly within the quiet place inside of you. Make inner listening a constant practice. It will help you find your way through the tumult ahead. Listen and feel. Listen and feel. That is how you will chart your course -- moment by moment, day by day.

We will have more to say on all of these topics, but for now, we leave you in peace, in honor, and with blessings for your willingness to do what you are doing. Amen, Adonoy Sabayoth. We are the Hosts of Heaven.



**ENERGY PACKETS AND THE CONSENSUS REALITY****December 30, 2004**

All right, now. It is time for us to comment on the road that lies directly ahead. First of all, let us speak about energy packets. When enough people think something is true, it forms a “consensus reality” that takes on a life of its own. It really is an energy packet that possesses its own identity and self-awareness, just as you do. For example, your geographical maps are a form of consensus reality. You tend to agree that these imaginary lines called “boundaries” are real things and they are birthed into reality as an entity just as a baby is physically birthed and takes on an identity pattern that distinguishes it from every other baby that is born. Just so with the entities you call cities, counties, states, and countries. Each of these has a character that personalizes it and makes it different from the energy packet of every other comparable entity. If you have ever traveled from one entity to another, perhaps you have noticed that as you cross this imaginary line, the quality of the energy changes. You can feel that Los Angeles feels different than New York, Chicago, or Kansas City. You can feel (if you have traveled more widely) that the US feels different than Europe or Japan. Each of these is an energy packet that is created through the “mind” of the consensus reality, and it is equally true with the entity of “time.”

Most of you who are reading this Message relate to the Gregorian calendar, although, as we have pointed out in the past, there are other calendar systems in operation. Each of these calendar systems mark out periods of time in just the same way that cities, counties, states and countries are marked out and defined by imaginary constructs of consensus reality. You call them seconds, minutes, hours, days, weeks, months, and years. One of the main determinants of time measurements is the mechanism whereby one individual exchanges units of agreed upon value with another individual in the practice you refer to as commerce. This individual can be a single person interacting with another person, such as buying a watermelon at a roadside stand, or it can be as complex as whole trading systems that network the transactions of many individuals, such as your stock and commodities exchanges. Whole countries can exchange with other countries, also, through the authority given by the consensus reality to the respective government units involved.

Most people take all of this so much for granted that they do not even realize they are operating in a fictional world. It’s all made up, and the only reason it works is that everyone agrees to it being “the way it is.” It’s just a lot of energy packets being maintained by the agreement of so many people that that is what’s real.

But there is also another mind at work -- the Mind of the Creator -- and THAT mind is the only one that is truly “real.” It creates energy packets, too, and as one aligns more and more with the Mind of the Creator and begins to work more in harmony with THAT instead of the consensus reality of people, then things change in many different ways. The more one is aligned with the TRUE reality of the “real,” the more one falls away from seeing and experiencing the way one used to and this can be somewhat disorienting at first. However, as time proceeds and one becomes more acclimated to what is “real” as opposed to fiction, then one begins to see with “different eyes.” One begins to experience a shift in identity that can be quite confusing if one seeks to re-engage with the identity one has understood most of one’s life. You lose interest in the things that source outside of you and you begin to recognize and respond to those things that source from within you -- the gifts of the Creator that you carry simply because you ARE the Creator-in-expression, not because you have earned them.

Fears come up because this is such a radical thing to do. It goes counter to the consensus reality, but it is the consensus reality that is “made up” and is not real. However, in your cellular and species memory, many of you have deep scars from incurring the wrath of the consensus reality when it is challenged and it does not wish to change. These energy packets such as the consensus reality, being self-aware, can resist change as much as any embodied being can. You see this in your institutions, your governments, your armed forces -- in every aspect of human endeavor, these energy packets strive to maintain themselves, much as your “ego” strives to maintain you in your present form.

You are pioneers in that you came to forge a path to a totally new world -- not one that is a refurbished version of the present one, but something that has not existed at all, except in your memories of the “future.” The world you want to create runs totally counter to the present consensus reality, and would be considered a “danger” to the present system -- an “enemy of the [present] state [of affairs].” How can you REMEMBER something that has not yet been experienced? You can’t. You remember this because you ALREADY HAVE experienced this world! You have come here, embodied here, and carried that memory with you, and you are awakening from your amnesia now.

What this “looks like” is that you feel more and more alien to the world you perceive around you, and your longing grows to return to what you ALREADY know is “how it should be.” Every one of you who resonates with these Messages from deep within your core self has already “been there, done that,” to use your expression, but it is the energy packet of “home.” You are on the present Earth as messengers (angel means “messenger”) and the message you carry, coded within your very cells, is the message of the “good news” of Terra -- the world that lies ahead. By your being here, by your carrying this new tone, this energy packet within you, you are the seeds of that new world, and you carry within you all of the knowledge of how to live that energy packet, but it’s not something that you can give to anyone else.

You won’t GIVE this knowledge to anyone who does not already have it. You carry it within you, and collectively you sound a tone -- a frequency pattern -- that creates a new vibratory pattern. That pattern runs totally against the institutions and invested patterns of the consensus reality, so if it were possible, the consensus reality would try to keep that new pattern from existing. It is not because the consensus reality is “evil” or wants to control you. It’s simply that it wants to perpetuate itself. That’s the job of that energy packet -- to perpetuate and maintain itself -- and to do so, it must defend itself against all challenges OR change and adapt and incorporate those changes into its new definition of self. But change is not easy when there is so much energy invested in what “has always been.” Just as people will resist change until there is much more to gain by changing than by continuing to resist change, the consensus reality will resist change until there is much more to be gained by adapting to new models of thought.

Why do we bring this up at this point in time? Because you are approaching one of those boundaries we spoke of in the beginning of this discussion. Depending on where you live, in a very short time, you will cross one of those boundaries that you agree upon, called a “year.” This time, the year we are referring to is the one of the Gregorian calendar, the one that says 2005 is about to begin. We refer to THIS particular calendar, because it is the one that is used for global commerce, and it is the interests of global commerce that are the most rigorously defended among the possible competing interests and priorities within the consensus reality. “Commerce is king” in the consensus reality, and all other values and goals are secondary to and dependent on that. Commerce is the engine that keeps the consensus reality ticking along, that keeps people

willing to accept many things in order to maintain and improve their material position in a material world. All of that is about to change and change radically.

The year you refer to as 2005 is going to see many upheavals. The purpose of these upheavals is not a human one, but an energetic one. The planet has reached a place where it is actively throwing off the “thoughtforms” or energy packets of the past, particularly those energy packets that the human species has created through its consensus reality over time. These upheavals will directly challenge the consensus reality, and much chaos will ensue. At first, the response will be to try to hang on to what WAS -- to preserve it at all costs. But the pressure for change is relentless now, and all things that will not bend and adapt will break instead. In the coming year, everything will undergo the first “contractions” associated with the birthing of this new world.

Keep in mind that everything we say only is relevant to the timeline that leads to Terra. All of the people passing from YOUR world continue on another timeline that is not perceptible to you, so the many thousands that just “died” did not die at all, but rather continue on another of the timelines. As they have disappeared from YOUR world, so YOU have disappeared from theirs. It’s all in divine order and part of the separating out of the other destiny paths.

These “contractions” will challenge the commerce of the world in many ways. There will be shortages of foods, disasters that outstrip the ability of treasuries to cope with them, and financial duress that has not been seen before, not even in the “Great Depression.” The consensus reality will be challenged on every front, but because everything is knit together by the global commerce system, everything that happens from now on will be a challenge to that commerce and no part of it will be unaffected. No country exists in isolation from all others, so all countries will be affected, although the details will be very individual, and each person will have a different story to tell.

Those of you who are destined for Terra have a very special job to do. You have to maintain yourselves in such a way that you continue to sound and expand on the frequency pattern of Terra. You carry Terra within you. You KNOW HER already. When someone describes Terra to you, you recognize her as the child of your own longing. Your dream/vision of Terra is your dream/vision of “home,” and your job is to cultivate the reality of home within you for a time, until it is time to bring it with you and create it on the new planet that Earth will become. We will be giving you “Terra lessons” that you will recognize as being what is really “right” to do, but you need to understand that it runs counter to everything in the consensus reality -- so much so that the consensus reality appears to have everything “backwards.” The priorities are all wrong, and you sense that and know that, but until now, not only did you not have an explanation for that, you also did not know what to do about it.

The next few Messages will have to do with very “radical” ideas -- radical in that they counter the consensus reality. You must follow these teachings in private, within your own minds, hearts, and bodies. You must continue to live IN the world at the same time you are creating a new world within yourselves, so you must become skilled at “riding two horses” at the same time for awhile. You must continue to function in your world, to provide for yourselves, and at the same time make the time to begin creating your “garden” within yourselves. You will find this easiest if you can be in touch with others of the same inclination, but you can also find support within yourself if you have the courage to listen to your own inner voice and phase out of listening to the voices of everyone who would tell you to do otherwise.

Keep in mind that there will be a lot of resistance from those around you. They will cling to what they know as long as they can, and even argue with you about it and make you “wrong” for what you know, rather than consider what we are saying here. All meaningful change has been resisted at the time of its inception, and this time it is no different. It is the collective bonding between you, the collective sounding of the note of Terra that will blaze the path home. This is not a rescue mission. This is the work of pioneers for a new world, and you are on Earth to embody and carry out this job. It has to be done on the ground, within the Earth’s aura/ionosphere. It cannot be done “from above.” You are the “ground crew” for blazing a path to somewhere else, but it has to be done from where you “are” to where you are “going,” a place that you already have been.

We shall have more to say on this topic as we go along, but for now, we leave you now in peace, honor and blessing. Amen, Adonoy Sabayoth. We are the Hosts of Heaven.

**TERRA LESSON #1: Of Cabbages and Kings**  
**January 21, 2005**

"The time has come," the Walrus said,  
"To talk of many things:  
Of shoes, and ships, and sealing-wax;  
Of cabbages and kings."

-- The Walrus and the Carpenter, by Lewis Carroll

All right, now. The time has come to speak "of cabbages and kings." In other words, to use your expression, to get down to the "nitty-gritty" of the "op."

If you were to step back and see recent developments from a larger perspective -- from a movement of ENERGIES rather than the details (the SYMPTOMS of the energies) -- you would see that all of this is an indication of further movement toward the poles of one's destiny/destination. In a sense, all of it was pre-ordained before embodiment took place, so each of these players is acting out of their "God-given" role. You have already seen this in "The God Game," but now it is time to really LIVE that in your life.

You must -- for your own sake and the sake of the "op" -- detach, step back, and simply sing your note. Speak your truth when asked, but do not attach in any way to a particular outcome in any situation. In interacting with someone who does not have a clear focus, or is confused, or is conflicted, ask, "What do you want for yourself?" Not, "What is your alignment?" In pursuing what they desire, what they want, they will be homing in on their destiny within the larger whole. THEIR desire is an expression of the Creator's desire. In order to experience everything, the Creator needs all of these different players in order to explore all possible choices.

Each person carries within them the compass that will direct their journey, and because they are "blindfolded" the seeking can appear clumsy at times, but even that clumsiness serves the timing of events within the context of the whole. Tiny movements, small choices, are amplified through intersection with other movements in the same general direction. To the extent a clear pattern emerges, the alignment with others becomes more coherent, and therefore more powerful. Each individual is NATURALLY drawn to what is "theirs" -- in the perfect way and at the perfect time in keeping with the whole -- and the wonder of it is that they experience this as a discovery, similar to putting your hand in your pocket for your keys and drawing out a large amount of money instead.

Each person carries within them everything needed to get to where they are going, and for all of the steps along the way. The "new song" was written before the world was formed. Each of you were aligned with each other then; each of you is coming into alignment with each other now. Lyara was simply the person with the tuning fork. That's all. She is not meant to LEAD you. She merely sounds the note you are waiting to hear and you begin humming in response because it is inherently YOUR note also.

You must understand that no one can change what they came to be, what they came to do, what they came to experience. Their life is ALREADY written, and the "author" is the Oversoul, in the employ of the Creator's design and desire. Therefore, YOUR job is simply to continue sounding the note. If people do not "hear," simply sound it again -- and again and again and again.

This note will evoke a response in everyone who comes in contact with it. For those whose inner tuning forks are set to the same note, they will be drawn into resonance with that note and begin vibrating with it, too -- perhaps tentatively at times, but eventually with growing trust and confidence that it is THEIR note, too.

We emphasize that this is simply the way it IS. No one can change their note. Some will hear your note and be drawn to it, thinking it MIGHT be theirs, and while it may be similar, their note is sufficiently different that eventually -- because they DO NOT come into full resonance with it -- because it does not vibrate through them and awaken THEIR song, their passion to sing, to open to that note and let it reverberate through them without resistance to it, they will move on according to the strength of their seeking. Some will be "lukewarm" and never find their note, precisely because that is also a valid experience, and the Plan for their life is that they DO NOT "find," but must continue to seek, through other incarnations in other space/time environments.

Now we come to the last point: the polar opposites. The more strongly a note is polarized to ONE polarity, the more it annoys or irritates someone of the opposite polarity. In other words, the more a note is opposite another, the more strongly they create discordance when coming into contact with each other. The response, though, is different in its expression.

If one is of a positive polarity, based in cooperation, the response would be to stand together, sing the common note with joy in the singing of it, and simply send the note -- the song -- out into the universe -- freely given, freely sung, without resistance or attachment to effect. That is what you and "yours" (your kind) are created to do, and in so doing, your note -- the note of peace, joy, and love -- will resound and literally precipitate a WORLD into form that formerly existed only as a potential in the Mind of God.

However, the opposite polarity to yours -- the negative polarity -- is based in fear and competition -- in "power over," rather than pure power from within, and so its response is predictable from the perspective of THAT polarity: they MUST strive with you, to assert their power over you, to POSSESS your power, or to try to destroy you if there is no other option.

The more you sing your note, the more you bring forth "attacks" from those of the negative polarity. They are just being who THEY are; you are just being who YOU are. Everybody is doing and being what they are supposed to be and do through divine design. In the past, this has engendered bloody wars and imprinted the IDEA of war as a way of coping, a way of imposing one's will on others, in order to suppress their song and eliminate it. The idea of forcing "freedom" in others through military means is an example of this. One cannot impose "freedom." That is a contradiction in terms. One can only create and nurture freedom through cooperation in seeking mutually desirable circumstances and ALLOWING everyone to make their own choices without attachment to how they choose. Any imposition of one ideology over another is tyranny, not liberation, and there is no freedom in that.

This is just as true when the ideas seem to be "good" ones as when they seem to be "bad" values of greed and thirst for power. They all translate to an expression that says, "MY way is the right way, and anyone who does not share in my thinking is mistaken."

No, they are not mistaken. They are simply resonating to a different song, a different note that has a different outcome. Those who think they are of the positive polarity and seek to impose their views on the rest of the world -- who see through the rose-colored glasses of denial and say things they WISH were true, but for which there is no clear evidence of BEING true -- they are

not of EITHER polarity. They are simply in denial of what IS, "how it IS," and therefore what must be.

"Wishing does not make it so." But "wanting" is different than mere wishing. Wanting contains within it a seed of desire, a portion of the Creator's desire to experience all things. Your "wants" are the fuel for your journey. They fuel your desire and propel you to the fulfillment of your desire. Wishing is a fantasy, an "if only ..." thought that leads nowhere. But wanting leads to action, and action leads to results, which lead to further action, and so on. The sounding of one's note is the spark that kindles the fire of desire, and the desire is fueled by the degree of passion the person carries within them for the fulfillment of their desire.

Not everyone carries the same amount of passion. According to where they are on the polarity continuum, the further one is toward the two extremes of positive and negative polarity, the greater and more intense the passion for expressing and manifesting the goals inherent in these polarities: cooperative achievement for one, and total "power over" for the other. To the degree that one moves AWAY from these extremes, the lower the amount of passion for attaining a goal. If the "heat of desire" is greatest at the poles, the center would be said to be "lukewarm" or tepid. No fire at all.

You who are part of Operation Terra are of the positive pole and the more you collectively join together in resounding your vision of Terra, the stronger your collective note resounds through the matrix of the Mind of God, creating standing waves that literally CREATE Terra from that matrix, in which all potentials exist. You are manifesting Terra by WHO you are, what you carry within you, and your willingness to join with others in singing the new song. This is why you are here. This is what you have come to do. "Baby Terra" has been "conceived," and as the many come to join their voices with yours in singing this song, this note of Terra, the "glass ceiling" of 3D will be shattered, the barrier will be broken, and the energetic pathway will be anchored in place for those who are heading for Terra.

In closing, we will also say to you that as things "heat up" in the world, your job is to simply stand together and continue to sound the note for Terra. We have placed a shield around you, but it is maintained by your commitment and dedication to this single task: sounding the note for Terra. If you do this, no matter how much gnashing of teeth it stirs up in those of the opposite polarity, you are safe and Terra is safe and none will prevent the birth of this new world. It is ordained and so it shall be.

Amen, Adonoy Sabayoth. We are the Hosts of Heaven.

**TERRA LESSON #2: BUILDING BRIDGES****March 5, 2005**

All right, now. We have asked to speak with you because a critical threshold has been reached in the progression of the events of which we have spoken. From our perspective, there is no linear time, but we do perceive of sequence. Things do relate in both a linear and logical connection with respect to each other. So event A does relate to event B and event C is interposed between event B and event D, and the logic branches of which we have spoken also exist in linear relationship with each other. The outcome of decision point 1 affects what decision point 2 will be. If one course of action is chosen, then only the logic branches that proceed from that result are accessed. So if you decide to have eggs for breakfast, you don't need to decide what flavor of jam you will put on your eggs -- unless, of course, you like to put jam on your eggs! However, if you then decide to have TOAST with your eggs, then that is a result of a different logic branch (toast or no toast), that follows from your decision to have eggs, which then accesses the choices about jam (jam or no jam). Each event and each decision stands in linear and logical relation to the ones that precede and follow it.

So now, we stand at a certain point in the journey, one that naturally arose from its relationship to the events that have taken place and as the bridge to those that will follow it. We have also spoken of parallel realities that accommodate all of the possible logic branches (one in which you eat eggs, and others in which you make other possible choices for your breakfast menu). But we have ALSO spoken of a time when a threshold is reached that cannot be delayed, a kind of barrier that exists to limit further possibilities from being explored. You might call that the termination point of that particular Creation.

Through the mechanism of parallel realities, different pathways are charted through linear sequences of events that lead to different conclusions. We have referred to these as timelines. We have also spoken previously of a phenomenon in which people who appear to die on YOUR timeline are continuing just fine on another one. When a "death" occurs, the Oversoul disconnects the silver cord from that extension of itself and that physical body is left behind. This is why there were so many bodies left behind in the disaster that occurred in Asia near the end of December. Their silver cords were disconnected and withdrawn into their Oversouls, but OTHER bodies created by those SAME Oversouls continued to be supported in other parallel worlds. Nothing will be lost, but some will pass away from each timeline that is being followed, in the times you are in. When this is complete, the timelines will have separated completely from each other, and the people who occupy different timelines will also be separated from each other. To each person, the "others" will have disappeared, but they will experience themselves as continuing.

We have emphasized that most of what we have put forth is meant for a particular audience: those who carry the light codes in their DNA to respond to the tone of these Messages, and whose Oversouls have made the choice for them to experience the journey to Terra. We would like to add that there is another timeline that is somewhat similar to yours, but whose occupants are meant to incarnate as children born onto Terra at a future time. Those people may feel drawn to these Messages as part of their seeking, but they do not lock in on them in the way you do. They feel a certain stirring within themselves, but it is not the clear activation that occurs when the light codes match the ones we put forth through the mechanism of the Messages. It stirs up a longing within them that will resurface in other lives that their Oversouls create in other space/time locations, and it will eventually lead them to Terra, but not at THIS particular time.



Our voice speaks directly to those relative few who are going to be the pioneers associated with Terra. Those who are drawn to other teachings are not going to Terra at this time, but may at a later point in time, after the Creation is refreshed and begun anew.

Time is a vector quantity, similar to width, height, and length. Space has volume, which is described by units of width, height, and length, and time is a way of identifying which particular occurrence within space is being referenced. For example, you can identify a certain location within a city, but to identify what exists at that location, you must also specify WHEN it is that you are referencing. The bus that passed through yesterday morning had different passengers on it than the one that passes through there today in the afternoon.

You can see how complicated it can be to become specific about certain kinds of things, but we take the easy way: we access everything at once, simultaneously, and we experience all of the possible choices as being present all of the time. It must sound to you like that would be very hard to keep track of, but it is very natural to us, and it will soon be very natural to you, once you are in full consciousness again. We navigate through this maze of potentials by what presents to us. The one that does the presenting is the Creator Itself, and all we do is observe and respond appropriately to what the Creator is "saying" through what It presents.

We can feel what is appropriate, and YOU will be able to feel what is appropriate. To the degree you are listening within, you can feel what is appropriate now. One choice always feels better than any of the others, more "right" than any of the others. That's how it is for us, also, but we don't need to reflect on it for very long, as you might. As you learn to trust your intuitive sense, it becomes easier for you to be spontaneous in responding to whatever presents, but you will be doing that ALL of the time as the natural way of being once you have attained full consciousness.

Now, because we do not experience linear time, we have announced the arrival of certain things in the past, because they presented to us as being imminent. That was our experience of them. Even though we can observe you, hear your thoughts, see what you see, and understand you at your core, we do not SHARE in your experience as you experience it. Events and phenomena that we communicated were beginning, such as "the time of ingathering" or even "booster rocket time" were experienced as imminent to us, and we communicated them that way, but within linear time, those potentials took a much longer time to appear on YOUR perceptual screen than they did for us from our perspective. To us, everything is immediately perceived once it emerges from the Formless, and we did our best to translate that into your frame of reference, but the actual events lagged the immediacy we felt about them.

The time of ingathering is now underway, within linear time. The time of the lifting of the first two waves is (again, from OUR perspective) soon to follow. We expect this to begin occurring later this year, but have no way of being sure until it actually occurs. Our frame of reference is not driven by us, but in response to what emerges within the Creator's thought. It is said in your Bible that "no man knows the hour or day; only the Father knows." That is what we are talking about here. YOUR experience is perceived from within linear time; ours is perceived in a perpetual state of "now-ness," from which we can only estimate things as to when they will emerge at the physical level. Things ALREADY exist as full potentials within "the Mind of God," but as you have no doubt experienced already, there is a quality of unfolding that requires a passage through linear time for the full manifestation to take place at the observable level of space/time.

For example, let's return to the busses that pass by a certain location in a certain city at a particular time. If it is "written" that two people are going to meet on one of those busses by sitting next to each other, all of the events that lead up to them getting on the same bus in the same location within space/time must line up perfectly for that to occur. While we can observe the potentials, we do not either have control over them or ability to predict them except within certain probabilities. However, from being able to read their Oversouls' scripts for them, we DO know that they WILL meet, and certain interactions will occur between them, in keeping with that script, even if we have to wait to see how it actually plays out within linear time.

So we have given you a "map of the territory," the map of the journey to Terra that you are making and have been making since you emerged from the Mind of the Creator, as an actual expression of the Creator. We have given you some of the features of the journey, and we have given you some of the markers of it, just like you have on your highways. You see a mile marker that tells you how far you are between two points on that highway -- from its beginning to where you are as you pass that mile marker. Those mile markers are spaced uniformly, one mile apart. But there are also other markers that tell you how far you are from other destinations that lie ahead of you -- so many miles to a particular town or city, so many miles to the one that lies beyond it, so many miles to a place where you can turn off onto another road altogether.

We have tried to be precise in translating the map, but there have been some obvious miscalculations that have come in when trying to correlate information that appears as imminent to us from outside of time with specific locations within linear time. You have collectively been making this journey for over 4.5 billion years, so our "margin of error" within that range of time is very small indeed, but for you, it might have caused you to doubt our accuracy, and for that we do apologize.

Now, however, the signs are clear that the times we have spoken of have indeed arrived. The event horizon for these times has been passed and nothing will affect what plays out now. No choices remain to be made that will affect the outcome on your timeline. You can essentially let go of any need to fix anything other than putting your energies into your own completions, healing, and preparation to transform.

The rollout (or should we say roll UP?) for the first and second waves is imminent to us. It might take place over as much as two years within linear time, but we can see the readiness of all of the factors involved, and to us that indicates the time is at hand, whether it takes a few months more or not.

A true wave has a wave shape to it. That may seem obvious, but to many it is not something they have really thought about. A wave has a leading edge, which swells into a fullness that contains the main body of the wave, and a trailing edge. Form follows function in the created world, and so the leading edge of this wave will contain those whose functions are necessary to support the activities of those who follow. There will be a sort of overlap between the trailing edge of the first wave and the leading edge of the second wave. Events were originally thought to be taking place over a much greater span of time, so the distinctions between the waves were much clearer and separate from each other before. However, because of the kinds of delays we have mentioned, events that were originally thought to be spread out over decades are now going to be occurring very close together. Very little has been discarded from the original list of events, although some were ameliorated through prayer, the collective effects of the personal work that has been accomplished, and other shifts that came about through collective efforts.

However, now you are IN the "birth canal," and rapidly approaching the "ring pass not" phase of things. In other words, that immovable threshold that we spoke of so long ago is still there, still immovable, and the events that have to occur are piling up against that immovable threshold or barrier like a single large wave of enormous power and force. That wave is building force now, and so we can say with confidence that the waves of our ground troops will be lifting soon because they will be needed soon. The times ahead will be very intense -- much more intense than they would have been if they had been more spread out -- but they will also be much shorter in duration. This is where your "surrender lessons" are very valuable to you, in dealing with the acceleration that is now occurring.

Booster Rocket Time has come and gone -- twice. The first one had little shock value because there was so much publicity to its slow progress over time that by the time it occurred, the "surprise" element had all but disappeared. It did happen, and it did set in motion so many of the things that are playing out now. It was truly the beginning of all that is building toward the conclusion, but the real shocks still lie ahead. Even though the magnitude of the impact was much greater the second time around, the world still turns pretty much as it had before. Commerce still hums along, communications still buzz, and despite a growing unease that most people feel but can't put their finger on, the clinging to "business as usual" is still there, even though it takes more effort to cling than it did before.

The weather is still the biggest news, that and the impact of oil prices. Crop failures, fires, floods, and growing death tolls are all linked to those two. But there is a time coming of greater global breakdown -- the conditions that will bring those of the third wave into readiness for their lifting, and so it is time to actively prepare those who will gather them up at the end.

Your timeline is the shortest one out of the twelve futures that will emerge from this one shared reality. That is partly the reason why the dates given that are associated with other timelines do not mesh with your experience. You are still accessing each other, but the groups are forming up and moving strongly to their poles of destiny. The timelines are separating and you are moving into the final part of your preparation for the task that lies ahead.

Your greatest service to the world at this point in time is to respond to what presents in your life, just as we do. There is a feeling to withdraw in some of you. Respect that. There is a feeling in some of you to move out into the world and engage with it more. Respect that. Each of you is being guided from within yourselves to be in the right place at the right time. Each of these steps takes you further on the path that is yours alone to walk. You are not many, and your task and your life are unique to you. There are many of us on the ships now, waiting to receive you as you disembark from your lifting, when it comes for you. Those of the first and second waves will be tucked away on the ships for a time, and completing their transformation there, so when it is time to gather up those of the third wave (who number in the millions), you will be ready and equipped for the task.

We hope this has been helpful to you in bridging the difference between the way we perceive things and the way you do at present. When you have completed your transformation, our way will be your way, but for now we still have some bridging to do.

We leave you now in peace, honor and blessing. Amen, Adonoy Sabayoth. We are the Hosts of Heaven.

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NOTE: A ring-pass-not is a barrier or filter of sorts that keeps certain energies contained within certain boundaries. In order to pass this "ring" the energy has to be operating on a level BEYOND that which is being filtered out. In this case, the implication is that any energies that have not "qualified" and gone beyond separation consciousness will remain contained at the 3D level. To go beyond the filter or barrier, one's consciousness must be "lifted" above the 3D frequency level. On the timeline leading to Terra, everything that is not lifted beyond the 3D level will appear to perish, but can continue on another timeline within 3D and go on to other incarnations. Some of those who do this will eventually incarnate on Terra by being born there, but not during this particular cycle or lifetime.

**THE TIME OF SORROWS****April 10, 2005**

Dear ones,

This past week, many millions of people around the world mourned the passing of a single man, a man who had in some way touched them through his life. The tolling of the bells to mark his passage also marked a stage in the passage of the planet from one frequency band to another. It is about this particular frequency band that we wish to speak today.

Every thoughtform or idea or concept has a frequency pattern to it. These frequency patterns make up layers of different "heaviness" or "lightness." The heaviest frequencies feel "heavy" or "dark" to us and the lighter frequencies feel "lighter" or "light" to us. As the Earth is rising slowly through the frequency bands, each frequency pattern that has been passed through no longer can hold that pattern and it is flushed out into manifestation. And so, at this particular period of time in the passage through these frequency bands, the "time of sorrows" has arrived. This is a symptom of the patterns contained in the band that has just been traversed. It will outpicture as many funerals, many losses, and much sorrow for many of the people in the world. The cause of these sorrows will be losses of many kinds -- loss of loved ones, both animal and personal; loss of jobs; loss of homes; loss of property; loss of health; loss of well-being in all kinds of ways. We have come to you today in the role of comforter, to help you come to terms with the sorrows that will be outpicturing in the world.

We wish to remind you that these losses are a passing away of all that is not in keeping with the frequencies of peace, joy, and love that make up Terra's foundation. They are a passing away of all that has kept people from truly being free to express themselves in all of their fullness. They are a passing away of everything that has CAUSED sorrow and the lack of peace, joy, and love on this planet. It will be a time to grieve one's losses, but it is also a healing of the root of those who suffer every day from the losses of personal freedom that have come down through the generations of ignorance, control, and penury.

So while this time is upon you now, we want to tell you how to be with this experience, so you can receive it for the healing that it is. We also want to express our support for you and your transition, and to explain how it will be after you have withdrawn from the planet for awhile, so that you can understand how the pieces of the puzzle fit together. We expect that having a frame in which to see through, it will make it easier to bear. We are aware that you are very caring individuals, and that you have a tendency to identify with loss and suffering so much so that you experience it as if it were your own. In particular, you feel this way about those least able to protect themselves -- innocent children, elderly, those who are crippled by disease, animals and plants, and those who are already beset with life's harsher aspects. We ask you to detach from all of these individual dramas, to instead create a tent of your love over them, like a bowl or container in which these things can play out to their end, and the healing that will result from having gone through those experiences.

Many losses are coming now. We ask you to hold forth where you are, with all of the love you can muster for the entire process, independent of the details of each calamity. For calamities will be so numerous, it can and shall overwhelm many. We ask you to understand the real purpose being served by the calamities, to see them as a healing for the planet and a release from the conditions that have occurred over the millennia. We ask you to stand where you are and continue to sound your note. We ask you to do this until the time comes when the portal arrives,

and when you move through the portal, to not look back upon the calamities you are leaving behind. You are moving to a place where you will let go of any sorrow you carry, to prepare yourself to offer comfort at a later time, when it will be of some use.

You see, at this time, the cleansing of the sorrows has just begun, and many are destined to depart through the portal of "death." Your time to be of use is not until this time of sorrows has come to an end, and you will extend a helping hand to those who have been transformed by going through them. Remember that a higher purpose is being served through all of this, and therefore, there is nothing to fix and nothing to stop. It all must come to pass. You can always pray for as smooth a process as possible in keeping with the highest good, but it is important to detach from specific outcomes, and most importantly from seeing any of it as either a judgment or punishment. It is none of those, for everyone is just being who they came to be, in keeping with the Creator's desire to experience everything. No one is being punished. No one is being judged. Those ideas are a creation of man, not of the Creator. As we have said, to the Creator, all of Its creations are good, in that they serve the Creator's desire to experience all of the possibilities through Its creations. Everything that exists is in existence solely to serve the Creator's desire to experience everything.

In speaking of the "end times" or "last days," many people judge others because they are different or believe differently, but the Creator does not judge. Many people say that THEY "are the way, the truth, and the light," and if anyone does not follow THEIR precepts, they will suffer an eternal punishment. There is no eternal punishment. There is no heaven; there is no hell. There is only the Creator, expressing through Its creations. All things stem from the Creator. All that you consider "evil" in the world stems from the Creator. All that you consider "good" in the world stems from the Creator. The Creator is All That Is. Do not pay attention to the rhetoric of those who are enmeshed in division, hatred, fear, and rage. Many will be losing control and acting out from those places of division, hatred, fear, and rage. The response will be dramatic, and the only response that will be effective is to institute more and more control. Health care delivery systems, especially those that treat mental disorders, will be overwhelmed, and a system of triage will have to be resorted to. Those who cannot be helped will not be helped. Those who will survive without help will not be helped, and will have to rely on themselves and their own resources. Only those who can be helped within available resources will be helped within available resources. And those resources are about to be taxed beyond the ability to respond.

A time of tyranny will follow this time of sorrows. It will be the response to the losses and the need to institute order and control, which will be yet another loss -- a loss of personal freedoms. All systems will be stressed to the maximum possible, and many things will be sacrificed that people have come to take for granted. Many things will be in scarce supply, and to control the fear levels that would result in riots and mass hysteria, more controls will be put in place until everywhere you look around the planet, helmets and guns will be seen. These measures will take place against the backdrop of growing discontent and a kind of unleashing of a wild beast. Nations are entities, too, and when an entity is in pain, it lashes out against what it perceives of as the cause of its pain. It identifies the cause of its pain as its enemy, and moves to destroy its enemy in order to stop its pain, but the reality of war is that it does not stop pain -- it increases it. And so a spiral will be set in motion soon, and that spiral will build upon itself until everything appears to be out of control. Then those who thrive on power will institute the controls that preserve their position and the spiral will continue to build until all will appear to be heading into the darkest days ever seen upon the planet.

The sheer numbers of people actually contribute to this spiral. Consider that 1,000 years ago, there were many fewer people on the planet, and their technologies and modes of transport limited them in the kind of destruction they could wreak on a given area. The Bubonic Plague killed many more than the puny forces of people could, but now there are superpowers with superweapons, capable of destroying the entire planet singlehandedly. There are other nations with more limited resources, but with enough people being drummed into hating others, alliances will coalesce and the united resources will throw everything possible at their enemies. It will be like the entire planet has gone insane, but it is a madness that is already there, festering unseen and just waiting for the right circumstances to boil forth.

We tell you this now, to prepare you for this time of sorrows, so that you will know how to respond. Your time to withdraw also helps this healing process go forward. Until now, you have been acting like human lightning rods to anchor the higher Light into the planet. You have done this and the Light is doing its work of scouring every atom clean of its contaminants. The resulting "sludge" has to go somewhere, and it will outpicture in this image of human suffering, but please understand, it is just the PURGING of the suffering that has existed and gone on for millennia. Many of you have memories of this suffering, for you experienced it yourselves. In this present life, you received it as a legacy from your elders, who received it as a legacy from THEIR elders, and on and on, back through the dim reaches of time. Your Oversouls have created many lives, and played out many themes, but now it is all coming to an end. This, you might say, is the "great end game" -- the game that will play out and then the end will come.

This time that has now arrived must occur for the ending to be a happy one -- in the end. This is a last look around at the things that the Creator desired to experience, and then you will move on to something else. You have your part to play, and you will be the deliverance from suffering that will be so welcome at the other end of this time, but in the meantime, focus on your own healing, focus on your own transformation, focus on what you CAN do to support your own transition, for it is only when you are fully transformed that you will be able to provide meaningful relief and support for others. This period of sorrows is upon the world now, and it will last until it is over and it is time to clear the stage altogether.

Please understand that all of this has been anticipated, has been prepared for, and we are doing our part to help all of you, and through you, millions of others when it is time to do that. But each thing progresses in phases and stages, and this is where you are at in the overall process at this time.

We leave you now, in peace, honor, and blessing. Amen, Adonoy Sabayoth. We are the Hosts of Heaven.

## A CHANGE IN PLANS

May 6, 2005

All right, now. We have asked to speak with you because there has been a change in plans. As we have indicated, the Creator loves surprises, and now we are also surprised by some recent events that have presented for us to respond to.

It appears that those of the higher-density STS polarity have concluded that things are not going the way they want on the surface of the planet, primarily in that they have become impatient for the "fireworks" to begin. What this translates to is an acceleration in the speed at which events will unfold, primarily in the realm of wars and human suffering. These higher-density beings feed off the emotions of fear and its offspring: anger, rage, jealousy, and hatred -- the more intense the better, from their perspective. They know, as we do, that the time is growing short and they wish to maximize THEIR harvest as much as we wish to maximize ours.

So an order has gone forth and is being communicated in various ways to their servants in 3D whose vibratory pattern matches those of the higher-density negative-polarity entities. This order is sourcing from the 6th- and 5th-density levels, passed down to their 4th-density operatives, and seeded into the consciousness of the humans on the ground who serve them and their agendas. The humans experience this urging as an impatience and an impulsiveness within themselves, but they are largely unaware that it does not begin within them. What the result will be is not wholly known at this point in the unfolding of the drama, but there is enough of a potential for an escalation into a state of global war that we have decided to move up some of OUR plans as well.

Accordingly, we have asked for assistance from within OUR ranks and those who are scheduled to be lifted in the first and second waves will be worked with more directly than in the past. It is necessary to increase the speed at which you are lifted through the various frequency bands, and each of you has been assigned at least one "helper" to tend to you as you experience this acceleration. You may feel some symptoms of the acceleration, and we wanted to let you know so you would not become alarmed. There will be sensations of a "state of emergency" that are a result of your body's response to the increased speed, just as you might feel if you were in some type of vehicle -- airplane, car, or train -- that suddenly began moving faster than you were comfortable with. The acceleration carries within it a feeling of greater and greater speed, and your bodies respond with sensations of "jitters," "butterflies in the stomach," light but passing nausea, and an odd mixture of anxiety, anticipation, and excitement.

This will be more of a "wild ride" than we had originally planned, and our advice is for you to remember to breathe when you feel these feelings arising within you. It will also be easier to remain comfortable within the acceleration if you sink INTO the experience, much as you would settle into your contoured seat on a spaceship. As you feel the stimulus of this acceleration, keep your attention on calming yourself by deepening your breathing, closing your eyes, and choosing over and over to trust the movement and those who are creating it.

The whole intent and purpose of this response is to move up your entry into a higher frequency band so we can tuck you away safely onto the ships before the wars are fully unleashed on the ground. This will also require that whatever energies reside within you that are not compatible with these higher frequencies be purged from your system, so that translates to a more rapid clearing of those energies. Your attendants from our ranks will be working with you to ease the



symptoms of those clearings, but you can also make things easier on yourself by choosing to ride this wave of change calmly and without resistance.

It is the resistance that keeps the energy from moving, and it is an innate tendency to resist when movement seems to be pushing, rather than carrying you along. If you can choose to relax INTO the movement and trust it, you can more easily experience this, with the least amount of discomfort possible. Above all, if you find yourself experiencing fear, breathe deeply and do those things that calm you. Create sanctuary within yourself and your immediate environment. Detach from the drama going on around you. If you are constantly listening to the news broadcasts, you will only increase your adrenaline levels, and it will be much easier to slide into fear and anxiety about what is happening. We advise you to pull your attention toward ways of calming yourself, rather than in ways of stimulating yourself. Slow things down for yourself as much as you can, and it will be a smoother transition. Do less and do it with full attention and it will be easier for you to glide through these changes smoothly.

We are not going to place estimates on the timeframe for your lifting into the ships at this time. We will be keeping pace and tracking each of you individually, and we have reserve capacity to handle this acceleration, both while it is going on and afterward. Once you are on the ships, the rest of your processing will take place, and we are preparing to receive you in greater numbers than before. We had intended to lift you gradually over the next year and a half, but now we must get you off the surface of the planet much sooner. We expect the wars to occur later this year, and a financial collapse to follow, so we want to make sure you are safe and provided for by then. We are working with a system of probabilities, and things are subject to change if new information arrives. We will do our best to keep you informed in all ways -- through these Messages and also through direct inspiration, so keep your inner radio tuned to our frequency band as much as you can and pay attention to those subtle messages that seem to arise within you.

In the meantime, know that you are loved, that you are precious to us, and that we are standing with you at all times and in all ways. You are never alone and we so look forward to having you among us again.

Amen, Adonoy Sabayoth. We are the Hosts of Heaven.

**LISTEN WITHIN**

June 7, 2006

All right, now. We have asked to speak with you to inaugurate the movement into the final 3D phase of Operation Terra. Today we will only speak in generalities of what lies ahead, but it is our intention to guide you through the final phase in more detail as things proceed across the planet.

To begin with, many changes have occurred during the time we have been silent, requiring adjustments in our plans beyond the last “change in plans” that we announced. However, now we are so close to the ending of all of this that there will be specifics that might be altered, but the overall movement must complete without further delay.

You stand on the threshold of profound change for the entire planet, but most especially for its human population. Things are leading to a crisis point that should be clearly visible to those who have “eyes to see.” We remind you that your safety lies within, and we encourage you to strengthen your ability to quiet yourself and listen to your inner wisdom, despite what might be going on around you. There will be many putting forth their solutions to the “problem,” but remain calm and ignore the predictable chaos that will ensue. The world’s leaders have been trying to maintain the status quo for a very long time, and don’t want to have people panicking until it is unavoidable. We urge you to not panic at any time, for clear thinking and reasoned action are what is called for during chaotic times such as those which lie just ahead. You will make your journey easier if you can remember this, and you will also serve as a model for those around you who might otherwise give in to their fear.

Those of you who have been reading these Messages and applying their principles in your lives will be of great help to those who are just beginning to realize that things are not quite right in the world and are worsening on a daily basis. The movement into chaos is well under way, but it is being kept hidden for as long as possible by those in power and who stand to benefit by doing so. In one of our earliest Messages, we spoke about the last grab for resources that would be taking place. You have seen some of that in some of the actions taken by the US government, but other governments are doing the same thing to the best of their ability. Those who have the necessary information to sense the magnitude of what is about to transpire have been taking actions for quite awhile that will give them the most power when things begin to come apart. It is all rather like a game, but in this case, not everyone is an equal player. Many have nothing to play with at all, so it will be a contest among the “haves,” as the “have nots” do not have the resources to do anything but survive as best as they can. It will not be a pretty sight as the awareness dawns on the many just how dire things really are.

We do not say these things to alarm you. We only wish to prepare you for what is coming and to direct you in the ways that will be in keeping with your life’s purpose and plan. Each person who is incarnated now is here because of a decision made by their Oversoul. Each one has a part to play in the larger drama that is unfolding. Some have more visibility than others, but each one is equally important in the context of the whole. Each one of you reading this Message is a “player” in this drama -- not because you have great material resources, but because you have great spiritual resources within you. You think that your material world is what is “real” because you can verify its presence with your physical senses, but what is truly real is invisible and inaccessible by the physical senses. It is the Creator’s presence that is the only thing that is real, and you are an individualized aspect of the Creator-in-expression. We are embedded within the

matrix of the Creator as much as you are. All of us source from the Mind of the Creator, and as you make your journey into greater mindfulness and awareness of what is real, you will also be more aware of the Mind of the Creator as it generates you, speaks through you, thinks through you, and moves through you. All of the clearings you have been going through have one aim: to make you as clear as possible so that the Mind of the Creator can work through you with as little distortion as possible.

As long as you identify with your body as who and what you are, you will be living from an illusory sense of reality. As you are able to surrender your personal preferences and become more detached and neutral, you will be able to align more perfectly with the Mind of the Creator. The Creator is dispassionate toward Its creations. This is in direct conflict with the belief in a personal “God,” one that puts some of its creations above others. To the Creator, all of Its creations are equal, and serve equally to fulfill the Creator’s desire to experience all possibilities. To those who feel that their way is the only way to God, we would say that they are laboring under an illusion. The Creator is present within all of Its creations, so there is nothing that is outside of the Creator, and there is nothing that is separate from the Creator. These ideological wars that lead to people killing each other are not based in any kind of truth other than what people believe to be true. That does not make it true, despite the power of the individual mind. Only the Mind of the Creator can truly create anything.

Then where do these mistaken ideas come from? They arise from the interactions of individuals with their environment, which includes other individuals with whom they interact. But where do these interactions source from? From the Oversoul that creates each projection that thinks it’s a separate individual. So it all comes back to the Oversouls as the source of the interactions and what could be taken as mistaken ideas. However, if one examines the fruit of such things, it all comes back to the Creator’s desire to experience all things, without preference for some things over others. So what you as an individual might prefer is not right for everyone. It is only right for you. Therefore, as you see things playing out in chaotic ways, what you need to discern is what is right for you. It will not be exactly the same for anyone else. It will be challenging to not get swept up in other people’s ideas of what should happen or how things ought to be done, but remain sovereign, and listen to your inner wisdom. This is something that must be applied constantly. There is little time left to learn “lessons” as there is little time left to do things over again. The best way through these times is to listen within and tune out anything that is not in keeping with your own inner wisdom. There will be much to tune out.

Pay attention to how things FEEL within you. Be selective in what you eat, what you expose yourself to in the form of entertainment, and how you spend your time. Be selective in where you go when you have a choice and make choices that enhance your sense of inner peace and quiet. If you don’t know how to still the chatter in your mind, find ways to do that. Meditate regularly if that helps you to do that. Take warm baths. Play soothing music. Spend time in nature if possible. Get rid of clutter in every way you can. If you haven’t already done so, review your possessions and get rid of everything that you are not actively using. Pass them on to others if they no longer serve you. The details will be different for each of you, but the goal is the same. Do whatever you need to in order to remain calm in a time of chaos. This is of vital importance.

Pay attention to the little clues that appear in your life. Do not hesitate to break out of your habitual patterns if it feels right to do so. No one else can live your life for you, so do not let anyone else’s opinions dictate how you live and the choices you make. Your inner wisdom will be your own best friend. We are always with you, and we often do things to get your attention

and make you aware of our presence. We are all part of the same team, with the same goal -- namely to prepare the way for the new world of Terra. To this end, you have all been doing your part in clearing energies that would impede the planet's progress upward, and you have also been rising in frequency yourselves.

Look back to the time when we last spoke to you. It was just a little over a year ago, around 13 months to be more exact. Has anything changed in your life? Do you perceive things differently? How do you feel about yourself now as compared to then? The changes are not just going on in the phenomenal world of material reality. There are even greater changes taking place within. They are affecting everyone and every thing on the planet -- the animals, the plants, the very air you breathe. Nothing is unaffected by these changes, and the changes will continue to accelerate from here on in. Do you doubt that you are changing? When you look in the mirror, there is not so much that is different, but inside is a different story. Ideas that used to excite you somehow have lost their flavor. Everything looks pretty much the same, but your relationship to it has changed a great deal.

Many, if not most, people on the planet have not changed a great deal in this past year, but those of you who are part of Operation Terra have been going through an accelerated transformation -- one that has required a great deal of you at times. Well, it is only going to go faster from here on in, so the best way to be comfortable with this journey is to remain surrendered at all times. Whenever you become aware of resistance to or avoidance of anything, surrender that resistance and open up to receive what must be received in that situation. To align with what's real, you must surrender up your previous ideas of "how it is," ideas you learned from others who learned from still others, all of whom were in veiled consciousness and therefore not qualified to teach those ideas to anyone else as truth. Become a Truth seeker. There is only the Creator-in-expression. That is the only truth. That is what is real.

Work with that idea. When you feel an emotional charge rise up within you, do not resist it, but do not feed it either. Let it flow through you without acting from it. Allow yourself to feel all the emotions, but recognize them as the passing things they are. It is only in the quiet space within you, when you are not being affected by your passing emotions, that you can know and receive Truth. There is a lot of noise in the world, and it keeps people from truly hearing what is going on within themselves. You can choose what you listen to. Listen within.

We will have more to say to you, but this is all we would say to you now. We leave you in peace, honor and blessing. Amen, Adonoy Sabaoth. We are the Hosts of Heaven.

**MOVING INTO UNITY WITH ALL THERE IS**

July 3, 2006

If you are uncertain as to where to go and what to do, what is the best approach to take? Listen within. Wait for clarity. Refuse to act until you are certain that that is what you are supposed to do. Certainty is not easy when there are so many voices clamoring in your head for attention to their particular point of view. What do you do about that? Wait for clarity. Wait until the clamor dies down and only a single quiet voice remains. Wait for clarity. Do not act without clarity about it being the TIME to act, as well. Everything has its perfect timing in the larger scheme of things.

So, now, why do we repeatedly emphasize these basic principles? Because they are your compass through the uncharted waters that lie just ahead. If you are setting out on a journey without a map and only the sense that you must cross an ocean to reach a shore that is not visible to you, you will have to keep your attention fixed on that far horizon until you reach it. You must set your course, and then follow it. Your guidance systems must have a “fix” on your destination.

You carry this information within you. It is coded into the very cells and DNA of the body you walk around in. Your journey IS already mapped out, but because of the necessity of making this journey in a state of veiled consciousness, you have to “pretend” you don’t know where you are going. It is all part of the illusion about who and what and where you are.

The “real you” is nonlocal. By that, we mean it is not limited to a particular space/time location. If you have had an extensive out-of-body experience or a near-death experience, you might have realized that once you were free of your body, you could see in all directions at once. However, that still provided the experience of perceiving through a particular and fixed location. As an expression of the Creator, you exist everywhere at once. You exist in everything you perceive, and just as the Creator experiences Itself through Its creations, you also experience yourself through all of the creation that you intersect with from your individualized point of awareness.

This will not change when you are in full consciousness again, but what WILL change will be how you perceive everything you observe and interact with. You will EXPERIENCE being part of everything that exists. You will directly “know” the meaning of the phrase, “I am that.” Are you familiar with that term? It has appeared in many of your languages. In the Hebrew language, it is “Ayeh Esher Ayeh” [“I am that I am,” spelled phonetically]. In the Mayan language, it is “In Lakesh” [“I am another yourself,” spelled phonetically]. This is a very old understanding. In the traditions that emphasize something you call self-realization or enlightenment, the attainment of those states brings you to the direct experience. “You” are everywhere and in everything you perceive. The meaning of these terms come down to that simple fact. You are intimately interwoven with everything that exists and everything that exists has its counterpart in you.

Why do we emphasize this point? Because in order to move out of separation consciousness, you have to realize this for yourself -- not just as an intellectual concept, but as an inherent feature of your experience of life. In point of fact, this is absolutely true, but until your veils are thinned to the point you can actually FEEL the reciprocity of the dance of the illusion you are mired in, you will never be able to move past enemy-patterning into oneness with All That Is.

Your life is bringing you closer to this realization every day. Your life is giving you opportunities to see and know that everything and everyone you come in contact with mirrors

something of yourself back to you, so you can come to see yourself EVERYWHERE and IN EVERYTHING. You will come to realize that everywhere you look, there you are.

One of the terms you have for the Creator is “All That Is.” The Creator permeates all of Its Creations. It is the matrix, the foundation, the ground of all that exists. As an individualized aspect of the Creator, YOU also exist in All That Is. YOU also are part of the matrix, the foundation, the ground of all that exists. But that does not mean that “you” ARE “the Creator.” Let us give you an example from your experience with food.

Let’s say you are going to make a soup or a stew or a gelatin salad. Any of those dishes contain individual ingredients. In the gelatin salad, for example, there may be sliced vegetables or small pieces of fruit or nuts or any number of ingredients. What interconnects all of these individual pieces is the gelatin that forms the whole. Likewise, in a soup or stew, all of the individual pieces are swimming in the broth. The Creator is the gelatin or the broth, interpenetrating all of the pieces of ingredients. However, the Creator is ALSO present in the pieces themselves, unlike the gelatin or broth. This is very difficult to grasp with the intellect alone, but if you can -- even for a moment -- get your intellect to step back so you can use your intuition to directly experience the reality BEHIND the apparent reality in which you move and have your focus, you might just catch an intuitive sense that what is REALLY going on is not perceivable with your physical senses.

Why is this important to mention at all right now? Because very soon, things are going to get very intense in many aspects of your planetary civilization, and unless you can somehow manage to remain in a state of unity with everything that unfolds, the experience of separation from Source will be greatly magnified and you will feel very threatened and very much at risk. This in turn will cause you to contract in fear, and when you are in fear, you cannot be in a state of acceptance or love. Your energies will congeal instead of flowing, and you will be unable to respond appropriately to the enormous amount of change going on. You will get “stuck” and instead of moving with grace through these changes, you could get mired down in the muck and literally drown.

Now, each of you carries within you the codes that make up your personality as it was designed by your Oversoul. You have “designer genes” (pardon our pun) and you are designed to make the appropriate choices to make it through the times that lie just ahead. Nonetheless, for reasons that you will understand better once you HAVE attained full consciousness again, it is necessary for you to again learn to be in unity with everything around you and it is necessary for you to have lots of practice in disengaging and detaching from the drama. You have all made this trip before, long ago, when you first incarnated into a body of flesh. Before that, you were vastly expanded consciousnesses, unembodied and much less limited.

You have already made it “up the scale” through the various densities of experience, and from the higher densities, you responded to a call for your participation in the present drama. Then you came down again, accepted the partial amnesia that accompanied your “fall” down through the levels to arrive in a body on 3D Earth, and now you are finding your way back up to where you were before. By the end of this entire process, those of you who are our soul family will find yourselves back in the experience of being vastly expanded consciousnesses again. Some of you actually sustain entire creations. But before that occurs, you have a certain job to perform and that is to re-attain that state of unity with all things and from that platform of higher consciousness, carry out your tasks for the evacuation and the colonization of Terra.

Your consciousness has already been moving in that direction for quite awhile. Many of you have become even more sensitive than you have been most of your life because of the clearings of your cellular memory, and that can present quite a challenge when trying to operate and survive within such a dense field of consciousness as that which exists on 3D Earth at this time. However, you were created with all of the inner resources to not just survive in this density, but ultimately to thrive in it. You might have to revise your definitions of what constitutes “thriving,” as so many pictures of the “good life” seem to include a lot of material possessions and large properties in which to house them.

From OUR perspective, a life is “good” based on how you FEEL about living it! Have you ever heard about a person who seemed to have everything possible and who committed suicide or was hospitalized for depression? THINGS can’t make you happy. Your inner satisfaction is what makes you happy. You can rejoice in your ability to FEEL emotions, TASTE flavors, SMELL fresh air or the fragrance of a flower, and SEE the tenderness between a parent and its child. You can take satisfaction in your aliveness. If you have done as we advised and simplified your life, you might be astonished to discover how simple your needs actually are. You might also be astonished by how many things you are encouraged to buy aren’t really necessary for a “good life,” one that pleases you.

When you are back in full consciousness and can directly manifest everything you desire, you won’t have closets full of clothes, cabinets full of dishes or movies or equipment or tools. You will be totally free of all of those things and totally free of the need for a house to contain them and organize them. Can you even imagine that kind of freedom from THINGS? Try it. Try living that way now. Try finding pleasure in what is there in front of you, whether it’s a sound, a sight, a feeling, or a flavor. Savor your life. Live fully NOW. Begin moving in the direction of having everything you want or desire, right where you are and right where you find yourself in each and every moment of your life.

We will have much more to say on these subjects as things unfold, but we felt it was time to at least introduce these concepts and reinforce the ones we have already given you. We will speak with you again. In the meantime, we send you our love and shelter you with our peace. Every day brings us closer to being together again.

Amen, Adonoy Sabayoth. We are the Hosts of Heaven.

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COMMENTARY: Usually, when the Hosts have a new Message to give me, they sound a tone in my right ear, accompanied by a pressure shift, and I know to get ready to receive the Message. I know the Message has started when I hear the words, “All right, now ... . However, this Message was different. They notified me in the morning that there would be a new Message, but said I should wait until after I had showered, dressed and eaten. When I was ready, I waited for the familiar words, but they did not come. When the first paragraph came in, I wasn’t sure if they were part of the Message or a personal communication with me because I was a little confused by the change in the usual procedure. However, by the time the flow was established and I had reached the second paragraph, I knew this was the Message and that the first paragraph had been a prelude to the real “meat” of the Message, which began in the third paragraph.

As I received the rest of the Message, I was aware that there was a greater degree of layering and complexity, and that things were being taken to a new level of frequency through the light codes

that accompanied the words. There were many “double meanings” throughout and I realized that more than one level of perception was being addressed. In addition, I and others experienced a new round of clearing following the arrival of the Message and my subsequent posting of it on the online Forums. It took 3 days for this particular clearing to complete for me, and I was aware that it had to do with many lifetimes’ worth of experiences being neutralized around issues that had occurred repeatedly as themes in my expression. These particular themes directly related to things that were inconsistent with my archetypal expression/essence, so I knew this activation had to do with bringing me closer to the time when that would be all that was left.

This change in both the content and quality of energy was anticipated back in the last Message of Volume Two, “Farewell for Awhile,” and underscores that when the Hosts say something will happen, it often takes more time to manifest than we expect. While there have been dates or timeframes given for phenomena that did not arrive as soon as expected, it is clear that the phenomena themselves are occurring now. This Message has more to do with where we are being asked to go in our consciousness than focusing on where we are going with regard to outer phenomena. It follows logically upon the last Message, “Listen Within,” and goes beyond that, beginning with the second paragraph.

The IDEAS in this Message are not new, as the Hosts themselves point out. “Enlightenment” and “self-realization” have been around in human thought for centuries, if not millennia. However, the light codes contained in this Message are something new, something that is actively stimulating those of us who carry the matching codes within our DNA into resonating with the information streaming into us through this Message. The resonating in turn will shake loose the remaining debris in our cellular memory that would cloud the full expression of our essence and hinder our ability to fully align with our 4D identities. I feel this Message marks a significant step upward for those who are part of Operation Terra. If one carries the matching codes and can go beyond the words to FEEL what is going on inside of oneself, there should be noticeable changes from here on in. I expect that future Messages will continue this theme of moving into full awareness of one’s true identity and into conscious fusion and communion with the Creator as a permanent state of being.

Blessings,  
Lyara  
July 6, 2006



**ON "CLEARING"**

July 20, 2006

All right, now. Things are definitely heating up on your planet, aren't they! We would like to give you some gentle reminders and then move on to some topics that may be new for you.

First of all, remember to detach from the drama that is unfolding all around you. Be sure to remind yourself that all of this was planned from the moment of Creation, and was a part of the Plan for the end of the present Creation when it was formed, so there is no point in becoming upset about what must come to pass. Deep breaths that emphasize the exhale are helpful in dispelling tension that might arise within you. Breathe deeply and often, as often as is necessary to remain calm. This is going to be a somewhat rough transition, because things were delayed as long as possible and now there is a store of unreleased energies that must be released over a shorter period of time.

That being said, we want to remind you that you are not alone. Not only are there many of you scattered across the surface of the planet, there are so many more of us grouped around each of you -- watching you, tending to you, and working with you at all times, but especially while you sleep. If you have issues that need to be cleared, the time has arrived to complete with that process, for the time is short before you will need to be finished with that part of your movement into 4D and beyond. This may be a very intense period for you, but we wish to assure you that it is only a phase, not a permanent state, and it will pass, as everything that is not eternal also passes.

Now, then. How about a new topic to entertain your minds? What would you most like to know? Of course, there are the perennial "when" and "how" and "where" questions, and we decline to answer them, simply because it's part of your process to discover this for yourself, and we won't infringe on your process in those ways. A number of you have been wondering about the symptoms of the clearings and some of the sensations and emotions that have been coming up for you during this time. We can't do anything but speak in generalities, as the process is so individual that each one of you will have a slightly different experience. However, we can talk about some of the broader phenomena that will likely be common to all of you at some point in your process.

First of all, wherever you have energetic blockages in your body, those places are going to be totally cleared of all restraints to free energy flow. This will require the blockages to be cleared and released, so whatever is causing the blockage will also have to be cleared and released. Most of the blockages are held in the emotional body, so much of the clearing will involve clearing of emotions. Some of the blockages also are held in the subtle body that you sometimes refer to as the etheric or astral body. These result from residue left over from other lives lived and carried as vestiges of those experiences in the Oversoul, which collected and received those experiences through the individual soul connected to each individual life. Those "memories" from other lives lived are also being cleared, so you may be having dreams in which you recall these other lives, and you may also be briefly meeting or connecting with individuals who were participants in those other lives and with whom you interacted at that time.

This matter of other lives gets a little confusing. When we say "you," it might refer to the locus of awareness that is reading this Message, or it might refer to "you" in the more generalized sense -- an Oversoul that is an individualized expression of the Creator, the "projector" of the projection that you presently identify with as being who you are. We have said before that there

is no "re-incarnation," only "incarnation." By this, we mean that the particular body and personality you currently occupy only gets created once. The Oversoul normally creates several bodies or projections simultaneously. The word incarnation means to be in a "carnal" (fleshly) body. So an incarnation is really a projection of a portion of the Oversoul into a carnal or fleshly (physical) body. Any given incarnation/body only is created once for a particular space/time nexus (intersection). It never is created at any other time, but shares in a common Oversoul with other incarnations created/projected by that same Oversoul.

None of you is really your body, and it is not your body that is what is important. The body is just the vehicle for gathering experiences from interactions with everything else in its environment. What is important is the awareness of the experience -- the "charge" that the experience carries and that is communicated to the Oversoul as part of the memories it stores -- and the essence of the experience itself. The reason the experience is created in the first place is to satisfy the Creator's desire to experience Itself through Its creations. All experiences have this in common, no matter what the individual details of the experience may be. The degree of emotional charge is associated with how much of that experience is remembered, both at the physical and cellular levels and at the Oversoul level. The greater the charge, the greater the impact on the storage systems, and the greater attention that experience draws to itself.

Consider that this current Creation is approximately 4.5 billion years old. That means that each Oversoul has been collecting experiences from its created projections for 4.5 billion years also. The memories that have the greatest impact are the ones with the greatest emotional charge, so it is logical to conclude that those are the ones that will surface and draw your attention during this time of DIScharging (eliminating the charge) all of the emotional charge that has been collected over the 4.5 billion years. This is one of the reasons you are witnessing a buildup of emotional charge in present time. These dramas that are being enacted now are actually symptoms of the purging of the collective cellular memory, both on an individual and global basis. The planet herself has served as a repository for the collective charge stored over the time of her existence, and she is purging herself now, also.

So what does this translate into, in terms of your individual and collective experience? Since the emotions of fear, hate, rage, pain, hunger, and anger have been far more prevalent and carried more charge than the gentler emotions of peacefulness, love, joy, and content, these more extreme emotions will dominate the scene as the discharging takes place. However, for those of you who are not in resistance to letting things move through and out of you, in the wake of these discharges, there will be a growing sense of inner peace and calm between the waves of clearing. Resistance only blocks the flow, so where there is resistance, heat and pressure will build up until the necessary release is achieved.

Everything will be cleansed from the planet, and every thing that is on her will also be cleansed in one way or another. For most of the lifeforms on a given timeline, this will result in physical death. However, through the mechanism of multiple timelines, many who appear to die on one timeline will persist and be alive on another timeline. Nonetheless, due to the massive numbers of people present on the planet and the greatly reduced numbers of people on the future Earths residing on the different timelines, many points of awareness will remain "between lives" for a very long time, until an incarnational opportunity presents for their Oversoul to manifest a new projection. All of this is totally "normal" in the normal life cycle of a Creation. If you look back over the history of planet Earth, it is only in recent times that population levels became so massive. Most of the Earth's history didn't even contain people, and in the earliest phases of

human population, the numbers of people were very small and highly localized, as compared with today. There are too many people on the planet that are living in unsustainable ways, and that is one of the imbalances that will be corrected in the times that lie just ahead.

This is the time that has been referred to as "the Great Purification" in some of your cultures. Yes, everything will be purified and returned to its Essence. However, you must also remember that not everything is on the same "side" as you are. Those whom you have labeled as your enemies or "evil" will be returning to more of their Essence also, so there will be an intensification of polarity. Those who are of mixed polarity and do not polarize sufficiently to energetically qualify for either the purely STO or STS polarities will be created as projections onto other 3D versions of planets and continue to explore experiences that eventually lead to sufficient polarization to graduate into 4D or higher levels of existence.

So what you will witness is an intensification of identification with "one's own," the gathering into groups that share the same destination, and an intensification of polarity on both sides of the polarity table. Remember, too, that everyone and every thing is an expression of the Creator, so in the end, you will have to come to embrace that as your truth. It IS the truth. No one and no thing exists separate from the Creator, because everything is an expression of and stems from the Creator. If you despise someone or some thing, you are despising the Creator, and you are not in wholeness or acceptance of what IS. In order to re-attain your former state of mastery, you will have to release all personal preferences and all attitudes that maintain separation. One can't experience a permanent state of unity with All That Is and also maintain separation -- separation from the Creator and all of Its expressions through Its creations.

This is a natural process and progression, proceeding forth from within. It may seem like things are being forced upon others from outside of themselves, but in fact, each person is a player, created for a particular part and role in the larger drama, and they are simply playing their part as it was "scripted" for them by their Oversoul within the context of the whole. The only difference between how it is now and how it will be for you when you are back in full consciousness will be how AWARE you are of how all of the parts fit within the larger whole. The only thing that will change at a fundamental level is your degree of conscious awareness of the workings of the whole. With full awareness, everything "makes sense" and there is nothing that is natural to resist. Right now, all of your learned responses, from across all the "lessons" in the past 4.5 billion years, cloud your awareness so that you can't "see" clearly, but that is one of the things that is being changed through the process of clearing that is going on now.

Do not judge other people's actions or choices. They are serving their role and part in the larger drama just as much as you are. If you were fully aware and conscious of everything and how it fits together with all of the other parts, this would be easy for you. However, until you ARE in full consciousness, one of the ways you define yourself is through your differences from others, and one of the ways you emphasize those differences is either by judging the others or by judging yourself as "less than" or "lower than." No part is less important than any other part. Every thing and everyone is equally important to the whole. So as various actions play out on the planetary surface, remain centered in yourself, listen within in each moment that presents in your life, and choose only for yourself. The question you must ask is, "What is this moment asking of me?" Notice that the emphasis is on what YOU are being asked, not what the moment is asking of anyone else.

The only "job" you have right now is to support your own process and take full responsibility for your choices and responses to what presents in your life. Right now, the highest and best use of your time and energy, beyond that which is required for your survival needs, is to pay attention to the things that are "up" for clearing within yourself and to give yourself over to moving through them. This will assist you in moving through your completions with the experiences contained within your Oversoul, and those completions will prepare you for the "next act" -- the new Creation that is nearly upon you now. 4.5 billion years is a long time from a human perspective, so it is totally logical that you would have a lot of clearing to do. However, since several lives are often linked by common themes, when you clear the charge for one of those lives, you clear the charge associated with that theme across all of the lives that contain that theme, on both sides of the equation.

This is all we have to say today, but we will be speaking to you again. Amen, Adonoy Sabayoth. We are the Hosts of Heaven.

**ABOUT “VISION”**

August 15, 2006

All right, now. We have asked to speak with you because of events that have occurred on the inner planes since we last spoke with you. First of all, you will be glad to hear that you are over the worst part of the clearings we mentioned before. However, that will present a new challenge for you and that is what we want to address today.

You see, if you can appreciate the fact that all of these “clouds” that have obscured your light also kept YOU from seeing clearly, then as the clearings do their work, you might encounter some difficulties with having your vision made more clear. By “vision,” we speak metaphorically. We are not talking about your physical sight itself, but rather how you perceive things in the world around you. We are also talking about the vision you carry within you, the vision of the world you want to create, so we will call this Message, “About ‘Vision.’”

Seeing more clearly can be uncomfortable at times, for what you could ignore in the past, you can no longer ignore now. It is a little like coming out of a dream and waking up to a world that is not quite as comfortable for you as the dream state was. This is why many people in the world refer to this process as “awakening.” However, we would say you are awakening from a dream that is an illusion and waking up to the dream that you have always carried within you, throughout all the lives that your Oversoul has created.

Think back, if you can, to 4.5 billion years ago, when you joined with others to dream this dream together. You have all been dreaming and now you are awakening and there is a certain discomfort with what you are seeing as you awaken. It is a world that is clearly out of balance and not in keeping with the dream of what you had hoped her to become.

You have a saying about there being good news and bad news. The good news is that you are much closer to realizing the original dream than ever before. That dream will culminate with the manifestation and realization of Terra, the new world where all of your dreams will manifest as reality for you. We think you will be surprised at how much of yourself has already gone into the creation of Terra as an idea. It speaks to your heart’s deepest longings, now that you have had your fill of experiences on 3D Earth. You will appreciate Terra all the more for having been through everything you have been through, and once you have completed your transformation in form and consciousness and re-attained your former way of being, all of what you have traversed in the past will indeed seem like a dream, even though you still think of it as real right now.

And now for the bad news. In the process of disassembling the present structures, energies that have been tangled together must be untangled. Think of a ball of yarn, only this yarn is not smooth and silky. It is rough, and has many pieces sticking out of the threads, like so many dry twigs, and those pieces get caught up in the other threads in the ball and the yarn is very tangled indeed.

In order for that which is “crooked” to be made “straight,” a delicate process of untangling the energy must take place. It is far more demanding to do this without damaging the “yarn” itself than it is for one of your surgeons to do the most delicate neurosurgery on the very fine structures of the nervous system. What this will mean is that things will have to proceed somewhat slowly for awhile, while this untangling takes place, so that translates to a process that will require you to be present on the ground a bit longer yet, as much as you and we would like for you to be totally on the ships at the present time.

The tangling of energies is part of the process of sorting everyone and everything into their destination -- the one chosen for them by their Oversoul. Most of you have Oversouls that have been creating projections into many of the time nodes involving human habitation of your planet. You have served the Creator's desire to experience Itself through Its creations by offering the Creator a vast array of experiences. You have worn many costumes and played many roles, and you had your companions from the loyal opposition to keep the mix more flavorful across these various lives.

In classical drama, there are protagonists (heroes and heroines) and antagonists (villains). Both are needed to create the tensions and conflicts that propel the drama forward and advance the "story line." Many of you have become entangled with those who did not have your best interests at heart, and these tangled energies are carried in the cellular memories of all of the entities that took part in "the dance" with each other. So, in clearing YOUR cellular memory, it is necessary to "untangle" the tangles you have carried inside of you.

Some of you may be aware that you have these entanglements with others of the opposite polarity; most of you are not aware of them. While there are a few individuals who are clear enough in themselves to assist with this process, most of your "healers" have some work to do on themselves before they would be clear enough to do this kind of work on others. We would caution you to stay clear of techniques and methods that promise to restructure your DNA, clear your soul memories, erase your karma, align you with your soul's purpose, and such. The techniques and methods that would be most beneficial are those that enable you to heal yourself. The inner work is the most valuable thing you can do for yourselves, and no one else can do what is yours to do for yourself.

We cannot recommend a particular course, as each of you is an individual, but we would recommend that if you seek healing, you do so within well-established and proven methods. If someone is promising you the "keys to the kingdom," take a good look at whether they have attained "the kingdom" themselves. We are not talking about those who claim that their lives are better in some way. We are talking about those who say they have the "formula" that will result in your going all of the way. Those who have genuinely attained full consciousness will not be promoting themselves in seminars and Web sites. They will understand how the universe works to bring people together in synchronistic ways. They don't need "press" for their "audience" to find them!

There are many who are taking advantage of other people's naiveté and gullibility, so as your vision improves, you will be seeing these things happening around you and it's important you don't get caught up in battles over these things. You aren't going to "fix" anything, and it's all you can do just to work on what you can work on for yourself. The ideas we speak about are difficult to embrace in your life precisely because they run counter to the consensus reality around you. They are almost counterintuitive, and yet that is precisely what you must do. You must go INTO your pain, INTO your fear, without resisting either of those. This is precisely the opposite of what your society has programmed into you. Seeking solutions outside of you is what keeps you from ever being satisfied with any of it. No outside authority -- including us -- is ever going to take away the necessity of you doing the part of the work that is yours alone to do.

We are not speaking about treating medical conditions. We are not saying that if you break your arm, you should just leave it alone. We are speaking of the more subtle kinds of "healing" that isn't healing at all. They are also a way to create more entanglements and confusion within

yourself. Some of these people who really mean to heal are themselves serving entities they are not aware of. Those entities feed off the energies that are created in the interactions with people seeking healing. Those usually are the kind that perpetuate the condition of helplessness and needing help -- a kind of dependency on outside sources that never leads to healing of the fundamental kind.

The entire purpose of what is going on now is to “make straight” what is crooked, to untangle what is tangled. We are working with you around the clock, waking and especially when you are sleeping. We are pulsing you with energies that gently free up the tangles within you. We are straightening out that which is tangled, and this frees up the energies and the entities that are involved.

Many of you have or have had “entities” with whom you have become entangled. This is just a common consequence of the many lives created by your Oversoul and the themes and dramas that have been part of those lives and their “scripts.” All of those experiences have been carried across lifetimes in what we refer to as your cellular memory -- the cellular memory that is now being cleared. As you become clearer, you will also have memories or a certain awareness rise up within you, and you will “see” more of who you have been and who you are returning to being. (This may seem like we are talking in circles, but in dealing with time loops, circles are the path that you traverse.) You are waking up from one dream and moving into another dream. This is all we would say on this part of the “vision” topic (awakening), and would like to move on to the other part of the “vision” question -- the vision of Terra.

Terra is the world of your dreams, and it is actually your creation just as much as this present planet is your creation. You are projections that can be traced back to the Elohim themselves, who are the progenitors for this portion of the created reality. Terra is the culmination of your time together as Elohim, of your agreement with each other, and of your time as an earthly human being. From the time you complete your ascension back to what you were before you entered the time loop, only a glorious future awaits you. It will be full of adventures and discoveries, to be sure, and it will also be full of the peace, joy, and love that you ache to have again. It will truly be a joyous time for all, and you will know exactly what it is that was missing while you were dreaming this other dream.

Terra is there, awaiting you already. You can feel how much closer you are to her now than when you began to be aware of her as your destination. You can feel that she is just out of reach, and we are saying that that is NOT a “dream,” but rather an emerging reality. You can “see” her through the lens of your heart. You can *feel* her in your heart. You already “know” the joy that awaits you and you already know how much closer you are to that joy than you were before. A little more time is needed now, to untangle these tangled threads -- to set each entity free of the others with which it was entangled, so all can go to their proper place. Those who have opposed you also have to be set free to go their way, and all of us are working toward that end result. There are some who do this consciously; there are others who are doing it unconsciously. The end result will be the same, with or without awareness.

So if you don't like what your “vision” shows you at this point in time, be patient. The mere fact that you can “see” it so much more clearly is a good sign. It means you are waking up from the dream -- coming out of the trance you have been in -- and are moving into full wakefulness, the realization of your other dream -- the dream of Terra. So much good awaits you! And yet there is this time that must be traversed while everything is sorted out and made “straight” again. If you

can continually release all resistance, this time will be much more comfortable for you. You really don't have to do much else. Just work on releasing resistance whenever you become aware of it.

There are times when the energies are very uncomfortable. They can feel chaotic, or like an electrical current that is unpleasant -- a sort of "buzz" that is unsettling. However, if you can remember to release resistance to what is not pleasant, it won't be so unpleasant anymore. You do have a little choice about the relative smoothness of your journey. You will all "make it" to where you are destined to go. If you choose to focus on releasing resistance, things will go more smoothly, although they may not be what you would prefer. No matter the discomforts along the way, each of you is becoming clearer, more free to fully express your essence and archetype. Those who will not bend before the winds of change will break from their rigidity. Think of the grasses and how, after the winds pass, they spring back up again. Trees can only bend a little before they snap. Be like the grasses, bending in the wind. Remain flexible. Let the energy direct you. Don't try to direct the energy.

We will speak to you again as things progress. We are speaking more often now because we feel you will have an easier time if we remind you of our presence in your lives. You are one of US. Even though you might not think of it that way, we do. You are OUR "family," just as we are YOUR "family." All of us are related to each other -- some more closely than others, but all are connected and part of one big "soul family." It will bring us all great joy when we are back together again. We leave you now, in peace, honor, and blessing. Amen, Adonoy Sabayoth. We are the Hosts of Heaven.



**DENSITY 3.8**

September 17, 2006

We have asked to speak with you today because you have reached a certain threshold point in the journey back to the next density. If you were to label your starting point as density 3.0 and your emergence point as density 4.0, you are now at density 3.8. Since all movement takes place as a form of oscillation -- that is, a wave that moves back and forth between two points, above and below the line that describes the forward movement -- you may have noticed that you have been having times when you feel more like you are in fourth density and times that you feel more like you are still in third density. Well, since you have now reached density 3.8, that will result in your awareness "peeking" into 4.0 density more and more. This could get a little confusing at times, so we thought it would be helpful for us to offer some explanations about the process as it is being experienced now.

Some of you are already noticing these things, and some of you have either not begun to experience them or won't experience them at all. For those of the "special forces," your job requires you to remain fairly close to density 3.0, so the most you will experience until after the evacuation is an oscillation around density 3.2. This is because your task requires you to interface with those who are oscillating around 3.0 most of the time. They will rise slightly as a result of your interaction with them, but all of you will remain closely tied to third density for now.

Those of the third wave are being prepared on the inner planes to receive these teachings and vision but they are not yet conscious of this, as for them, the world is very much the way it has been most of their lives -- perhaps a bit more uncertain right now, but otherwise very much "business as usual." They still have to go through what you might term "a rude awakening," and it is precisely the shocking nature of what they have to register that will awaken them to how much the world is changing and how quickly "business as usual" will disappear. It will seem like almost an overnight thing when it all comes to a head, but of course this has been going on in this direction for centuries.

The first and second waves are the ones to whom we are primarily addressing these remarks today. You number in the thousands. The special forces number in the thousands, and the third wave contains around 6 million individuals, more or less. We don't concern ourselves with precise numbers at this time. That will not come into play until other things have occurred and the lists of specific tasks have to be made and followed. It is still a little early for that, but we are already very aware of what is coming and how best to prepare for those times.

So, now, for those of the first and second waves, you may have already begun to notice a heightening of your physical senses and periodic moments in which you are content to simply stop and "be." This is part of your "peeking" into fourth density. Perhaps you have already had moments in which you aren't sure exactly where you are. You can still look around yourself and see the same objects and people, but there is a sense of being further away somehow, like you are seeing through a telescope or some kind of mechanism that allows you to peer in from another location, although you are not quite sure where that might be. This is very normal and typical of your present level of vibration.

You might also find yourself less motivated by the things that used to motivate you. Fear is a great motivator, and as you move through your fears and your cellular memory is purged, fear ceases to motivate you. Instead you feel a certain confidence building within you. Your trust in

the process is greatly increased because you have had so much recent evidence of the changes that you are going through it becomes harder to doubt. In fact, you could say that you are feeling progressively more relaxed and at ease, when compared to those around you. There is a loss of identification with what you used to define yourself by, and that may leave you feeling somewhat undefined at times. Get used to it.

When you are fully in fourth density consciousness and awareness, you will always be creating in the present moment, with no thought to what you have done and no thought to what will follow. This is difficult for you to comprehend right now, as you are still not quite "in" that way of being. However, now that you have reached this threshold, you will experience fourth density ways more often and for longer periods of time. You may remember that a long time ago we told you that when the moment came to fully enter fourth density, it would only be another small step of many already taken. Perhaps now you can begin to appreciate that statement. The process is entirely natural and does not require arduous studies, methods or "cures." Everything you need is being provided and it is perhaps more difficult to accept that all you need to do is RECEIVE it than it would be to be told you had a lot you had to do.

In third density, everything is built around striving and doing. When one goal or achievement is reached, there is a brief time of respite and content and then you are back to "doing" again. Then there comes a time when life winds down and one prepares to die. Well, you are already dying to who you were and the ways you followed to bring you this far in the journey. So what to do now? We have said it so often. Relax and enjoy the ride. Go with the flow. Don't push. Breathe. Remain in the present. Listen within. Simple directions, simple choices, but they must be repeated over and over again. It is a little like the practice of meditation. At the beginning, one's mind wanders and one has to make a conscious choice to bring the mind back to the intended focus. One has to make this choice over and over again, until it becomes a new habit.

In this journey to Terra, you have had to learn some new habits, such as "let go and let God" handle the details. You have had to become more aware of when you are tense and when you are in fear. You have had to learn to allow your emotions to surface and push away much of your social conditioning. You have had to have a lot of courage to differ from those around you, and you have all done beautifully on these things. Now it's time to take all of these practices that you have been practicing and make them a part of the way you are, all of the time. The "old patterns" will continue to surface to a certain degree until all has been cleared. Remember that you are clearing 4.5 billion years of experiences from many planes and locations of existence, so what is going on is a monumental task when focused through such a small "lens" as a single individual, especially when one is still in veiled consciousness, so we applaud you for your commitment and persistence on your path. You have done well, and the time for joy is getting closer and closer.

As you move upward into fourth density, everything that is not compatible with that way of being and that form of consciousness has to drop away. You have made many completions already, and those that are left sweep across many lifetimes as themes you have explored. If you are going to be in full consciousness and fully in communion with All That Is, any residue that has not been cleared would be shared with everyone and everything, and that would multiply the discomfort enormously. It would be like every thought and emotion was magnified tremendously, multiplied by an almost inconceivable number -- not just millions or billions, but almost beyond being countable. The fact that you are being taken up slowly and the reason the process has taken so long is a form of protection -- for you, and for everyone you would come in contact with.

This process is a gradual one for several reasons. One is that if it went any faster, you might not be able to handle it and it is intended that you arrive intact. Another reason is so that you can integrate the changes and remain relatively balanced and functional. In some societies and cultures, there are provisions for people who are in full consciousness so that they do not need to be working at jobs, but are taken care of through the donations of those who value their state of being. You are widely scattered across the planet, and you inhabit many different cultures, so it is necessary for you to remain functional, you might say, all the way to the "top." You have now passed this critical threshold, and although there will be still some clearings, it will become much easier now.

You have made a long upward climb, and it has been difficult much of the way, but now you have passed a certain "milestone," and things will get easier and easier for you to complete the rest of the process. Your outer circumstances may remain much the same, but it is in your inner places that the ease comes. Almost without realizing it, you are already vastly different than you were when we began delivering these Messages 7 years ago. Look back to the previous year and you can see how much has changed within you since then. Take a moment to appreciate how far you have already come, and then be comforted that there is not much further to go.

During this last part of the movement into fourth density, it will become easier for you to accept the changes that come with that. Your bodies are going to be somewhat "undependable" as you move back and forth between these two vibratory rates and states of being. Your senses may be greatly heightened one day and be greatly dampened the next. You may be in excruciating pain, and then inexplicably feel a great deal of relief and even bliss. Your bodies are being greatly challenged to keep up with the changes, so this is a time to be very good to yourself. Take things slowly and don't overdo. Simplify and take time to enjoy where you are. Appreciate what you have and let go of the endless striving for "more." Look at "needs" versus "wants," and also recognize how many of your "wants" are simply habit. They are driven by the mass consciousness, and there is a paradox for you now: as you "progress" on your path more, you will also experience yourself as falling behind those who are in the mass consciousness and stampeding over the cliff like so many herd animals. You are slowing your progress in the direction they are taking and you are beginning to swing around to take another direction entirely.

In your sciences, there is something called inertia. What this means is that an object that is in motion tends to remain in motion until and unless another force occurs to impede or redirect that motion. (It is also true that when an object is at rest, it requires the application of some kind of force to get it moving, but we want to follow the first thread of this conversation, namely to look at the inertia or momentum of objects in motion.) You have all been part of the society in which you live. There is a certain momentum and inertia to overcome in order to go in a different direction than the mass of people is following. These Messages have been one way of redirecting you to take a different trajectory or course than those around you. In fact many of the suggestions we have given you run totally contrary to all of your social conditioning. That is another reason why this process has of necessity taken so long.

But now a certain threshold has been crossed, and the change of direction has built up its own momentum. The movement will be quicker and easier than before, and soon it will seem like you almost slip effortlessly into your new state of being and find yourselves in another place altogether. This will be a literal perception of being somewhere else when your oscillations have taken you across the threshold and you are vibrating wholly above the 4.0 density point. In the

meantime, you will experience more and more of the fourth density ways and perceptions, so please do not think you are losing your sanity. This is totally normal in this process and we are watching over you and working with you constantly, to make sure the pace is perfect for you.

This is not something you can do for yourself. It is not something you can buy in a bottle or read in a book. It is something that is being given to you, and all you have to do is receive the gift. It is not because you are more "deserving" than others. It is because your Oversoul has chosen it to be this way for you, and we are simply "following orders" that come down from the very highest sources in the spiritual hierarchy. If you could see the amount of activity that is really going on "behind the scenes," you would be in awe. And we are only speaking about the part that involves you! Just imagine that similar activity is taking place on every other timeline, for those who are heading toward other destinations. It truly can't be grasped with the linear mind.

And so, beloveds, we are truly filled with joy at your having attained this important milestone. It has taken much work at both ends of the equation. You have been great "soldiers" in the struggles that have warred within you and the choices you have had to make over and over again. The process will be much easier for you now, and if you can just remember to continue to release resistance, remain over your feet (don't get ahead of yourself), and listen within, that's all you have to do. We will supply the rest.

We leave you now, in peace, honor, and blessing. Amen, Adonoy Sabayoth. We are the Hosts of Heaven.

**LET IT BE**

November 10, 2006

All right, now. We have asked to speak to you from the perspective of the “long view.” For us, the things that are in motion are those that have been in motion since this reality was formed. Think about that for a moment. When the “idea” of a new life emerges from the Mind of God, it does so fully complete with all of the elements present that will be required for its desired “dance,” and also for its completion and resolution back into the Mind of God, from which it came.

Just so, now. When this portion of reality was “conceived” in the Mind of God, that “conception” or “idea” included everything that has played out for the past 4.5 billion years and everything that will complete that arc of experience until it resolves back into the Mind of God. This is how the “God Game” works. Everything is already present, but does not reveal itself all at once. Rather it plays out within linear time, and reveals all of its contents in a sequence of actions and steps.

Everything that you will be witnessing now is part of the completion that was seeded at the inception of the “idea” that resulted in this portion of reality. When the elohim came together to precipitate this reality out of their beingness, they did so according to the template brought forth from the Mind of God. They were co-creators, not THE Creator, and they did the work OF the Creator, in service TO the Creator. So it is with you. None of you are separate from the Creator, and none of you are working against the plan of the Creator. Even those who provide the stimulus for your experience -- those of the “loyal opposition” as well as those of your team and everyone else -- are working within the plan of the Creator. It could not be otherwise, because that’s how the Creation works.

When we asked you to detach from the drama, we really meant that. The stimulus level is increasing daily, and if you don’t detach from the drama, you will get caught up in the swirling waters and get sucked down into the chaos. You speak of the Age of Aquarius, the water bearer, who is often portrayed tipping a container of water over its shoulder so that the water flows out of the container in a great stream -- what you might term a flood. The “tipping point” came decades ago, and the flood -- from your perspective -- has been heading toward you for quite a long time. From outside of time, it is just another “moment” -- another bead on the string of experience -- no more and no less important or significant than all that preceded it and all that will follow it. It is all just experience to satisfy the Creator’s desire to experience Itself through Its creations. So we feel it would be beneficial for you to detach from the drama, step back, and let the flood sweep by you entirely.

The workings of the power elite will be surfacing more and more with each passing day, with each passing year. However that is only half of the picture. You see, we have been working, too, and we have our own “power plays,” also. We seek to empower you to reclaim your essence and true nature, because out of you a whole new set of possibilities will emerge, as part of a wholly new creation. While the power elite (and those who will initially oppose them) focus on the phenomena of 3D, we are quietly working away, hidden in the background and invisible to those who cannot see us or what we do because they are blind to whatever does not exist within themselves. Even those of the negative-polarity at the higher densities are not all-seeing or omniscient. They can only recognize what their experience and models allow them to recognize. Although we all have access to similar technologies, they cannot recognize the essence and

vibration of love. While they seek to dominate nature, we work WITH nature, including the human nature. We both seek to eliminate resistance, but we do it in opposite ways. We encourage; they discourage. Each side in the polarity game pursues methods in keeping with that polarity. Precisely because they cannot see or understand our ways, we are able to carry out our activities in a totally hidden way, safe from those who might wish to intrude on or prevent what it is that we are doing.

No matter what you might see taking place in the events playing out in the physical realm, there are also events taking place in the non-physical realm. Each of you that is part of the “op” carries hidden codes and programs in your DNA -- not just the portion of the DNA that is visible to your scientists with their physical instruments, but also the many layers of non-physical information that is also coded within you. We play on those codes like a musician plays music. Each “note” is struck at a particular time in the overall song. We set off tones from our side of things and your built-in codes are set in motion (through the principle of resonance) in response to the tones we sound at precise moments in the entire process. We have spoken before of our use of the technologies of sound and light to accomplish the task of restoring you to your full estate. The other side is also using technologies of sound and light for their purposes and will continue to do so. However, resonance works in both directions. If you DON'T resonate with a tone, nothing happens inside of you. It doesn't matter what your intellect “believes.” This is all taking place below the level of your conscious knowledge, in secret and in a very protected way.

So we are speaking to you today to ask you to trust in our methods, to listen within, and to allow the drama to play out in front of you without fearing it or engaging with it. There is nothing to fix and nothing to stop. There is no one to warn, and no one to write letters of protest to. There is nothing to be gained by engaging in debate with those who don't have this perspective or understanding. All we ask you to do is release your resistance, release your pain, release everything that is not part of your essence. We can't overcome your resistance. That is a choice you have to make for yourself. We don't force ourselves or our methods on anyone, and neither does anyone who is a positive-polarity being. If you happen to read about predictions of takeovers, demonstrations, or other kinds of “public education,” recognize that those are either the workings of the deceivers or projections from the very human minds that feel they have to “do something” to change things from the course they are slated to take.

It is sad to see the end of a dream. The “American dream” has come and gone and is over now, for all intents and purposes. However, we hope that the vision of Terra will present a much higher and better dream to attain, and we hope to empower you to reach for it, for it is your destiny and destination. Even those who have come to serve the “op” and then depart for other areas of service have been drawn to the vision of Terra and lent their efforts to help it come to fruition. This is a very big event for a relatively small planet, and many hands are tending to the birth, not all of whom will remain to see the new life grow. There is a very complex weaving together of some of the energies at the same time we are untangling others in the ways we have spoken of before. Therefore, we ask you to trust in the “long view,” do your part, let us do ours, and leave everything else behind.

No one is going to rescue anyone from doing the inner work. This is a team effort. No one will stop you from achieving your destination and destiny, either. Each of us is one player in the larger drama. We have our script, too. Everyone has their script, and we can't tell you details about your individual scripts. All we can tell you is that we are with you and working on you around the clock to enable you to make the rest of the journey successfully. The drama that is

playing out will become even more dramatic in the days, months, and years ahead. Observe it if you feel to, but allow it to play out without resistance from your end or contributing to it by becoming involved in it. It is going to play out, no matter how you respond to it. It isn't going to be stopped, and it isn't supposed to be stopped. Everyone is playing their individual part perfectly. This is the grand summing up of the human experience on 3D planet Earth. Some of it will continue on other future Earths, which have no connection to you or your individual journey.

You are going to be heading into 4D and leaving the drama of 3D Earth behind you. Now is a good time to begin doing that. Leave this drama where it belongs. Do not engage with it or you can get caught up in it, and that will interfere with the work we are doing with you. There was a song that was popular during the "flower children" era that had a refrain that seems appropriate to recall now: "Let it be. Let it be." In fact we think that is such a good idea that we will title this Message that way: "Let it be." When we asked you to "let go and let God" (handle the details), that was another way of saying, "Let it be." By not resisting what is playing out, it will simply slide by you as you slip out another door and leave it behind. "Let it be," and you will free yourself to move on to something else entirely. We would like you to slip out of that other door and come to be with us where we are. In order to do that, you must be willing to let everything else play out as it needs to in order to fulfill all of the other scripts, too, so "let it be" what it is supposed to be and go another way entirely. Let it be what it is supposed to be and let yourself be what you are supposed to be, too.

Amen, Adonoy Sabayoth. We are the Hosts of Heaven.

**LIVING FROM THE CALM CENTER**

December 7, 2006

All right, now. We have asked to speak to you today because there are a number of things on the horizon that we wished to prepare you for. The first of these is a change in our relationship with you.

As you probably know by now, we are working closely with you at all times. There is not one of you who is part of the “op” who is not being worked with. This includes the third wave, who is being prepared to receive us and who will need to go through the “wake-up call” of the events that lie just ahead. They are not aware of us in the same way you are, so we work with them quietly, behind the scenes of their everyday life. By the time you will be involved in the evacuation itself, they will be ready to receive your help and be taken onto the ships -- something that would frighten them now if they were presented with that option without this extensive preparation.

Because it is necessary for you to become more fully a part of the working team, we will not be giving you the kinds of discourses we have given you in the past. We acknowledge that you have found hearing from us comforting and helpful in solidifying your feeling about the purpose and direction of your life. However, now it is time for you to move more fully into sourcing from within yourselves for your “knowing,” so we will not be giving you the kind of reassurances we have given in the past. It is very important for you to work on feeling into the rightness or wrongness of each potential action, as this will train you in the ways you will know what to do from here on in.

There is no one who can't do this. All it requires is to create a habit of feeling into a situation when it presents, take a moment to center yourself, and feel what your body is telling you. Trust the feelings you get in your body. You can always tell when you are repelled by some potential action or when you are relaxing into it. A feeling of tightening or pressure is a “no.” A feeling of expansion or release is a “yes.” All of your decisions can be felt into and distilled into a simple “No, this is not the best choice at this moment” or “Yes, this is the right choice in this moment” kind of answer. You don't need to know anything more than what to do in the moment that is presenting. What you need to work at is to remember to not proceed until you have felt into what to do.

If you are upset by something, then be sure to wait until you are calm before deciding how to proceed. As we have said, there is very little that can't wait until you have clarity as to how to proceed. It is so very important to always wait until you are calm within, even if that takes a while. Most decisions are not so difficult, but it is so important that you practice this behavior in everything you do so that it becomes almost instinctive to treat everything in your life this way.

Much of the “op” is going to go “underground” now. We will not be announcing our moves publicly, but each of you will be guided perfectly as to where to go, who to meet with, etc. as things unfold. Your only communication with us will be from within. You have provided yourself with all of the abilities you need to get through this time without relying on us in the ways you have relied on us before. We will still be with you, and we will continue to work with you until you are also on board the ships and finished with your transformation. However, there will not be many more things for us to say to you about how to live your lives. We have given you a solid foundation, and now it is up to you to live by those principles. The principles will get



you through. They are far more important than any dates or predictions we can give you now. Live the principles and you will do just fine.

There are many things ahead in 2007 and beyond, some of which will require you to make changes in how -- and possibly where -- you will be living. We encourage you to simplify your life as much as possible. There will come a time when you may be required to make rapid changes in your circumstances, so if you have done all you can to clean out the clutter from your life and made your completions with the past, these changes will be much easier to make and respond to when the time arrives.

We recognize that most of you are still widely scattered, all over the planet, and without face-to-face contact with any of the others from the first two waves or the special forces. This has served a purpose and it still serves a purpose for now. This relative isolation will serve to strengthen your self-reliance and require you to be more attentive to the signals that present in each moment as to what you should do and when to do it. Without regular reinforcement from us, you will have to become resourceful in the ways you find to sustain yourself on the rest of this journey through 3D. However, it won't be that way much longer because, very soon, you will complete the passage out of 3D consciousness and anchor yourself in 4D awareness. When this happens, you will have the full awareness of everyone else -- of us, and of the rest of your team on the ground. You will not need printed materials or the Internet to communicate with any of us. You will be totally aware of all of the parts and how they are serving the whole.

This will be a radically different way of operation for you in some ways, but by the time it arrives, you will not notice that it is so different from what you have been approaching all along. If you will take this seriously enough to practice the principles we have given you, no matter where you may find yourselves and no matter what is surrounding you, you will do just fine. You do carry the ability to "know" in each moment what the right course of action is, and you can make use of the resources that are available to you right now in terms of the "op." The key task you have right now is to make a habit out of living the principles we have given you and to use the techniques of quieting yourself that we have given you, so that you can listen within. Your body always "knows," if you can turn off the chatter of your mind and listen from a place of calmness within yourself.

The time of cellular clearing and untangling is nearly complete. There will still be some "bumps in the road" for awhile, but not forever. As you encounter the last bits of clearing you will notice that there is a feeling of spaciousness opening up within you -- the places where you used to carry the emotional baggage that have been cleared out. You will begin to feel a more expansive definition of yourself, and to feel it more often, if you choose to let yourself feel that. Even in the midst of a noisy crowd, it is possible -- if you are detached enough -- to feel as expanded and calm as if you were standing in a broad landscape in total isolation from others.

Listen to the sound of silence within you. Keep your breath deep and slow. Recognize that what others around you may be feeling is not "yours" but "theirs." Become a witness to what plays out around you, but do not get caught up in the emotions that take you out of your calm center. Whenever you are aware that you are NOT responding from your calm center, STOP! Take whatever time you need to become calm again. Close your eyes if necessary to shut out the external stimulus. Make a practice of living your life from a place of calm, no matter what is going on around you.

No one can MAKE you react. If you are mindful and have practiced this skill well, you can remain calm no matter what is going on around you. When the clearing of the cellular memory is complete, there will be very little that will be capable of triggering you unless you choose to engage with it emotionally within present time. Remain detached and sovereign. If you are still engaging with the 3D drama, we suggest you discontinue that behavior.

The world around you is dying. The things that will be happening around you will be the result of desperation and fear. Do not engage with them. The world around you is in a precarious state right now. It took a long time to get that way, and there are cracks appearing in the veneer that covers over the depth of what is going wrong, but the power elite are doing everything they can to make things appear “normal” and just as they always have been. Do not be deceived. The foundations are crumbling and soon the whole thing will come tumbling down into a time of chaos, confusion, and irrational behaviors on the part of those who are afraid and desperate to find something to cling to for support. There will be a lot of angry people, too, as they realize the extent that they have been betrayed in placing their trust in their leaders, who cannot lead them out of the mess that has been collectively created and must be dealt with now.

It will not be a pretty sight, and there will be a lot of shouting, demands for action, and “acting out” when frustration levels get too high. The simple fact is that things have gone too far to be corrected in “normal” ways, and so a major “course correction” will come about as each thing gets so far out of balance that it triggers another thing to go over a critical threshold and also begin to spin out of control. You have an expression called “the domino effect.” It refers to how the rectangular tiles used to play a game called Dominoes can be stood on edge and placed in a line in such a way that if one piece falls over, it knocks over the piece that is next to it in the line, which then knocks over the piece next to it in the line, and so on, until all of the pieces have fallen over. This happens in a smooth, wavelike motion, and happens in a sequence determined by the relative position of each piece with respect to the whole line of pieces and the interrelationships and connections with every other piece in the line. Just so with the world around you.

What is about to occur could not have occurred before. There were certain kinds of connections that had to line up, in order for all of the pieces to cause the other pieces to fall. Things had to proceed slowly at first, so that all of the pieces would line up, but there is a certain point when everything is lined up and waiting until the one critical piece falls, and then the whole thing falls down in rapid succession. When this occurs, it will still take time to play out, but for those with “eyes to see” and who can FEEL the energy of things, it will be obvious when that critical point has arrived. This is when we will go into “high gear” with the “op” and this is when you must be ready to respond to changes and to respond to them quickly and without hesitation.

You have had a long time to prepare. We have been providing these Messages over a period of years, and we have been asking you to do certain things that some of you have been doing and some of you haven't. Now the time is very short, so if you have not made living these principles a priority before now, we strongly suggest that you do so now. For those of you who HAVE been following our instructions, keep on doing that and strengthen your new habits so that they become automatic no matter what is going on in your life.

You are close to a time of massive change, and we have given you all of the instructions you need to cope with these changes in an effective and beneficial way. If you will re-read what we

have given you already, you will discover it is all there and that it only awaits your using it in your life -- every moment of every day.

We may still speak to you from time to time, but it will only be to give you brief announcements of temporal value, ones that will not tell you what to do or how to be, but rather just to tell you about something that is about to occur. There will not be many of these announcements, so this will be the last of the formal Messages for Volume Three. The rest of the information will be provided through our messenger and her efforts to communicate with the rest of you through the medium of the Internet. However, even if you do not have access to the Internet at times, you can always get your moment-to-moment information and “news” within yourself.

Once you have fully crossed over and anchored your awareness in 4D, even these brief notices will not be necessary. You will have full awareness of everything that is going on, and will have no need of notices within the 3D envelope. In the meantime, we hope you will take our advice and finish the work you still have to do in order to make that crossing. You are here to do a job, and everything you are doing now is still preparation for that job. It has all been preparation until now, and the preparation has been going on for centuries of your time. However, the time is coming when the preparation will be behind you and it will be time to go to work on the evacuation itself. That will be the culmination of what you have come to do within the 3D envelope and that will complete the focus of your 3D life.

However, just beyond that ending is a new beginning for you. A door will swing open on an entirely new set of possibilities and only peace, joy, and love will remain.

We leave you now, in peace, honor and blessing. Amen, Adonoy Sabayoth. We are the Hosts of Heaven.