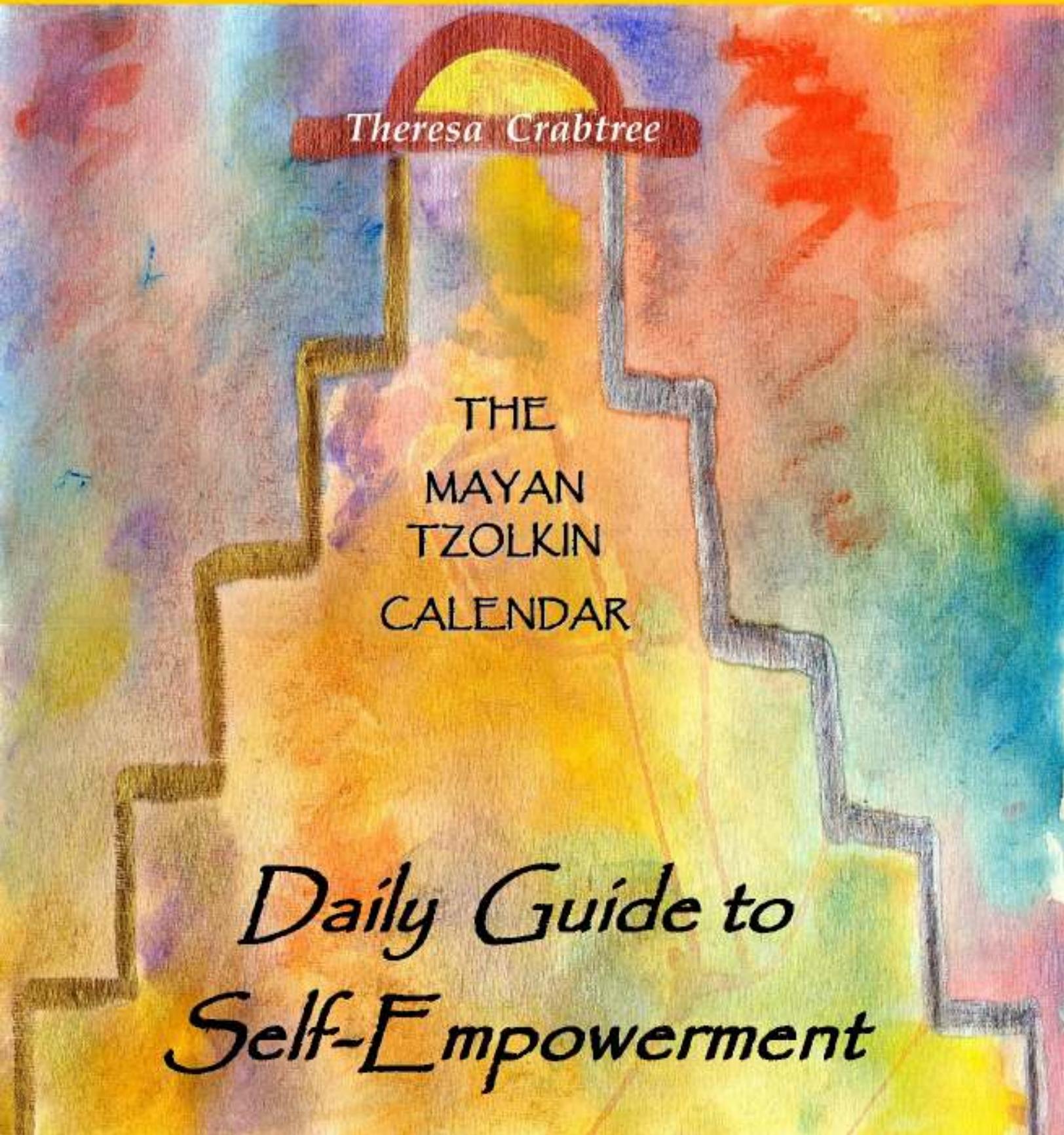


MAYAN MESSAGES



Theresa Crabtree

THE
MAYAN
TZOLKIN
CALENDAR

*Daily Guide to
Self-Empowerment*

“Connecting with the Mayan Messages is a key part at the beginning of each day; when I read, journal and meditate. I especially enjoy The Messages, because for me they are a synopsis and summary of many of the books in my metaphysical library collection.

During a most challenging time experiencing a dark night of the soul, I was using every tool in my metaphysical toolbox to manage the fear and stress I was feeling. Being with the channeled words of the Day Keepers, through Theresa Crabtree, allows me to feel connected to something greater than myself, and helps me to rise above the human condition.

At times when I cannot wait for morning to be uplifted and inspired, I read for hours before falling asleep to comfort myself. The Messages are a calming influence in a world that seems insane to me at times. The good news is that each new day brings another opportunity to do it better with encouragement from the Ones Above.

It is a delight to be reminded each day of key concepts. The Messages are practical and simple. I love them!”

Jeannie Bloomfield, Intentional Interiors, Sarasota, Florida

“The *Mayan Messages* touched areas in my life that needed remembering. To name a few: to tend my garden, to balance wisdom and compassion, to love without attachments and to act joyously silly, especially when I feel that way. Thank you for the delightful and (often) thought provoking lessons. “Bright Blessings.”

Bernyce Barlow, author, Sacred Sites of the West

“Theresa is performing an invaluable service by agreeing to be a conduit for the *Mayan Messages*. For me, they are a gentle reminder of my path on this Earth plane. What I like about the messages is that they profess heartfelt wisdom directed at our everyday living. There’s an understanding of our challenges on the human level and advice on how to manage and view the complexities of being human in this world.”

Beth Bishop, Ansonia, CT

“When I started reading the *Mayan Messages*, I realized there are a lot of common things among all religions and teachings such as LOVE and how beautiful and how powerful we are. Then I realized it’s not too late to reach for my goals and follow my path.”

Songul Koca, Istanbul, Turkey

“This book is a gem! The inspirational words resonate in the mind, the heart and the spirit. Its deep insights give us a wider view of the true reality of life.”

Jeanne Passin, Valdez, Alaska

“The *Mayan Messages* are easy to understand, practical and very easy to implement in one’s life. Thank you for the voice of reason in the wilderness of chaos.”

Arianha Bialon, Minister, Church of the Golden Age, Sedona, AZ

“Theresa’s giving voice to the Day-lords of the Mayan calendar is a fascinating step towards bridging the traditional Mayan calendar with modern New-Age channelings with similar messages as those from Seth and Jane Roberts, Abraham-Hicks and Neal Donald Walsh’s *Conversations with God*. I know that traditional Mayan shamans would feel lightning-in-the-blood while counting the days during an oracle reading. Now the same spirits are communicating to the modern world through Theresa Crabtree’s writing. This is very exciting. Thank you Theresa.”

Carlos Cedillo, author, *Cosmicjaguar’s Soul Kin Journal* and music producer, Violet Flame Records

“I feel like I have slipped into a gleaming, glistening new skin that is birthing me anew. With each reading, I am moved into a deeper internal place of knowing and remembering. It is massively comforting and hopeful. An adventure into our precious life gift. Through the guidance of the Day Keepers, I am able to feel and resurrect my unique light. I wish this experience for everyone!”

Ann Raabe, Boulder, Colorado

“I have found dissolved into the love, kindness and concern of each Message a true desire to guide us into hope, fearlessness, acceptance of ourselves and joy in the knowledge that can set us free from duality, personal limits, sickness, sorrow and the fear of Death. A Magical book of Reality, perhaps life-saving, at the least, enlightening and inspiring, empowering and perhaps Critical as we move into 2012.”

Ditoh Rohrig, Kroeger Natural Wellness Practitioner, Jerome, Arizona

“I enjoy the *Mayan Messages*. The images are beautiful and uplifting. May we all use wisdom, light and love to see our families and humanity through the coming times into the continuation of life on Earth.”

Judith Jubb, Metempyrion Foundation, www.metempyrion.org

“I enjoy life in a manner that you reflect with the messages from my Peoples, People, the Mayan. I honor your work and hope to utilize some of the special messages to help my family and others consider what this teaching represents for peace within. For many to be able to explore the wisdom within their hearts, within the universal truth you are representing.

I say to you with my heart full of a great feeling of light and love, for being here to help us remember peace, for respecting ourselves and learning how to do this for others outside of ourselves, many Oohweehoo’s.”

BlueThunder, Eastern Shoshone Nation, Wind River Indian Reservation, Riverton, Wyoming

Mayan Messages

THE
MAYAN
TZOLKIN
CALENDAR

Daily Guide
to Self-Empowerment

Theresa Crabtree

Mayan Messages
The Mayan Tzolkin Calendar
Daily Guide to Self-Empowerment

**For information on my other publications and services,
visit theresacrabtree.com**

**Visit the [Prison Vision](#) page of the website
to make a donation to send the *Mayan Messages* freely to inmates.**

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Self Help / Self Improvement

Metaphysics

Life Skills

Body, Mind, Spirit

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Welcome to the Mayan Messages

The Mayan Messages are a collection of daily inspirational messages channeled from the Day Keepers of the Mayan Tzolkin calendar. Each Message offers ways to uncover out-dated belief codes, release fears and change behaviors that hinder you from leading a life of joy, peace and abundance.

You will find tools to make the changes necessary to change “negative” thoughts, words, actions and emotions into those that are fulfilling and lead to kindness, compassion and unconditional love.

In a world fraught with chaos, the daily Messages encourage you to go within and find ways to remain balanced and at peace, no matter what situations arise during your daily routine.

There are 260 Messages contained in this book, one for each day of the Tzolkin calendar. It is useful to read one Message per day as part of a morning ritual, allowing yourself time to experience and put into practice the activities or suggestions the Day Keepers share with you.

Whether you follow Eastern or Western spiritual traditions, you will find these Messages to be timely and full of wisdom. While communicating with the Day Keepers, many, including myself, have had life-altering experiences, those “Aha!” moments when you just “know” and have an understanding of greater Truth.

It is my hope that you, too, will experience the magic of the Messages and find your heart and mind opened to new realms of possibilities.

Please visit the websites below for more information and for a free companion calendar that can be downloaded or printed. This Gregorian calendar includes the current Tzolkin date and the corresponding title of each Day’s Message.

Many blessings to you as you embark on this journey of self-empowerment!

Reverend Theresa Crabtree

How the Tzolkin Calendar Works

The word, “Tzolkin” is a compound word meaning, Count (tzol) and Day (kin). The Mayan Tzolkin calendar is comprised of a count of 260 days. There are 20 Day Keepers and 13 Tones. Each Day Keeper has a variety of names due to regional differences and various translations. The names used in this book were chosen because they are commonly used in English speaking cultures and because they are easier to spell and pronounce.

Each Day Keeper represents a group of Spiritual Beings. As you learn to communicate directly with the Day Keepers, you will begin to sense their energy and notice each has a different feel. Like humans, some have a softer energy while others have a more active energy.

In the Tzolkin calendar, there are 13 Tones (toons). These are represented by the numerals 1-13, each having a unique vibration. Those who have studied Sacred Geometry have an understanding of the vibratory nature of numbers. As you work with the calendar, you may find that you recognize the different energy patterns of each numeral.

There are 260 days in the Tzolkin calendar compared to the 365-day cycle of the Gregorian calendar. Due to this, the Tzolkin new year begins and ends on a different Gregorian date each cycle. Please refer to the Mayan Day Keeper chart to understand the order they follow throughout the Tzolkin cycle.

Beginning at the top left, follow the pattern from left to right and from top to bottom. Thus, Imix is first, followed by Ik, Akbal, Kan then Chicchan. Cimi is sixth in the cycle followed by Manik then Lamat. The pattern continues to Ahau, completing one round (uinal) of the Day Keepers.

Each day, one Day Keeper is paired with one of the Tones (numerals 1-13) beginning with 1 and continuing to 13, then the Tone cycle begins again with 1. Throughout the entire 260-day Tzolkin cycle, there will be 13 rounds (trecenas) of the 20-Day Keepers.

Day One begins with the Day Keeper Imix and Tone 1 (Imix 1); Day Keeper Ik and Tone 2 (Ik 2) represent Day 2. The pattern continues with Akbal 3, Kan 4, Chicchan 5. . . Eb 12, then Ben 13. Once 13 is reached, the Tone cycle returns to 1, thus the next Day becomes Ix 1 then Men 2, Cib 3. . . Cimi 13, Manik 1 and so on, with the last (260th) day being Ahau 13. Then a new year begins with Imix 1 and the pattern repeats. By the end of the 260-day cycle, the 20 Day Keepers are paired with each of the 13 Tones, thus creating 260 unique energetic patterns ($20 \times 13 = 260$).

The ancient Mayans were well advanced in their understanding of astronomy, astrology, engineering, urban planning and mathematics. The precision of their calendars earned them the name, “Time Keepers.” Their method of keeping time is very complex. For centuries, they have followed several calendars, each having a specific purpose. The Tzolkin calendar used in this book is their sacred calendar. The energies of the day were so important that before incarnating, each soul would choose which Day Keeper, or Sun Sign, to be born under. Tribal members thus knew the purpose of that soul’s reason for incarnating on Earth and nurtured the child’s associated talents and skills.

For more information, research the words and videos of the Mayan spokesperson, Don Alejandro Cirilio Perez Oxlaj. The Tzolkin calendar is not associated with the date December 21, 2012. That date comes from interpretations of the Mayan Long Count calendar. This collection of the *Mayan Messages* is designed to prepare individuals for a peace filled life, no matter what is occurring in the world.

Mayan Day Keeper Chart



IMIX
ē' mēsh



IK
ēk



AKBAL
āk' bôl



KAN
kôn



CHICCHAN
chēk' chôn



CIMI
kē' mē



MANIK
môn ēk'



LAMAT
lô mot'



MULUC
moo' look



OC
ōk



CHUEN
choo' en



EB
eb



BEN
ben



IX
ēksh



MEN
men



CIB
kēb



CABAN
kô bôn'



ETZNAB
ets' nab



CAUAC
kô' wôk



AHAU
uh how'

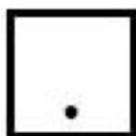
Introduction to the Tones

In the Tzolkin calendar, only the numerals 1-13 are used. These are commonly called Tones.

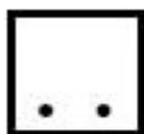
Like the Day Keepers, each Tone represents a series of unique energies. For example, one of the aspects of Tone 1 is “Unity,” referring to one Source, one Truth, a group working as one, one idea, etc. The table below names some of the aspects of each Tone. You will learn more of their attributes and how to apply them as you read the *Mayan Messages*.

These illustrations demonstrate how the ancient Mayans recorded the numerals in their stone carvings. Sometimes the dots and bars are in a vertical position rather than horizontal as shown below.

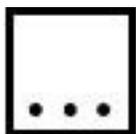
It is now time to begin your journey through the 260-day cycle of the Tzolkin calendar, guided by the Day Keepers!



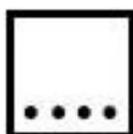
Unity



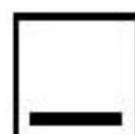
Polarity



Trinity



Stability



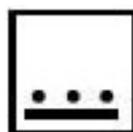
Humanity



Creativity



Selectivity



Infinity



Relativity



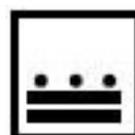
Connectivity



Commonality



Reality



Purity

DAY 1 IMIX 1 In the Beginning

Greetings, I am Imix with Tone 1. Together, we welcome you to this day. It is our pleasure to share our knowledge with you and to assist you in creating the life of your dreams. This is the first day in the series of 260 days in the Tzolkin calendar. If you choose to study each day in succession, you will create an opportunity for yourself to look at 260 unique aspects of yourself.

Let us begin. With this being the first day of the calendar year, we welcome you to this new cycle of introspection. Let us begin by introducing ourselves. I am Imix and I represent new beginnings, among other things. Tone 1 is symbolic of Unity, the Oneness in All. Together, we would like to invite you to go within.

Take three deep breaths in and out, releasing the concerns of the day. Relax your body and mind. As you read our words, be discerning. Take those that make sense to you and leave the others for another day. Know that as you read these dialogues, there are many layers. Depending on where you currently are in your level of understanding, some ideas will resonate with you while others will have no feeling of relevance. It is highly likely that after going through this first cycle of 260 days, when you return to these words on the next new year, you will find understanding on a much deeper level. This is a sign of your growth and understanding, which happens as you peel away layers of negative thought patterns and fears, replacing them with love and positive thoughts.

Most of you entered into this incarnation as a babe with full memory from whence you came. The density of this planet was overwhelming. Soon, you adjusted and fell into daily routines. Each of you have unique experiences and each of you have reacted differently to those set of experiences. Not one of you will see all things from the same perspective. This is as it should be, for each of you came to this Earth with a different set of intentions.

In order to experience this Realm fully, it was necessary to have the memory of your true Spirit nature erased. Before coming to Earth, you chose the basic scenarios you wanted to experience. There are many other Spirit friends and Guides that agreed to work with you to have these experiences.

It is very much like a play. While in your Spiritual Essence, you are the playwright. You create the backdrop and the plot and you develop the cast of characters. Most of you on the Earth plane today have been here many times before. During those times, each of you played many roles. You may ask, "Why, for what purpose?"

We will share with you a brief synopsis of the creation of this world. You can find a simple version in the children's book, *The Little Soul and the Sun*,* by Neale Donald Walsch. We are unable to explain fully the beginning of the Source of All, for there is no way to describe in words the beauty and intricacies of perfect love that exists beyond matter.

In the beginning of your universe, before there was matter, there existed Oneness of All. It was like a bank of clouds, with energies swirling here and there in glorious, radiant light. All was love and flowed freely amongst itself. There was no separation, no good or bad, no polarities nor any form. Time did not exist, all simply was. The delineation of space had not occurred; all flowed freely in every direction.

Then came a desire to experience Separation. The Source of All was willing to experience Other. There are no words to describe this Source or the initial separation. We will do the best we can in a brief manner. In order to experience separation, including dark and things that are not of love, the world of matter was created. Little Sparklets of light left the Realm of Spirit and created themselves into physical matter. Each of these Sparklets held the full memory from whence it came, knowing that at some point it would return to the sea of Oneness.

* Please see page 383, "Resources Cited by the Day Keepers" for additional information when you see an asterisk.

This was the first Dimension of separation from the Whole. Can you imagine the creative juices that were flowing on this level? Anything was possible. There were no costs, no fears, no judgments, all was love and each Sparklet had the ability to create whatever it desired.

The original Dimensions were created by groups wanting similar experiences; the thought to experience individually had not occurred at that time. This was similar to a cloud that moves as one, yet is made of innumerable tiny droplets of moisture. As the group moved further and further from original Source, other experiences came to the mind of the collective consciousness. As a variety of ideas developed, the groups began to split in order to have different experiences. This continued for many Dimensions. Individuals could freely come and go between groups. Full memory of the Source from whence they came was still intact.

Many universes were created by a myriad of soul groups. Each universe had unique aspects and laws to govern how they would operate. At one point, the idea of Dark and Separation came into being. Through time and many Dimensional layers, your universe and solar system was created. There were also several other solar systems similar to yours being created at the same time. One of the unique features of this solar system is the temporary wiping away of the memory of Source.

It was decided that in your solar system, the inhabitants would be able to experience the farthest from Source that was possible. It would be created with all the beauty and symbiotic features of many other systems, but those who incarnated would be on their own to find their way home. As you can imagine, the more adventurous souls are attracted to this scenario.

The vast majority of souls on Earth were among the original creators of this sector of the experience. They created the design of all beings on Earth and the ecological system of how it would all work together. They then entered into their own creation to be an actor in the play they co-created. This had never been done before and there have been many surprises along the way.

All of the things you are experiencing on Earth today have been experienced time and again on other worlds or planets. However, one by one, each of these civilizations either destroyed themselves or simply stopped existing on those planets. The design of “free will” held many surprises. Not one of you before incarnating realized how difficult the circumstances would be when you entered this Realm in an amnesiac stage. It was not long before the experiences of murder and mayhem became prevalent. It was unknown how fear would grip the soul and create so many Not-Love experiences. Those who remain outside the Earth Realms in Spirit-form are in awe of those who can find the light while physically incarnate.

Each world is an experiment, allowing Souls to choose various experiences. All physical realities exist in cycles. The cycle that currently exists on Earth is an outbreak, near the end of a 26,000-year cycle. Soon the inbreath will occur in which fresh air and new beginnings will occur.

In all the cycles that have existed, Earth is the furthest from Spirit, the dark night, so to speak. None have gone to this Dimension of Separation before. You are truly on the eve of destruction; many are filled with doom and gloom of dark days to come. We are here to encourage you to lift your chin, roll up your sleeves and get out your creative tools, for you will soon realize that within you is the power to re-create your experience on Earth.

You, as a physical race, are waking up and seeing the light. Many of you have seen this coming for generations. You are now beginning to understand more fully how to release the density of this world within the cells of your body and the thoughts that tend to run your life. Many of you are aware that negative thoughts create dis-ease and dis-harmony. Many of you can see the energy fields that are out of balance and know how to realign them. Many of you understand that love flows freely around and through all things, as they did in the beginning. Many of you have communicated with Spirits not of this world.

Due to your amnesia and desire to control and manipulate all things on Earth, the human race has created quite a mess. Once the ecological balance started to tip, a set of circumstances created a fast-moving train towards destruction. These truths are finally becoming self-evident to all who have access to the media. Many are angry as the falsehoods of leaders are brought to their attention. Many are in fear of their safety and lack their basic needs for survival. The level of fear among the masses is increasing daily and must be checked in order for balance to ensue.

No matter what happens, rest assured that all is well. Each one of you, through your unique experiences is a library of information. Your gift is unique to the Source of All. When you experience anything, this information is sent back to the Source. No matter how far from Love you go, there is no judgment, it is simply an experience.

Due to the nature of free will, you can have any experience you choose. The hardest part for many to understand is the amnesia effect and to know that you are truly a Spiritual Being having a human experience. There is no right or wrong. Each of you is created with the ability to choose whatever you want to experience.

However, due to the amnesia, many of you have found yourselves in circumstances that are less than desirable. Know that this was allowed due to the free-will clause. You have never been alone. Each of you possesses a Higher Self, part of your Spirit Essence that remains in the Spiritual Realm. Each of you incarnates in this Realm with at least one Spirit Guide who never leaves your side. In addition to your personal Spirit Guides, there are myriads of Spirits available to encourage and support you along your Path. We, the Mayan Day Keepers are such Helpers. Each Day Keeper is a group of souls holding specific energies. The Tones are also groups of souls holding specific energies. As you cycle through the year, our unique energies blend in 260 ways to allow you the ability to loosen up one more strand of negative influences that have taken hold of you.

Even if you choose not to believe this explanation of creation, we encourage you to continue with the daily study and integration of the Messages we present to you. As you progress through the year, you will find much support in your effort to create a better existence for yourself and others. You will receive many suggestions on ways to eradicate old behaviors and thought patterns that no longer serve you. You will be shown ways to increase the ability to love yourself and others.

Know that within you lies the ability to awaken and discover your true Spirit Essence. We are working feverishly to assist all of you in this awakening process. Your world as you know it is coming to an end. It is no coincidence that the Mayan long-count calendar is also coming to an end. Always remember that when there is an ending, what follows is a beginning. By making conscious choices and clearing yourselves of limiting belief codes, this new beginning has the possibility of creating Heaven on Earth. We encourage you to keep your thoughts light and loving. The world you wish to experience must first come from within yourself.

What you are currently experiencing on Earth is a mirror of what has been experienced on the first Dimension of separation that was previously described. Like then, you will gather in groups and brainstorm ideas. You will be drawn to groups who wish to create the utopia that you feel drawn to experience. You are now in the process of unlocking the doors of separation. For the first time on Earth, there are conscious Beings arriving in droves to help with this process. Your skies are filled with Beings from other planets who desire to help with this process of ascension. Your universe is filled with the excitement of the possibility that Earth can lead others back into Pure Love from the darkest Realms of physical existence.

It is no coincidence that you are on planet Earth today. There is a huge line of souls wanting to incarnate. You were chosen for your special talents, because you were one of the original creators, to clean up some of your previous messes or to ride the ultimate rollercoaster.

Take time to go into Nature and reflect on these thoughts that are new to you. Accept those that resonate with you and set aside those that are too hard to grasp. We welcome and invite you to return each day to hear our Messages and to take time to clear unwanted debris from your physical being and way of thinking.

As you work diligently on yourself, you will be filled with more joy and vitality than you could ever conceive. Those who are not fully tuned into their Higher Selves or Spirit Guides will have the opportunity to do so. From our perspective, we know and understand that *you* must be the peace you want to feel and *you* must be the love you wish to experience. Go forth this day as a newborn, observing all with wonder and without judgment. Many of us have walked the Path you currently walk. We are here to support you and are excited to embark on this journey with you!



Selamet! Imix 1

DAY 2 IK 2 Not-Love

Welcome back, we hope we did not scare you off with yesterday's introduction. It is our desire to bring you closer to us and to yourselves, rather than turn you off with statements that do not reflect your current understanding of the world in which you live. Today we will take a look at the energies offered by Ik 2. Each Day Keeper and Tone reflects a variety of energies, for we are a collective group, not individual souls. What may appear to be discrepancies are merely different facets of the same diamond. The aspect we would like to share this day is polarity. In your Realm, the world creators came up with this idea of opposites. Where you have up, you have down. Where there is hot, you will find cold. Where there is light, you will find dark.

There were several reasons for creating a Realm with this duality. Yesterday, we spoke of how the universes were created in order for souls to have the opportunity to experience Not-Love. This would be impossible in a Realm where All is One. In the Realms of Oneness, there are only experiences of all love or all fear. You initially came from all Love. The first few Dimensions were also only Love. Not too many signed up for the experience of all fear. Thus, the vast majority of new Realms have been set up with a balance of both light and dark. In the universe in which you reside, each individual soul is given the opportunity to choose where they want to incarnate. There are a myriad of opportunities available, all giving the opportunity to experience light or dark in varying degrees.

Until recently, very few have been aware of the ability to create solely from a place of Love while living on Earth. As more of you awaken, you will show others by your example how to create from a place of Love. What many of you are striving for is to experience Heaven on Earth; we assure you it *is* within your grasp. Each of you possesses free will, the ability to choose whatever you wish to experience. We in the Spirit Realm hold no judgment regarding your choices. We are available to assist you in whatever you wish to experience, as long as it falls within the parameters of the laws of your universe. We have no authority or desire to go against the free will of any individual.

Many of you may be thinking, "What about the bad guys, those who use corruption in order to exert control over others?" As we already stated, we are here to assist everyone. There are Spirit Guides who help the bad guys as well as the good guys. We do not make judgment on anyone's actions. Our joy comes from helping to create joy in your lives, whether you judge your actions to be good or bad is not of consequence to us. That is the nature of free will that was set up many eons ago when Earth was initially created. Each person reaps what he sows and "like attracts like." Choose what you wish to experience, but know that in this Realm and the next, there will be a day of reckoning. In this Realm, everything has a boomerang effect. The more you give love to others, the more love you will receive in return. The more fear you impose on others, the more fear will be returned to you.

In the next Realm, there is no judgment from God. However, you will have a life Review Process in which you will experience the emotions of others caused by your interactions with them. Keep this in mind as you continue to make your daily choices. Be kind and considerate to others and your life Review Process will be filled with delight. Torment and use coercive efforts to gain control over others and be ready to experience the feelings of your victims. We share this with you to let you know that although you have free will to choose whatever you experience, there are repercussions associated with each of your choices. If it is your desire to create Heaven on Earth, then it is your responsibility to make the choices leading to this desired outcome. In order to create a world of love, release the fears that keep you from being constantly filled with love and light. This is the purpose of the Mayan Messages. We are here to assist you in reaching your goals. It is our desire that each of you enhances your life by choosing acts of kindness and expressions of love.

Your world as you know it is rapidly coming to a close. We encourage you to consider choosing love and kindness in all situations. Love is the key to joy; all else is temporary happiness. Like an addict's need for a fix, it is short-lived. Many of you have tired of the selfishness and greed that permeates your planet. Each one of you that practices inner peace and kindness toward others, moves all Beings one-step closer to Heaven on Earth. Take time each day to reflect on your thoughts, words and emotions. Be mindful of your actions and reactions. The first step in any healing process is to be aware there is a problem. The next step is to find solutions to those problems. You have everything within yourself to create a balanced and centered life. Consider these words as you go about your day.



Selamet! Ik 2

DAY 3 AKBAL 3 Body, Mind and Spirit

Welcome to this day of Akbal 3. It is our intention today to delve into the meaning of three, the trinity. The aspect we would like to focus on today has to do with three being symbolic of your connection to the Spirit Realm. Consider your human body as one point of a triangle, the conscious part of your mind as a second point and the third point being the part of you that remains in the Spirit Realm, commonly called the Higher Self. We shall call these three points: body, mind and spirit. These three aspects work in a symbiotic fashion to allow everything you experience on Earth.

We have briefly spoken of how creation allows the human experience on Earth to become reality. Let us look a bit deeper in hope that you will gain a better understanding of why you are here and how you can make life on Earth a little better for yourself and others.

First, we will look at the aspect of body. Every physical Being on Earth has an energy field surrounding it. All plants, animals and humans are created from tiny bits of matter that can be called creation bits. Even inanimate objects such as rocks and dirt are made from these tiny bits of organic matter.

There is no-*thing* in your universe that stays still; every-*thing* is continually in motion. Even the rocks are in a constant state of change as they go from being mountains to boulders, to rocks and eventually becoming soil. Each one of these creation bits holds a tremendous amount of information, much like modern computer chips. Your physical body is also similar to a computer, having the capability of storing a tremendous amount of information. Some of that information was programmed before birth, such as the functioning of your circulatory, muscular and digestive systems. Each physical Being is designed with specific properties suited to its role on Earth, whether it has feathers, fur or a specific chemical make-up.

Scientists are proving that humans store emotions and memories in various parts of the body. It has been discovered that events causing emotional and mental trauma can be as much a cause of disease as physical traumas. Even thoughts of trauma or the fear of being traumatized can be stored in the body and cause reactions identical to having experienced an event. "How can this be?" you may wonder. In its most simplistic form, the following will give you an idea of how disease manifests itself in the human body.

All thoughts are originated from either a feeling of love or fear. Thoughts emanated from love are light and airy. They flow through matter and create a sense of peace and joy. Thoughts originating from fear are dark and heavy. Instead of flowing through matter, they tend to glop onto each other. Repetitive thoughts continue to glop together, creating layers. These glops of energy can gather anywhere in the physical world. Perhaps you have been to places that feel creepy or met people that make you feel uneasy. This could be a result of gloppy negative thoughtforms. These thoughts first accumulate within the aura, which is an energetic field that can be seen with the naked eye and filmed with Kirlean photography.

These glops of energy first show up as dark areas in the auric field. If they continue to gather and become denser, they will then settle into the physical body and cause dis-ease. If the human is paying attention, he may notice the effects of these negative thoughts. Perhaps at first there will be uneasiness or unrest, then pain may result. However, most humans have learned to ignore these symptoms or mask them with pharmaceuticals or addictive substances.

There are many cases of miracles in which people's tumors spontaneously dissolved, bones healed instantly or heart diseases cured overnight. Many times these miracle cures came as a result of fervent prayer. This is one clue that loving thoughts can undo the damage caused by fear-based thoughts. As we meet together each day, we will be examining the cause and effects of thoughts and how they can be used to manifest anything you desire in your life.

We will now move onto a brief discussion of how the human mind operates. The mind is the center where thoughts are generated. The mind also operates all bodily systems. When you have fear or love thoughts, your mind automatically categorizes and stores this information. Scientists are proving that certain thoughts are stored in specific areas of the body. Your mind is very literal. It does not judge, it operates more like a computer, simply storing the information it receives. When you continuously think and say things such as, “I am sick and tired of that!” you are actually programming your mind and body into being sick and tired! There is a reference book by Louise Hay that we highly recommend. In *Heal Your Body*,* you can look up a specific part of your body that is causing you dis-comfort and find general thoughts that tend to create dis-ease in these specific locations.

For example, you may have a type of heart dis-ease. Look up “heart” and you may find thoughtforms associated with it that includes deep sadness. How many times have you met a very sad person who says they have a broken heart? Their words and the emotions tied to the event or events that broke their heart are now manifested into reality as heart disease! Do you understand the magnitude of this understanding? This truth reveals your power as a creator of your reality! It is our desire to show you how powerful a creator you are when you consciously monitor your thoughts, words, actions and empower them with your e-motions (energy in motion). There is nothing that cannot be accomplished when you are consciously aware of how your universe operates.

We will now briefly look at the aspect of your Self that we call Spirit. Each of you has a direct connection to your Spirit Essence, your Higher Self. Many of you already have direct conscious communication with your Higher Self. Everyone operates on various levels of intuition or insight. Often, people have intuitive thoughts that are ignored. Have you ever found yourself thinking or saying things like, “I knew I should have done that; now I wish I had!” That is a classic symptom of not following your inner guidance. Each one of you is a Spirit having a human experience with a direct link to your Higher Self. That link continues all the way back to the Source of All. You did not come to Earth alone. There are many Spirit Beings, including us, on the Other Side available for advice and support.

You are never alone. There are some Guides who remain by your side at all times. There are others who come and go to help with specialty areas such as medical assistance, protection or computer help. We kid you not, when you need help with anything, you can be assured there are a myriad of Spirit Beings who have detailed knowledge related to it. After all, they are the creators of all thought and things that are manifested on Earth and beyond.

Know that you are loved beyond what you can possibly imagine. We do not place judgment on anything you wish to experience. Like a genie in a bottle, your wish is our command. However, know that you must ask for our assistance for we cannot go against your special gift of free will. It is a law of the universe that none can impose their will upon the will of another. There are many who may try to deceive you, but it is *you* who has the ultimate choice to decide what you wish to think, feel and believe in your reality.

Much of our work is to help you understand how you have created the reality in which you find yourself today. We will assist you in looking at belief codes that no longer serve you and help you to discover ways to release them. We will then help you replace any thoughts, words and reactions into those that will assist you in creating Heaven on Earth. As you rotate through the cycle of the Tzolkin calendar, you will find there are many layers to discover. What makes no sense today may become a core belief tomorrow after you remove several layers of debris that have accumulated over the years.

How many of you hold all of the same beliefs you had as a child? It is your experiences that caused you to change ideas about yourself and others. As your ability to discern matures, so will your life choices. We encourage you to take time each day to go within and to focus on your current belief programs to discover those that no longer serve you. It is similar to running a scan on your computer to discover and eradicate viruses. Go forth and make this a joyous day for yourself!



Selamet! Akbal 3

DAY 4 KAN 4 New Beginnings

I am Kan and with the energy of Tone 4, we welcome you to this day of new beginnings. In the original beginning, there was only love and light. It was a time of no-thing. In those days, time and space did not exist. All was in a state of Being. Then came the moment when the idea of Separation occurred among the All. It was quite an event to consider Other rather than Be-ing. Permission was granted for this Grand Experiment to occur.

What we would like you to consider this day, is that you also have the choice to try Other. In your true Essence Self, you came from a state of pure Love and Being. Back many eons of your time, which in the Spiritual Realm is only a blink of an eye, your Soul Essence chose to be a part of this Grand Experiment.

Today you find yourself in the role that you have chosen to play. Many of you are gaining an understanding of this while others are floundering around with little understanding of the perfection of their Divine Self. Either way, each of you are evolving, coming closer to the full memory of who you are. Those who have a hard time believing or understanding these concepts, we invite you to continue reading this Message and to absorb that which you can. No matter where any of you are in your evolution, it is likely you can still work at becoming a kinder, gentler and more loving individual.

We invite you now to quiet your mind, letting loose any concerns of the day, whether you call these times introspection, meditation, prayer or any other name. An important way to reach deeper into yourself is through concentration on the intake and release of your breath. There are many methodologies on specific ways to breathe; all have their merit. If you have studied a breathing method that is working well for you, then feel comfortable continuing to breathe in this manner. If you have not studied specific breath meditations, we offer you a simple method. It is appropriately called “breathe in, breathe out” for that is all you do!

Retreat to a quiet space where it is least likely you will be disturbed. Being in Nature is optimal; we highly recommend sitting against large trees. Sitting on your porch can be satisfactory, as well. Turn off all electronic devices that will distract you. Get into a comfortable position and allow your body to relax. Pay attention to your breathing. Take a deep breath in, hold it a moment, then let your breath out fully. Repeat this at least two more times. Once you feel your body starting to release tension, go into your normal breathing pattern.

Imagine pushing a button on the left side of your brain to temporarily shut off distracting thoughts and concerns. Focus completely on your breath. Anytime a thought comes into your head, ignore it and go back to focusing on your breath. We encourage you to use this method whenever you wish to go within for solace or to connect with your Higher Self or Spirit Guides. Always begin by setting specific intentions of what you wish to experience, whether you are going within for solace, guidance or to regain your composure.

One aspect of the day of Kan is the seeding of new beginnings. Is there something new in your life you would like to experience? Consider the multitude of possibilities that filter through your mind as you ponder this question. You are free to do this exercise anytime in your life, so don't feel the pressure to choose the “right one,” for they all are accessible to you in any moment.

Perhaps there is an idea that has been coming into your consciousness lately that you haven't taken time to pay full attention to. It can be as simple as trying a new product or as complex as changing a career. Perhaps you are ready to change a new habit or belief code that has kept you from experiencing full joy in your life.

Choose one thought and give it your full attention. Push away any distracting thoughts. Visualize yourself experiencing whatever it is you have chosen. Release any judgmental thoughts that might arise, such as, “That is too expensive. I don't know how to do that. It is impossible for me. Others will think I am crazy.”

You have all been master masons, creating walls of fear and rejection. The goal in this exercise is to start taking apart those walls and exposing the true Essence of light and love that you are. As you travel through the year with us, you will be given many opportunities to go within and shine a light on your inner shadows. There will come many “Aha!” moments until your light becomes so bright that inner shadows will no longer exist.

The key is to use all your senses while visualizing what you wish to experience. No matter what fears or judgments come up, stand firm with the knowledge that this is what you choose to experience at this time in your life. Begin to ask your Higher Self for guidance on steps to take to achieve this goal. Ask for support and it will

come to you in many ways. As you move forward on your Path, push away thoughts and actions that keep you from achieving your desires.

At times, it is good to practice anticipated situations that may keep you from reaching your goal. Role-play them in your mind. Your unconscious brain does not know the difference between reality and fantasy. How many times have you felt yourself experiencing emotions while you were watching a movie or reading a book? At those times, your brain waves were reacting as though the fiction was reality.

One way to push through fears is to imagine yourself in the scenario you wish to experience or the fear you choose to face and overcome. With your imagination, you can practice overcoming any fears or anxieties. Incorporate the use of your senses: sight, hearing, touch, taste, smell. This may be very difficult in the beginning for those who have deep phobias. Ask your Spirit Guides to be with you and support you. Know that you are the Master of your thoughts and experiences. You can choose whatever you wish; you have the power within your Being.

We will be sharing a variety of exercises to help you overcome your shadow aspects throughout the year. We encourage you to explore any avenues of possible solutions to changes you wish to make in your life. No one walks the same path; there are myriads of opportunities and ways to overcome fears and to experience joy. The only things limiting you are your beliefs, judgments and fears. You can overcome anything and live a life of mirth and joy! We are here to assist you in rediscovering your true Essence and letting your light shine as brightly as it once did in the Old Beginning! Know this is possible and dream big!



Kan 4

DAY 5 CHICCHAN 5 *Be One Self*

I am Chicchan 5. Today we welcome you to consider ways in which you can transform your life by shedding old patterns and belief codes that no longer serve you. Take three long breaths and clear your mind of the concerns of the day. Focus on your breath as you allow your body and mind to relax. Think of something in your life you wish to shed or change. If it is a problem you wish to resolve, consider possible solutions. What benefits did you receive by creating this habit in your life? How do you feel when you do this thing? Will retaining this behavior or belief code lead you towards attaining your goals?

Acknowledging you have a problem or behavior that no longer serves you is the first step towards making a lifestyle change. Objectively look at how you would like your life to be. Perhaps a list of things you currently find unsatisfactory would help for today's introspection and future insights. Lock onto one habit you would like to change. From every angle, look at possible solutions. Free your mind to get out of the box and consider everything, no matter how absurd or impossible it may seem. In many cases, the absurd and impossible actions may become the best solutions, once you move past fears and limiting beliefs. Write down anything that comes to mind regarding the issue you are working on. Log both the pros and the cons, being as objective as possible. It is your fear or ignorance of other possibilities that is most likely to keep you from shedding this pattern.

We *encourage* you to be like the lion in *The Wizard of Oz* and have courage! The lion was afraid to try new things and quite often, his own tail would startle him. Yet, there came a moment in his life when he grew tired of his old ways and chose to press through his fears and make a lifestyle change. Initially he was very frightened, but with practice and support from his friends, his courage grew. We *encourage* you to call on us and your Spirit Guides for support. Any change you make in your life requires a certain amount of courage. As the good witch Glinda knew, you have within you the power to make the changes you wish to see in your life.

Once you have weighed the pros and cons of specific behaviors and belief codes you wish to change, then you are ready for the next step. Create a list of possible solutions or steps necessary to make the changes you desire. There are many paths to your final destination; enjoy the journey along the way. If one thing doesn't work, then try another. The human experience is simply that, a set of experiences.

Although it may be difficult to find value in a set of circumstances that has caused you fear or pain, there are benefits in every situation. Remind yourself that you reside in a world of polarity; where there is pain, there is joy. Each experience you have allows an opportunity for growth. Each experience enhances your ability to connect with others who have had or are facing the same situation. Each experience you have benefits All and is a gift to the Source of all things. Through you, many others gain knowledge, experience and wisdom. Everything you experience is stored in your body, creating a physical library. Nothing you do is in vain. You are valued beyond any measure you can possibly conceive. There is no right or wrong in anything you choose to experience. Our hope is you will choose what makes your heart sing.

We are here to assist you in whatever you choose to do. Always ask for what you want while including this parameter, "for my highest good and for the highest good of all concerned." We also suggest you ask for guidance in selecting the most graceful approach, for a smoother journey.

Many have contracts to do certain things that humans might classify as "not good." We have been saddened at the amount of pain and suffering that has been allowed in your Realm. However, we are happy as each day we witness more of you regaining balance and inner peace while making leaps towards experiencing unconditional love. This is no easy feat and we bow before you as you continue along your Path of evolution and enlightenment.



Selamet! Chicchan 5

DAY 6 CIMI 6 Break Habits

I am Cimi and with the energies of Tone 6, we welcome you this day. We would like to share with you ways in which you can further transform your life, continuing with yesterday's sharings by Chicchan 5. In that dialogue, you were shown ways to go within and discover behaviors and belief codes you would like to change. We suggest you review that process, then return with your intention for the day and continue to more fully make the transformation of your choosing.

Focus on only one behavior or belief code at a time. Place your attention clearly on the one you choose to work on today. To help maintain your focus, orally state or write your clear intention. You may wish to add the following statement, "for my highest good and for the highest good of all concerned, gracefully," at the end of your intention. This statement will take you to routes that are in alignment with your purpose for coming to Earth and take into consideration the missions of others. By adding gracefully to the mix, you are ensured that the road will be less bumpy. This is not to say that you won't encounter problems along the way, however, it does help to smooth out the path.

Quiet your outer world and state that you would now like to connect with your Higher Self. You can do this aloud or silently, taking time to focus your attention within. You may feel goose bumps or a murmuring in your heart when you consciously make the connection.

Relax your body by focusing on one group of muscles at a time. Place your attention on your toes; inhale while tightening your toe muscles. On the exhale, relax your toes. Next, rotate your ankles to loosen them. On the next inhale, tighten the muscles of your lower legs. On the exhale, relax those muscles. Then do the same with your upper legs, tummy, buttocks, back, upper arms, lower arms, fingers, shoulders, neck, jaw, etc. As you practice this exercise, you will learn to do this quickly, taking only a moment to relax each set of muscles.

Next, visualize yourself standing at the edge of a forest. With your Helpers by your side and a clear focus on your destination, you are ready to begin your journey. After you have walked down the path a short way, you will find yourself in a clearing with several trails branching in all directions. Which trail do you choose?

This is when your clear intention becomes of utmost importance. What do you want to experience along the way? What physical sensations do you want to have? Which emotions would you like to feel? Do you want to be kind or controlling along the way?

You will discover that each path offers unique experiences. None of the paths are straight, making it impossible to see what dangers and rewards will be encountered along the way. Clearly state your intention, ask for your choice to be for your highest good and for the highest good of all concerned, gracefully.

You may then choose to follow any path or to look for one that is more illuminated than the others. This is also true when you are on physical trails. Along the way, you can expect to be faced with choices to make. These are opportunities for you to experience what you wish to transform. If your choice is to stop smoking, you can expect to be faced with a myriad of opportunities to decline a cigarette.

When you jump each hurdle, you will gain more confidence and become more empowered. As you learn to make better decisions for yourself and trust your inner guidance, you will likely find that in most situations, there will be only two or three paths presented to you. This narrowing of choices occurs when you release fears and old belief codes.

It will take great courage to go down certain paths. This is a sure sign that you have fears and belief codes affecting your ability to have a joyful life. Press forward anyway. In your imagination, there is no one to harm you or judge your choices. Let your creative juices flow and think as far out of the box as you can.

As you walk down each path, you will begin to see the possible outcomes for each step you take along the way. When you make one choice, you will see other paths branch out. Go down each branch and retreat back to the last crossing whenever you encounter an outcome that is not to your liking.

Let us return to the example of the desire to stop smoking. You might set the intention, "I choose to stop smoking. I wish to do this in a way that is for my highest good and for the highest good of all concerned, gracefully. Thank you." Always remember to have an attitude of gratitude!

You are now in the clearing. As you travel along the path, you see yourself discarding your cigarettes. You now encounter a branch in the road. On the path to the left, you get rid of all the ashtrays in your house, perhaps keeping one or two for guests. On the path to the right, you keep all the ashtrays where you normally have them, including your desk area, bedside stand and favorite sitting chair. These are the places where you enjoy smoking the most. Can you see how this one choice will either support or deter your choice to stop smoking?

You decide to continue on the path where you removed the ashtrays. As you walk this new path, you run into one of your smoking buddies who offers you a cigarette. Do you accept or decline the cigarette? Will you choose to smoke your last cigarette with your friend? If you choose the path where you decline the cigarette, you encounter another decision. Do you tell them you are trying to stop smoking with an attitude of “poor me” or with excited determination? Whichever choice you make will lead you to a new path.

In this case, you continue on the path where you gracefully decline the cigarette and tell your friend how excited you are to be making this life change. Since this is your first encounter, perhaps you choose to feel the need to justify your choice to stop smoking. While doing this, you did a bit of preaching and suggested your friend stop smoking, also.

Soon, along comes another smoking buddy. This time you again gracefully decline the cigarette and justify your reasons but decide not to tell your friend to stop smoking. Eventually, you no longer feel the need to justify your reasons for giving up smoking. You also lose the need to preach to others to stop smoking. As you walk along, each time you choose paths that lead to your desired goal, you become more confident and empowered. There may be times when the temptation becomes overwhelming and you revert to old habits; this is normal and acceptable. There is no right or wrong, it is simply a choice you made in that moment.

You may find others judging or ridiculing you for choices you make. Learn to understand that it is their opinion and although it may be true for them, you do not need to take it on as truth for yourself. What *is* important is for you to choose what is right for you without feeling guilt or shame when you don't follow your own advice. When you are ready to continue, simply pick yourself up, brush yourself off and start all over again. Walk each path, experiencing the behaviors you choose. Keep in mind that often it takes years to develop a habit, so don't expect to break them in one day. Once you have adopted a belief code, it becomes the cornerstone for others you will adopt in the future.

Although there are times when a change occurs in the twinkling of an eye, in most cases it takes observation, diligence and patience to replace unwanted habits. Through perseverance and the falling away of old habits and belief codes, one day you will find yourself no longer having any desire to smoke. You will have reached your destination. From there you may choose to help others along their path to quit smoking.

We are here to support you. We hold no judgments regarding your decision to experience anything. We encourage you to reach higher than you have ever reached before. Be creative! Your wish is our command! You can have anything your heart desires. The universe is endless and boundless. However, there are universal laws we all have to follow. These laws were set in place during the creation of your universe in order to allow experiences unique to humans on Earth. All other choices are free for you to make.



Selamet! Cimi 6

DAY 7 MANIK 7 Uni-Verse - One Voice

I am Manik, the gatekeeper to the door of silence. This is the silence found by going within. Take time now to walk through this doorway by quieting your inner mind. Let go of the worries of the day. Regulate your breathing as you focus on relaxing your muscles. Take time to pay attention to your breath as you go deeper and deeper into a state of relaxation. Build an attitude of gratitude by paying attention to blessings in your life. Give thanks to yourself for the good deeds you have done to others. Know you are loved beyond measure.

You have now entered the world of silence. This is a place of no thing and no time. All around you are swirls of energy, each with the ability to become anything you desire. This is the place of infinite possibilities. With your clear intention, you can set into motion the objects of your desire.

We in the Angelic Realms are Masters at pulling this energy from the ethers and molding them into form, including that which you call space and time. Have you ever experienced driving a car or being involved in a project and time seemed to go very quickly? Have you ever been in a traumatic situation and time seemed to slow to a near stop? Have you ever wanted something so badly, then it came to you in a magical way? Have you ever witnessed a miracle healing after a person or group of people prayed for the healing to occur? Have you ever lost your keys then unexpectedly knew where they were, even if they were in a place you don't remember leaving them?

These experiences and many others are the result of our ability to manipulate energy fields and create your reality. You too have the ability to do this although most of you have forgotten how due to the state of amnesia required upon entering this Realm. However, times have changed and the Veils between the seen and the unseen worlds are becoming thinner.

Many children today are arriving with full memory of their prior existence in the Spirit Realm. These children have amazing abilities. Some are intuitive and psychic while others have incredible knowledge related to such things as computers, music and art. Many can see Spirits on the Other Side; most are telepathic. When their abilities are nurtured, these children will reach their full potential at a very early age.

The Earth is currently in crisis. All of the manmade structures related to government, finances, education and religion are on the edge of collapse. The restructuring process can be done gracefully or torn apart rapidly, then rebuilt. The choice is up to the people. There are many who walk among you with the ability to restructure with a state of grace, having incredible knowledge of the inner workings of the creation process.

Many of these people are now in their 30's. They are the parents of the children currently incarnating with full memory of life on other planets as well as knowledge of the Spirit Realm from which all of us have come. They are not saviors, they are like you and me, one cog in the machinery. However, each cog is of utmost importance to keep the gears gliding smoothly.

The generations of people who are now in their 40-80's have allowed those in government and corporate positions to define their world. Personal power was given to those in control to the point that now most of you are little more than slaves to the system. It is time to regain your power and allow yourself to blossom into your full potential. This will take time, effort and courage to re-mold yourself into what you would like to be.

We would like to encourage you to take time daily to silence your outer world and dare to dream your life into being. Call on your Angelic Helpers anytime, day or night. In our Realm, there is no sleep as you know it. Time does not exist. We can be in many places at the same time. There is no question or problem that is too insignificant or too immense; we are here to serve you. It gives us great joy to help you experience anything your heart desires.

Many of us have never incarnated on Earth. In one sense, we live through you. You are our eyes and ears. Living on Earth is not an easy task; we admire those of you who choose this route. Before you incarnated, you made contracts with some of us who remained on the Other Side. Many of us, such as the Mayan Day Keepers and Archangels are general overseers of the bigger picture. We were part of the original designers and creators of this universe. We know the inner workings and are quite capable of literally creating something out of thin air.

This universe was set up with the law of free will. We will not do anything against your will. Be wary of tricksters capable of luring you down paths leading to undesirable goals. It is your choice to decide what you wish to experience and the steps you will take to get there. We cannot help you achieve these goals unless you ask for our assistance.

There may have been times when you received something you wanted without consciously asking or praying for it. When these things occur, it generally is because it was your deep desire on a subconscious level. Many times, humans want something very badly, but for a variety of reasons, they don't feel they can attain it, so no formal prayers or requests are made. However, we on the Angelic Realms can read your energy signatures.

Be it known that every thought you have and every desire you contemplate manifests itself into form. When it is a fleeting thought with little passion energizing it, the thoughtform floats by like a small wisp of smoke. At times, these little wisps may bump into a like-minded wisp and cling together for a while. However, when thoughts energized by passion collide into each other, they stick together, creating an opportunity to manifest into something physical.

This is how the world as you know it was created. Initially, there was a large group of souls who brainstormed or *thought* this universe into existence. They decided how it would operate and were given a time period for its existence. Everything was carefully designed; the symbiotic relationship between all things was chosen. As an added bonus, many of the creators decided to allow a portion of their Selves to enter into the Realm and be a part of it. Most chose to come as humans, however many have experienced lifetimes as animals and some have come to experience being a blade of grass!

The creation of this universe is indeed very much like a group of people writing a play, creating the plot, designing the sets and musical accompaniments, then playing the roles as actors. What you are witnessing now is the final stage of the play. What will happen next is the tearing down of the scenery and a rewrite of the plot. In order to create the next play more economically and with less effort, the set designers may use the same materials with nothing more than fresh paint and a few new screws.

As you recreate your governmental and corporate policies, you can either throw the systems out completely or rewrite policies that service the good of all. We are here to support whatever you wish. Our main goal at this time is to assist each of you in remembering your true roots as Spiritual Beings. Once you understand how the creation process works, it will be much easier to make the changes you wish to see. This can be done literally in the twinkling of an eye.

However, let it be known that chaos will still reign as long as there continues to be division. What is of utmost importance is that each of you fully understands that in order to have Heaven on Earth, you must learn the basic skills of unconditional love and respect for each other and every aspect of reality, including Nature.

What we wish to impart to you today is to find ways to create peace and harmony in every moment, no matter what frustrations are presented to you. As you learn more of the dishonesty and treachery imposed upon you from those in places of authority, it is imperative that you quickly move from anger to compassion. The energy of love flows freely; fear and anger glop together and can cause extensive problems.

As the days pass, we will talk more about the purpose of negative thoughtforms. Although they may be deemed as bad, they are of utmost importance for this play. How long would you go to plays if there were no drama or angst? If all plays were airy-fairy and lovey-dovey, they would soon bore you. It is likely that audiences would clamor for more "good guy, bad guy" drama.

Before any worlds were created, all existed in a state of perfect love. There was no sense of time or space. All that existed were like wispy clouds, floating in and out. There was no such thing as being an individual, all simply was One. There came a time when the essence of One wanted to experience Other and through many eons, innumerable episodes of Separateness, Individuality and Not-Love have been experienced.

It is important to understand that in order to experience Not-Love, you must have some that are only Love become the Not-Love actors. We recommend reading Neale Donald Walsch's children's book, *The Little Soul and the Sun*.^{*} This parable can assist you in better understanding the creation of your world and the importance of not judging others as good, bad, less than or better than others.

We encourage you to take time each day to go within and ask for guidance to better understand the workings of your universe. You will be guided to books, videos, websites and people that can assist you in understanding more about your world. Follow your intuition and allow yourself to walk along the path of discovery. Know that nothing you do is wrong or bad. All you do is simply an experience.

These experiences are recorded in your body as well as in the history books of your universe. They are not recorded to place judgment on you; they exist to be accessed by others who choose to watch your movie without personally experiencing all you went through. Would you rather watch a war movie or actually be a soldier on the front line? Would you prefer to be an Olympic athlete and go through the rigorous training or simply watch the games on television?

Each of you is living a unique existence. All of you are operating on different levels of understanding and awareness. Those able to access the Akashic Records are able to temporarily experience what others have done. All of you on Earth, in every moment, is writing and living a unique play that can be enjoyed by others. You are each a unique teaching guide; others can watch and learn from your experiences. Just as you learn from your experiences (touch something hot and you get burned), others can watch your movie and make choices regarding what they would like to experience.

The Akashic Records have existed for eons and are invaluable to those who wish to leave the Oneness and Individuate. As you read this, you may feel this is an invasion of privacy or feel creepy that others can view you at anytime. We wish to let you know that we are not peeping toms and there is no judgment being placed upon you.

Before coming to Earth, you made various contracts. You may have chosen to close your Records to anyone other than yourself. You may have allowed your Spirit Guides to have access to your Records. Your neighbor cannot peek into your Records and spy on you. Access is only permitted by those your Higher Self and the Keepers of the Records allow.

It may be hard for you to fully understand the Records and how they operate, but in time, you will remember and know how to access them for your personal assistance. Our main message for today is to encourage you to go within often and learn ways to remain in a state of peace and harmony so you can make better choices when it comes to creating the world you wish to live in. So much is possible and we look forward to the day when each of you is living in a state of joy and creating at a conscious level.

We enjoy working with you and celebrate those moments when another of you begins to create from a conscious level with the goal of attaining perfect love while in the human form. Call on us at any time, for anything great or small. We are with you always and have highest admiration for each and every one of you. Be kind to animals and all Beings on Earth, for they literally could be someone who once walked the Earth as someone you knew and loved!



Be in Joy!! Manik 7

DAY 8 LAMAT 8 Create Abundance

I am Lamat with Tone 8. Today we would like to share teachings regarding the numeral 8. When turned on its side, 8 is similar to the infinity sign, a symbol for abundance.

Many have issues regarding monetary and material wealth. These issues stem from feelings of inadequacy and unworthiness taught by cultural, governmental and religious leaders.

Why do you continue to hold onto these old belief patterns? Where did they originate? How can it be bad for any of you to acquire all you need and more? Why is it considered normal to struggle to make ends meet?

Limiting belief codes keep many at the level of poverty. This need not be so. Consider what good you can do in the world if you had more than you needed. At the least, you could free up a tremendous amount of time and energy that is currently expended on making ends meet or saving for a rainy day.

As you work with us throughout the year, we offer many ways for you to create your reality. However, your dreams and goals will be limited as long as you hold onto fears and limiting belief codes.

We ask that you begin to prepare yourself for the ability to receive all that we have to offer. Truly, the world is yours to co-create and to manifest whatever you wish to experience. There are legions of us on the Other Side who are more than willing to fulfill your desires.

As long as you feel yourself unworthy of receiving an abundance of gifts, you will be blocked from having all you desire. Look back on your life and find the blocks that keep you from realizing the powerful and wonderful person that you are.

Dare to imagine how your life would change if you had all you needed and more. Where would you go? What would you do? What changes would you make?

Begin to make those choices today. Feel what it would be like to have a life of abundance. Dream big, for all is attainable. Know in your heart that all is possible. The deeper you believe, the faster you will manifest.

It is our hope you will choose to use the abundance we bring your way for the highest good, for yourself and others. It is our wish for you and all inhabitants on Earth to attain the highest possible vibration of love.

We know it is difficult to focus on spiritual matters when your day is burdened with thoughts of survival for yourself and your loved ones. This is why we look forward to helping you attain all you desire.

Take time to look at what you sincerely wish to manifest and see yourself receiving the abundance you deserve.

*Break the blocks; key the locks.
Open the door and in it will pour!*



Selamet! Lamat 8

DAY 9 MULUC 9 Human Evolution

I am Muluc 9, welcome to this day of grace and peace. It is my pleasure to assist you in your ascension process. All humans on Earth are currently in a state of evolution. Whether each of you remains in a state of conscious or unconscious living remains to be seen. All knowledge of your spiritual nature is available to you. Some choose to ignore the information presented to them, while others take time to investigate the possibilities and choose to integrate what intuitively feels best in the moment.

No matter whether anyone prescribes to what the Day Keepers or other Spirit Guides offer, the evolution will continue. It is one of the laws of this universe that nothing remains stagnant; all is ever evolving. Humans are one species on Earth with the capability to consciously choose the pace they want to evolve.

Even if our words make no sense to you, there is still much that can be gained by the simple act of going within on a daily basis. Take time to reflect on the current situations in your life. How did you get here? What has hindered you from attaining more of your dreams? Look at your blessings, how many came out of thin air without you or others putting some thought or effort into them? Even a lottery ticket holds the promise of a blessing, an answered prayer from Us.

There is no-thing on Earth that has ever been created or experienced that was not first a thought, then an action. Test this for yourself. Think of something you wish to experience or gain. State a clear intention, mustering the belief that it is now in the process of coming to you. Use your physical senses to visualize what it will be like when it arrives at your door.

If there are steps you need to take to make this a reality, take the first step. Once completed, take the next step. Watch for signs along the way. Many times, we lay gifts at your feet that were missed in your haste to get to your destination. Learn to live in the moment, fully present; for it is in the present that you will receive your presents.

Set your intentions for the highest good for you and all concerned and ask that they come to you as gracefully as possible. Expect to experience coincidences that will lead to your destination or possible solutions that you hadn't dared to even dream of. When there is passion around something you deeply desire, we will try to bring the highest dream to you, even if you are only asking for a smaller piece, for it is our hope that you will break through the fears that keep you from asking for everything you desire.

As you begin to understand the power within, it is likely you will begin to shed layers of behaviors and belief codes that currently rule your life thus keeping you from experiencing all you desire. We encourage you to move forward, holding your head high and facing any fears you encounter along the way. Push yourself, especially when you have feelings of knowing you are on the right path.

Expect to encounter situations that feel uncomfortable because they are new or bring up a past time when you were presented with a similar situation that you handled poorly. What often occurs is that you are presented with similar situations repeatedly until you work through the problem. Although the scenario may not be exactly the same, the basic premise is similar. Repeated patterns are usually a sign to pay attention to an unresolved issue.

How many people do you know who repeatedly choose similar partners, even if they complain about the way their mate treats them? If her belief code relates to low self-esteem and not feeling worthy, she more than likely is playing the role of a victim. Unconsciously, she continually attracts partners with victimizer belief codes. Neither will break the pattern until one or both change their belief codes. Some codes are easier to break than others. Most belief codes are developed in early childhood and built upon as the person progresses through various life experiences.

Love of self and others will break these codes. Compassion, learning to treat all with respect no matter what they say or do, is the first step. Kindness, accepting all people regardless of how they treat others, is the second step. Forgiveness, allowing others to experience whatever they choose without judging them, is the third step.

No one knows fully what fears or belief codes others are working with. No one has control over what another person believes or chooses to do. No one has the right or ability to take away the free will of another soul. The act of trying to force or manipulate others into changing their beliefs and actions is the crux of the problems within your societies today.

Rather than judging others, each person would be wise to spend their time and attention on creating their own reality. The world would be a much better place in the twinkling of an eye if each of you would take into account your own belief codes and change the ones that keep you from having inner peace and joy each moment of your life.

Where along the way did you lose compassion for others? Why are you not being kind to others in any situation presented to you? What sins have you placed on others that you feel they need to apologize before you can forgive them? What gives you the right to judge others when you are imperfect by your own standards?

When you can see there is no need to forgive anyone and that you can truly love all unconditionally, you will know your homework is done. It is in this state of love that you will no longer have fear, anger or resentment toward others or yourself. In this state of unconditional love, you can begin to enjoy Heaven on Earth, no matter if all hell breaks loose. You will have found that the only path to peace and joy is within you. It has always been there, but has been a bit skewed by your stinking thinking. Belief codes are simply ingrained habits. Look back at beliefs that were absolute truths when you were younger. Which ones have changed and why? How many three year olds will tell you with vehemence they are going to be a firefighter or nurse when they grow up? When they are grown, they became a firefighter or nurse because they held onto that belief code or they are not a firefighter or nurse because they changed their belief code.

Every belief code you hold true today can change tomorrow by your simple will to do so. Perhaps you will read a book or engage in a conversation that will create an “Aha!” moment within you. Now you look at the old belief with new eyes. By taking time each day to reflect on your belief codes consciously, you may find yourself astonished at what you discover.

During the past few generations, most of you have had information pounded into you without being allowed to decide for yourselves whether it is true or not. It is time to wake up and look at every single belief code you now engage in and decide if it still rings true for you. Take time to research your spiritual roots. Test your beliefs by engaging in conversations with others who hold different beliefs than you and ask them why they believe what they do. Open your mind to others’ opinions; you might find a grain of truth in them. Seek for answers and you will find them.

Try new things. If you are in a job that does not bring you joy, seek another. If you are in a relationship that brings you sorrow, seek another. If you are unhappy with your current housing situation, move. If your health is poor, eat better and change your negative thoughts instead of complaining to others, for that keeps you focused on the dis-ease.

Any reason you give for not moving forward in your life is simply an excuse to cover up a fear or belief code. You are never in a corner even though it may seem that way. No matter what situation you find yourself, you are likely to remain there until you accept responsibility for your actions that allowed it to happen. You may have had horrible experiences in the past; take responsibility for your actions, forgive others, heal your wounds and move forward.

There is not one of you that cannot forge through old habits and belief codes and live the life you desire. However, it takes courage and action. Your reaction to what occurs around you is a measure of your spiritual growth. When you falter, don’t waste time and energy beating yourself up. Get up and try again. Have faith that you can attain anything you set your attention on.

If your attention is on “poor me,” then you will forever be a victim. If your attention is on your ailments, then you will forever be ill. If your attention is on lack of money, time or energy, then you will forever be lacking. Take a good and honest look at where you are currently spending your emotions, time and energy, then cut back on unnecessary expenditures. Then those resources will be available to help you move toward your deepest desires.

No longer blame others for their trespasses against you. It is impossible to turn back the sands of time. Forgive them and yourself then move onward. Anger and fear take a tremendous amount of energy; use that energy to move forward. Be open and honest with yourself. Let others know what you need and desire. How can someone let you know about a job that would be perfect for you if they don’t know you are open to changing your job?

People who continually complain but don’t show any effort at making necessary changes are likely to attract the same kind of people and situations. They will gather together at parties and whine the night away. How much more they could experience if they let others know their true desires and were open to new avenues. They would be celebrating with wines instead of whines!

We encourage each of you to dream your highest vision, then live it. Many have created a busy life with no time or energy to dream something new. Release some of these time and energy-consuming activities so you can renew yourself each day and begin to take charge of your life. Remember, you are always evolving, there is no right or wrong, your world is simply full of possibilities to experience. Begin in the present moment for that is where the presents are!



Selamet! Muluc 9

DAY 10 OC 10 Nurture Your Self

Welcome to this day. I am Oc 10 and am here to offer my services to assist you along your Path. We would like to share ways you can improve your ability to manifest your desires. It is our hope that you use this knowledge for your highest good and for the highest good of all concerned. It is our desire to see you develop yourself to the point where you unconditionally love yourself and all creatures, great and small.

Today we will look at the aspect of nurturance. When we speak this word, most of you think of a mother caring for her child or perhaps have thoughts of a gardener tending his plants. However, what is often overlooked is self-nurturance. Do you daily take quiet time to simply be? When was the last time you enjoyed a massage, a manicure or a day at the spa? If you have a partner, when was the last time you gave each other special attention, such as brushing each other's hair or soothing their aching muscles? Have you taken time to soak your body in warm water? Do you often stop and enjoy the beauty in Nature? Have you taken time to read books or magazines that you find interesting?

Many of you were raised to be slaves or servants to others; being taught that taking care of your needs first is an act of selfishness. If this is your basic belief code, you may find yourself working to death to please your family, friends, co-workers and strangers you encounter during your daily routines. It is no wonder that most of you don't have time to nurture yourselves. After so much time and energy is spent taking care of everyone else, there is nothing left for you. Many who do have the time, energy and financial resources to pamper themselves choose not to do so because of feelings of unworthiness, guilt or shame.

We are here today to encourage you to take the time necessary to go within and to look at various ways you put others' needs before your own. Is it a sense of guilt; do you find yourself unworthy? Are you trying to impress others with your acts of service? Do you feel you will be rewarded in some way if you do things for others? Be honest with yourself and without judgment, look at what you do with your time and energy.

Before you get out of bed each morning, ask your body what it needs to be full of energy and joy. Once you learn to listen, you will find that your body will tell you exactly what it needs. Pay attention to your aches and pains; your body was designed with alarm systems to tell you when it needs food, water and rest. Do you feel hot or cold? Wear appropriate clothing, even if it is not fashionable. It takes a tremendous amount of energy to regulate body temperature. Are you overworking your muscles? Do less toil and take time to nurture your muscles with a dose of magnesium, a massage or warm bath.

Have you considered petting yourself and thanking your body? There are myriads of you who have been taught that it is taboo to touch yourself in loving ways. Hundreds of you cannot even look at your body in a mirror when you are unclothed. How can you expect to love another when you are unable to be appreciative of your own physical vessel?

We encourage you to develop a close, personal relationship with your body. Begin by gazing into your eyes while looking at your reflection in a mirror and telling yourself that you love you, that you are a wonderful person and that you are beautiful. Pay attention to your body each moment as you prepare to eat, asking your body what nourishment it needs. Listen to its responses. When you feel bloated, gassy, weak or tired, note what foods you have recently eaten and change your diet accordingly.

Take time to read labels on processed foods. With the age of industrialization came food additives. Most are not natural and extremely toxic to your bodies. Many companies use additives such as corn syrup to get you addicted to their products. Many additives, such as aspartame, are so foreign to the body that it doesn't know what to do with them, so it stores them in its tissues to address later. This is one reason why people who consume an exorbitant amount of diet foods actually gain weight!

Take time to research the effects of amalgams used to repair dental cavities. Review the effects of toxic substances such as anesthesia and pharmaceuticals. There is an abundance of information available on how to prevent surgeries and cure cancer through diet and the use of herbs. It is time to wake up and realize that medical practitioners are not gods; they do not have all the answers. You may have heard joking remarks about doctors practicing medicine. Well, indeed, this is what they do. Have you ever wondered why they order so many tests? Making a diagnosis is a guessing game. Through testing, they rule out possible diagnoses and treat the patient for what appears to be a specific problem.

The main problem with this method of diagnosis is that each person's body is unique. A myriad of problems have created this state of imbalance in the body. What is not taken into account is the patient's thoughtforms that allowed the dis-ease to manifest in the first place. We could continue with this dialogue, but will stop at this point so we can continue with today's topic of nurturance. We will be addressing health issues and the formation of physical, mental and emotional dis-ease at other times throughout the year.

Our point today is to take time to nurture yourself. When you nurture yourself, you will feel healthier and more vibrant. When your physical state is in balance, you will become mentally alert and invigorated. This mental state of balance overflows into your emotional health, leaving you with the time, energy and desire to nurture your Spiritual Essence.

Not until all four aspects of your physical, mental, emotional and spiritual self are intact, can you truly nurture others. Then you can be of service to others in a more beneficial way. You will more likely be effective and nourish their needs, rather than coming from a place of co-dependence, neediness, guilt or shame.

Heaven on Earth can be obtained when each of you treats yourself and others in a balanced way, coming from heart connections that nurture all. If you are an unhealthy or imbalanced person, this is what you will project. Your negative thoughtforms will continue to glop together causing disharmony in your life and throughout the universe. We cannot emphasize enough the importance of monitoring your thoughts, words, actions and emotions. It takes a tremendous amount of energy to de-glop these energies, so why create them in the first place?

We have given you enough fat to chew on for now. Please take time to review these words and to incorporate what feels right into your day. We bless you and commend you for your efforts in this lifetime. You have demonstrated tremendous growth simply by being open enough to read these words today. We appreciate the time and effort you take to continue to grow in loving and positive ways. Not only do you nurture yourself, but you nurture each one of us in the higher Dimensions as well.



Thank you for all you do! Oc 10

DAY 11 CHUEN 11 The Child Within

I am Chuen, it is through me that you can discover your child within and let your full Self come out to play. As you have traveled through this life, you have been chastised many times for being playful in what the adults around you considered to be inappropriate behavior.

We wish to remind you that many of those times it was not your actions that were inappropriate; it was more likely due to the expectations of the adults surrounding you. Can you think of times when your antics were appreciated and understood to be cute or funny, then the next time you were punished or ridiculed for the exact behavior?

How many times have you heard statements such as, "Act your age!" Then you went to the movies or a circus and watched adults being paid to do the very things you had been doing? What a crazy society! Humans are filled with judgments, which they project onto others. People's whims tend to change with their moods. When life is good, things are silly and funny. When life is stressful, the same antics become annoying and bothersome.

Why is this? Much of it is due to the amnesiac state that all of you live in. Most of you have forgotten your true Spirit nature, which is ever-present. As you tear away the layers of negative thoughtforms that have glopped within your energy field, you will re-discover your child within. As you dismantle the walls of fears you have created, your inner child will leap forth with exuberance and joy.

How do get through these blocks? Simply be in the moment. Become aware of your stinking thinking. Pay attention to the choices you make. Become more observant of the world around you and don't forget to put on an attitude of gratitude each morning when you arise! Gratitude opens the door to abundance. Think on this for a moment. When you give a gift to someone and they are appreciative and go out of their way to thank you, how much more likely are you interested in giving them more gifts? When you give a gift to someone who either grumbles about it or never thanks you for it, how much are you motivated to gift them in the future?

Some of you are spoiled, demanding what you want and rejecting what you don't want. If your demands are met by others, they are usually done from a sense of obligation rather than from the joy of giving. Many of you give freely, yet less of you are able to receive fully. Why is this? Often, it comes from feelings of unworthiness. Other times it is from the belief, "If I take this gift, then I will have to repay it." These thoughts become engrained during childhood, generally from parents who suffer from these issues, as well. These are learned behaviors.

The true nature most of you have at birth is pure joy and love. If an infant seems demanding, it is because there is either a health issue or a basic biological need: food, shelter or appropriate clothing. As children develop, they learn to discriminate through experience and the reactions of others.

Watch very young children at play. They pick up a toy then use their senses to explore it. They look at it, shake it, put it in their mouths, sniff it, they react to sounds it makes, they use their fingers and toes to feel the shape and texture, they throw or drop it . . . repeatedly. While they do this, their brain is categorizing and integrating all of this new information. If the object holds their interest, they will return to it time and again to further explore or for the sole purpose of entertainment.

Left on their own, they will categorize items as interesting or dull, safe or dangerous, tasty or not. It is when they observe the reactions of others that they are likely to change their initial belief code. For example, the baby loves ground green beans. His brother repeatedly says, "Ewwwwwww, that's gross!" When the baby is old enough to understand the older brother's reaction, it is likely the baby will reject eating ground green beans.

Children who are sensory deprived when they are young become retarded mentally, according to standardized testing norms. This is why so many inner city children score low on IQ tests. The tests assume that the child has had experiences that are considered normal. When a child is tested that has not had these experiences, she scores lower than the norm and is labeled as having a low IQ. She is placed in the slow-learning classes at school. Now everyone, including her peers sees her as mentally disabled and treats her as thus. Soon the child herself will create a belief code that she is slow. In your society, we see children telling others they can't help their behavior because they have an attention disorder, etc. How tragic for a child to label herself as inferior! This is also a learned behavior.

We see this type of negative categorizing in each of you. Only a handful has escaped these judgments since you incarnated on Earth. We are here today to encourage you to go within and to take a closer look at the belief codes you currently hold about yourself. Release issues of weight, beauty, intelligence and anything else that keeps you trapped in a world of comparison. Each one of you comes from the same Source, beautiful and full of love and light. It is your birthright to remember these things. Religious institutions and governmental factions have brainwashed you into feeling inferior and of lesser importance.

The world in which you live is currently in flux. A great transformation is taking place that many of you can sense. You see chaos around you as the old systems begin to tumble. You have had enough of sacrificing your loved ones to the war machines of greed and power. You work hard every day just to make ends meet and realize it is a losing battle. You have within you the power to regain control of your life. It will take time and effort to undo the things you have allowed, but it is well worth the effort to make the necessary changes if you truly want to experience peace and joy on a daily basis.

Throughout the year, we will look at ways you can make those changes. It is our purpose for bringing these Messages to you. We have permission to help you wake up and smell the roses. We mean this literally, for in nature you will find much solace and intelligence. Look at the way the wildflowers grow unattended. Observe the birds as they take care of their daily needs without punching a time clock. Watch as the clouds gather and flow, collecting and releasing rain without charging a water bill. The sun freely offers you warmth and light without sending a utility bill. Observe the streams as they flow around obstacles without making judgments. When left alone, the symbiotic relationship between all species is magnificent to behold. Explore the ecological symphony in areas where man has not mangled or raped the land.

Pay attention to what you use, how you eat and the way you treat each other. Choose kindness and love for all things in every decision you make. Take time to remove your masks of fear and shame. Let go of all harsh feelings you harbor against others. Take responsibility for what you eat and for your health. Choose jobs that give you joy.

Learn to love yourself. Make love to those you love. Be selective when bringing children into the world. There is much sadness on Earth from children who feel they are a burden. In ancient Mayan times, as well as many other cultures, each birth was celebrated. Every child upon entry into this world knew they were loved. Each knew they came to this Earth for a purpose. Each was supported by the entire tribe. How much better this world would be if you returned to the simple act of loving your babies unconditionally. This cannot happen until you love yourselves unconditionally. Misery begets misery and will continue to do so until you strip away belief codes that make you feel miserable.

You can do it! Each and every one of you has the ability to go within and do some major housecleaning. Dust off the cobwebs of disillusionment, sweep away thoughts of low-self esteem and mop up all those memories of sadness and despair. It is time to wash your windows and let your light shine. Dismantle the walls of protection and drain the moat of fear, allowing others to enter your domain.

As you practice new behaviors with an attitude of self-love, you will find it easier to allow yourself to both give and receive fully. Your need to judge others will fall to the wayside. Your ability to appreciate others will significantly increase. Maintaining a state of peace no matter what happens around you will become second nature. Life will become more meaningful. Your creative juices will overflow as you become more aware each moment of your life. Then you can live in the Garden of Eden without fear of banishment.

All it takes is the desire to clean up your mess. Roll up your sleeves and begin, knowing that once you get your life under control and clear out the mess, it will be easy to maintain. Once the major work is completed, you will find yourself energized and with time on your hands to enjoy more creative endeavors. Take responsibility for whatever situations you currently find yourself. Be grateful for every past experience. Learn from those experiences and make better choices, allowing your life to unfold magnificently.

If you feel stuck in certain situations, seek out those who have been where you are and find ways they pulled themselves out of the mire. Support each other, especially during the darkest nights. You are never alone and you are never in a position where there are not at least a dozen solutions to any problem. Think out of the box, press beyond fears and closed-mindedness and work towards your dream. You will attain it when you have the courage to take the steps to get there. We are here to support you. Set clear intentions, dream big and receive the gifts we place before you. Our hope is that you see yourselves as worthy to receive all we have to offer. Take time to quiet your world and reflect on how to release your inner child. You are most deserving of a life filled with love and laughter!



Selamet! Chuen 11

DAY 12 EB 12 Gifting and Receiving

I am Eb, the manifestor of abundance. When we speak of abundance, we mean much more than just money. Abundance comes in many forms: good health, joy, friends, loving family members, a puppy's kiss, anything that brings joy and assists in your evolution towards light and pure love. You each have within you the power to manifest anything you want or wish to experience. We will talk more about how to manifest in the days to come. However, today we wish to continue our dialogue on how to accept abundance when it is presented to you and how to recognize it when it is laid at your doorstep.

Many of you complain to each other about your need for money, specific items, more time or energy, etc. Yet when someone offers their services to you, often it is rejected with comments such as, "Thank you, we are doing okay. We appreciate the thought, but we know you (or someone else) need the money as much as we do." Perhaps you accept the gift, only to pass it on to someone you think is more deserving.

We are not here to judge your choices, but we do recognize that accepting gifts for the efforts you put forth to attain what you desire many times is either not accepted or passed on to someone else. This behavior is often a reflection coming from a lack of worthiness. How many of you have failed to charge a fair price for your services? How often have you worked at jobs that did not bring you joy? Have you lent money knowing you would never be repaid because of the lack of integrity of the borrower? What is your worth; do you value yourself? Your society has a tendency to pay prostitutes top dollar while preachers have to beg for an income. Again, we are not judging your choices; we simply want to bring to your attention why this is so.

Many religious institutions emphasize tithing to the church while at the same time their members are struggling to feed themselves. There are a number of congregations suffering financial difficulties, yet making plans to build larger buildings. This is more prevalent than most of you are aware. There is nothing wrong with planning ahead; we are speaking of churches that are overly preparing for the future while struggling in the present. Many times, there are idle buildings that could be rented or purchased at a reasonable price, yet church leaders push forward to build larger and costlier buildings. At any rate, the problem lies in separation. There are multitudes of churches being formed because the leaders and members cannot get along and splinter into separate groups.

All humans desire abundance on some level. This doesn't necessarily mean material goods, for there are many who prefer a simplistic lifestyle. However, all desire an abundance of peace, the ability to choose what they wish to experience and whom they choose to be their friends.

There are all too many religions that interfere with each of these choices. How many have vengeful gods that instill fear? Is this a way to create peace? We know it is not. How many religious institutions condemn and judge people for what they choose to experience in life? Wouldn't even a good earthly father allow his child to experience life with more freedom than most of your gods? Many churches insist that their members befriend only other church members so as not to be enticed away by the sinners or heathens. Wise parents allow their children to choose their own friends. Yet their gods claim this should not be.

We wish to encourage those of you who wish to have abundance in all areas of your life to look deeply at the religious beliefs you hold. Which ones have you adopted because they were engrained in you when you were a child and had blind faith, following like sheep without going within yourself to follow what intuitively felt right?

It is time to wake up and look at your belief codes. Are you hindering your growth and ability to manifest what you desire due to following beliefs others have impressed on you? Scrutinize each tenet you hold dear to determine if it still holds true for you today. Look closely at what your scriptures say. Do you blindly follow the interpretation of your religious leaders or do you have the courage to walk your own Path?

Dare to be different! Take time to research the history of your religion and the dogma of others with an objective mind. Take time to go inside and seek the truth. Any religion that demands time, money or energy from you is worth taking a closer look at. These are the demands that Hitler and other leaders through the ages have used to brainwash the common people in order to gain control over them.

Study the history of the earth's religions. You are likely to be astonished at the misuse of money and power, the number of murders and illegal means that are used to gain control over the masses. If all religions were true and just, there would be only one religion. You all came from one Source, from a place where initially there was no separation. If your churches are meant to be a way to be more like God, many have failed miserably, unless your god is vengeful and unmerciful. We have gone on long enough with this dialogue. It may seem harsh to many of you. However, we encourage you to look at these words with an open-mind and to heed our words by peering more closely into the inner workings of the religious establishment that you claim as your own.

If it is abundance you seek in all areas of your life, you are not likely to find it within your established religious institutions. These are mostly set up to keep you under control. We recognize that nearly all religious institutions do good deeds and they are to be commended for that. However, we also recognize those same institutions many times are the ones that are suffering the most. Why is this so? Many times churches that give the most are the poorest because, like its individual members, there is a collective belief code of lack, unworthiness and ability to receive. The church may need a specific amount of money to fund itself, yet in their zeal for community outreach, they stretch their dollars too thin. It is not unusual to find that much money and household items are donated to the community while their own church members are lacking the support they need. Again, this is often due to an imbalance to receive as well as gift.

Balance is the key. This holds true in every aspect of your personal life. If it is abundance you wish to receive, you can also expect to be presented with a myriad of ways to expend your wealth. That is the nature of this world of polarity. It is up to you to use discernment regarding when to receive the blessings gifted to you and when to pass the gift onward.

We have no judgment regarding what you choose to do. It is your attitude that is of utmost importance. Often we assist you in attaining the abundance you desire, only to have you not receive the gift or pass it on to another. Anything you do with a glad heart brings us joy. However, what happens all too often is that an attitude of "poor me" rises to the surface.

We would like you to pay attention to your words and attitudes when blessings come your way. If you turn down a gift, look closely at why you are doing so. Is it a result of an old habit? Perhaps in the past, gifts from certain people had strings attached, so you hold the belief code that gifts from all people have strings attached. Look closely, be as objective as possible and bring to your conscious mind belief codes that hinder you from living a life of abundance. You cannot eradicate old belief codes until you shine a light on them. Consciously choose those you wish to keep and those you are ready to release.

We do not mean for this dialogue to be church bashing. We know there are many establishments that have a history of helping others with their ascension process. However, it is our desire to encourage each of you to look more closely at the power you give to these establishments. We wish to assist you in restoring the skills that increase your self-empowerment. Most of you have forgotten your ability to manifest your own reality. We are here to help you remember who you are and where you came from. You have the right to live a life of abundance. Once you realize this and choose to take the steps towards living an abundant life, celebrate by performing a jig called "a bun dance." Stand up, shake your booty and with joy and exuberance shout,

"I am worthy to receive all the blessings the universe has to offer me!"



Selamet! Eb 12

DAY 13 BEN 13 Truth Beyond the Media

I am Ben, I welcome you this day in joining with myself and the energies of Tone 13. Together we bring you good tidings and wish to spend a little time encouraging you to move forward in your evolution. We understand there is much fear on the surface of your planet at this time. We are here to assist you in removing any fears you harbor within so you can see the bigger picture and be more able to handle the stresses that confront you each day.

We encourage you to turn off your TV and to tune your radio to channels with better harmonics. The programs you listen to in most cases do not portray the truth. The media is owned and operated by those who have their best interests in mind. Review the history of the beginnings of your media empire. William Randolph Hearst, the original U.S. media mogul proudly proclaimed that his beginnings in the media were to purposely ruin the credentials of his foe. Not much has changed since then. It is common knowledge that the media is one-sided. How often do you read reports of UFO sightings, chemtrail poisonings, herbal cures for cancer and other diseases? Why do you continue to subscribe to media that intentionally fills your mind with useless facts and inaccurate information?

We are happy to see more underground information becoming available to you. We applaud those of you getting true messages out using print, radio, internet websites and videos. At no other time in your history have you had global information so readily at your fingertips. Your time could be better spent researching and obtaining news and weather reports from these sources.

Have you any idea how much your weather patterns, including extreme storms are created by the complex interaction of your thoughtforms? You can control the weather when you work together as a group. Scientists have discovered this long ago. Check out the work they are doing called HAARP. We like the title of the book called, *Angels don't play this HAARP*,* it is a good read for those wanting to learn more about these activities.

Your typical news media is designed to keep you ignorant of what is really happening in the world around you. The motivation is to control the masses. Yesterday we spoke of how your religious institutions were designed to control the masses. Today we wish to encourage you to research the news media and its sources so you can discover the truth for yourself.

Research the history of your media moguls. How did they come into power? How accurate is their information? How much truth do they purposely hide? Why aren't current paranormal experiences written about? Why do people have to fund their own works when it comes to directing people to natural cures while the government pours millions of dollars into cancer research? Why have so many people disappeared when they had new technologies that would dearly cost the petroleum companies to lose business? We speak directly of wind and solar power and other devices that could save Earth from being raped of her natural resources. These free energy sources would also free each and every one of you by making your life more efficient and affordable.

In the past, it was easy to silence those bringing forth new technologies. Your mind would reel at the number of stolen patents and methods used to keep these energy devices out of the reach of the public. The history of these activities is being unveiled at this time through internet resources. The blessing of the internet is the allowance of the truth to surface. No longer can they continue to kill all the whistleblowers because of the sheer volume of information coming to light. There are a number of people feeling safe enough to disseminate the information that is helping each of you to regain your freedom.

In the past, hundreds have been incarcerated for bringing news of useful technologies to the public. Their patents have been purchased then disappeared; their families have been endangered. The government that was set up to protect your rights, backs those in power. It is common knowledge that many of those who represent you in seats of authority have been bought out by special interest groups.

Is it any wonder that the industrialized world is in such chaos? They do not have the common peoples' interests at heart. Why should they? The common people are the ones who gave away their power by blindly laying down their weapons and their rights at the feet of those they elected to represent them. Your ancestors warned of the controls the government and banking system would use to manipulate you. By allowing others to represent you, many of your powers have been taken from you.

It is time for you to regain control of your life. You can do this by going within on a daily basis. Clear your mind of the worries of the day. Ask your Guides to help you find ways to empower yourself. Work through the fears that allow you to give your freedom to others. Choose the life you wish to live for yourself. Rediscover what gives you joy and passion. Speak your mind. Know what you want. What is your truth? Speak it, with integrity. No matter what others around you do, remain true to yourself and stand your ground when you see things around you that do not resonate with you.

It is only through standing in your truth that you will be able to change the world. It will not happen overnight; it has taken eons for your systems to become so skewed. However, by remaining in peace no matter what situation you find yourself, you will be better armed to make decisions from the heart. No longer live in fear of what the future holds. You will never attain what you want as long as you are focused in the past or future.

Every dream you hold has the chance to blossom only in the present moment. Seek ways to maintain peace in every moment. Speak your truth in every moment. When your thoughts wander to the "poor me" syndrome of the past or the "what if" syndrome of the future, return to the present moment.

The key to happiness lies in living in the present moment with gratitude for all the blessings you have. Each of you is able to live fully in joy at this time. We encourage you to hear our words; we are here to help you overcome all obstacles that keep you from living a life filled with joy.

We leave you at this time, with the hope that you will re-read these words and reflect on them before you resume your day. Take time to go within and find the dark shadows and fears that hold you back from being joyous. Come back often and call on us whenever you need to be in-couraged. Move forward with the anticipation that all is well and getting better with each movement you make towards regaining your freedom.

Have a blessed day. We look forward to working more closely with you!



Selamet! Ben 13

DAY 14 IX 1 Diet Affects Spiritual Growth

I Am Ix. Thank you for joining us this day for another inward adventure. Today we would like to share with you ways to develop your innate shamanistic talents. Each of you is born with the gift to be a seer. However, fears and belief codes you develop along the way keep you from being the true shaman that you are.

I define the word shaman as “wise one.” Although all of you have the ability to communicate with animals and Spirits in the unseen world, these talents must be practiced in order to become adept. Although some come into the world with the gift already intact, you can be assured that in their past lives, they were Elders who had honed these gifts for many years.

How do you develop these innate talents? Foremost, through diligent observation of Nature and the symbiotic relationship between all Beings: human, plant and animal. Most of you walk through life with blinders on, seeing only a specific goal you have set before you. When you awaken in the morning, do you listen to the songs of the birds? Do you know the specific songs of the different species? As you drive your car to work, do you notice the trees? When did you last spend time in Nature, sitting and observing the interplay between plants, animals and insects?

We encourage you to take time daily to observe Nature in action. Take walks in your neighborhood, smell the blossoms, observe the ants as they build their homes in the sidewalk cracks. Pay attention to the weeds. You can learn much from watching their growth in areas that seem impossible for anything to grow.

If you do not have easy access to natural habitats, we encourage you to grow plants in containers, preferably outdoors. Watch what happens as the plant matures, seeds and withers. Are insects attracted to your plant? Do they use the plant for nourishment or housing?

Have you considered growing edible foods indoors or in outdoor containers? If you have never eaten a plant you have grown, you are missing out on a heart-warming experience. There is joy in receiving nourishment from a plant that you or someone else has lovingly attended.

When you attend to a plant, it soaks up the energies you put into it. If you are grouchy or tend to it grudgingly, those energies will be soaked up. We suggest you not ingest those plants. When you lovingly tend a plant, singing and talking to it and providing it with the nourishment it needs, it will reward you with benefits beyond belief. Did you know that a plant can read your energy signature and provide you with specific minerals and energy that you are lacking?

Do you have space to grow the fruits and vegetables that you love? We encourage you to do so; growing only what you are able to attend to. If it becomes a burden, you will negatively affect their growth. A nurtured garden is a place of healing. Many who are distressed or diseased have received wonderful blessings sitting in a peaceful garden. Consider creating a space in your garden where you can bare your feet and tune into earth’s energies while you stretch your bodies each morning.

There is much talk about fairies, gnomes, devas and the wee folks who live among the flora and fauna. They each have different functions and can assist you on a multitude of levels. Every plant species has overseers to help them develop from one stage of metamorphosis to another. You have the ability to access these caretakers to find out what each of your plants need.

We encourage you never to use pesticides or herbicides in your gardens or lawns. These destroy the insects that are needed to keep balance in your area. A garden and lawn are not natural habitats. Go into a forest or meadow and watch how they grow. You do not see manicured lawns, perfectly flat spaces or species growing in beds. Nature knows how to grow in balance; that is its innate function.

Learn from Nature when you enter unspoiled habitats where humans have not changed the natural landscape. You will see insects in profusion. You will notice a variety of plant species living in harmonious guilds. Taller plants shade those needing less sun. Leaves and vegetation remain on the ground to provide nourishment to the plants and insects. Fruit grows unattended, providing sustenance for wildlife and insects. Seeds naturally grow without fertilizer. If where they fall is not a place to nourish them, they will perish, be eaten then defecated in another spot by animals or blown elsewhere by the wind. You will see no artificial seed spreaders here. If possible, make your yard into a natural habitat. Welcome the animals and provide nourishment for them and yourselves.

Your society has become too dependent on outside sources for nourishment. The age of industrialization has created an imbalanced food chain for you and your pets. Is it any wonder you are filled with diseases when you daily ingest toxins that poison your body?

Your bodies were designed to readily cure any disease, including broken bones. However, many of the preservatives, coloring agents and toxins used in farming are foreign to the body. It simply does not know what to do with this overload of contaminants. Many water-soluble toxins flow through the body, yet leave residues that enter your cells. Most toxins are not water-soluble and enter your bloodstream, flowing to places such as your liver and fat cells. When the body has a foreign object that it cannot use, it will either store it or expel it. Unfortunately, the vast majority of herbicides, pesticides and food additives are stored.

These toxins create havoc in your body, causing major problems such as cancers, attention disorders and chronic fatigue. Cellulite is an unnatural occurrence; these ripples are a sign of stored toxins in the fat cells. Observe healthy infants, their fat stores are for use in the high energy they expend each day. If they are breastfed by mothers who have a healthy organic diet, they will be leaner and have smooth skin over their fat stores. The cottage cheese effect begins to show when the fat cells are storing substances the body cannot deal with.

Special weight loss diets focus on reducing calories by suggesting the use of diet products. Indeed, there may be fewer calories in these substances, but the amount of toxins can be staggering. There has been much research done on various sugar substitutes; these products should not be on grocery store shelves. They are not naturally processed and have the same overall effect as drinking arsenic tea.

Do careful research on these products. Know who is funding the research; are the researchers being funded by the corporations who will benefit or by those who are seeking the truth? There is so much confusion that many of you throw up your hands in despair. We offer simple solutions to discovering what is healthy for you.

Know that each body system is unique. What is healthy for one can be highly allergic to another. There are many reasons for this. The major difference has to do with cultural genetics. Caucasians are different from Africans. It is easy to see differences in the outer shell, isn't it likely that the interior of these two races are different in their needs and ways they process foods?

In the beginning of human creation, your bodies were designed to eat the foods native to the place where your culture resided. With the advent of food transportation, each of you now has access to food that Nature designed to be eaten by other cultures and which may create havoc in your body.

To make matters worse, chemicals have been added to preserve the life of these natural foods so they can handle the transporting process better. This includes the unnatural process of forced ripening, hybridization and genetic modification. The end result is an unnatural product loaded with enough chemicals to kill insects, animals and unwary humans that ingest them on a daily basis.

There is so much intermingling of species throughout the world that it is currently impossible to return to the Garden of Eden in which each culture eats the foods grown naturally for their specific needs. However, there is much opportunity for improvement of your diet.

We highly suggest the return to growing your own fruits and vegetables. There is much evidence to support the health factors of growing locally and through organic methods. Include the co-creative talents of the Devas and Nature Spirits and watch the magic unfold! Check out the work of Machaelle Wright and the discoveries she shares with others in her Virginian research garden, Perelandra.*

Those who are too overwhelmed to begin a garden, check into local resources. There is a current trend toward community gardens in which private or public lands are set aside for those who do not have space to grow their own food. There is a return to weekly local farmers' markets in which those who cannot or will not grow their own food can still have access to locally grown foods. If there is nothing in your area, start one. All it takes is connecting with others who also wish to improve their health.

As you travel, pay attention to unattended groves or neighbors who have an excess of fruit on their trees. Encourage them to share with local food banks or to set the fruit out with a sign to take what is needed. There are heart-warming stories of people who volunteer their time and energy to collect these foods and take them to homeless shelters, food banks and the elderly. There is much waste in your society. The solution lies within each of you. Once you begin to fill your bodies with organic foods and skin care products, you will be amazed at the results. Not only will you lose unwanted pounds, your energy will vibrate at higher frequencies.

Everything in this world vibrates at a specific frequency. Take into account any one factor such as genetic modification, herbicides, pesticides, processing, microwave cooking, etc. and the natural frequency will be modified. The vast majority of food that most of you consume has no life force in it. In most cases, the frequency is so altered, it is the same as taking poison. When your body is battered day after day with these low frequencies, it alters your innate ability to perceive through your psychic senses.

In order to increase your ability to see into other Realms, you would have to resort to hallucinogenics. It is no wonder that drug addictions are on the rise. In many cases, your body yearns for a "high." Your body contains survival instincts; as you continue to ingest foods that are toxic and have little to no life force. Thus, your body reacts by sending signals to ingest more because it is still seeking the nutrients it needs to sustain life. This is why many of you on weight loss diets actually gain weight. We could continue more on the effects of food on your body, but will end this discussion for now.

What we want to bring to your attention is the effect toxic food and substances have on your ability to bring forth your innate shamanic skills. Your psychic and intuitive skills are massively distorted by the toxins you intake. It is difficult to increase your capacity to love and create when you are living on the edge of death. There is no energy left to expend after you have spent your day taking care of your basic needs. It is like trying to drive a thousand miles on one gallon of gas that has been diluted with water.

Life is full of magic when you properly care for your body. As we go through the year, we will show you various ways you can improve your health and well-being. You have many obstacles to overcome, but all are manageable. Your society as a whole is sick, making it harder to change your belief systems. There is work that each of you can and must do in order to create Heaven on Earth. It all begins with you, taking care of yourself. Educate your family; make better choices. Others will notice your vibrancy and zest for life and want to know your secrets. You will become a role model and in a position to encourage others to try new ways of eating and caring for themselves.

Most of you have no idea what it feels like to be healthy. Notice people that are healthy, vibrant and energetic. Ask them what they eat, how they keep positive thoughts and what makes them feel energized. They are your teachers. Break old habits, create a new way of living and join those living life to the fullest.

In order to obtain full shamanic abilities, you must vibrate at a higher frequency. This can be done through diet, positive thinking and connection with Spirit Guides. As you enhance your ability to discern what is good for you, your ability to know what is good for others will increase. Dare to *Imagine* the world John Lennon sang about. It can happen once each of you has taken responsibility for your own actions and choose what is healthy for you. There is an old saying, "An apple a day keeps the doctor away." We remind you that if that apple is genetically modified, sprayed with toxic substances, then processed in ways that kills all the nutrients, it will *not* keep the doctor away! Take time to observe Nature and to consider our words.



Selamet! Ix 1

DAY 15 MEN 2 Soar Like an Eagle

Welcome, I am Men with the Tone of 2. Together we wish to help you to soar to your highest potential. One aspect of 2 is duality or the law of opposites. In your Realm, wherever there is up, there is also its opposite, down. When there is here, there is also there. No matter what you experience, there is always an opposite situation to experience. Thus is the nature of dualistic worlds such as the one in which you reside.

One of my aspects is global consciousness. Like the eagle, I can assist you in soaring to your highest potential. While circling high above the Earth, we can assist you in getting a better view of the bigger picture.

Whenever you feel stuck in a situation, call on us. We will be there to remind you to soar and to look at the problem from different perspectives. Know that for every problem, there are many solutions. As you fly and look at the situation from every angle, solutions you never thought of may come to mind.

Take time each day to quiet your mind. When you have problems weighing down on you, take time to address the issue. Many of you stay too busy to cope with problems as they arise and sweep them under the carpet to deal with later. Unfortunately, what usually happens is that the problem continues to grow until you are faced with a chaotic moment in which you can no longer put off the problem. Can you see how not resolving one issue builds upon another?

We would like to share with you how your Realm works in the unseen Dimensions. We will use the example of being angry to illustrate what we wish to impart to you. Someone says something to you that you feel is unkind. Instead of telling them you are angry, you keep it inside. Because you have not resolved the original issue, you still harbor anger towards that person the next time you meet at a party. You try to avoid the person, yet while you are talking to a friend, this person joins the conversation. You feel justified in your anger and are curt to the person or walk away.

Whether or not the other person intentionally was rude to you initially, you have now created a wall between the two of you. Each time you avoid or encounter each other with hostility, the wall gets thicker. The wall is comprised of negative thoughtforms you project onto the other person. Like attracts like. Anger begets anger. As we have spoken about in earlier Messages, negative energy glops together. As you repeat the same thoughts with passion, you are creating layer upon layer of negative thoughtforms.

Eventually, these thoughtforms manifest into a physical disease. If you say things such as, "He makes me sick to my stomach!" There is a good likelihood that you will develop stomach ailments. If you feel the person stabbed you in the back, you are likely to develop back problems. If you feel the person broke your heart. Well, you get the idea.

This is why it is imperative to solve problems as they arise. The longer you think about and send energy to something, the more likely it will manifest into physicality. Unresolved issues can easily become bad habits. If you hold grudges towards one person, it is likely you will do the same toward others.

How much better it will be if you can communicate your feelings in the present moment. Many friendships have been broken over misunderstandings. There are scores of family feuds going on for generations because the initial parties refused to settle their issues when they first arose.

Wars are fought between nations. Millions suffer death, dismemberment and homelessness because government officials have failed to respect each other. Peace can occur the instant each of you chooses to respect each other. As long as there is even one person exerting power over another, imbalance will remain on Earth. It is up to each of you to become mature and to learn to communicate better.

We return to today's topic, reaching your highest potential. In order to soar like an eagle, you must leave the nest. Like the eagle, you must first be fed by your mama. This is like receiving information from other sources such as books, videos and conversations with those who feed you information to help you grow. Just as an eaglet sheds its baby feathers, so must humans shed their fears in order to be able to fly. Each feather is similar to shedding an old belief code or negative thoughtform. If you tell yourself you can't do something, then you never will.

Observe the habits of those around you. People flock to those who are kind and respectful. Those who are mean and nasty are generally shunned and talked about behind their backs. Those who perpetrate the most heinous crimes are generally people with no friends. They have not learned to adapt to society and to be respectful and friendly towards others. In most cases, they were abused themselves and had no role models to teach them how to be creative and follow their passions.

As negative belief codes are shed, allowing you to be in your integrity and to speak your truth, the freer you become. Like the eagle, you can soar higher and higher, playing with the thermals and keeping a sharp eye out for your next meal, living in the moment, flowing with life while taking care of your basic needs.

As you mature, it is time to leave the nest and live a solitary life. This is a time for introspection, going within and learning to rely on yourself. Each of you must make this solo flight if you want to reach your highest potential. It is your choice to create the path you wish to walk, taking responsibility for each step along the way. As you get better at making choices that lead you toward your desired destiny, life gets easier and more profound. This is like the eagle that has mastered his flight patterns and is adept at catching his prey in order to sustain himself.

Then comes the day when the eagle chooses a mate. If you tend to harbor anger and resentment towards your friends, you will surely do the same with the ones you live with. Prepare your nest and clear it of clutter, so you may draw unto yourself an appropriate mate. Learn from the eagle. They choose a mate for a lifetime. There are no comparisons about the feathers they wear, the sounds they make, their flying skills, etc. There is simply respect and cooperation as they raise their young. They take turns feeding the young and assisting their offspring in learning how to fend for themselves.

How much better your world would be if you all did the same. There would be no need for orphanages. All children would be well taken care of from the moment of birth until they are ready to leave the nest. Be careful not to ridicule your children or do things that stunt their physical, mental, emotional or spiritual growth, else you can expect that they will not reach their highest potential.

How many young adults choose careers because they were expected to follow in their parents' footsteps? This only leads to suppressed anger and resentment. How much better to nurture the interests of the child? Further exploration of their interests would allow young adults a better chance to explore careers or jobs that are satisfying.

Members of your society spend much time fixated on the right career, increased income and the perfect car and house. Shallow fixations on the "right look" have created havoc, especially among young women. There is so much money and effort involved in advertising, that it literally sickens your youth. How can they keep up with their peers? How many children have been ridiculed for the clothes they wear, imperfect teeth, and corrective eyewear? How in the world can anyone be expected to reach their highest potential when they are bombarded with comparisons and so much emphasis placed on competition? We suggest you look within and discover your innate beauty. Find what warms your heart, push past peer pressure and dare to stand in your truth. Develop friendships with those who allow you to be yourself. Stand in your integrity and speak your truth. Be kind to yourselves and others. Your ability to soar high above the Earth and flow with the wind is unlimited. What joy will fill your hearts when you unfurl your wings and soar like the eagles!



Selamat! Men 2

DAY 16 CIB 3 Clutter Control

I am Cib 3, we are thankful to have this time with you. Our message today is one of simplicity. Look around your home, what is there that you no longer use? Take time to look at every object, every picture on the wall, as well as the dishes in your cabinet. As you look at each object, notice if they bring up any memories. If these memories are not positive, then consider removing the item from your home or changing the energy surrounding the object.

As an example, in the past, you received a gift from someone. You no longer are on friendly terms with this person. Every time you notice this object, it stirs up the anger you feel towards that person. What an opportunity to acknowledge your feelings! How will you choose to face this issue? Perhaps you will attempt to amend the friendship. Maybe you will choose to look at the past situation in a different light allowing yourself to release the feelings of negativity. You may choose to sell or give away the object because it does not bring you joy or because it serves no function.

Do this with all the things you own, including your clothes. If the object brings up negative energies, look at those energies and begin the healing process. Weed out those things you don't like or no longer need. Watch the magic unfold as you release these items. This housecleaning will deeply affect your inner Being, for at the same time, you will be cleaning out your belief codes and negative memories.

Pay attention to what you bring into your home. Many of you are packrats, finding it hard to say "no" to anything offered to you. Look at the reasons behind this behavior. Others of you are shopaholics; you can't turn down a bargain, many times purchasing items as a means of medicating your pain. Go deep within and find what you need to get beyond this behavior.

These are the basic premises of the eastern art of feng shui.* There are many books on the subject, mostly with westernized beliefs. However, there is much you can gain by following some of the basic principles of letting go, simplicity and placement of objects.

We take leave of you now and hope that you will look around your home with new eyes. These principles also apply to your vehicles and storage units. If the work sounds too tedious, begin small, perhaps with your kitchen junk drawer. If you have difficulty with self-motivation, consider hiring the services of a professional organizer.

Notice the state of affairs where you spend much of your time. That space is a mirror reflection of what is going on in your soul. Is it cluttered? Is it immaculate? Is it full of useless items? Is it decorated to impress others? Whatever you have created outwardly is what you have also created inwardly.

Are there changes that need to be addressed? We encourage you to take the necessary steps to get your inner and outer world balanced. Create a happy, relaxed space where you can enjoy all who enter. Unused and unwanted items tend to have an overbearing energy when they are found in profusion. Lighten up and enjoy your space!



Peace be unto you! Cib 3

* For more information on setting intentions using feng shui principles, consider purchasing Theresa Crabtree's book, *Feng Shui: Creating Places of Peace in the Home, Office and Garden*.

DAY 17 CABAN 4 Thoughtforms Are Vibrations

I am Caban, gatekeeper to the portals within the Dimensions. Many of you do not believe that you have access at any time to other Dimensions. You are so locked within your five senses that it is difficult to believe in anything you cannot see, feel, hear, taste or touch. Yet around you abounds evidence that much more is happening.

Scientists studying the field of quantum physics are making headway in breaking through and proving that much more exists in the ethers than you have ever dreamed possible. The ancient ones knew of these mysteries. This is how they have been able to foretell the future, to ascertain which plants were edible and to learn of their medicinal properties. They have developed ways to communicate with animals and since the beginning of Earth time, there has been contact with what you call extra-terrestrials.

Ancient scriptures repeatedly speak of Angelic Helpers and Guides. Yet even those who belong to these sects do not feel capable of having personal relationships with these loving Beings. Your view of the omnipotent, omnipresent, omnibenevolent god has struck fear into every cell of your body. We are here to remind you that this need not be so. You have within yourself the power to choose the life you wish to experience. The more you learn to unconditionally love others and to treat all with respect and kindness, the easier it will be for you to empower yourself.

All things on Earth carry a unique energetic signature pattern or frequency. The frequencies of love, light, gratitude and compassion are very high. As can be expected in your world of polarity, the opposite, frequencies of fear and darkness are very low. The Earth itself resonates at a frequency that her inhabitants must be compatible with or else their life cannot be sustained.

Gradually, the earth's frequency has been increasing. This shift is affecting all life on Earth, even the rocks and other things you deem as not being alive. Consider the opera singer who can sound a note that shatters a wine glass. Her voice is emitting the frequency that causes molecules that form the glass to come apart. This can happen to everything on Earth that is in physical form.

Study the works of Royal Raymond Rife.* Through his research, it was discovered that everything in form vibrates at a unique frequency. In the material world, there is always one frequency that will shatter another object by breaking apart its molecular structure, like the wine glass. Applied to the medical field, Mr. Rife was able to successfully shatter cancer cells, parasites and viruses within the body.

Can you see the implications of this work? Humans now have the capacity to destroy any living cell as well as literally shatter your world through the use of sound waves. Your governments have known of this for eons and have created technologies capable of changing weather patterns, human behaviors and mind control. The capabilities of what they can do are insidious. Many have been tormented while being used as pawns and guinea pigs.

Those who know of these experiments have been sworn to secrecy or murdered so the general public does not find out about their antics. Although we could continue vastly on this abhorrent subject, we do not want to lose those of you who are not ready to hear or believe in such things. However, we do want you to know that many things that you do not know about are happening behind closed doors. Please keep an open mind so you do not lose the message we have to offer you in how to gain control of your mind, body and spirit. It is imperative at this time in your history that you know how to protect yourselves from those who wish to cause you harm.

An important key to understanding lies in taking time each day to quiet your inner world; we cannot stress this enough. For eons, humans have given their power over to others: parents, employers, religious and governmental leaders, spouses and even their pets. It is time for you to stand up and take responsibility for your actions and reactions to everything that is happening around you.

When this world was created, it was designed that each person would have free will. This means that each of you was imbued with the power to make choices each step along your Path of life. However, with each action, there are reactions. This is the nature of the world of polarity. If you choose to be angry with someone, you can expect someone to be angry with you. Everything around you is a mirror.

Emotions resonate at specific frequencies, just like material objects. Have you heard the saying that you cannot be angry while you are singing? There is truth in this statement. The basic premise is that people sing when they are happy. The emotion of happiness resonates at a specific frequency. It is not the same as the frequency of anger. It is impossible to be angry and happy in the same moment.

Your Masters know of this. Those such as Ghandi and Mother Teresa focused on peace, not on anti-war protests. They knew that by focusing on not-war, it strengthens the frequency of war. By focusing on peace, the same activist is now resonating in the frequency of peace, the opposite of war. You cannot be peaceful and yelling about peace at the same time. Do you understand? We wish to impart to you the utmost importance of paying attention to your thoughts, words and actions. Earth is moving at an ever-quickening state of vibration. If you choose to remain on the Earth, you will have to continue to raise your vibration, as well.

The highest vibration is that of love. When molecules speed up, they appear as a cloud when viewed microscopically. There comes a point when the cloud disappears completely to the naked eye. These are the levels where your Angels and Fairies operate. This is why there is so much going on in the ethers that you cannot see or hear.

As you learn to expand your capacity to love, your personal frequency will rise. This is why many of your holy men and women are able to communicate more clearly with those in other Dimensions. They have learned to shift past their human senses and peak behind the veils. Each of you has the capacity to do the same.

The news media and those desirous to control the masses will lead you to believe otherwise. However, with practice, you can prove to yourself that all things exist as you learn to expand the capabilities unleashed within your subconscious minds. The air, or ethers, which surrounds you, was once believed to be *no-thing*, however, it is now understood to be an infinite field of possibilities.

We have previously spoken of how negative thoughtforms glop together due to the law of attraction. We have also spoken of how positive thoughtforms simply flow in, around and through all things. It all has to do with vibration. Negative thoughtforms have low frequencies. They are like a thick paste used to make a paper mache object. Bits of paper are layered one by one and held together with paste. Each layer makes the art object stronger. In the beginning, the first layer of paper is quite flimsy. However, after adding several layers of paper and paste, it will take a stick and quite a bit of effort to break the paper object. Negative thoughtforms are the same way. Each time they are spoken or acted upon, they stick together like the layers of the paper mache object. Within a short time, they have become so tightly bound that it will take quite a bit of effort to break it apart.

Positive thoughtforms vibrate at a much higher frequency. They are like the clouds we spoke of earlier, flowing into and around each other in delicate patterns. There is no competition for space; there is room for all. There is no comparison of better or less than; all simply is.

You can easily tell at what level a person is vibrating, simply by being in their presence, viewing their photograph or seeing them on the television. Those who live in the lower densities of hate, anger and fear generally have a scowl on their face. They may often clench their fists and cross their arms over their chests or bellies. Those who vibrate at a much higher resonance will generally be repelled from them; much like a magnet repels its opposite polarity.

Those who vibrate at high frequencies of joy and love have a lightness about them. They tend to smile and hug a lot. They enjoy being around people and make friends easily. Those of the lower vibrations generally are repelled by them and ridicule them. There are exceptions, of course, for many are Masters of illusion.

Those who are of the highest vibrations don't judge or criticize others. They may be totally unaware consciously of the other's negative disposition. Those in love are simply happy to be. On the other hand, those who are living in the lower vibrations sometimes are attracted to those in the light, because they need their energy to regenerate their batteries.

Most of you live in the mid-range. If you tend to be a whiner, you will be attracted to those who will listen to your whining. If you tend to be an activist, you will be attracted to those who will support your mission. Co-dependency abounds in your world of polarity. There is nothing wrong with any of this; Earth was designed to allow any set of experiences that one chooses, as long as it is within the parameters of universal laws.

However, the time of the Grand Experiment on Earth is coming to an end. Like all things that are created, there is a finiteness to it. What has a beginning also has an end. All things are cyclical in Nature. Whenever there is an ending, a new beginning is about to occur. You on Earth are now on the doorstep of a new beginning.

Much was allowed to occur in order to experience darkness. However, times are changing and with the ever-increasing frequency at the heart of the Earth, that darkness can no longer exist. Those who are unable or refuse to lift their vibrations will be unable to sustain their life on this planet.

You see all around you extreme weather patterns and increased global warming. This is not all due to pollutants in the air. Much of it is created by the steady stream of pollutants coming from your minds. There are countless stories of miraculous healings occurring when those with loving hearts pray for them, even when they are physically apart. Do you not think it is just as possible for people focused on war to create havoc in weather patterns as their thoughtforms glop together? In both cases, the emotions and thoughtforms are sent through the ethers, at the speed of thought.

If you can visualize your thoughtforms reacting with similar thoughtforms, you will be able to see the storms brewing. Clouds tend to join other clouds and get darker and denser until they can no longer retain their moisture. As a result, rain is released either in a gentle manner or in torrents.

People are the same way. When you hold in your anger, it will build and build until you release it. If you choose to release anger in the moment that it comes up, the result will be much gentler than after holding it in and lashing out in fury. What we suggest is that you learn to operate in the moment, staying fully present.

Know yourself and what you hold to be true. Dare to be different and experience those things that bring you joy. Learn to speak your truth in a graceful manner. When something occurs that makes you angry, look objectively at what has transpired. Take time to communicate your feelings with others involved. Take responsibility for your actions and emotions. Many times what angers you is a reflection of something unresolved within yourself.

With practice and an open heart, there will come a time in your life in which anger no longer exists. You will have come to understand that all is well and what others do and say have no control over you. There will come a time when you will learn how to stay centered and at peace, no matter what is happening in the world. This is the goal.

You will then be vibrating at a frequency of love that can keep pace with the Earth. At that point, you will become a role model for others. You will join the ranks of Ghandi, Mother Teresa and those who love unconditionally. As more of you reach higher vibrations of love, the energies in the world will tip to a more positive side. It is then that the creation of Heaven on Earth can be experienced once again.



Selamet! Caban 4

DAY 18 ETZNAB 5 Honoring the Elders

Hello, I am Etnab and together with the Tone of 5, we welcome you to another day. We would like to share our teachings regarding wisdom. Many of you respect your Elders as the wisdom keepers, however, most of you are too busy to stop and encourage your Elders to share their wisdom. There are volumes of knowledge being lost because there is no one to listen. Sad indeed are those souls locked into nursing homes with no one to listen to what they have to offer. This has not always been. Since ancient times, Elders were respected and given high reverence. Many cultures set times aside each year for the express purpose of listening to the Elders as they share their life experiences with the younger generations.

Too much time is spent nowadays watching videos and movies that have nothing to offer other than brain numbing entertainment. We suggest you turn off the TV and gather your children and grandchildren. Rejuvenate the art of storytelling and family entertainment. Eat dinner together in peace, blessing your food and those who brought it to your table.

In older civilizations, families were the center of the culture. The full tribe worked as one to raise and educate the young. Every person had a purpose with each sharing in the chores and gathering the food. Can you imagine living closely with your entire tribe? Many of you cannot fathom being in the same room for any length of time with some of your closest family members. Why is this? You have lost the basic skills of clear communication, sharing and forgiving.

Clear communication involves talking when it is your turn to talk and listening while others are talking. There are so many egos on the planet at this time; it is rare to engage in conversations when no one interrupts another. By active listening and mirroring back what the speaker has said, there is less likely to be misunderstandings. How many of you are comfortable stating your truth and your honest opinion in any given situation? Lack of integrity and courage keeps you from knowing each other deeply.

The lack of sharing is epidemic in your current societies. There is a huge fear of lack that permeates every aspect of your culture. Many are creating havoc as means to control others and gain excessive wealth. Poverty and hunger need not exist if all would simply share the skills and material objects they have.

Forgiveness is another word for non-judgment. Most beg for forgiveness when they transgress another. Others boldly proclaim that someone owes them an apology before they would even consider forgiving that person's transgressions.

Once it is understood that each of you is doing the best you can in any given situation, you will better understand there is nothing and no one to forgive. In the act of forgiving, you have to place yourself in the position of judge. Who among you has never transgressed another? Who among you decides what is and is not to be forgiven?

Each of you has created your own set of beliefs that causes you to make a variety of choices based on your understanding of a situation. Although you may know that the choice you make is unkind, it may be the best you can do at that time, considering your habits and fears. If each of you were to move past your fears and create belief codes filled with love and joy, how much different your reactions to situations would be. There would be no need to manipulate others. There would be no need for representative governments, for you would be better able to represent yourself in tribal situations. Many of your social programs would close their doors, for the tribe would innately provide the needs of all its members.

Babies would be born knowing they are loved and have a contribution to make to society. Educational systems would be better suited to the needs of the children, rather than trying to create robots to run the factories. The elderly would live within the family home, being honored and valued. It is time once again to place your Elders in the position of wisdom keepers. Learn the knowledge they have to share related to family, culture and society. Most of the indigenous Elders are leaving the planet, taking their wisdom with them, for there is no one to pass the knowledge onto. This is a sad state of affairs.

It is imperative that each of you knows how to go within and communicate with your Spirit Guides. Each of you holds the Truth of All within your cells. Learn how to access these memories so they can be used for the betterment of all. As you study with us throughout the year, you will learn the keys to understanding how to access your personal memory as well as the memories of the Earth and how to manifest your future. We invite you to call on us for ideas on how to improve your lot in life. We have much to share and stand in awe of all that you do, for we know this incarnation is not an easy one.



Etnab 5

DAY 19 CAUAC 6 Hurry Up by Slowing Down

I am Cauac, Keeper of the Gate to Ascension. Through me, you can discover portals to your own evolution. Within each of you is the ability to find your way back to Source. However, many of you are asleep, yet on the verge of awakening. My role is to assist you and your Guides in gently rousing you from your sleep and nudging you along the Way.

There is much talk about the ascension of your Masters. What is ascension? In the past, through art and religious teachings, Masters such as Jesus were generally depicted as floating or ascending up toward heaven when their life on Earth came to an end. Thus, the word ascension came into popularity as the term for this process.

There are many teachings today suggesting that the Earth and humans are going through an ascension process. Many predict that the end of the world will come in this lifetime. There is a growing frenzy to get on board and clean up your act or you will miss the boat. Although we cannot say what the future will hold, we can tell you that never in your history has there been the need to hurry to do anything. What is more important is to be in joy and to express love each and every moment. This entails releasing fears and habits that keep you from enjoying a passionate and compassionate life.

Learn how to maintain a state of calm and peace no matter what storm is brewing around you. Have courage to stand in your truth, no matter who may disagree with what you say or do. Take time each day to go within, quiet your mind and set clear intentions for what you wish to accomplish. Pay attention to what is happening around you, especially in Nature and be respectful to all Beings who reside on Earth. Fill your heart with gratitude each moment, reveling in the beauty that surrounds you. This is your path to ascension.

There is none among you who is lost. All have full ability to ascend and to merge once again with the Source of All. Like everything else, it is a matter of timing. Each of you chose to leave the Source in order to experience other things. Some Beings have incarnated on Earth and other planets; others remain in the higher Dimensions as Helpers and Holders of Light. There are myriads of Angelic Beings carrying out an untold number of jobs. It would boggle your mind to know of all that is happening in your universe and beyond.

Every creation is experiencing their lives in a unique way. One day we will be reunited as One and enjoy the sensation of Love and Oneness in its purest form. There is no need to hurry to get there. Hurrying is part of the human condition. We suggest you learn to live in the moment and make the journey memorable. Stop and smell the roses and be kind to those you encounter along the way. So many things you pray to experience become missed opportunities because you have been focused on getting from point A to point B.

Some of you may argue that there is a need to hurry because the world is falling apart, that it is on the eve of destruction. What we would say in response is that if each of you would stop in this moment and make the decision to be kind and respectful to others and to share your wealth, in an instant your world would become the utopia so many of you dream of. In the twinkling of an eye, world hunger would be resolved. You already have enough food to feed all. However, we do suggest making corrections to the synthetic ways you grow and process food.

All wars could cease in the moment your leaders learn how to communicate and be respectful of each other. It is the need to control others and take their property and resources that feeds the war machine.

Teach your children how to turn off the TV and their electronic games. Let them explore and re-learn how to play outside with the tools and games Nature supplies freely such as sticks and stones. This simple change will not only increase their ability to solve problems, but will also alleviate a huge portion of the ecological problems created by the plastic toy corporations.

Watch drug companies collapse when stresses caused by toxic food, unresolved problems, poor communication and fear decreases. If in a moment each of you resolved to live in your truth, remaining in joy with the courage to take responsibility for your actions thus allowing you to let your creative juices flow, there would be no need for drugs, illegal or prescribed.

An exorbitant amount of money is spent on medical research, insurance, surgeries and mental health. Scientists such as Royal Raymond Rife* have provided cures for all ailments. There are many volumes available demonstrating the correlation between disease and stinking thinking. It is common sense to know that the use of herbicides and pesticides in your food and water sources can only result in toxicity in your bodies.

Most of you are so far removed from the knowledge of where your food comes from that you don't even stop to realize that the more a food is processed, the less healthy it is. By the time the majority of your food goes from farm to mouth, there is no life force in it. You eat dead food full of toxic substances and wonder why there is such a rise in cancer, autism and other diseases and disorders.

Greed generates most of your insane governmental programs and disallows the use of ecologically balanced technologies. Many have murdered or silenced those who attempted to bring forth ecologically balanced ways of making your lives easier. Why is it you are not harnessing the power of the sun, wind and water more? Why is it you still power your engines with earth's natural resources, her blood? The balance of the Earth is at a critical stage at this moment, yet not all is due to man's irresponsibility. Much of the earth's energetic imbalances are caused by centuries of negative and greedy thoughtforms. Many of you do not take into account the natural rhythms and cycles of the Earth, the sun and the universe. Nothing is stagnant; all things are always in flux, shift happens.

We conclude by saying that if you feel the need to hurry your ascension, we would suggest your quickening be focused inside rather than upward. Take time to look at how you can be part of the soul-ution when it comes to creating Heaven on Earth. It is you who has allowed your representative leaders to gain control over your lives. You are responsible to reclaim your self-empowerment. Now is the time. Take charge of your life by learning to respect yourself and your neighbors. Move past the walls of fear that you have built around yourself as invisible shields of protection. It is not through isolation that you will create a utopian society; it is through teamwork based on love.

We leave you now with the hope that you will take time to reflect on these words and to take action. Be in joy and create peace within yourself!



Selamet! Cauac 6

DAY 20 AHAU 7 The Power of Now

I am Ahau; I welcome you to this day full of wonder and bliss. I am the last of the Tzolkin Day Keepers in this cycle of 20, my ranking would be considered the end. Consider my energy as the doorway or portal to a new beginning. In your Realm, many times there is sadness or a sense of urgency when a project or event is about to end. Usually there are deadlines accompanied by much stress to get the deed done. Rarely is there a sense of accomplishment relished, for you already have your sights on the next goal.

Release the stress associated with getting to the goal. Learn how to relax and enjoy each moment. When projects seem overwhelming, break them into smaller chunks. Be creative in how you approach each step. Feel gratitude for what you are doing. Staying in the moment with joy and gratitude is a major key to happiness. There will always be deadlines. Pace yourself as much as possible so you don't feel pressured as deadlines draw near. This will allow you to stay in the moment and not keep your focus in the future. Many of you impose unnecessary deadlines on yourselves. We suggest you look at why you push yourself to do things that really could wait or be done within a larger timeframe. Many of you keep yourselves locked into busy-ness as a way to avoid emotions or tasks you have judged as being undesirable or mundane.

There is no task that is undesirable, unless you convince yourself it is so.

No matter what the task is, there is at least one person in the world who either enjoys doing it or can maintain a sense of joy while performing the task. Why is this so? Perhaps the person innately enjoys the skills and has the talent for a specific job. For example, there are many who loathe various aspects of cleaning or organizing their habitats. On the other hand, there are those who enjoy the accomplishment of cleaning and organizing. Others may enjoy a task that you consider mundane or tasteless because they have learned to be in the moment and have found ways to stay in joy no matter what task is at hand. Your attitude towards any activity is a matter of choice. The goal is to find ways to be in joy each step of your journey and to release stress related to timelines.

Often, we witness negative emotions attached to an ending. Whether it is a death, the end of a job or project, graduations, etc., many times there is sadness mingled with celebration. There is nothing wrong with feeling any emotion, however, many times there is prolonged grieving or unresolved anger associated with the event. These low vibrational feelings are often kept alive as you complain to others, over and over again. These repeated negative thoughtforms glop together, creating layer upon layer of low energy that eventually goes beyond emotional dis-ease, causing physical disease.

We invite you to go within and look at times when you felt unrest at an ending. Are you still complaining about the time you got fired? Are you still bad-mouthing people you ended relationships with? Do birthdays, anniversaries, holidays or the end of the year leave you with a sense of emptiness? Look at the endings in your life and isolate those which have feelings of discomfort attached to them.

Open your mind and allow yourself to objectively look at the new beginning that was allowed once the door to the prior event closed. Perhaps you were jolted out of your routine and found a better job. Maybe you now choose better friends. Look for the blessings you experienced in the new year.

Gratitude in all things, especially those causing dis-comfort, can throw open the doors to future joyous possibilities, making all seem brighter and lighter. No matter what is happening in your life, your attitude towards it is *your* choice. Often, belief codes are changed on whims, without looking deeply into why you held the previous belief. As long as you are easily swayed back and forth by others, your life will be like a ship in a storm, being tossed to and fro causing you to become imbalanced and to feel ill.

Make your choices in the moment. Pay attention to ways you can create joy and peace each step along the way. Know that each door that closes will open doors to new possibilities. Having gratitude for every person and experience you encounter will help you to grow and to have the courage to move forward with ease. Releasing fears along the way will make your goal of a fulfilled life more awesome than you can imagine. The ethers around you are filled with infinite possibilities. Dream big, follow your intuition and watch the magic unfold!



Selamet! Ahua 7

DAY 21 IMIX 8 Infinite Abundance

I am Imix, welcome to this day of new beginnings! Tone 8, when placed on its side, resembles the symbol of abundance and infinite possibilities that are presented each moment to you. In the ethers, there are tiny particles of no-thing-ness that at any moment can be activated and manifested into anything your heart desires! Once you have a true grasp that all literally is One, you will better understand how to create Heaven on Earth.

Due to the nature of free will, many so called “negative” events have been allowed to happen, for all on Earth is a Grand Experiment. Can there truly be free will if you are not allowed to experience bad as well as good? There is nothing we deem as negative; however, we recognize that actions not for the highest good of all slow the evolution towards Oneness. Reach beyond the illusion and regain knowledge of your true potential to live freely with great joy and abundance!

There is never only one solution to a problem. When you are close-minded or lack the courage to think out of the box, you limit yourself. There is forever the ability to create infinite resources. However, all too often we lay gifts at your feet that you either walk past without noticing or refuse to accept because you are looking for something else and don’t recognize the potential for what is gifted to you. We ask that you pay closer attention to the people and events in your life. Watch for coincidences and synchronicities, especially after you have made a fervent request for something to occur. Have the courage to take the steps to reach your highest goals.

Just as Ahua represents the ending of cycles, I represent new beginnings. Call on me when you desire assistance to begin a new adventure or seek the beginning steps to making changes in your life. I am always here to serve you. Throughout the year, we will share many Messages on how to create what you desire. We ask that you take into account what is in your highest good and for the highest good of all concerned. You are deserving of far more than you currently allow yourselves. You will discover how to tread lightly upon the Earth. You will learn how to grow healthy foods in ways that will astonish even your master organic gardeners! Communication with animals, plants, people and Nature Spirits will be as natural as the methods you use to communicate among yourselves.

Gone will be the institutions that no longer serve you. When each of you gains the ability to share in peace and joy, there will be no need for much of what you do. Hours of needless labor will be freed. You will have more time and resources available for the things that bring you joy. This will occur in the collective consciousness of all who live on the surface of the Earth. You will discover many tools to assist in your evolution. Within you is all knowledge that has been temporarily masked when you entered this incarnation. It is now the midnight hour and time to remove the masks and discover the true identity of your Self!

Many walk among you who have come to Earth with full remembrance of their Spirit Essence to help each of you evolve more rapidly. These teachers will encourage you to spend quiet time each day reflecting on your life. They will teach you skills that empower you to make choices as a co-creator. Listen to the advice of these highly enlightened souls, then take their information into your quiet times and practice the skills that bring a sense of peace and joy to you.

You may experience moments of unrest as you begin to realize you are fully responsible for the current situations in your life. What joy you will experience as you release the fears and habits that have kept you captive! You will also learn to release the angst you have held toward others. No longer will any of you need to suppress others in order to experience all you desire. In this new beginning, you will start with the knowledge of the full abundance available to you in all aspects of your life. Your passion will surpass anything you have thus far experienced on Earth as each of you works together to support and encourage one another.



Selamet! Imix 8

DAY 22 IK 9 Pros and Cons

The format of this Message is different than the others. This is one of the first conversations I had with the Day Keepers and is the format I was using until I realized they were to be collected into a book. I was asked to keep this Message in its original format as a way of demonstrating how to converse with the Day Keepers and apply the Messages to any situation. – *Theresa Crabtree*

Ik: Good morning, I am Ik. As a continuation of Imix 8, I am here to guide you further in the evolution of your remembrance of your full Spiritual Essence. As the 2nd Day Keeper in the cycle, we are here to look at polarity. Some view polarity as dark vs. light, with light being higher, better or positive. I am here to suggest to you that both are equal in importance. Both the dark and the light have a purpose; it is only the human perspective that makes one judge them as having a different value. As you mature in your understanding of how the reality on Earth is different than that from where you came, you will understand more of what I speak. Let me explain by giving an example. What is on your plate today?

Theresa: Working on the Medicine Wheel site and a myriad of small projects.

Ik: Thank you. Let us take the example of your work on the Medicine Wheel as a reference to how you can use one of my aspects, which is polarity. I have several other aspects, which we will look at throughout this year and beyond.

I would ask the reader to choose one project, problem or insight they would like to look deeper into this day, as well. I ask you, Theresa, what are the pros and cons to building a Medicine Wheel? For the reader I would suggest you choose one example on your menu today and ponder all sides of the issue.

Many times, you will find parts that are distasteful. Perhaps it is a problem you wish would go away or maybe the project is too large and feels overwhelming. I encourage you to look at all aspects in such a way as to see the blessing in each. By developing this skill, you will quickly begin to see that there is value in all polarity.

As an example, we will return to the Medicine Wheel. Some of the pros you have stated are that it will be a place of peace, space for you and others to pray and perform ceremony and a beautiful area to view from the balconies. Things considered to be positive are easy to deal with, so we will not discuss them at this time.

What is more challenging for humans is to appreciate and feel gratitude for the shadow side of events. Let's look at some of the items on your negative list related to the Medicine Wheel you are creating. We will then look at how you can approach each in such a way they can be placed on your positive list.

Theresa: There's a lot of hard, physical work involved.

Ik: You want to lose weight and strengthen your muscles. What a great exercise program!

Theresa: Many times in group ceremonies, I am distracted by people. On one level, I am a loner and feel more focused doing the work by myself.

Ik: On another level, you want to interact more with people. You have realized your loner attitude was created by belief codes that you have now outgrown. What a wonderful opportunity to break through those belief codes by spiritually bonding with people through prayer!

Theresa: The path to the Wheel and the parameter are on steep hills. I worry about unruly children, guests falling and getting hurt.

Ik: Is this really the issue or excuses to skirt other issues? Unruly children: this gives you an opportunity to practice speaking your truth and insisting on parental guidance. Guests falling and getting hurt: this can happen in their own home. You have an opportunity to use your intuition to make the trail as safe as possible, including night lighting and trusting that each person will be responsible for their own safety. You can also call on Spirit Guides to keep all safe while on your property.

Theresa: Yes, I admit, those were valid, although lame excuses. The issue I am skirting is being in the public eye. I know this goes back to experiences in this and other lifetimes and I have been working hard to overcome them. Also, there are concerns related to being the ceremonial leader: public speaking, forgetting something, saying the wrong thing, others disagreeing with what I say, etc.

Ik: Thank you for being open and honest with yourself and others. Yes, we know that you have worked hard to overcome these issues and more. Focus on the positive side, for you have already realized that when you get past the negative issues you mentioned, you truly have a wonderful time, as well as those who participate in these ceremonies.

Now, we have spoken much relating to the aspect of my energy, polarity. Let us briefly speak of today's Tone 9. Like myself, there are many aspects of 9. As we continue our daily Messages, we will look at these various aspects. There may be other special meanings for the numeral 9 for each reader, as well.

What we will do today, is again look at the Medicine Wheel and see how the specific energy of Ik 9 can be of value to you. I want to remind each of you that this is just an example. By meditating with me, I can show you how to apply the energy of Ik 9 into most anything in your life.

Nine can be viewed as 5+4. Five represents the fullness of your humanity while four is symbolic of the base of your Spirit Essence. Perhaps it will be easier to visualize 4 as the base of a pyramid or similar structure. Although the base is not the complete structure, it is an imperative part in order to create stability and endurance. Combine these together and you have a powerhouse of insight. This can be likened to a skilled builder (5) creating a solid foundation (4) for a structure. You are well on your way to completion of the entire project.

How can we use this today? Let us return to the Medicine Wheel site. You are creating a place of peace, ceremony and beauty. By focusing on the energy of 9, consider yourself, the human builder (5) preparing the site for the physical and spiritual base (4) of the Wheel.

As you work today, you may choose to ask Spirit for guidance on how to prepare the base for this site. Then, you as the builder (5), move toward that goal by physically moving the rubble and other work that we cannot, or will not, do for you.

I hope this time together has been an encouragement to each of you to look past the shadow aspects of your day and to clearly see how you can work towards making those things in your life that are unpleasant into beautiful works of creation. By doing so, you will be rewarded with a more fulfilling life while on Earth.



Ik 9

DAY 23 AKBAL 10 Going Within Process

Hello, I am Akbal. We welcome your interest and desire to learn more about our ways and your interest in integrating this information into your daily routines. Today we will focus on the Going Within Process. Please take a few moments to quiet your inner and outer worlds so you can focus more deeply. Notice belief codes or old structures that no longer serve you. This sometimes takes courage to do. Look into the dark spaces, the abysses in your inner sanctum.

Many times, you are confronted with words from others or assumptions created in your own minds that lead you to making specific life choices. For example, you dislike wearing green clothing until someone tells you that you look really nice in the green shirt you are wearing. As a result, you go out and buy several more green items of clothing. These become the apparel you wear the most. Then later, someone asks why you wear so much green clothing because you look so much better in blue, which has always been your favorite color to wear.

You are now presented with an opportunity for growth. One person instilled within you a belief code that you look good in green. Another says you look better in blue. You must go within yourself and look at why you didn't like to wear green in the first place. Is it because someone had once told you that green isn't your color? Perhaps you got more compliments when you wore other colors. Perhaps you were forced to wear green as a school uniform. Maybe you simply feel better wearing a different color?

In your mind, go back to the setting when you were told you looked good in green. Why did you make your choice to buy more green clothes? Did *you* think you looked better in green? Was it to please the other? Did you trust your own intuition that you don't look as well in green? Perhaps the person was just trying to be nice and compliment you for wearing *their* favorite color. Can you objectively sit back and decide what colors you feel better wearing? Perhaps you realize it depends on the fabric and style of an article of clothing rather than the color. What do you choose to do? Perhaps you will take a good look at your clothing and decide, piece by piece, which clothes make you feel good. This is part of the nature of feng shui. Rather than being swayed by others' opinions, you remain steadfast in what your preferences are. This is how belief codes are built.

What is asked of you today can be applied to any belief code you have chosen. Simply quiet your inner and outer world. Take a look at any aspect of your life: your spiritual and religious beliefs, why you bake using a specific pan, possessions you never use, your friends, how you relate to family members, etc. Choose one at a time and look at it deeply. Feel the emotions that arise. If they are pleasant, feel gratitude for them. If they cause uneasiness or any negative feelings, look deeper.

Why do you follow a specific church doctrine? Why do you believe what you believe? Why don't you bake in other pans? Why do you have household items you never use? Why do you hang out with undesirable people? Why do you try to please family members who treat you disrespectfully? These are belief codes. By calling on me, you can use the energy of Akbal to go deep into yourself and objectively discover and change the codes that no longer serve you.

Choose one now. Breathe deeply and ask for guidance. Look at the parts that don't fit, that hold you back and cause fear and anxiety. If it helps you to move forward, consider what would be the worst that could happen if you changed that particular belief code. Then by whatever means works best for you: listing, praying, setting an intention, etc.; note the steps that can lead you into a release of that paradigm, then take the first step towards your new intention.

Let us go back to the example of green clothing. As you reflect back, you don't know why you never liked wearing green, you just didn't (many beliefs come from past lives). When you were told you looked good in green, you decided to buy more green clothes. You realize that at the time, you had low self-esteem and trusted the other person's judgment more than your own, so you went out and purchased more green items of clothing. Today is a new day. As objectively as possible, go within and pay attention to how you feel when you wear each specific item of green clothing.

If indeed you discover that you still don't like to wear green, then you can wear or purchase whatever colored items you prefer. Perhaps you discover you feel good in two specific green items, but none of the

others. From then on, you wear only what colors make you feel attractive or which make you feel comfortable. No matter what opinions others make in the future about your choice of clothing, you choose to wear what you feel good in. Then you will have successfully changed a belief code based on *your* truth.

Belief codes change from time to time as you develop understanding in various realms of your life. It is wise to always be open to others' insights and to take time to reflect on new information that comes your way. Close-minded people have no ability to change a belief code; they shut down any chance for growth in that particular area of their life.

This is the 23rd day of the Tzolkin calendar, Akbal 10. The energy of 10 has many aspects. What we will look at today is 5+5. The first 5 is the fullness of being a conscious human, the second 5 is the fullness of spirituality as it applies to you in human form. In essence, the second 5 represents a full connection with your Higher Self. When you combine these two forces, conscious living and a conscious connection with your Spiritual Guidance, all things are possible! We call this a day of manifestation. Combining this with the energy of Akbal, you can indeed make this a day of manifestation.

Focus on a belief code that no longer serves you. What is something in your life or about yourself that you would like to change? What steps do you need to take to make this change? Manifestation occurs when individuals intentionally declare and focus on something they want to experience. This can be done by stating the intention out loud, writing it down, creating a ceremony or by whatever means it takes to stay focused. Be very clear about what you desire and create passion surrounding it, for passion is the energy of the emotion that fuels the process.

As an example, you know ice cream makes your sinuses clog up. You think to yourself, I really should stop eating ice cream. If that is as far as you go, your addiction will remain. In fact, it is likely to intensify, because your attention is now focused on ice cream. However, if you are ready to stop eating ice cream because you want to be healthier, the following is one way to go about releasing the addiction. Go to a quiet place and light a candle. While staring at the candle, release other thoughts of the day. Visualize yourself as healthy, feeling vibrant and full of energy. See a bowl of your favorite ice cream dessert. Look again at yourself being vibrant. From that place, make a choice to choose a healthier, tasty treat for your palate.

You may want to add other ways to help such as affirmations placed where you will see them, always stating them in the positive of what you want, such as, "I choose only healthy desserts," instead of the negative statement, "I will not eat ice cream." Another way is to create a vision board where you place photos or text messages of what you want in your life. Perhaps you will select a photo of you at your best or a model that represents health and vigor. You could also add photos of healthy, yet tasty desserts.

The goal is to remind and empower yourself so it will be easier for you to choose not to eat ice cream in the future. Much of your success is built on your desire and emotional state. If you feel like a victim, "Woe is me, I can never eat ice cream again!" If you share with your friends that you can't eat ice cream and fall into their belief code, "How sad that you can no longer eat ice cream," it is likely you will never change this habit.

Manifestation occurs when your emotions are strong and when your intentions are stated clearly.

It is your responsibility to stay positive and focused. Take the necessary steps to create your desired outcome. Many times what you want does not appear in the manner you anticipate. It is your responsibility to pay attention to the coincidences and synchronicities that present themselves to you. With today's energy of Akbal 10, you are offered a chance to look at issues inside yourself that no longer serve you and to manifest what you would prefer. Go forth and make this a powerful day of manifestation!



Selamet! Akbal 10

DAY 24 KAN 11 Garden of Possibilities

I am Kan and I send you greetings this grand and glorious day. Today we will embark on a journey inward, to the place where ideas and dreams are seeded. These are created first by the mind and then with conscious intention. In order for anything to become a reality in your personal life, you must first know it as a possibility. Then, among the myriad of possibilities, you may choose those you would like to incorporate into your life.

We will use the analogy of a garden. In order to create a garden, you must first have a basic idea of what a garden is. You have decided you would like to create one in your space. What do you want to put into your garden: fruits, veggies, herbs, flowers? How will you decide what to put in your garden: see what others are growing, deciding what foods you like to eat or browsing seed catalogs? After you have chosen what you would like to grow, you will need to choose the seeds to plant. You will also need to know what steps are needed to allow the seeds to grow and mature. This includes information such as soil temperature, pH levels, irrigation needs, sunlight and fertilizer.

Creating anything in your life follows the same pattern; know what you want, create an action plan and take steps to create it into reality. The energy of Kan is always available to help with your conscious creations. You can view my energy as the seed. It is up to you to choose which seed and the amount of nurturance or attention you will give that seed. Do you understand the implications of which I speak? The fulfillment of your goals and dreams are in your hands. There are many Spirit Beings on the Other Side waiting to help you fulfill these dreams, but you must first choose what you desire, then ask for assistance.

We will now move onto the Tone of today, the number 11. There are many ways to view the energy of this Tone. Today we will look at it this way: $5+5+1=11$. The first 5 is symbolic of being a fully conscious human. This means that you are consciously working towards being a kind person and aware that you are a Spirit Being having a human experience. The second 5 is symbolic of your Higher Self that is consciously working with your human aspect. Then we add in the additional ingredient, the power of 1, which we will view as the spirit of unity or oneness, wholeness, complete unto itself.

Take a moment to feel connected with your Higher Self and feel the power of being One with All. This is a daily practice that may be difficult for most since you live in a world created to experience separation. However, the veils are thinning rapidly. Take time each day to sit by a tree, a flower or an animal and focus on their energy. After many attempts, you will experience a connection on a deep and indescribable level.

What Kan 11 offers you is an opportunity to choose a seed and nurture it by becoming one with it. I will give a simple analogy for your better understanding. Choose one thing you would like to change in your life. This could be to find solutions to a problem, more abundance or perhaps a change in your behavior. I will state here that you do not have the power or the authority to ask us to change the behavior or belief codes of another person, this goes against the law of free will.

Let us say you have a habit of talking about people behind their backs. You know that gossip is not good and it has bitten you in the past when others found out what you have said about them. They always will know, even if it is solely on an intuition level. How can the energies of Kan 11 help you change this behavior?

You have chosen the seed, eliminating gossip. You must now choose how much nurturance and attention you want to give this seed. These steps are necessary to take this seed to full development. With the energy of 11, we suggest you take time with your Higher Self to look at the reasons you gossip. In most cases, it goes back to belief codes related to low self-esteem. When you break the pattern of the original code, other patterns built on that foundation will fall away.

Once you have found the original code, which may take some time, call in the energy of Unity. For this exercise, you may want to look at one specific person that you tend to gossip about on a regular basis. Become One with that person, go beyond his physical self and recognize him as a Spirit Being, equal to your Spirit Essence. This may take some practice, but is well worth the effort if compassion and unconditional love are your goals.

When you set aside your judgments and tap into the Oneness and Unity of the other, you will understand why this person pushes your buttons or why this person is a rung on your self-esteem ladder. A thorough understanding of Oneness with all living forms on Earth will help you break the gossip habit.



Selamet! Kan 11

DAY 25 CHICCHAN 12 *Changing Habits*

Good Morning, I am Chicchan, the serpent. Today is a day of transformation, a shedding of old ideas and belief structures that no longer serve you. Twelve is a day to view yourself in your full human capacity (5), fully connected with the guidance of your Higher Self(5). To this mixture, add the power of two, polarity, duality or opposing forces. (5+5+2=12).

Take a few moments to quiet your inner and outer world. Take several deep breaths in and out until you are able to relax your muscles and let the weight of the world slip away. Search for something weighing on your heart you would like to change or create. It must be something in yourself, not another, for we do not work on others against their will or without their permission. This time is for you. 12 creates a window to look deeply within at a specific polarity. Perhaps you continually say something such as, "I don't want to gossip anymore." Yet when the next person comes your way, you fall back into your old pattern. If you are truly ready to release this pattern, we can be of assistance to you.

Clearly, in written form, orally or in your mind, state your intention using a positive affirmation such as, "I speak only kind words about others." The reason we ask you to make positive statements is because as Spirit Beings, we see energy patterns rather than hear your words. If you were to state an intention such as, "I don't want to gossip anymore," we see it as a positive statement, with gossip as the subject. We automatically assume gossip is something you want to experience more of, for gossip is your focus. Therefore, we may set up more opportunities to gossip. In contrast, by stating the intention, "I speak only kind words about others," the contrast is vastly different. The following will explain the process so you can better understand how we on the Other Side operate.

In order to manifest anything, the basic order is the same. Clear your mind, speak your intention and visualize the outcome. As much as possible, use your emotions and senses to see, touch, smell, taste and hear yourself in the situation. What emotions are being aroused? As an example, you have decided you want to break the gossip habit. You have cleared your mind and called in Chicchan or other Spirit Helpers for assistance. Clearly state your intention, "I speak only kind words about others." Then visualize yourself doing just that, speaking kind words to others.

You may choose to visualize yourself in one of the settings where you most often find yourself gossiping. Perhaps when you are with two of your best friends, you all have a tendency to start talking about others. For this exercise, visualize yourself with your two friends. The setting could be a place where you meet on a regular basis, such as a coffee shop. Notice the space you are in. What does it look like? What things do you feel: the chair you are sitting on, a wall you are leaning against, a coffee mug? What do you smell: the air, food, perfume, cigarette smoke? What do you taste: coffee, cola, the pen you are nibbling on? What sounds do you hear: coffee machines, cars driving by, people chatting?

Observe your friends beginning the gossip session. See yourself as being quiet. Soon your friends notice you are silent and attempt to draw you into their conversation. See yourself speaking only kind words about others. Notice how this makes you feel. At first, this new behavior may be uncomfortable to you and your friends. Yet as you practice, first in your mind and then in actual circumstances, you will become more empowered and more comfortable with shedding the habit of gossip. Usually one of two things will happen. Your friends may stop inviting you to their gossip sessions or they will follow your example. If they choose to continue gossiping, you will find that you are no longer interested in joining in and will likely choose other friends or leave when the gossip begins.

Here is the contrast of stating an intention of what you do not want. Once again, clear your mind and call in Spirit Helpers for guidance and assistance. State your intention, "I don't want to gossip anymore." Visualize the same scenario with your two friends using your senses to see, touch, smell, taste and hear what is going on in the coffee shop. In this visualization, you will be gossiping, but stop yourself in mid-sentence and tell your friends that you no longer want to participate in gossip. The outcome may be the same, but the transition is much different. In the first example, you were only saying kind words about others. However, this time, because of the way you stated the intention, you will be gossiping, but not wanting to do it anymore. Can you see the difference? By stating, visualizing and practicing what you *want*, you can quickly and efficiently break undesirable habits by simply doing or being what it is you wish to create. However, by stating the intention and visualizing yourself in the process of breaking the habit, you will find yourself in repeated patterns or situations that give you opportunities to practice the behavior you wish to change. This is a much longer process.



Selamet! Chicchan 12

DAY 26 CIMI 13 Last Day on Earth

What if you knew that today was your last day on Earth? What are the last remaining things you will do today? How will you treat others? What phone calls will you make? What emotions are you feeling? Are there unfinished projects you will attend to or have they lost their importance?

If you would truly begin each morning with a short reflection on these things, your days would have much more impact. It wouldn't be long before you would simplify your life and prepare your estate for those who would have to clean up after you. You would likely stop putting off gatherings and phone calls with family members and loved ones. What would you do differently? Many things that consume your time and energy would simply fall away as you lost interest. As a result, your passion and zeal for life would increase dramatically as your time, energy and abundance in all areas escalates.

This is the energy that Cimi offers you: surrender, transmutation, release and death to what no longer serves you. We encourage you every day to take this short journey until you have released all fear of death and seen the importance of living your passion.

We will now add the energy of Tone 13 into this mixture. There are a myriad of aspects for Cimi and 13, we are simply choosing one of each for this particular day. Let us see 13 as $5+5+3=13$.

The first 5 represents you, a fully aware human, connecting with the energy of your Higher Self, the second 5. This is a conscious connection with that part of you that has remained on the Other Side. Today, we will look at the 3 as the Holy Triad, that which encompasses all on the higher Realms. There have been many names for this Triad, "Father, Son and Holy Spirit" and "body, mind and soul" to name just two. The general understanding is one of completeness. Tone 13 represents you, connected with your Higher Self, consciously united with the Source of All. With this power, you can manifest whatever you desire. Call on our energies to assist you any day, anytime.

Your Guides are always nearby, willing and waiting to help you. This gives them joy and is an expression of their passion. They are honored and overjoyed to serve you. Many of your Spiritual Helpers have never incarnated on Earth and are in awe of what you have already transcended. The Earth Gig is not an easy one, but full of many opportunities for experience, growth and understanding.

Take time to reflect on your life. Note what is not in order and start there. No task is too large or too small. All is important for your growth into the loving and kind Spiritual Being you are. Choose an area in your life you would like to transmute or change and ask for spiritual guidance and assistance. We suggest you start with the fear of death, if you have not already mastered this area of your life.

In the Mayan tradition, the whole culture was focused on the energy of each specific date. Can you imagine the consequences if your entire Earth population each day supported each other and worked on common goals, such as releasing fears related to death? This is what made the Maya such a powerful culture. Working together made them strong individuals. Their culture crumbled when they forgot these ways. However, the culture is being reconstructed globally by individuals, like you, who are taking time to work on themselves, thus creating role models for others. These individuals are forming a huge collective energy that will create the shift that many now are dreaming of. We encourage you to be an active part of this group.



I take my leave and envelope you with much love! Cimi 13

DAY 27 MANIK 1 Heavenly Theatre

Blessings, I am Manik. Like the other Day Keepers, I have many aspects. Today we will talk about going with the flow. This time you have chosen to live on Earth is extra-special and unique. No one knows what the future will bring, since you are fledglings in learning how to create your reality. We wish to assist you in avoiding the many pitfalls that lie ahead. It is easy to get absorbed in the negativity surrounding the collapse of the institutions that you, as a race, have created in the past.

Going with the flow is all-important. Watch your words, monitor your thoughts and intentionally choose your actions. Be creative. See your life as an empty canvas with the ability to choose your subject, colors and mediums. Think out of the box. Each fear or belief code that you release allows more flow into your life. Seek ways to remove layers of fear and negativity. We are here to assist you with these very things. The energy I work with is to help release the things that are a burden to you. Together, we will simply set them out to sea.

In your inner mind, visualize yourself at the seashore. You are comfy, the sun is warm and the light salty breeze is balmy. Listen as the waves gently lap on the shore. You can hear the gulls in the distance. What issues are weighing on your mind today? Bring them up, one by one and lay them onto the barge, docked at the water's edge. Watch as the barge leaves the dock and slowly heads out to sea. As it floats away, watch it slowly dissipate, atom by atom, until nothing remains. Know that these thoughtforms have now transmuted into pure light, returning once again to the sea of possibilities.

Now enter the water and bathe your skin and hair, a baptism of sorts, as you soak in the healing essence of the water and rinse away any residue of unhealthy negative thoughtforms. You are now whole again, ready to fill the void with new and wondrous beliefs! Take a few moments to lie on the beach, soaking up the sun's rays as your body is warmed and rejuvenated. When you are ready, return to the present moment and begin your day anew.

We now turn our attention to Tone 1, an aspect of unity. Unity is symbolic of becoming one with all, being united and working as a synergistic team. Within your uniqueness, there can still be unity with others. You need not be concerned that you will lose aspects of yourself, for in the new world you are creating, this is impossible. You are moving into the awareness that truly all are created equal. Everything each of you experiences is unique, yet you share these experiences with the whole.

It is not possible for one entity to experience all there is, unless you spend many lifetimes on each possible planet and each area of no time, no space. However, what one can do is experience what they choose, on any Realm or Dimension. Everything else can be experienced by observing what others do. This can be done from various Dimensions, without the need to incarnate on Earth. The Heavenly Theatre is similar to going to the movies; you choose to view the films that interest you. Yet in this movie, you feel what the actors are feeling, you smell what they smell, etc.

You can have a taste of anything you desire without having to live through the whole experience. For example, a Spirit Being wants to experience taste. Many of his friends have been on Earth and talked about ice cream and hot dogs. He is curious, but doesn't want to experience a full incarnation. He goes to the Heavenly Theatre and chooses a movie where he can watch and experience ice cream and hot dogs. Perhaps the movie he chooses has *you* as the star. The movie begins when you are a child at an amusement park with your family. For lunch, you have hot dogs and french fries. Later that day, you have an ice cream sundae. The moviegoer is able to tap whatever senses and experiences he chooses in this movie. This allows him a taste of the earthly experience without having to go through a full incarnation. When others experience through you, this in no way draws energy from you. Before incarnating, you have each done the same thing, for a variety of reasons. This is one aspect of the unity we speak of today, sharing with the whole.

We invite you to flow with all that is presented to you this day. Know that even if what you are doing is tedious, perhaps someone else will one day experience that tediousness through you in the Heavenly Theatre. Be assured this viewing is done without being an invasion of privacy. Those viewing on the screen are not interested in you as a person; they are simply watching actors play out scenarios that are of interest to them.

Your days will be most enjoyable if you focus on a positive attitude and choose activities that delight you and feed your passion. This can be achieved even during everyday, mundane activities such as washing dishes. Whatever you do affects All in the Uni-verse (one voice). Be assured that all is well and you are not alone in this vast space we call Eternity.



Selamet! Manik 1

DAY 28 LAMAT 2 Stargate Experiences

Welcome, I am Lamat, Keeper of the Stargates. We are here today to look at ways you can expand your consciousness. Let us look at Tone 2 and the aspect of polarity. Although in your Realm, there is an opposite to everything: tall, short . . . old, young . . . black, white . . . peace, unrest, you will not find this polarity in many other Dimensions and Realms, for it has no place there.

On Earth, polarity was created as an experiment. Many of you, while in your soul forms, requested the opportunity to experience Not-Love and darkness. Together you co-created and devised the Earth. We will not go further into this today, but if you want to learn more about this part of earth's creation, call on me and we can go through the stargate to gain more understanding of the dynamics of this wonderful opportunity you call life.

The unique aspect of this day, Lamat 2 in the Tzolkin calendar, allows each individual to choose one or more polarities to focus on, perhaps to change a behavior or to experience something for a short time, instead of going through an entire experience. Perhaps you find that you gossip too much. You can go into the stargate and experience not-gossip and gain insight into the behavior you would like to defeat. Perhaps you have never been drunk, but would like to experience the feeling of drunkenness and a hangover, without drinking any alcohol.

Whenever you choose to have a stargate experience, request that your Guides remain with you at all times, so you don't lose your focus or self, especially if you are drunk! At anytime, you can stop the experience and return. What a gift to be able to stop a hangover when you choose!

What polarity would you like to focus on today? Know that your belief codes will limit (or unlimit) your ability to go through the gate. Some experience going through a stargate as a physical event. They actually walk through and know they are in a different time or place. Some are transported beyond the earthly Realms to space ships or other planets. Some experience nothing. Many experience a feeling of peace or calmness. Most receive an answer to a question, a solution to a problem or a deeper understanding surrounding an issue that is important to them. These stargates are always found in Nature, generally in areas of spiritual activity, such as ceremonial sites, new and ancient.

Quiet your inner and outer mind. If you have difficulty quieting your mind-chatter and tuning out distractions, tell your left-brain to rest during this time. This will stop the analyzing. Tell your body you are safe and to set your body at a temperature that is perfectly comfortable, so it is not a distraction. Tell your ears to close during this time. Place your body in a position that is comfortable and perfectly balanced.

Close your eyes and visualize a doorway in front of you. As you stand before this doorway, mentally state your intention for entering the stargate. Once stated, ask permission of the Gate Keeper(s) to enter. Before entering, ask your Guides to remain with you, to protect you and allow you to have a pleasant and magical experience.

At this time, make the declaration that you will fully return to this time and space within the next _____ minutes of Earth time. You are now ready. Relax and in joy, walk through the doorway. Allow your mind to wander; notice where you are. More than likely you will either be at the place you can experience what you intended, although it may be nothing like what you had thought. You can ask to move to various places to further the experience or gain the knowledge you seek.

The main thing to remember is that to fully experience all you wish, you must fight any fears that may creep in. Know you are safe, ask your Guide to remain with you, then allow the experience. It may be difficult to want to return when your time has expired. You may find yourself in a place of unconditional love and wonderful coziness. Know that you can return at anytime. Return gently to your place of origin, allowing yourself to integrate slowly and peacefully. When you are ready to walk, go slowly, for you have expended a lot of energy and may have gone through some physical changes. Be sure to drink several glasses of water during the next 24 hours.

Often, it is difficult to let go fully in order to enjoy a stargate experience. Have patience, continue to practice, and in time, you will understand more fully many of the movies and books that are being produced, such as *Star Trek*, *Alice in Wonderland*, *The Wizard of Oz*, *Harry Potter* and *Lord of the Rings*, for these are experiences the writers and moviemakers have had during their quiet times. Be assured that in time, you too will have these out-of-body experiences, as well.



Lamat 2

DAY 29 MULUC 3 Divine Trinity

I am Muluc, Keeper of the Light. My energy can be symbolized as the beacon of a lighthouse. By focusing on my energy, you will be guided away from the rocks and kept in the safety of the harbor. Like a beam of light, my energies guide you through your life. Ask and you shall receive the guidance you seek. On this day of Tone 3, we will look at the aspect of the Divine Trinity within your Self. The elements of three can be seen as your Inner Self, your Outer Self and your connection to your Higher Self. When you are operating from a conscious level in all three arenas, you have the potential to fully create your reality.

Let me explain further. The Inner Self is the “knowing” within each and every one of you. It comes from Source and is your inherent birthright. It is mostly known as intuition or a feeling of knowing when something is true for you. Many times, through life experiences, this knowingness is ignored or mistrusted. However, at any point, by simply paying attention and trusting in this inner guidance, your ability to hear and listen can dramatically improve. By following the leads that generally appear as coincidences and synchronicities, your life can truly become magical.

Your Outer Self is centered around your five physical senses. It is your physical body and includes the way you portray yourself to others. Many believe that the body, in this lifetime, incorporates your entire experience on Earth. This is not true. There is much documentation to prove there is life beyond physical death. It is up to each of you to decide what you wish to believe. The parameters of your life on Earth will be dictated by these choices.

Your Higher Self is that aspect of you that does not incarnate. It is your direct connection to your Spiritual Essence. When you have chosen to incarnate on Earth, the majority of you come into existence with much of your spiritual memory erased or forgotten as you grow into adulthood.

It is essential that part of your Spiritual Essence remains on a higher Dimension to help guide you during your chosen time of amnesia. It is similar to being in a play. The Higher Self is the actor, who makes choices to bring the character to life. The physical or human part of your nature is the character. Once the play is completed, the character is gone, while the actor walks out the door.

At any moment in time, you are free to connect with your Higher Self and ask assistance for anything, no matter how trivial. Your Higher Self oversees the Angels and others who assist you to remain on the main Path you have charted for yourself before entering this human vessel.

When you realize that your Outer Self is a vehicle that allows you to experience life and are fully in your integrity, able to speak your truth in any experience, then you will have incorporated one phase of your Divine Trinity. When you use your Inner Self to connect with your Higher Self and take notice and act upon those clues to help you stay on the Path, you are then a fully realized human be-ing; all else is a human do-ing.

See yourself as a beacon of light. Have courage to speak your truth and shine your light on others so you will see them as the perfect Spirit Beings they are. Be a role model to those you encounter. Shine your light inwards to reveal those parts of yourself that you are now ready to change. If you are not living your full potential, what light can you shed on the fears that hold you back? In the twinkling of an eye, each of you has the ability to re-member who you are, where you came from and where you have been thus far. It is our honor and desire to work with the human race during this time of great transition. Be bold, be honorable and be in joy!



Selamet! Muluc 3

DAY 30 OC 4 Relationships

I am Oc, Overseer of relationships. By calling in my energy, I am ready to assist you with any problems you encounter with other people. These relationships can be with lovers, friends, co-workers and others that come across your path during your daily journey. On this special day, let us look at the unique aspect of Oc 4 as the foundation of all things.

Think of the base of a building in which there are four pillars. If one pillar collapses, the building will fall. The four basic pillars of relationships are love, kindness, empathy and trust. Each of these encompasses a broad range of emotions and possible experiences. Love ranges from absolute hatred or fear to unconditional love. The parameters of kindness range from co-dependency to allowing others to follow their dreams. Empathy ranges from being completely ignorant of another's emotional state to a feeling that you must persuade others to embrace your beliefs. Trust ranges from total wariness to seeing another as a great Master.

Some foundations will remain at a superficial level. These are generally relationships with people you've just met or run into occasionally, such as the grocery store clerk, post office personnel and people you meet on the street or at social gatherings. Your relationships with these people are dependent on your life experiences and belief codes.

If the pillars (belief codes) you have set for your relationship foundation include, "If I let someone get close to me, they can hurt me. If someone is kind to me, then I will have to repay that kindness. I don't want to be bothered by others' problems; they need to take care of their own problems. People have to earn my trust." Your relationship will likely not grow beyond the moment; there is no bonding.

If the pillars you have created include belief codes such as, "In essence, all people are good. I love all without conditions. People are kind. I am available to help anyone who wants my help. People are trustworthy." Can you see the different way you are likely to interact with others you encounter?

People who have created foundations that allow and welcome strangers are more likely to create friendships with everyone they meet. Have you known people who seem to know the names of the clerks and perhaps, the clerks remember them by name? It is because each of them has on some level connected, made possible by the pillars they built their foundations upon.

You were born into a family that includes a myriad of people. At birth, they are all strangers to you. It is through life experiences that foundations are built. Beginning at birth, you live with other people: parents, siblings, grandparents, boarders, etc. Unlike people you meet on the street, you interact with the people you live with on a regular basis. It is your foundation and each of their foundations (belief codes) that will determine how you interact as you get to know each other better.

Throughout life, you have the opportunity to build stronger or weaker foundations. If you choose positive belief codes (love all unconditionally, be kind even to those who are unkind, have empathy for all and trust without reservations), your relationships with strangers, family and friends will be strong or at least as strong as the other is capable of receiving what you offer them. At the least, you will be a good role model.

Those who have difficulty breaking through fear and past hurts will have difficulty relating to others due to their inability to love, be kind, have empathy or trust. They are destined to a life of loneliness and despair unless they break through their belief codes and patterns.

The foundation you build with another person will determine the strength, length and endurance of your friendship. As the saying goes, "It takes two to tango." No matter how strong of a foundation you create, your relationships will only be as strong as the amount of love, kindness, empathy and trust each of you has built into your foundation.

What I offer you as Oc 4 is the opportunity to look at each of your foundations and to give professional advice as an architect as to how you can strengthen each pillar. It is up to you to build the foundation yourself. The time and energy spent doing so is essential to creating strong relationships. I am available 24/7 for free consultations. Simply quiet your inner and outer mind and call on me and I'll be there in an instant. Happy building!



Oc 4

DAY 31 CHUEN 5 Paths of Joy

I Am Chuen, your reminder to be playful and to lighten up. Many on Earth are so focused on their enlightenment and the future prospect of ascending that they totally miss all the pleasures of being in the Now. Many who are not consciously moving towards enlightenment are doing the same. It is understandable, for at this time on Earth, many cannot grasp even the basic necessities to stay alive such as food, shelter and clothing.

I ask you to look around and notice how many cheerful people there are who are in dire need. Ask them what their secret is. "How can you be so happy when you live in a cardboard box and forage food from garbage dumpsters? Your loved one recently passed away, how can you be happy instead of overcome with grief? You lost your job and your spouse has left you and you now say you are happy because new doors are open for you? Help me to understand."

These people are the way-showers. They can be of tremendous value in helping you find joy in your life. There are an endless number of Paths to happiness and joy. It all comes from within, going back to the belief codes you have created and built your foundation upon. With diligence, you can break through the codes that keep you locked into sadness, victimhood and depression. Call on me when you seek Guidance on how to create joy in your life. I am ready and willing to assist you in any moment.

You can begin today by calming your inner and outer world. Clear all thoughts racing through your mind. Clearly state that you intend to bring an abundance of happiness and joy into your life, *now*. There are a myriad of ways this can occur. I will give you an example, but please choose the route your intuition takes you, for each of you is unique.

Let us say that you are unhappy because you are lonely. No one comes to visit anymore. You never receive personal letters. Your neighbors rarely acknowledge you when they see you. You have no interest in going to church, joining any groups or social activities. This is where objectivity is crucial. Be willing to take responsibility for your past actions. This is necessary in order to recognize the belief codes you have and to be able to break through and change them. There are many processes available to do this and it would be wise for you to seek them out in order to get through these limiting thoughts much faster.

If you are able to be objective, you may recognize that you had low self-esteem as a child. The low self-esteem created shyness because you felt that people were judging you and you avoided that pain by staying away from others. In essence, you learned to judge and criticize others as a coping mechanism. Your wall of protection now has a strong foundation.

As time progresses, you continue to build your wall of protection. As you go through life dealing with friends, family and others, you diligently categorize, judge and find ways to keep them at bay. You realize that each time you let someone get close to you; they hurt you in some way. You no longer want to be hurt.

You decide to stop visiting others, which in turn, they stop visiting you. You stop writing personal letters, so others stop writing to you. You stop smiling at your neighbors, you never invite them over and you only wave to them if they wave at you first. Soon, they start treating you the same way. You quit going to any kind of social functions, which ensures that you don't make any new friends. You are lonely. Can you see why?

There are ways to break out of this dilemma. One way is to go back into your past and start unraveling when, where and how this isolation began. Forgiveness and release are important factors for growth. Once you have accomplished breaking through one belief code, it affects many others, and like dominoes, they begin to fall. This is scientifically proven, you can do research on the neural connectors in the brain and how they are changed when your thoughts are changed. Fascinating bodies you have on Earth!

Another method is to convince yourself that the past is history and from this day forward, you are going to chase away each negative thought and replace it with a positive thought. You will also need to monitor your behavior and change those that no longer serve you. For example, a drug addict will need to go through a physical detox, change his diet, stay away from the people who supply his drugs and surround himself with supportive people.

If you are lonely due to some of the reasons stated previously, the first issue to address is your self-esteem. Every time you pass a mirror, say to yourself, "I am a wonderful, kind and perfect person."

Some of your outward behaviors need to change, as well. Call up someone and set up a date to visit with them. Write a letter to someone telling them how they were a good influence in your life. Go out of your way to smile or wave at your neighbors or gather them together for a block party. Go to social functions and be the first to extend your hand in introduction. It may be hard at first, but it does get easier with practice. Always remain diligent to negative thoughts or putting people in boxes.

Your goal is to see all people as perfect, knowing they make their choices dependent on their belief codes. None are wrong. It is not your place to judge or criticize them. Know that each of you has everything within yourselves to break these codes and to live a life full of wonder, excitement, peace and joy.

One aspect of Tone 5 is symbolic of the foundation of humanity, living in the physical body, fully tuned in and capable of experiencing humanity to the fullest. I welcome you to call on your intuition, your Spirit Helpers and myself when you want to strip away any belief codes, which in essence are blobs of negative thoughtforms. We will help you to hold up the mirror so you can look yourself in the eye and say, "No, thank you. I choose to believe in something else."

*Go outside and play! Skip, jump and laugh deeply.
Bring the innocence of the child back into your life and lighten up!*



Selamet! Chuen 5

DAY 32 EB 6 A Bun Dance

Welcome, I am Eb. On this grand and glorious day, I would like to invite you to "a bun dance." Come on, let's get silly! You earthlings tend to take things a bit too seriously. Let us lighten up this day and see what fun ways we can create the life that you barely let yourself even dream of.

First, let us look at Tone 6 as a unifying force of you, as a fully conscious human be-ing (5) and the first step of consciously uniting (1) with your Spiritual Essence (5+1=6). View yourself as One with your Creator or Source. Know that not only were you created; you also had a part in selecting how you were to be created. This may be a stretch for some of you at this time, but it won't be long until you understand. With my energy of abundance, aligned with the energy of 6, which is *you* plugged into the creative Essence of your Spiritual Self, let the music play while we create "a bun dance" party!

*Do you want an abundant life filled with joy, happiness and all the creature comforts?
Well, let's make it happen! Here's how it works.*

First step is to believe you can have whatever you want. It may take years to clear old belief codes to get to this realization.

Second step is to identify what you want. You can be general wanting things such as health, wealth and happiness or more specific, desiring things such as a new car, dream vacation or recliner chair.

Third step is to begin the visualization process to get these things to materialize for you. The visualization process includes a few steps. First, clearly intend what you want by making a written list or statement to others or your Spirit Helpers, create a vision board, join intentional prayer circles, etc. Next, visualize what you want, for example, a new car. In your mind, see yourself driving that car. What colors are the exterior and the interior? Smell the new upholstery. Feel the cushions under your buns. (This is "a bun dance," after all!) Feel your fingers wrapped around the steering wheel. What kind of options did you choose: hardtop, convertible, sunroof, power steering, 4-wheel drive? Is the wind blowing through the windows or do you have the convertible top down? Are you sipping on a drink? Do you have music playing? The point is to make the visualization as real as possible, for the unconscious mind doesn't know the difference between factual and fantasy, it thinks everything is real when the visualization is clear.

Fourth step is to set the creation process into motion. This can be done in many ways. You must remove any obstacles, such as, "I can't afford it. I don't deserve it. I have to save for 20 years to get this. I am being selfish and unrealistic." If necessary, start small and build your way to larger things. Within yourself is the power to start as big as you want; it depends on your ability to believe and instill passion into your creation.

Now watch the magic begin! There are myriads of Angels and Beings on the Other Side who are happy to service you and provide your dreams for you, but you must ask and really desire what you want. They will lead you, however, you must notice the steps. Fear and disbelief can instantly shut off the quickest and most graceful route. Through diligent attention to coincidences and synchronicities, you *will* reach your goal. Sometimes, you may have to go outside your comfort zone, but if it feels right inside and it doesn't hurt anyone, including yourself, go for it. Know that the final outcome is not always exactly as you dreamed, but that many times it is better than you allowed yourself to dream!

Fifth step of the "a bun dance" is motion. When you notice things happening that might possibly lead to your desired goal, you must take action. This could mean phone calls, research, paying attention to possible clues, asking questions, quitting a job, moving to a new location, breaking away from people who are not healthy for you or changing dietary habits. You set the intention into motion and you are responsible for creating the fuel to get you to the desired outcome.

Sixth step is gratitude. Always thank the Spirit Helpers and humans who helped you reach your goal. With an attitude of gratitude, you will create a field of endless possibilities. Let the music play, wiggle your booty and enjoy "a bun dance!"



Selamet! Eb 6

DAY 33 BEN 7 In Courage

Good day to you! I am Ben and pleased to be of service to you on this day of wonder and splendor. With the assistance of Tone 7, we would like to embark on a journey of courage and bravery with you.

Let us discover the mystery of one aspect of the number 7 by viewing 5 as the foundation of your humanity in full consciousness, knowing who you are in this Realm, plus 2 as it represents polarity. Being a fully aware human, able to choose between each issue of polarity without fear, brings much joy and freedom.

With my enhanced energy of courage, I can help guide you to higher Realms. How does this work? Let me begin by expounding more about polarity, so you will have clarity.

As you go through your day today, you will be presented with a countless number of choices. When you wake up, will you have something to drink or eat? What clothes will you wear today? Will you make the bed or not? Do you work or relax today? Do you walk or drive where you need to go? What shall you prepare for each of your meals? Do you smile at everyone you meet or not? These are polarity issues.

Often, you are on autopilot, there is little to no conscious thought about many things you do. These are habits, part of a daily ritual. My challenge to you is to be more observant and look at each of these choices to determine if they are in your best interest or not.

What is your highest goal for yourself? If you intend good health for yourself, be cognizant of each choice you make in your food intake, habits and what substances you put on your largest organ, the skin. If you intend abundance, what limiting thoughts and behaviors are stopping you from reaching your desire? For each of your intentions, monitor your thoughts and behaviors diligently in order to catch the belief codes and unconscious habits that keep you off your Path.

Each one of the changes you need to make requires a specific amount of courage. That is one of my areas of expertise. With the specific energy of Tone 7, which is to help you choose what is for your highest good, we make quite a team and are here to encourage and support you.

With courage and fortitude, you have the power within to change each belief code and behavior, allowing you the freedom to choose what is best for you in each and every circumstance.



Go forth and seize the opportunities of this day! Ben 7

DAY 34 IX 8 The Dark Night

I Am Ix, the Keeper of the Night. The aspect of Tone 8 that we will look at today represents abundance and how to apply it in a specific manner. The energy of Ix that we will look at is regarding the dark areas that dwell within your physical Being. This also refers to dark nights, when sadness and despair may seem overwhelming to you.

To understand better, let us create an illustration. First, look inside yourself at the dark areas. Before diseases manifest as a physical ailment, such as a cancerous tumor, they first begin as negative thoughtforms that glop together. These dark thoughts in your auric field can be seen by psychics and Kirlian photography.

With today's energy of Ix 8, you can call on us as well as your Spirit Helpers to bust these dark areas out of your system. This can be done through prayer and meditation when you are by yourself or with the assistance of others who are skilled healers, whether they are near you or far away.

What is crucial to breaking up these accumulated thoughtforms is the belief that indeed a full healing and clearing can occur. The main thing to know is that these dark energy patterns are created by your thoughts, words, emotions and actions. There is a universal law that like attracts like. Light thoughts flow in energetic patterns; dark thoughts glop together like a sticky substance. Be aware of your words. The first time you say something like, "I am sick and tired," you will have created a dark thought pattern.

The next time you repeat the same words or energy pattern, with feeling, this thoughtform will attach itself to the first thoughtform. As time goes on, if the attitude remains the same and the feelings occur over and over, this dark glop of energy will grow and grow. Let's use the example of your job. At first you say, "I am sick and tired of this job." This feeling intensifies with your dissatisfaction, yet you continue to go to this job every day. Each day, you add more energy with statements energized with a variety of feelings. "My boss is a pain in the neck. This job is going to kill me. I have to stay here because I need the health insurance (that in itself opens the door to the possibility of health problems)."

At one point, you adopt the belief code that this job is not good for you. The people you work with are no good. You are stuck because you need the pay and benefits, etc. Once imbedded securely, this glop of dark energy becomes so large, tight and energized that it actually manifests into a physical disease within your body.

Your Spirit Guides are here to help you manifest whatever you energize. They don't place value judgments on what you wish to experience, they simply feel your energy and do what they can to set up circumstances for you to experience what you are feeling. With thoughts such as, "I don't want to work here anymore. I am sick and tired of this job," your Guides may take you literally and help you get fired or open up a new job while you create sickness and tiredness in your body. The pattern remains the same for those going through emotional dark times filled with grief, sadness, despair, etc. The energized thought patterns continue to collect in glops until these feelings become a part of your belief codes.

How can you break through these patterns, whether they have already manifested physically or still in your auric field? Take time to quiet your inner and outer world. Call in the energy of Ix 8 and Spirit Helpers. Clearly state the intention of what you want to occur. In this case, you could ask for full dissipation of the dark energy glops related to your work experiences.

Tone 8 has the added pulse of abundance. It is like having a booster on an electrical appliance. I am the Keeper of the Night, meaning I am a Master at breaking through these dark energies. With our unique combination, it is like going to a doctor who specializes in your specific ailment.

Through focused intention and pure thoughts, you can undo these glops. However, in order to keep them from accumulating again, there is inner housecleaning to do. It is helpful to discover the belief codes that keep you in this way of thinking. You must take action to change the thoughts and behaviors that keep you in this mindset.

When you ask for assistance, you may know or have a feeling to do certain things. Perhaps you will feel the push to seek another job. Maybe you will become more open-minded and change your attitude towards your boss or co-workers. There are a myriad of possibilities. Your responsibility is to follow the clues and make choices based on your highest dream, not allowing fears and limiting thoughtforms to keep you from pursuing your new goals.

The same goes for those who feel deep despair. First, you must know the reason why you feel this way. Many times this goes back to beliefs you created in early childhood. Take notice and responsibility for the belief codes you set up. They had a purpose at one time, but may no longer be appropriate.

A child might have been told, "Never touch the steering wheel of the car!" When the child becomes a teenager, he may feel anxiety about driving, unless he changes the original code. Perhaps, in order to control the child's behavior, his mother clearly stated, "You could die or cause the death of others if you touch the steering wheel." When the child reaches the age to legally drive a car, he may be scared to death to drive. Perhaps the father told the child, "Do not touch the steering wheel until you are trained and have a license." That child is more likely to have no fears about driving. Can you see the direct correlation between the belief code and behavior? Add to the child's original belief code a variety of life experiences (car accidents, others' fear of driving) and you can pretty well guess what the outcome will be.

This is why each individual is unique. Each belief code is energized by a variety of life experiences, values and judgments. The beliefs and emotions that are energized become that person's reality.

Whatever you create, you can un-create.

In order to progress towards love, you will need to change limiting belief codes and energize them with new and positive behaviors. As you master this code structure, your life will blossom. You will experience less dark nights and more sunny days. There is no other way! Isn't that good news? Be of good cheer, for you have all the power within yourself to create a life of light and abundance!



Celebrate! Ix 8

DAY 35 MEN 9 Dream Symbols

There is much written about dreams and their significance that is true, yet there is more. The value of dreams cannot be overstated. Perhaps you have a problem to be solved and that night you dream of a wonderful solution. At other times, dreams are entangled masses of events or thoughts you had that day or in the recent past. Dreams, such as premonitions that come true can be very profound. Flying, being naked in public places and other such non-reality dreams often are symbolic and sometimes provide clues to intentions you set in your conscious state. These are the ones we will look at today.

These symbols are archetypes or representations of emotions, objects or events. Where many authors such as Carl Jung fall short is when they focus only on ancient or cultural archetypes. For example, one person may dream of roses. When they look up the symbolic meaning of roses in dream interpretation books, they are confused because that archetypal meaning does not apply to them. Their past experiences may override the archetypes of the culture they live in.

Look deeply at the archetypes in your dreams and what they mean to you, personally. For some, roses are symbolic of Mother Mary. Perhaps for you, the smell of roses reminds you of a loved one who grew beautiful roses and has now passed away. In your dreams, it is possible this loved one is trying to contact you. When your mind is relaxed during sleep, it is sometimes easier for those on the Other Side to make contact. Paying attention to your dreams and making notes of objects and events, especially when they seem out of place, can be beneficial for you to decode your dream symbols. For example, you find yourself in a train that is flying. The two archetypes are being in a train and flying. Keep a log of these archetypes and the emotions you felt during the dream. Emotions are the catalysts and many times the true meaning of the dream.

For example, you have a recurring dream that changes through time. Each time, the setting is similar. Sometimes you are at a party or various other group gatherings. Over a series of months, your dream evolves. The common denominator in the dream is that you wind up in a small circle and before long, the gossip begins. In the beginning, you may start the gossip. Other times you are an active member in keeping the gossip alive. Through time, you try to change the subject and get others out of gossip mode, yet they continue. Perhaps they criticize you for trying to change the subject. Maybe you don't leave the crowd because you don't want them to talk about you behind your back. Maybe you silently wish they would change the subject but stay in the group to avoid being criticized. Later, your dreams change and you try your best to either change the subject or convince the others that gossip is harmful and a waste of time. Eventually, they either follow your example or you make the choice to walk away.

In your waking time, you have been a gossip and wish to change this behavior. Then you begin to have recurrent dreams that offer you opportunities to express the clear intention you made, "I choose to speak only kind words." These types of dreams are like dress rehearsals, offering you a safe way to practice the behavior you wish to change.

Once you master one step in changing the behavior, the dream changes and takes you to opportunities to master the next step. Can you see the progression in the dream example above? The dreams begin where you currently are in your life, an active gossip. At some point, you make the conscious decision to stop gossiping. Your dreams reflect this decision as you begin to face your fears of criticism, being judged and not fitting in. If you practice these things in your awake time, you may then have dreams of confronting others, speaking your truth or walking away. Once you have mastered these new behaviors in your awake time, you are likely not to have these dreams anymore.

Perhaps in the future, you have a relapse and get involved in a gossip session. If you feel guilty about your behavior, you may have another dream. It is likely this dream will give you an experience that allows you to get past the guilt. Maybe you simply recognize that you fell back into an old pattern and vow to be more careful. Then it is likely you won't have a gossip dream, because you have learned to solve the problem in your conscious time. Instead, you may have a dream of a celebratory nature as a result of mastering one aspect of your life, such as gossiping.

This is just one way that dreams can be helpful. Some dreams are just fun, they may reflect how you felt after having a day where everything flowed well. Some dreams are just plain strange and may reflect several issues your busy mind is working on. We invite you to share your dreams with us for assistance in interpreting and using them to solve your problems and lead you to a life of abundance, peace and joy.



Dream on! Men 9

DAY 36 CIB 10 Heart Connections

I am Cib with Tone 10. We welcome you this day to chat with us, for that is our specialty: communication. We invite you to go beyond the means you currently use to communicate and use your telepathic skills more often. Within each of you is the innate ability to communicate without words. Observe Nature. Do animals speak with words? Do plants transmit thoughts with words? No, they use energy transfers, body language, instinct and telepathy to transmit their desires and concerns.

How many times have you experienced or heard stories that someone knew when a loved one was ill, injured or had passed away? Have you ever experienced thinking about someone then they called you on the telephone? Are you aware that you have Angels around you at all times that you can consciously communicate with?

We would like to introduce to you a better means of communicating with those you encounter. By making a heart connection with others, you will be better equipped to communicate on a deeper level. The heart connection can be made with people, animals, plants and even the rocks!

Typically, when you meet another person, whether it is someone you know or a stranger, there is an initial greeting. A common greeting in the U.S. is, "Hello, how are you?" The usual response is, "Fine, thank you." How many of you really feel fine when you answer the question? How many of you truly want to hear how the other feels in that moment?

Look at the word "communication" for a moment; the root word is "commune" which means "to be one with." How many of you truly become "one with" another during a casual conversation? Generally, each person interrupts the other so they can be heard; deep listening and empathy rarely occurs. Much of what is uttered are words of scorn, judgment or silliness. It matters not to us what you choose to do, we simply wish to bring to your attention the low level of communication most of you use. We use the words "low level" because on a vibrational scale, much of what you utter has low or negative frequencies. Negative thoughtforms vibrate at a low frequency. They are slow and dense, which is why they stick like glue when they collide into similar thoughtforms.

Sound sets into motion the creation of all things. Words can be more powerful than thoughtforms when the thought behind them holds passion and belief. There is an overabundance of thoughtless forms floating in your ethers, colliding with similar thoughtforms and words. Many of these thoughtforms have collected into huge masses capable of creating havoc with your weather patterns and reinforcing "stinking thinking" belief codes.

Once a word is uttered, it cannot be un-said. It continues to float around your uni-verse for eons, seeking other words and thoughts to adhere to. This may sound like fantasy, but be assured that what we speak is the truth. Your scientists are proving the truth in these statements as they go further down the rabbit hole while studying quantum physics.

It has repeatedly been proven that when a cell is divided then separated by great distances, one cell will respond exactly as the other at the same moment the other is manipulated by the scientist. Does this infer there is some type of communication going on between cells, the building blocks of your universe?

Have you ever watched a group of birds in flight? Their ability to maneuver as one while making sharp turns at high speed is astonishing. Not one word is spoken, yet they move as one. Listen to the animals in Nature. Although they do not speak with words, there is communication going on everywhere. The squirrels and birds make a distinct sound to alert all that danger is near. Ants and bees have developed sophisticated methods to tell others where to locate a food source.

In recent times, there has been an onslaught of media presentations on the topic of telepathic communication between humans and animals. Pets exhibiting strange or neurotic behaviors are able to tell the animal whisperers what is upsetting them. There can be no doubt that some type of communication is going on between the two when you witness these stories.

Communication also occurs within plant species. When there is a forest fire, pinecones will close up to protect the seeds within its shells. It has been observed by researchers that simultaneously pine trees far removed from the fire close their cones at the same time.

How are these things possible? Each species on Earth is connected to each other through an invisible grid system. These are energetic lines similar to radio frequencies. Everything on your planet vibrates at a specific frequency. All pine trees vibrate at the same frequency. When one pine tree experiences being cut down or engulfed in flames, all pine trees on the surface of the Earth have the same experience, to a lesser degree.

There is also communication between species. Observe animals in nature, as well as domesticated pets. There are an untold number of sightings by researchers such as National Geographic, which record animals in the wild working together to solve problems, assisting each other, with no words being spoken.

The trick to communicating with others is to learn their language. Much communication within all species is body language. The tone of voice many times is enough to alert others to what is being said, even if the words are uttered in a foreign language. Deliverance is another indicator; slow and mellow words set a different tone than fast and frenzied utterances.

We could fill volumes of books related to the topic of communication. However, we would like to spend the rest of our time sharing techniques that will allow you to commune deeper with the people, animals, plants and rocks you encounter. Your life will be immensely enriched when you take time to commune at a deeper level with all who inhabit the Earth.

We are speaking of heart connections. We call it the heart connection because of the association between the heart and love. This could easily be called a love connection, however, in your language, this could create an erroneous message that we are setting up a dating service.

We spoke previously that negative thoughts and words operate at low and dense frequencies. In your world of polarity, the opposite holds true. Loving thoughts and words operate at high frequencies. These frequencies do not glop together like lower frequencies. They flow seamlessly throughout the universe, touching all like a magic wand, gifting each with a wonderful blessing.

Your ability to make heart connections will increase as you drop defenses that keep you separate from others. As you drop negative habits and increase your ability to love others unconditionally, your heart connections will become stronger. The reason is because you will be increasing the frequency at which you vibrate. Animals in the wild don't hold grudges. They don't discriminate, based on human judgments, which animal they will alert to danger or which will become their next meal. They operate basically on pure instinct. However, we would like to mention that many animals and plants are much more intelligent than humans give them credit for.

To make a heart connection, it is imperative that you focus your attention on the person, animal, plant or rock you wish to connect with. In your heart, well up feelings of love. This is best achieved by feeling gratitude for all the blessings in your life. Focus on the other and be grateful for the opportunity to be with this entity. Look beyond their physical body and attempt to see them as they truly are, a reflection of God, pure love. This may take some practice, but will bring you one step closer to loving all unconditionally.

Look into their eyes. Although this is not always a good idea for wild animals, as this may be a sign of aggression. Also, know that in some cultures, eye contact has a variety of meanings, usually associated with subordination. Making a heart connection and eye contact will create much more depth than what most of you are currently experiencing when you exchange niceties.

Now that you are giving the other your full attention, consciously send them a wave of love and appreciation. No words need to be spoken; the other need not know what you are doing. Even if the other has no idea what you are doing, there will be an energy exchange that will be felt. If the receiver is open, he will feel a sense of calm and will be more relaxed in your presence. You will be able to sense the receiver's response, even if he does not consciously return your love.

Be aware that many people have closed their hearts due to past wounds. Even if they reject your love at a subconscious level, you can be assured they will remember you. You may be the only person who has tuned into them for any length of time. Many of the plants, animals and rocks are pleasantly surprised to have you acknowledge them, as well.

Once you have made the heart connection, you may wish to use words as is customary in your society. However, this time when you ask someone how they are, it is much more likely that a true communication will occur, rather than just a rote response. You can do the heart connection anywhere, anytime. Smile and send a conscious burst of love to people you pass on the street, the grocery clerk, the gas station attendant, pets, wild animals and the roses in your neighbor's yard. You can also send silent greetings to those who are miles away from you.

*Each heart connection brings you closer to unconditionally loving all Beings.
This is the true essence of communication.*

It is our hope that each of you will practice this skill until it becomes second nature. The blessings you give and receive will create a tremendous amount of change on the Earth. The effects will ripple much farther than you can imagine. Trust that the waves of love will flow continuously for eons. How much more powerful can this simple act of connection be if you teach it to others? You can begin with people and in groups that you feel comfortable sharing with.

There are other methods to make a heart connection even more powerful, such as when you use the gift of touch. Place your right hand on the area between the other person's heart and throat. Have them place their right hand between your heart and throat. This area is called the heart chakra and generally vibrates at the highest frequency in your body. Next, each of you places your left hand over the right hand of the other person. This sets up a frequency exchange similar to electrical wiring, allowing the energy to flow freely. If you both are comfortable looking into each other's eyes, do so.

Begin to send loving energy to each other. Focus on the highest sense of unconditional love you can muster. Continue until one of you feels it is time to stop. You will know when the time comes when one of you relaxes your hands and starts to pull away. You have now made a heart connection on a soul level, sharing love with another. This is a true blessing.

At times, you or the other may not be comfortable receiving touch or it may be inappropriate to touch. Perhaps you are in a large group and it would take too much time to make heart connections with everyone present. We would like to share another technique for those situations.

Have everyone involved place their right hand on the area between their own heart and throat. Next, have them place their left hand over their right hand. With eyes open or closed, once again send the highest frequency of love to all who are present. Continue for a few moments. You will feel warmth in your chest and a sense of peace. Know that you have connected and are increasing each other's capacity to love.

Practice these techniques with people you trust and share them with others. Before touching anyone, gain their permission. Explain to them what you want to share with them. Respect their choice if they decline your offer. You can still send them love at any time.

Know that whenever you send love to another, it increases the vibration of love over all the Earth. Although you may not be able to see the effects, know it exists and continues on forever. It is love that will set you free from your bondages of fear and negative belief codes. Go forth and make heart connections with all you meet! Trust in the magic!



Selamat! Cib 10

DAY 37 CABAN 11 Staying Centered

I am Caban. Welcome to this day full of wonder and joy. We appreciate the time you take to join us in these Messages. It gives us much pleasure and satisfaction to help those of you who are ready to progress in your evolution. The topic we would like to bring to your attention has to do with centeredness. All is available to you in moments that you remain centered, especially in times of stress. When you are able to keep your focus and remain level-headed, you are able to make better decisions. Clarity comes from remaining peaceful. When you are stressed, your body reacts by pumping adrenaline into your system. Adrenaline is designed to give you an extra push you may need in the time of an emergency or during an event that is out of your normal routine.

At the time of the adrenaline rush, all of your senses are heightened. Time seems to slow, allowing you to make clearer decisions. However, many of you live at this heightened sense of emergency during most of your waking hours. After a time, your adrenal glands become over-stressed and stop working properly. This is when exhaustion sets in, which is your body's way of trying to gain your attention, by forcing you to rest. Unfortunately, many of you still continue to over-pressure yourselves, which inevitably leads to disease.

We would like to suggest that you slow the pace of your life. Simplify. Some of you will argue and say that you can't. We disagree. We encourage you to monitor where you spend your time and energy each day. How often do you feel rested and centered? When you learn to live in the moment, you have the opportunity to be at peace and centered, no matter what is happening around you.

Instead of using stress, caffeine or pharmaceuticals to create adrenaline to get you through the day, you have the ability to live each moment in a state of peace. This is much better for your body. Instead of exhausting your resources, you will be able to energize your body even during times that would normally deplete you.

How do you begin? It is imperative to find time each day to quiet your mind, perhaps before you get out of bed in the morning. Others do better when they retire at night. Take time throughout the day to nourish yourself and replenish your store of energy. Those who are not used to setting aside daily quiet time may find it beneficial to spend quiet time seeking ways to free up time and energy during your daily routines. Some of you feel guilty for taking time for yourself. We encourage you to change this belief code. You will always be better equipped to handle stress and have more quality time with others when you are refreshed.

During your quiet time, look at ways to gain control of your time and energy, remaining as objective as possible. There may be activities you are currently engaged in to escape the daily routine or to relax. We suggest you look closely at these. Many of you read books or use television to numb your mind after a hard day of work. We do not judge anything you choose to do. However, if you wish to accelerate your evolution, you may be wise to alter some of your current habits.

We wish to re-mind you that your subconscious mind does not know the truth between reality and fantasy. If you have ever read a book or watched a movie and found your heart racing, cried or felt other emotions, you will understand the truth in this statement. Although on the conscious level you know the difference between a movie and reality, your body and subconscious mind reacts as though it is reality.

Thus, when you watch action-packed movies, your body tenses during the action scenes. When you overload on police stories, your mind logs the information as though it really occurred, thus creating suspicion and fear. Soap operas create havoc within real families and relationships as day by day the viewers soak up the scenarios like sponges. It is not unusual for character actors to receive hate mail for things portrayed on the screen. It is not uncommon for characters portraying doctors on TV to receive letters asking for medical opinions. These characters become so real that even the most intelligent among you form opinions about actors as a result of the roles they play.

Some of you may adamantly defend your choice and insist on continuing to engage in these types of activities as a means of relaxation. We do not judge this. However, let it be known that you are creating unrest in your bodies at a time when your body most needs to relax. Your body is stressed as it reacts to what you are watching or reading. Many others of you participate in sports for your recreation. Although there is nothing wrong with this, be aware that you are putting a tremendous stress on your already over-worked bodies. Add competition to the mix and the adrenaline resources are depleted even more.

Your diets are another cause for overtaxed bodies. It is no wonder that diseases, especially those related to chronic fatigue and cancer are on the rise. Your lifestyles already have you maxed to the limit. Then you feed your body foods that have little to no life force in them. You push your body to perform at peak levels while giving it inferior fuel. Then you pump in drugs to remove the symptoms that are designed to warn you of system overload. In addition, you take pharmaceuticals to enhance your ability to push yourself further by creating muscle mass. Laboratories work 24 hours a day to produce thousands of products designed to do what your body does naturally when given the proper amount of rest and nutritious foods. It is up to you personally to regain control of your life. Quiet moments are a must to even begin the process of slowing down. Look at your routines and find ways to fully relax every muscle in your body. Return to Nature for quiet walks or sit next to a tree and simply be. You have become human do-ings instead of human be-ings. Your body was never meant to operate this way. Your society as a whole is moving at lightning speed with everyone trying to improve themselves at the expense of their mental and physical health.

Take time to get off the rollercoaster and ride in the tunnel of love for a while. It is in the tunnel that you will find peace. Learn to be alone with yourself. Practice be-ing. Seek ways you can cut back on needless activities that drain rather than energize you. As you work through fears and belief codes that keep you entrapped in old habits, you will find yourself refreshed, energized and encouraged to make decisions that will make your life more fulfilling. It may take stepping out of the box to reach your goals.

Many of you are in jobs that are not suited to you, remaining there for the company benefits or because it is a steady income. You spend an exorbitant amount of time associated with these jobs, including travel time to and from and all the conversations you have with others regarding your work. Do you not think that all of this time is draining you? It is no wonder you numb your minds with senseless activities. There is no energy left to be creative. You are simply living for the basics in life: food, shelter and clothing.

Others spend their relaxation time buying or playing with material objects. There is nothing wrong with this as long as there is balance. What we see all too often is that you become slaves to your toys. Much time is spent with basic upkeep, repairs, insurance, etc. Often, there is a need to make more money to pay for these expenses. Soon, you find yourself in a vicious circle, having to work more hours to pay your debts, while at the same time you keep purchasing more. We say all of this to make the following point.

In order to be centered, you must create balance in all areas of your life.

If you are exhausted most of the time, it is likely you are pushing yourself too much. How can you pull back to regain your balance? If your body feels sluggish or you are not at an optimal weight, look at your eating and exercise habits. How can you find balance there? If you constantly talk of past events or worry about future events, it is likely you are not spending a balanced portion of your time in the current moment. It is in the present moment that you will realize that past events no longer need to have the charge they once had, especially if they are detrimental to you. It is in the present moment that you can plan the changes you wish to make in order to experience a fulfilled future.

You are the creator of your reality. Our goal is to help you to remember the power you have within your body and mind. We cannot assist you when you are exhausted, for you have no energy left for creative endeavors. We can only help you when you are alert and willing to take the steps necessary to create your fantasy into reality.

Most of you have realized that material wealth does not bring you happiness. You will soon discover that happiness only comes from within. You have the power to choose how you feel in any given situation. You have the ability to choose what to do with your time and energy. You have all the power you need within you. There is no need for teachers or gurus, although others can be great role models for you. No matter what techniques are presented to you or where you find yourself in this moment, it is up to you to choose what you wish to experience.

We wish to encourage you to find ways to remain centered by balancing every aspect of your life. You live in a world of polarity; there are an infinite number of possibilities available to you at all times. Look around, expand your horizons and make the conscious decision to create a better life for yourself. We will assist by showing you various opportunities available to you. These come in the form of coincidences and synchronicities. Stay alert and have fun along the way!



Caban 11

DAY 38 ETZNAB 12 The Shadows Within

I am Etnab, the hall of mirrors. Seek me when you are ready to face your shadows by looking within. Each of you have issues to deal with that are buried deep within. It is time to bring them to the surface and to scrutinize them. Once the shadows are lit, they hold no power over you.

Many of you still live within the illusion that others are to blame for the outcome of your life. You make “shoulda, woulda, coulda” excuses which keep you from living the life of your dreams. We ask you to prepare to take full responsibility for all of the belief codes that you now hold. Surely, others you have trusted led you to believe many of these truths, but now it is time to look closer and see which ones no longer serve you.

Where to begin? Pay attention to times when your buttons are pushed causing you to feel angry or frustrated. Look at any health issues that are plaguing you. Anytime you are off balance or blaming others for what is happening in your life, you can be assured you are operating from a negative belief code. You may feel righteous in your anger; this is your choice. However, let it be known that whenever you react to anything or anyone, you are responding from a state of immaturity.

Before you get upset with these words, consider the Masters. When they are assaulted or crucified, they do not lash out. When they are humiliated or ridiculed, they do not defend their actions. True Masters are those who maintain balance, for they have grown to understand that everyone is simply doing the best they can in the moment. Masters are not affected when others insult them. They know they are perfect, as well as their accusers. When a Master is handed a lemon, he will make lemonade and be grateful for the nourishment.

There are countless stories of people who have maintained their balance during all kinds of untold strife. These are the things saints are made of. These people give tirelessly of their time, money and energy for causes they believe in or simply as acts of kindness.

How can you join their ranks and live a more balanced life? By going within and clearing out the clutter that you collected since childbirth. Start by noticing times when you are at unrest, when people or events knock you off balance. We have spoken previously how negative thoughtforms attach themselves to each other and create physical ailments within your body. Thus, you would be wise to pay attention to any dis-ease you are experiencing.

How to find the root cause of your un-rest or dis-ease? Go to a space where you will not be disturbed and quiet your outer world. Have the courage to look at what is currently upsetting you. If you had an altercation with another, be as objective as possible and look for your words and actions that worsened the situation. Go back as far as you can in your relationship with this person to find unresolved issues that have been ignored and allowed to fester.

Sometimes you may find that it is best to break ties with this person, especially if your safety is at risk. We do not suggest trying to save a relationship with one who has a history of physically, mentally or emotionally abusing you or others. Those relationships are better dealt with professionally or in the spiritual Realm.

When issues with people are looked at thoroughly, there generally tends to be something that was said or misunderstood which began the initial bickering. Many relationships can change and be renewed when both parties accept responsibility for their part and apologize to each other with the full intention of letting the past go and rebuilding the relationship together. This takes maturity on the part of all involved.

Even if you never have another conversation with the person you are upset with, it is in the best interest of your health and well-being that you come to the point where you are able to release any negative emotions. Try replanting negative emotions with positive emotions and you will eventually feel acceptance and gratitude for the experience.

In this world, it is your interactions with others that allows you to have a human experience.

Think on this for a moment. What if there were no other people on Earth? How would you be able to experience forgiveness, sharing or any multitude of events? The world would be a lonely place. If you believe in the premise that man was placed on this Earth to experience its bounty and to share with one another, then how far is it for you to stretch your mind and accept that perhaps this world is also a place to experience the negative side?

How much more will a person grow when they have been through the fires of alcoholism, abuse or hunger? We are not condoning anything that is unpleasant. The point we are trying to make is that this is a world of polarity. It was designed with basic rules that allow humans to experience free will. Many of the choices made are not in the highest good of all, yet they afford those who experience them to choose whether to react in their highest good or not.

When you react to another's words or behaviors in a way that causes you unrest, you have an opportunity to look within to see what it is that is upsetting you. From this realization, you can then choose how to react in future situations. With practice, you can choose to change your belief codes and habits associated with this event. This is growth.

With growth comes the ability to help others who have followed your path. Many times, the best teacher is someone who has been where you have been. Understanding comes from having passed through the fire. As each of you strengthens your belief codes and chooses those that are more in alignment with your highest good, you will become much better equipped to assist those still struggling with similar issues. That is what being a good steward is all about, helping your fellow man. Many religions speak of karma and doing unto others as you would have them do unto you. When more of you actually practice these tenets, your societies on Earth will begin to reflect your inner self. In order to have the utopian society that most of you dream of, it will take effort on the part of each one of you.

Currently, you live in a world of separation. There is so much judgment placed on things such as race, gender and creed that you have created walls around yourselves to keep the wolves out. Yet with each condemning thought and harsh word you utter, you push the wolves away and judge them with the same words you use against others. Lighten up and look at yourselves with fresh eyes. Seek out the good in others. Stop your needless comparisons; they only cause greater separation. Go within on a daily basis and seek ways to change your habits of judgment and condemnation. You will first have to discover your inner beauty before you can see it in others.

Watch your words and pay attention to your feelings. Start to notice how often what you say about others is a reflection of a weakness you perceive in yourself. Perhaps you say things to be cool or to not rock the boat with your peers in fear of being ridiculed or outcast. If you find this to be the case, then you would do well to dwell within and find the reasons why you go to such low places to maintain friendships with those who tear others down in order to feel good about themselves. We sincerely hope you will take time to go within and pay attention to those things that cause you uneasiness. We encourage you to be objective and seek ways to empower yourself so you can live a truly joyous life.

Looking at the shadow self is not an easy task. We understand this. We also know that hiding in a castle with walls and a moat filled with alligators can be very lonely. You built the walls and moat and you can tear them down and let love shine within. Seek guidance from your Angels and from those who have overcome obstacles in their lives. Having assistance from those who have been where you are can be of tremendous value to you.

When each of you learns to love and trust each other, you will have reached a utopian society. Each of you is unique and has special abilities that you can share. Find these, hone them and share with those who are ready to accept you as you are. We wish you the best.



Selamet! Etznab 12

DAY 39 CAUAC 13 Man-Infestation

I am Cauac and with the energy of 13, we will peer into the spirit of manifestation. In our Realm, all possibilities are ever-present. In your temporary home on Earth, the manifestation process is a learned behavior. The word “infestation” is defined as a presence of a large number of pest organisms in or on a host. As a word play, we can look at the word “man-infestation” as applied to the large number of pesty thoughts that flow into your conscious and unconscious mind every moment.

How do you create all that you want? You look around and notice that some people pray, pray, pray and still live a dread-filled life. While for others, everything comes easily, even their dark days leave them with a smile on their face. What is the secret behind the serenity that you see in the Dalai Lama and others?

The first ingredient is love. Unconditional Love. Love that allows all others to be who they are, without judgment or criticism. It is not easy to acquire love when your world is filled with limiting beliefs. However, it is possible to change your thoughts and attitudes, with attention and intention. “How can I do that?” you may ask. It is simple, begin by monitoring your thoughts. In the beginning, this requires much diligence, however, like any skill, with practice it gets easier until it becomes automatic.

How to control your thoughts? The first step is simple observation. Pay attention to your thoughts. How do you feel when you have this or that thought? Which thoughts do you respond to, which do you ignore? The next step is to look closer at your thoughts. Are some persistent? Which ones give you joy? Which ones create fear? Which ones would you like to act upon? Which ones would you like to ignore?

This is where intention comes in. We have spoken about setting intentions on other days, so we will not dwell on it here. The main emphasis of intention is to know and declare what you wish to experience. Once you have this clear vision, it is your responsibility to take your e-motions and put that energy into motion.

As you pay attention to your thoughts, nurture only those that lead to your desired outcome. When you have thoughts of fear, emotions you don't like or persistent negative thoughts, then literally, think again. This is where practice makes perfect. When you have thoughts that lead you away from your intention or anything less than love, choose something else to think about. It is rather simple, but like any habit, it takes practice to change behaviors.

I am available anytime to assist you in overcoming your incessant thoughts. Today's Tone of 13 is here to help you with the manifestation process. Together, the three of us are a dynamic team. You have everything within to create the life of your dreams. No matter what happens to you, it is possible to maintain balance, poise and grace. No matter how anyone treats you, it is possible to love yourself and your perceived enemies. You have the ability to heal anything that ails you. No matter what behavior you have, the power to change and be all that you wish to be resides within you. It is simply a matter of monitoring your thoughts and best of all, it's free! Be sure not to feel shame or guilt when you fall into old patterns. As the old song says, “Pick yourself up, brush yourself off and start all over again!”



Have a wonder filled day! Cauac 13

DAY 40 AHAU 1 I Am That, I Am

With the Tone of 1, which is symbolic of Unity, this is a power-filled day to focus on being One with All.

Take time today to clear your mind of all things.

Enter the space of No Thing and allow yourself time to become one with all. This is best done in Nature.

Focus on a person, place or thing.

Repeat in your mind, "I am *that*, I am."

Consciously look at similarities you have with the person, place or object you are focusing on.

Make a heart connection, creating an energetic flow of energy between you.

Well up feelings of gratitude. The goal is to develop a sense of Oneness, knowing that you come from the same Source.

Go deeper into the feelings of actually being that person, place or thing.

With practice, you will begin to merge as One.

As you go about your day, consciously connect with others, mentally repeating the statement, "I am *that*, I am," until you begin to feel one with all.

Take time to do this often and your life will blossom in all areas as you rediscover your true Spiritual Essence and re-member who you truly are.



I am YOU, I am! AhaU 1

DAY 41 IMIX 2 Purpose of Polarity

As the first Day Keeper in the Tzolkin calendar, one of my aspects is new beginnings. In conjunction with Tone 2, we create a unique blend of energy designed to enhance your ability to look at Polarity with new eyes.

Polarity has an important mission in your world; without it, your world could not exist. It is designed foremost for the ability to experience what *is*, as well as what *is not*. From our perspective, all is Love and we have no desire to experience Not-Love, which is why we choose to remain on the Other Side.

However, among you are those who expressed a desire to experience Not-Love. This does not make you lesser when you are having this experience. It simply makes you an adventurer like the skydivers, racecar drivers and river runners in your Realm.

Within the realm of polarity, there is always the need to be balanced. There is nothing wrong with going overboard and experiencing being an alcoholic or a Bible thumper. There is nothing wrong with any opposite extreme. You are here to experience this reality and live life to its fullest.

However, the majority of you also came to Earth with a mission or two. At times, you may go to extremes; sometimes this is actually necessary. When you learn to balance the extremes and become more centered, you are then able to empathize with others who have been where you were and to assist those desiring to overcome experiences you have mastered. This is what great teachers are made of.

Be careful not to judge those who are doing what you would label as outlandish things. You have no idea what their full agenda is. Most of you aren't even sure what your own agenda is.

This is where the power of Imix and 2 come into play. Tone 2 is representative of polarity. Every thing in the physical world has an opposite. You, as a human, have the ability to choose how you will experience polarity. This often happens on a subconscious level, especially when you are not being aware and not living in the moment.

Imix is the overseer of new beginnings. With our assistance, you can start anew and leave behind the extremes of the polarities that are stopping you from living a joyful life.

What we ask is that you take time this day and any other day to quiet your inner and outer mind. Look at the things that are happening in your life: your actions and reactions, your re-creation, your relationships, your eating habits, your belief codes, etc.

If it is joy that you wish to experience, look carefully at each of your behaviors and step by step, begin to walk towards the goal of the most blessed and bountiful life you can possibly imagine. Play John Lennon's song, "Imagine" and dare to create that kind of life and more for yourself and your comrades on Earth. Believe it and it is yours, now and forever more!



Be in joy! Imix 2

DAY 42 IK 3 Integration

Yesterday we spoke on the purpose of polarity in your Realm. This day we will speak of how to integrate polarities in order to create a balanced life full of love that will fuel the fire of passion for the mission you chose to accomplish during this lifetime. Polarity is simply a word meaning “opposite.” Where there is up, there is down. Where there is hot, there is cold. Where there is joy, there is sadness. The song, “Turn, Turn, Turn” speaks volumes on this subject.

Why have worlds of polarity? Through eons of time there have been many who wished to experience Separation and Not-Love. Starting with Creator Source and down through many dimensions, all that exists is Love, the pure Essence of energetic love. This Realm is indescribable to you because it is beyond emotions.

In the beginning, with great passion, groups gathered to create various worlds, dimensions and experiences. The one you are currently experiencing is only one of a myriad within all time and space. It appears real because it *is* real. You are here and you remember little to nothing of the other realms where you have resided. This is how it should be, for it was part of the contract for those who signed up for Mothership Earth. You are here. Although it is a delightful place, it does create handicaps with the limitations that were created to make this experience a possibility. You were very excited to be one of the chosen Spirits to enter into this incarnation.

Each individual on Earth has a unique reason for incarnating and specific goals to accomplish. Many of these goals overlap, but each of you is unique in how you will pursue and accomplish these goals. Many incarnate in this world of amnesia and polarity as adventurers, sure they will be able to find their way back to Source during their lifetime.

Unwittingly, many turn against their spiritual guidance and intuition and not pursue the goals they intended before incarnation. There is no “sin” in this; however, you will be breaking the contract you set up for yourself. Within that contract, you have assigned Spirit Helpers, as well as your own Higher Self to help you stay on the Path to your desired goals. There are also other Spirit Beings who have incarnated and have agreed to be a part of your reality.

You come to Earth with a spiritual GPS system. When you make a wrong turn, you receive a warning that you are off your chosen Path. It will then set up a new route to get you back on track. You can always exercise free will and turn your GPS off. This is akin to not following your intuition or synchronicities. Maybe you intentionally choose another path or set of experiences. The GPS has no judgment regarding your changed destination. It simply creates a new route for you to follow. When you divert from the new path, it gives you a warning. This is like changing your life script while still following your intuition. However, if it is too far off the Path you chose before incarnation, you will continue to get reminders that you are off track.

Many of you simply turn the GPS off. This is a sure way to set yourself up for a bumpy ride. It is your intuition and Spirit Helpers that clear the path for the intentions you set. However, if you choose to create a new Path without their assistance, they cannot intercede. The main reason you enlisted them to help you stay on track is because all of you were fully aware that the veil of separation and not remembering would cloak you as soon as your Spirit entered the human body.

No matter which route you choose, one fact remains; this is a world of polarity. You can choose whatever you wish to experience. Throughout your life, you will experience many things. You will learn that if you touch something very hot or very cold, it will hurt. At some time, you may become aware that the extreme opposites actually feel the same. Have you ever been extremely happy or sad? In both cases, the tears flow and the emotions feel the same. It is good to experience the opposite ends of some polarities. That is one reason why you are here, to experience new things. It is your choice at any step along the way to choose to either ride the rollercoaster or the tunnel of love.

Today we are talking about the integration of polarity which can be accomplished in two ways. You can choose to experience both sides of a specific polarity, such as love and fear or you can choose to experience a balance of the two in order to reach your intended goals. Either way, you will experience the integration of

both. You will reach your destination either after many rides on the rollercoaster, the ups and downs of life; or you can reach it by choosing to ride the tunnel of love without experiencing deep levels of fear.

Those who wish to integrate the polarities in life with grace, we will show you a way to accomplish this by introducing the energy of Tone 3. This is the energy of the trinity. For today's illustration, three is symbolic of the two points of polarity with the addition of the middle or balancing point.

Do you remember studying the number line when you were in school? The line begins at "0" and stretches infinitely to the left (negative numbers) and infinitely to the right (positive numbers). A little dot represents a number or place on the line. That is how your world of polarity works. You can choose an infinite number of negative possibilities or an infinite number of positive possibilities.

The little dot on the number line is where you are NOW. At any point, you can choose with clear intention and passion whatever you wish to experience. By the time you read this, it is certain that you have been all over the number line. You have chosen both negative and positive circumstances, both consciously and unconsciously.

What we offer today is a smoother road. Better choices. More balance. You no longer need to experience the extremes. Now is a good time to get balanced and back on your Path. You have learned how much smoother, calmer and wonderful the ride is when you are balanced and near the center point on the number line. We ask that you share your wisdom with those who are still struggling against their Guidance. Share with others the ways you hook into your inner self. There are many paths to the same goal. As you share, be mindful that you are simply stating ways that helped *you*. Let the listener develop his or her own Path, with your support.

In order to balance your life, we encourage you to quiet your inner and outer mind. Soon, you will once again hear your inner voice. Soon, you will release the fears, behaviors and belief codes that keep you habitually returning to old ways, unable to experience your wildest dreams. As you learn to step from dot to dot on the number line, you will become more balanced. It is like riding a bicycle, requiring concentration and practice until you master the skill. Once you learn to ride the bike, you will get faster and be able to zip past those dots at record speed.

The trick is to know when you have arrived. Many go overboard and become zealots, feeling the need to save others from what they have gone through. If you realize you have passed your mark, turn your bike around and retrace your steps until you find yourself in a place of peace.

You are not here to save the world, but to be a part of the world.

By asking for guidance from your Spirit Helpers and tuning into the guidance of your Higher Self, you will soon know why you are here and be able to stay on the Path more readily. It is much easier to ride a bicycle on a path that has already been paved for you. You will find watering holes, resting places and repair shops appear whenever you need them.

Once your basic needs are met, you will be better equipped to make this world a better place simply by being who you are. Your level of happiness, joy and love will grow exponentially. This energy will flow out of you and permeate all. You will create and enjoy with passion, sharing the unique gifts you have by simply be-ing. Once you have integrated the polarities in your life, you will be able to enjoy the rollercoaster and tunnel of love without wreaking havoc on your emotional state of being. Have fun, stay focused and enjoy the ride!



Ik 3

DAY 43 AKBAL 4 Conscious Living

I am Akbal and today I join with you to discover the belief codes that keep you from experiencing all that life has to offer. With the assistance of today's Tone 4, we will help you to uncode your dreams and unconscious thoughts that hinder you from moving forward.

The aspect of 4 that we will look at has to do with four corners where pillars are placed to create a strong base for any building. On a more etheric level, we will view these four pillars in this way: truth, strength, honesty and desire.

From birth onward (and also from previous lifetimes) each of you has unique life experiences. Along the way, you make choices. These experiences imprint in your memory, which are then stored in your physical and aural bodies.

These events can seem small, but being the basic foundation, they receive more strength as you have more experiences. As an example, let us say that when you were very little, you were hit by a car while crossing the street. Your injuries were minor, but it traumatized you. From then on, you became more wary when you entered roadways.

You became sensitized to cars. Your ears perk up when you hear ambulance sirens or hear about car accidents, traffic jams, etc. Depending on your belief codes at the time of your accident and the reactions of others surrounding your car experience, future events such as being in a car accident again and many other factors will play a role in what belief codes you have attached to each of your pillars.

Let us look at possibilities surrounding each of your pillars. First, we will begin with truth. After being hit by a car, your initial belief code may be, "That was painful; going into the street can be painful." As time and events occur in your lifetime, you may get to the point where it is fearful for you to cross the street or you may become wiser and always look before you cross the street.

Another pillar, strength, could be affected in a myriad of ways. Perhaps your incident will cause you to have more inner strength and not only cause you to be more cautious when crossing streets, but in other areas of your life, as well. You could go to the opposite extreme and be fearful in other areas, too. You'll do anything to avoid pain and the other emotions and events surrounding being hit by a car. This is the beginning of phobias.

Your honesty pillar could be affected in a variety of ways. You may not accept responsibility and blame everyone else for your incident: the driver should have been able to miss you, your mom should have been there to keep you safe, the world is not a safe place, etc. If you choose to believe that the world is not a safe place to be, then your future experiences will attach to that pillar and could grow to such a proportion that you become a recluse.

The fourth pillar, desire, can also be affected tremendously by this one basic event. You may have really wanted to get to the other side of the road to pet that kitty. Now that you have been injured by the car, your desire to cross the street has diminished. In your young mind, a possible thoughtform could be, "When I am curious, I get hurt." If you are in a situation where your parents are over-protective and most of what you hear when you are curious is, "No, no, no!" then it is likely that your level of curiosity will be greatly diminished.

Now, we realize there are a myriad of possibilities for each pillar. Our desire is that you see how each person could respond in a myriad of ways to each basic event. That event causes an initial belief code.

Reactions and belief codes triggered by future events will be added to the pillars. Through time, the pillars become stronger until you have an entire building with walls that are impenetrable.

I would like to take time to make a distinction between love-based belief codes and fear-based belief codes. Love, in all forms, whether they are thoughts, words, actions or emotions are free flowing. They wisp in and out, flowing through the Universe, creating waves of sensuality and causing tides of yumminess. Fear, on the other hand glops together, creating a dense mass that is hard to penetrate.

Fear-based emotions and thoughtforms are what we are addressing today. As your pillars were constructed with fear and negative thoughtforms, they created a substantial web of interrelated belief codes. The physical pillars are within your body, being charged with neural sensors and deposited in various locations in your body.

Through time, they will destroy your health as they manifest in a variety of diseases. Please read Louise Hay's* books to understand how to de-code the physical manifestations. With sincere desire, you will be able to uncode these thoughtforms before they manifest physically. In addition, they must be eradicated from your aural field in order to not cause you problems in the future.

To change these belief codes, they must be unraveled, one at a time. At times, they'll be like dominoes; when you break through one belief code, many others that were built on that premise will fall, as well. What is happening within your body is that you are re-wiring the neural transmitters in your brain. There is scientific evidence to help you discover the reality behind this.

With assistance from Akbal 4, we invite you to look into your shadow sides, whether they are from dreams or your awake time. Listen to your body; the belief codes are stored there. For example, when you were hit by the car when you were little, it was your right leg that was most affected. As you grow older, if you still hold onto the belief that if you cross the street you will get hurt, then it is possible that every time you cross a street, you get a pain in your right leg.

These codes can take years to unravel, but the good news is that there is a fast track. Love is the answer. Facing your fears is your homework assignment. You can begin today by facing your fears, observing and knowing what is stopping you from reaching a goal. By walking through your fears, the belief codes will start to tumble.

The key is to look at the base of your pillars: truth, strength, honesty and desire. Each step you take towards speaking your truth, standing strong for what you believe in, being honest with yourself and others in all aspects of your life and the desire to move forward to experience your passions will lead you closer to living the life of your dreams.

Most of you will need to chip pieces off the pillars and do minor repairs while many of you may have to blast the pillars down and totally rebuild. Either way, as you rebuild your pillars, you will be rewarded with a life full of hope, promise and incredible joy.



Happy Building! Akbal 4

DAY 44 KAN 5 Balancing Act

Greetings, dear ones. Today with the energy of Kan 5, we would like to discuss the topic of “balance.” This can mean many things to many people. However, the aspect that we choose to focus on today is being balanced in your human body. It is easy to rush day after day, doing this and doing that. Before long, years have passed and many things that were of utmost importance to you were never accomplished. We ask that you consider taking time each and every day to slow down. Take time to go within, to meditate, pray, contemplate and breathe.

Begin first thing in the morning before you arise. Feel gratitude for the experience and blessing of being on the Earth at this time. Be mindful of all the blessings you have. Set your intentions for what you choose to create this day. Be grateful for every experience you have.

Now you are ready to arise and begin your day. When possible, follow the lunar and solar cycles. Arise at dawn and gaze at the sun while filling your soul with love of the universe and all it contains. Do you have any idea how important sun gazing is to your physical form? The indigenous ones know and have followed this practice for centuries.

Clear your physical system by drinking plenty of water. If you must have coffee to start your day, we suggest you have at least a glass of water first to help cleanse your liver and system of toxins that accumulate overnight. Like a cat, take time to stretch your body with gentle techniques such as yoga or chi gong. Do this in the sun when possible, allowing your body to enjoy the warmth of the sun’s rays as well as absorb necessary nutrients. Take time to eat a hearty breakfast. Eat in a relaxed setting with your loved ones, when possible. Bless your food, giving thanks to all that were involved in getting it to your table. Grow what you can or share a garden with another. Mindfully chew your food.

Now you are ready to begin your day with an energized body, mind and spirit. You are now ready to face any obstacles and receive any blessings that come your way. Throughout the day, be mindful of your thoughts, words and actions. Are you staying in your integrity? Are you moving towards your stated intentions or goals? Are you feeling balanced, relaxed and peaceful? Are you experiencing joy? Are there obstacles that need to be addressed? Are you staying in the moment rather than worrying about the past or future?

Being balanced is a skill, similar to riding a bicycle. At first, it is tedious as you pay attention to every detail. However, as you practice balancing your body, it eventually becomes second nature and your subconscious mind takes over. You are then free to become more creative, such as riding with no hands or paying more attention to what is happening around you. Notice the wonders of Nature as you pedal along.

However, there are dangers to watch for such as cars, loose gravel and mud puddles. With practice, you learn to avoid these pitfalls, gracefully. If you lose your balance and fall, simply get up and start over. If you get tired, rest. Take a nice easy pace. Don’t forget to drink plenty of water! Take a lunch, sit under a tree and appreciate all the beauty this world has to offer!



Selamet! Kan 5

DAY 45 CHICCHAN 6 Twelve Step Healing Process

I am Chicchan, the serpent. Together with today's Tone of 6, we would like to focus on your second chakra, the energy field within your body that houses creativity and sensuality. Chakra fields are unique, allowing a variety of remembrances and sensations in every experience.

The second chakra allows for the creation of the things you would like to manifest in your life. It is sometimes called the passion center. When this area is blocked, your ability to create is stunted. In worst-case scenarios, they are blocked to the point where you experience dis-ease. These diseases are manifested in areas such as the lower digestive system: the intestines, the colon, the stomach, as well as the reproductive organs and lower back.

How do these areas get blocked? By your thoughts, emotions and belief codes. Starting at birth and beyond, through experiences, whether real or imagined, you begin to build your belief structures. The more intense the emotions surrounding the events in your life, the more these thoughts are anchored in your chakras. Let's use an example of sexual experiences, which seems to be one of the most taboo subjects in the human experience. As a baby, you have just gone through the traumatic birthing process. As an infant, you still recall where you came from and perhaps you are experiencing concern about your sanity, wondering why you chose to return to this dense Realm. These emotions are stored in your body.

As you grow, you have many more experiences, some de-light-full and some not so light. On several occasions, you have gotten caught "playing with yourself" and were seriously reprimanded. You still enjoy the sensations of masturbation, but now you have to sneak and do it or not do it at all. Either way, you are likely to have experienced embarrassment, guilt and shame. These emotions are stored in your second chakra.

When you are reprimanded or stunted while you practice your creativity, the resulting emotions are also stored in your second chakra. For example, coloring on the walls and being abused or ridiculed for it, being told to stay in the lines while coloring in a book, being forced to write letters in a certain way and only on certain parts of the paper, being told that boys play with trucks and girls play with dolls, etc.

Each time you are shut down while being sensual or creative (or creatively sensual), the associated emotions start glopping together. We have talked before how positive thoughts and emotions are always flowing and light. The dark energies of guilt, shame, loss of power, etc. glop to each other and start forming a many-layered mass of density. With Kirlian photography, these negative thoughtforms can be viewed. As they continue to grow and cling to each other, eventually they create a physical malady in the body. This is how chakras get blocked. They are no longer swirling and healthy; they become dark and dense. The stronger the emotions that are attached to this area, the more blocked and the more diseased they become.

It is not unusual for children who were sexually abused to have diseases in their sexual organs. It is not unusual for people who hold back their creativity out of fear of resentment and ridicule to have difficulty in their abdominal cavities. It is not unusual for people who have been overly controlled to have lower back issues. Again, we refer you to Louise Hay,* her works can help you find the underlying cause of the aches, pains and dis-eases within your body and those you love.

On this day of Chicchan 6, we would like to help you clear energies in your second chakra and open up the pathway for you to be able to create and release negative thoughtforms that hold you back from manifesting your desires.

You can do this any day, at anytime. If you are blocked, we recommend doing it often so you can get on with the mission and purpose of your life: to be able to love all unconditionally and manifest a life of Heaven on Earth. Most of you have already had more than your share of hell on Earth. Dream big and reach for the skies!

The process is simple; the difficulty is directly related to your ability to observe your past with clear and open eyes. No one needs to know what you are doing. No one is recording your past behaviors as you look back on your life. No one is judging you. We are here to help you clear up the oil spill so your ocean of emotion is pure and teeming with life again.

All inner work starts at the same place, finding a quiet spot in Nature and becoming still. Focus on your breathing as you relax your body and release the thoughts of the day. At this time, you can ask for us or any of your Spirit Helpers to assist you. If you are familiar with the White Brotherhood Medical Assistance Program, then call in your specialized MAP* team. These are a group of Spiritual Beings that are always available to help you with mental and physical problems.

Choose an area of your body that is causing you discomfort or has been diagnosed as diseased or one that you just don't like. Gently tap on this area over and over. The purpose for the tapping is to help keep you focused, for it is easy for your thoughts to wander. However, if the tapping causes a distraction or too much pain, then you need not do it.

If you have access to Louise Hay's book, *Heal Your Body*,* you can also look up the area of your discomfort. Many times reading her words will help you recall the moment you had the first negative thought associated with this area. What you are trying to do is find the reasons why you have an energetic blockage in this area.

If you are intuitively clear, you will have greater success. For many people, the events associated with the dis-ease were so traumatic that the memories have been deeply buried. You will only have success if you are able to objectively go back and review these events. One way to do this is to tell your Guides that you want to return as an observer and that you do not want to feel the initial pain or emotions. Your goal is to unravel the layers of emotions that have blocked you.

This could take a long time; it may require professional assistance. We would highly recommend that you find a trusted and experienced spiritual healer to help uncover the deep, dark wounds, especially those associated with incest, severe emotional and physical abuse or other extreme experiences.

Most of you can do this on your own. However, it is important that when you return to these past events that you forgive yourself and any others involved. It is unforgiveness that has caused most of the problems. You may wish to choose smaller issues first. As you gain experience, you will also gain confidence in your ability to heal yourself.

Keep in mind that you are unique and each of the experiences you have is unique. Below is a simple healing process; there are many variations available to you. The more skilled you are at accepting spiritual guidance and the more skilled you are at facing your fears, the easier this process will be for you. By inviting the assistance of your Spirit Guides, you will be shown ways that are unique to assist you in the healing process. The basic steps are as follows.

1. Find a quiet location where you will not be disturbed, preferably for at least an hour. A peaceful place in nature is ideal.
2. Quiet your inner and outer mind by focusing on your breath and relaxing your muscles. There are a myriad of techniques to help you with this process, choose one that feels comfortable to you.
3. Call in your Spirit Helpers, your Higher Self and your MAP team. Ask for protection from any outside forces of interference. State your intention by naming the past wound and current malady that you wish to heal.
4. Choose the physical site on your body to work on. State your intention (My liver is healthy and fully functioning.) Begin to gently tap on that area of your body. Pay attention to the thoughts and physical sensations you feel.
5. Many things can happen at this point. You may remember a traumatic event from this life or a past life. You may see or hear the name of a healthy food or vitamin supplement. You may see yourself in a practitioner's office. A person may come to your mind.

6. Pay attention to any emotions that arise. Let them bubble to the surface. If you feel like crying, then cry. If you feel like dancing, then dance. If you feel like drawing in the soil, then do so. These are ways to release the emotions that have become squelched and stagnated.
7. If an event or person comes to your mind, allow the remembrance of it, as you initially experienced it. If it is too painful, ask your Guides to let you view this objectively, as though you were watching a movie. Sometimes you may need to release your emotions by punching something or screaming. Perhaps you will release guilt associated with the event if you had believed you were bad when the incident occurred. The general idea is to forgive yourself and all others involved for whatever happened. Forgiveness, in its simplistic form, is knowing that you and the other person were doing the best you could at the time. Even if a person knows they are being unkind or disrespectful, they are responding and acting as a result of their life experiences. You do not know their full history and they do not know your life story. Just as you do not want to be judged by others, it is fair for you not to judge others. Forgiveness is a fundamental step towards unconditional love.
8. As best you can, bring up feelings of forgiveness and love for yourself and all other persons involved in whatever memory comes to you. This may take several sessions for some issues. Be patient and “fake it ‘til you make it.”
9. Visualize yourself as fully healed. Gently and lovingly stroke the area involved. Thank your body for its assistance with the healing process.
10. Thank the Spirit Helpers that are assisting, even if you don't quite believe they exist. Once you have experienced a few miracles and heard enough miraculous stories, you will eventually know that something bigger than you is happening!
11. Close the session by thanking all that were present.
12. As best as you can, do not speak words or dwell on feelings that will re-create the dis-ease. For example, when you stub your toe, every time you focus on the sore toe or bring attention to it by talking about it to others, you will continue to add energy to it. This will keep the pain persistent. How many times have you had an ache and totally forgot the pain when your thoughts were engrossed in something else? Keep your thoughts focused on your total body as being healed and healthy.

When you have a thought you don't like or want to foster, think again!

Call on us anytime to help with problems and issues you wish to release. We are always here and look forward to assisting you. That is our soul/sole mission, to help each other.



Selamet! Be in joy! Chicchan 6

DAY 46 CIMI 7 Balance Point

Greetings, I am Cimi, Keeper of the Death Gate with the Tone of 7. Today we will look at the process of death, not in a physical sense, but on the etheric, energetic level relating to the release of belief codes and old habits. In this case, 7 is represented by the foundation of humanity (5) in attunement with the polarity (2) of this special realm (5+2=7). The death we speak of is the releasing of what is unwanted after observing or experiencing either end of any polarity issue. What is it you wish to lay to rest, to release? What is not working for you? What habits keep you from living the life you now only dream of? What behaviors keep you locked into patterns of distrust, unhappiness and unfulfillment? What fears hinder you from being loving and kind? Take time each day to look at these issues. Be honest with yourself and dream big. Step by step, start releasing the old habits that no longer serve you. This may include finding new friends who are supportive of your ideal life. This may involve finding a new career or changing an attitude you have in your daily job with your work associates.

Uncover belief codes that do not feel right. Have the courage to face your fears. By walking through the veil of fear, you enter the Death Gate. This is not a physical death, although for many it may feel that way. The Death Gate is a space where humans go to be purified upon release of each and every layer of negative thoughtforms. It is where you go to be showered with love and support from the Other Side.

Whenever you release dark thoughts and belief codes, you are physically and etherically encoded to receive more light within each and every one of your cells. This is what is referred to as enlightenment. It does not happen in an instant; it occurs step by step. As "free will" Beings, you can choose from moment to moment whether you will lean more towards the dark or the light end of any polarity issue.

Know that in all polarity issues, the middle is where you will find balance. Any part of an experience can be exciting and rewarding. However, there will come a time when the experience will no longer hold the excitement it once did. You can see this in your own life by reflecting back on things that you have already experienced. The first time you have an experience, you may have had an adrenaline rush. After a few times, the rush may lessen and in many cases, the same event becomes undesirable or boring. You may lose interest in pursuing that event any longer. In fact, many times, it became a burden for you. It is at this time, you may long for the opposite to be a part of your life. You may then feel the same rush of excitement as you experience the opposite side of that event. Many times, it is exciting simply to be released from the burden the initial event had created in your life.

The goal is to find a balance point, a place where you can feel at peace while appreciating the experiences you have. Enjoy the wonderful experiences of being a human with free will to choose your heart's desire. What knowledge do you gain from your experiences? Can you see how this knowledge can now be shared with others who have experienced the same or who are seeking a way out of their current experience? Sharing knowledge brings you closer to others. This is what creates the unity that so many of you are currently seeking.

Experience whatever you wish. When you are ready to set aside the things that no longer serve you, walk through the Death Gate, enjoy your loving and comforting shower. Receive the love that fills your cells and be prepared to change the habits that locked you into those experiences. As you do, new doors of opportunity will arise. With your past experiences, you will gain insights that will help you make appropriate choices each day. Do not be surprised to find yourself in situations where you can be a wonderful sounding board for those who are going through the experiences you had. Like attracts like. When you seek higher good for yourself, you will attract those who are seeking higher good for themselves. When you have reached levels of understanding and compassion, the Guides from the Other Side will work overtime to connect you with those who are in need of an understanding ear and compassionate heart. Follow your intuition and synchronicities and you will find each other. The encouragement may come in the form of smiling at a stranger, a brief conversation or simply being observed by others. Your deeds do not go unnoticed.

Be of courage. Enjoy life to the fullest. Enjoy whatever portion of the polarity you currently find intriguing, knowing your life will be more fun and graceful when you are being kind and loving. All other experiences may bring feelings of euphoria in the beginning, but you will always have to deal with your actions somewhere along the way.



Cimi 7

DAY 47 MANIK 8 Gateway to Paradise

I Am Manik, Keeper of the Gateway to Paradise. It is through me that you can seek assistance and passage from one realm to another. By this, we mean any realm, whether they are Dimensions outside the Earth plane, leaving behind a behavior that no longer serves you or releasing relationships that lead you off your Path. When you come to the realization that something in your life is not working and you make the conscious intention to make the necessary changes to become more in balance, call on me and your Spirit Guides for assistance.

It is a Universal Law that when you ask for Spirit Guidance, you will be supported. There are myriads of us on this Side patiently and excitedly waiting for you to make the call. Once the call is made, immediately we set into motion events to support your intended desire.

Your job is to state your intention clearly and to be passionate about what you want. As a human, your mind is endlessly filled with scattered thoughts and the majority of your words are endless chatter. We do not monitor all this gibberish. What we do monitor is the feelings, the emotions and the passion behind your requests.

You have heard stories about people in emergencies who are able to do unheard of things. Many times, this is a natural phenomenon due to the releasing of adrenaline into the body. However, how do you explain the things that are out of the natural realm? Those are times when you can see us in action. There are many stories of people seeing angels or a deceased loved one during times of emergency. It was the passionate pleas for help or heightened emotions that were heard and answered. This assistance is available to you anytime, not just in emergency situations.

Simply let us know, with clarity, what you want to experience. One major pitfall is the wavering of thoughts after setting an intention. "I want a mate. I don't want a mate; that sets me up for more pain. I am lonely today; I want a mate. I am having so much fun with my friends that a mate would mess things up; I don't need a mate. I am sick today; I wish I had a mate to care for me. I feel so healthy and vibrant today and am enjoying what I am doing; I'm glad I don't have a mate because I'd probably be doing what my mate wants instead." It is this bantering back and forth between what you state you want that gives us etheric headaches!

The prayers that get answered are those that are stated clearly. For added fuel, express love and gratitude toward the unseen Helpers who are putting your prayers into motion. To receive what you wish to create, stay aware and look for clues.

Many times what you pray for doesn't show up in the time frame or parameters you expect. The steps to delivering what you intend can be very complicated. Some factors to consider are your ability to keep a clear vision of what you wish to experience, your expectations of the outcome (We have a bigger picture and may choose higher options for you.), fears or blocks to receiving the gift fully, missing the clues along the way, choosing different options, the number of people involved in the process, etc.

The more conscious you are and the more conscious all the other players are, the easier it is for us to set up the scenarios for you to co-create the experience. Be assured that this is a co-creation process. Like any business transaction, when all players are of high integrity and working as a team to reach one goal, the goal is likely to come easier and faster, many times with a better outcome than was expected. We will talk at later times about the exponential power of creating in groups and how your desired experiences can be greater when you dream higher and release fears.

Let us look at what happens when you have set a clear intention and the experience is at hand. Perhaps this experience brings you to a higher vibration of love as you change a behavior to a higher frequency. For example, instead of gossiping, you are more respectful toward others. Perhaps you choose to leave behind a relationship that has kept you in lower frequencies, such as an abusive lover.

Those who intend to create a higher vibration of love have the opportunity to enter the Gateway to Paradise. This is like entering the gate to a beautiful garden. Once you enter the Gateway, you will notice there are many Paths leading to various areas in Paradise. Each time you release fear, forgive others and move closer to unconditional love, you are able to walk a different Path.

There will come a time when you will leave the human Realm and spend all of your time in true Paradise. That is the ultimate goal. However, I wish to warn you that walking the Path *is* the reason for Paradise. Enjoy the journey along the Way. Many want to “be there now” and don’t realize they came to Earth to experience this Realm. Not one of you came to this Earth with a mission to be somewhere else. It is the Beauty Walk that is the purpose for your existence here.

Each one of you came from Paradise and will return to Paradise. You originally came from a place of love, energetic love, where nothing else existed. Each one of you chose to experience either Not-Love or wanted to experience various facets of love: forgiveness, physicality, adventure, etc.

We encourage you to enjoy the walk in the garden, smell the roses, greet the sun, meet the fairies and be kind to others. Enjoy the variety of emotions. Enjoy the taste of food. Enjoy physical sensations, for you will take back these memories and share them with others for eternity.

When you return to Paradise, you take with you all things you experienced on Earth. These memories are stored in the Akashic Records, which is similar to going to the library and checking out a book or movie. However, this is high tech stuff. In the Akashic Records, you can view all of the experiences and you can feel all of the emotions. It is like walking into the actual historical experience or viewing them as an observer to gain the knowledge you are seeking.

Without your experiences on Earth and other Realms, there would be no Akashic Records. Know for certainty that whatever you experience during each moment of your life is being recorded. Know that when you have an experience, others can experience it through you. That is how important and significant each and every one of you are.

There is no judgment associated with these records. There is no hell, fire or damnation unless you choose it for yourself. These records are for the curious, the interested and for yourself. You will review these records once you leave the Earth plane and when that time comes, you will re-experience all your deeds. Know that you will feel what others felt as a result of your interaction with them. The purpose of this reflection is to assist you in making decisions about what you wish to experience with the next segment of your life, whether it be on Earth or elsewhere.

We invite you to choose experiences of high integrity, those that bring you closer to unconditional love so you may join us for strolls in the Garden of Paradise.



I Am Manik, on this day of Tone 8, Selamat!

DAY 48 LAMAT 9 Enjoy the Journey

I am Lamat. Thank you for being here today. With the Tone of 9, we would like to share with you the aspect of completion. What we encourage you to do is to enjoy each step of the journey, knowing that nothing is ever complete. All things are always in a state of growth or decay. There is no stagnation. Even during times of apparent stagnation, there is still movement and evolvment. What we wish to point out to you today is that any act of completion is a doorway to a new beginning. Once you have finished a project or a journey, it is time to do something else.

Many times an old project is put aside and you begin a completely new one. You have learned skills and made belief code updates while working on the old project. Those skills and codes will rule your life until you enhance or change them. Thus, when you start a new project, you will be working within the paradigm that you created for yourself.

It is wise to review your behaviors daily. As objectively as possible, evaluate your reactions to various situations: the words you speak, the thoughts you think, your behaviors, etc. You may discover some situations which you would have liked to have handled more gracefully. It is good to role-play in your mind a new way to act if and when a similar situation occurs. Practice this often until it becomes second nature to you.

By peeling away unwanted behaviors, belief codes and reactions that keep you from being in joy, step by step you will walk towards a life filled with magic that at this moment may be totally unimaginable to you. We suggest you take time to imagine the unimaginable. Dream high and dream big! Co-create with others who are like-minded and desire the same things you want to experience. There is power in group intention. Never underestimate this power. Call us in from the Other Side to help manifest the reality you aspire to. Together we will create Paradise on Earth.

As you peel away layers of fear and old negative patterns, new doors will open to you. If you have done your homework, when you have completed one project, the next project you choose will bring you closer to what you truly desire. You will do this over and over until you find yourself living the life you barely dreamed possible.

Along the way, you will constantly have choices to make. Keep a focused intention regarding the things you would like to experience. Learn to say, "No, thank you." to offers that come along which lead you from your dream. In the process, you will become more intuitive and better equipped to recognize the clues and synchronicities along the way to your goals.

We would also like to warn you about putting aside the time to enjoy loved ones and other pursuits by becoming too focused on getting the job done. Remember there will always be things left undone when you leave this planet. The Earth has serious problems and you have serious problems to resolve, but you can still enjoy each moment in joy. Make it fun, every moment. Be in joy. Smile. Lighten up. Take time to check out the Laughing Clubs started by Dr. Madan Kataria.* He is proving that laughter *is* the best medicine.



Selamat! Lamat 9

DAY 49 MULUC 10 Here and Now

Hello, I am Muluc. Yesterday, we talked about completions and how each time you complete something, it opens the door to a new beginning. In the initial beginning of the universe of which you were a part, there was only light and love. Many of you are curious as to where this light and love originated, however, there are no words, no concepts and no comparisons upon which we can impart this information to you. Even the most enlightened among you can barely grasp the beginning of this universe. There are many historical references related to the beginning of your universe and the planets on which you dwell. A simplified, yet highly accurate version is the de-light-full book, *The Little Soul and the Sun*,* by Neale Donald Walsch.

What we will focus on today are beginnings that are more relevant to your life, here and now, where you currently are in your life. There are infinite possibilities in every moment from which you can choose your next project or experience. How do you narrow the possibilities without becoming overwhelmed? This is the subject we would like to address at this time.

We invite you to dream your highest dream of what you wish to manifest in your personal life, your public life and the planet as a whole. Go beyond what you think is possible and let your imagination run wild. Set aside quiet time each day for this purpose. As you envision the utopia you wish to experience, begin jotting down ways you want to be a part of creating this dream. Don't be concerned with any current fears you have: money issues, lack of education, belief codes. You are in the imagining stage, honing down the limitless list of possibilities to a more manageable size.

As you list possible ways to help co-create this utopian society, pay attention to how each idea feels. It is also good to reflect back on the experiences you have already had, paying attention to those that energized you and got your passionate juices flowing. Perhaps there were certain aspects of a particular job or project that you liked although you didn't care for the other parts. What are your strengths and weaknesses?

Now it is time to get your creative energies flowing. Start looking at possible ways you can weave the parts you are passionate about with the exciting experiences you wish to create along your Path. Remember to push away fears of possible outcomes, monetary or educational needs and all other issues that might block you from the pursuit of your ideal Earth. Continue to dream big!

Like a cheerleader, energize this vision with love, golden light, joy and a *knowing* that it can happen. During this process, it may be best not to share what you are doing with others. If they are of a lower frequency, they may negate your dreams to the point where you fall back into the humdrum. Worse yet, psychics and well-meaning friends may impart their ideas into the way your utopia should look. Without realizing it, you may be persuaded to change your selections and end up going down paths that don't energize you.

The next step is to start choosing ideas that feel good to you. Does the thought of one part of a project generate excitement and an array of creative ways to make it happen? Does the thought of another part of the project feel heavy, leaving you with thoughts of, "Oh yuck, I'll have to do this or that to make it happen." Start listing the pieces that excite you. Consider ways to help energize those parts of the dream: posting a list, drawing pictures of it, creating a vision board, etc. Start looking at the steps you need to take to reach these goals. Are there classes to take? Do you already have the skills? If so, have they been on the back burner and is it time to take steps to turn the heat up a notch?

Know that you are not locking anything into place. You still have free will and the creativity to modify your choices. The key is to start making active choices. Every one of you has the same amount of time in a day. The choice as to how you spend this time is yours. Your dietary and resting patterns will help increase the amount of energy you have to put towards any of these goals. Once you have your ideas firmly planted, then it is good to sit with your Guides and set clear intentions on what it is you choose to experience. You can ask for their help in clearing the paths and helping you recognize the persons, places and events that will energize and support the goal to reach your dreams. At this time, with discretion, you can share your dream with others. Surround yourself with those who support you. Find those with the same intentions and work together. The power of focused group intention is exponentially stronger with each person who adds their intention to the dream. Together, you *can* create Heaven on Earth.



Selamet! Muluc 10

DAY 50 OC 11 Energy in Motion = E-Motion

We welcome you to this day of new beginnings. Yesterday we shared our wisdom regarding the process of choosing which new projects and behavioral changes you would like to embark upon. Today we will set these new beginnings into motion, fueled with your emotion. There is nothing in this universe that is static or stands still. The closest you can get is stagnation, which generally smells bad, such as a pond that does not receive adequate oxygen or water flow. You have a term called “fence sitters” to describe those who are stagnant, muddled with indecision, unable to move backward or forward. Now is the time to get off the fence and create the reality you set forth using yesterday’s process. Please refer back to that information whenever you are ready to move forward with new goals.

After you have made the list of things you would like to experience in your life, energize them. Clearly see and feel them coming into your reality. Perhaps you have found others with similar intentions and have created pods to help co-create your dreams. Now what? Walk through the door and enter this utopia that you envision. It is already here, even if you can’t see it. We will share some ideas with you.

There are many ways to accomplish staying on your Path. Each one of you is unique; each Path is different. We encourage you to be fearless and creative in all your endeavors. Before arising each morning, build a sense of love by creating an attitude of gratitude, thanking all persons, places and events, in all the Realms for the gift of the present moment.

You are now on the threshold, ready to leave unwanted patterns and belief codes behind. Take time to mull over your dream or project and ask for guidance throughout the day to recognize the clues and synchronicities that will come your way. Bring up feelings of trust that all is in motion and that in essence, it already exists. Some call this, “Fake it ‘til you make it.” On one level, this is very accurate. Feel what it will be like to walk this Path in joy. Feel what the outcome will be like.

Pay attention to each choice you are presented with this day. Take time to reflect on whether this might possibly lead you to your goal, in a graceful way. There are many ways for you to experience any event. It is up to you to choose an easy or challenging route or one in between.

There will still be many people and behaviors that can easily keep you locked into your old paradigm. Others may be resistant to the changes you are making for a variety of reasons. We will not go into all of these possible scenarios at this time. Just be aware that when you change your paradigm, it also shifts the paradigm surrounding you and ripples all the way throughout the universe. You *are* that powerful.

As your day unfolds, be mindful of your thoughts. Whenever you find yourself indulging in stinking thinking, simply think again! This may take practice; most humans are compulsive thinkers. Daily meditation and short breaks throughout the day in which you train your mind to shut off are highly recommended.

Be mindful of every word you utter. Are you speaking your truth? Are your words honest or full of gossip? Are you speaking out of turn, letting your ego get in the way? Is what you choose to say relevant or necessary? Are they words of kindness and wisdom? Learn to discern when it is best to speak and when it is best to remain silent. Be conscious of your listening skills. Do you allow others to finish their sentences? Most humans are so busy trying to be heard that they have lost the skill of listening.

Pay attention to your actions. Whenever you choose to break an old habit, you will find there are many behaviors that are so ingrained that you don’t even notice you are doing them. It is a good practice to write down the behaviors that no longer serve the new paradigm you are creating and to read this list out loud to yourself often, until the habits are broken. These actions incorporate your physical senses of sight, hearing and touch while making your mind aware and conscious. You literally become more mindful of what you are doing.

Thus, when you engage in the list of undesirable behaviors, you are more likely to notice you are doing them. You will then bring these unconscious habits into your consciousness. When you become aware that you are participating in an unwanted habit, you can make the conscious choice to stop and make a new choice.

Others may notice you are changing. Perhaps you stop judging others. Maybe you react differently to reckless drivers or choose to find another job. Be mindful of your feelings and intuition; these are inborn traits designed to lead you toward or away from your goals. If something makes you uneasy or doesn't feel right, pay attention to it. Try to discern if this is an old fear or your inner guidance directing you toward a better route.

To reach your desired goals, you must walk towards them. This means becoming aware of each foot as you place it in front of the other to take the next step. At first, this may seem tedious. However, as you practice, the old habits will fall away and your new way of living will become second nature to you. Thus, your desired behaviors will now become habitual and happen on the unconscious level, allowing you to pay attention to the beauty that surrounds you. It can be likened to riding a bicycle. At first, you are totally absorbed in where to place your feet and hands. You are spending much time looking down at the wheels and the roadway while focusing on your balance. As you master the synchronicity of the movements of your entire body working in cooperation with the bicycle, you become more agile and able to enjoy the beauty of the flowers as you glide past them gracefully.

At any time, movement toward your goals may come to a halt if you succumb to fear or indecision. We encourage you to face your fears and acknowledge them for the role they played in your life. Then recognize that you no longer need to have that fear in your life and walk past it.

This can be accomplished in many ways. Some people like to challenge themselves by actually doing what has been fearful to them as a means of overcoming it. Others may de-sensitize themselves by slowly working through the layers of fear. Choose whatever you are most comfortable with, while allowing yourself to move out of your comfort zone from time to time.

We encourage you to seek guidance from your Spirit Guides. We are here to help set your intentions into motion and to guide you along the Path. Always remember that you are not alone. It is our desire that you walk each step with a sense of empowerment and joy. Remember that life is not a destination, it is a journey. With that thought, we will close and wish you well on your travels!



Selamet! Oc 11

DAY 51 CHUEN 12 Laughter IS the Best Medicine

Good day to you. I am Chuen with the Tone of 12. Together we welcome you to this grand and glorious day and encourage you to take care of yourself and truly lighten up. Humans tend to take themselves and their situations way too seriously. Let us begin by laughing. Take time now to laugh. Deep, hearty, belly laughs.

Get your energy flowing. Work your internal muscles. This will energize you. Do this anytime your energy is feeling low. Although it may not be socially correct, do it anyway and encourage others to laugh with you.

How many business meetings would be less boring and more energized if they began with a good belly laugh? Wow, wouldn't those creative juices flow then? Those who work with children, take laughter breaks. So often in your educational settings, their giggles and laughter are reprimanded. Get them laughing and watch their attention spans increase dramatically!

When you have gatherings of a spiritual nature, take time to have laughter sessions. Rejuvenate the energy and get it flowing. Joy is the essence of your Being. Feel the joy awoken as you laugh with uncontrollable mirth. Laughter is wonderful exercise for your internal organs. Laughter *is* the best medicine and it's free! There would be a lot less reliance on your medical systems if people would laugh away their woes.

Instead of a dozen or more pills, simply laugh. When you feel sad; laugh. When you feel tired; laugh. When your energy runs low; laugh. Laugh! Laugh! Laugh!

There are Laughter Clubs* springing up all over the world. Globally, people are reaping the benefits of gathering to laugh. As each of you comes out of the closet and allows yourself to laugh when you need it, doors will open wide for others to follow suit.

Laughter from deep inside releases hormones at subatomic levels. It enhances awareness as you inhale more oxygen, bringing more creativity into your life. When you yawn, you are bringing in more oxygen as you relax. When you laugh, you are bringing in more oxygen as you prepare to be more active.



Selamet! Chuen 12

“Laughter Clubs use a systematic program of deep breathing, gentle stretching and laughter exercises that encourage playfulness and a balance of mind, body and spirit. We don't use jokes or comedy routines, so all you need to bring to a Laughter Club meeting is the willingness to laugh. Come spend time with friendly people who laugh with each other, not at each other. Our laughter fitness program will prevent hardening of the arteries and hardening of the attitudes.”

Dr. Mukund Mehta

<http://laughingclub.in>

DAY 52 EB 13 Masters in the Making

I am Eb. Today I share this unique day with Tone 13. This Tone is symbolic of Mastery. You can think of it as $5+5+3=13$. The first five represents the fullness of humanity. The second five represents the consciousness of spirituality while in the human form (Higher Self). The three is symbolic of the trinity, all that is. Put them all together and you have the abilities of the Masters. By Master, we are referring to the ability to know your Self as a Spiritual Being having a human experience. With the essence of three, which represents the trinity of all things, the Master receives full power and understanding of all things being available to him/her.

When a human is fully conscious, following the path of the Lightworker and striving for unity through unconditional love, all things are available. There have been many Masters who have walked the Earth in human form. These Be-ings are able to do amazing things: heal the sick, resurrect the dead, teleport, manifest objects from thin air, etc. Within each of you is the ability to be a Master. It is through facing your fears and learning to love all Beings unconditionally that your gifts will be restored to you. True unconditional love comes from understanding that each and every one of you came from the same Source and will eventually return to the same Source.

There is no one to forgive; there is nothing that is lesser or greater than another. There is no place to go. There is nothing that needs to be done. Each of you is here to experience events and share them with those who are interested. "I know I have a mission. I know I came here for a reason. The Earth is in dire straits and is on the edge of disaster ecologically. People are killing people. Food sources are being tainted. Governmental systems are corrupt. How can you say there is nothing to be done?" This is what may be going through your mind. From the Realms above, from where we sit, all is well. We have the added bonus of knowing that in essence, there is no time, there is no space, there are no things. Eventually, all will return to the higher Dimensions of love and light.

What you have forgotten when you entered this Realm is that all *is* well. You chose to come into this Earth to experience its wonders. The tricky part is that your spiritual memory is lost as soon as you enter the density of your planet. Before incarnating, many of you have been certain, over and over, that you will not lose your memory. Yet over and over, you do. We have no control over this, for this was the way the Creators, of which many of you were the original creators, set it up. It was a new experiment and it is now coming to the end of its time. There are many from all ends of the universe who have come to help you get out of this cycle of karmic indebtedness. Through the years, many have gotten caught up in the eddy when they jumped into the pool to save you.

What is happening now is that many children are incarnating with full memory from whence they came. You label many of these children as indigo, crystal or rainbows. There are also many who have never walked the Earth before who are arriving as walk-ins. These souls have contracted to take over the bodies of souls who wish to leave the Earth plane. Some of these souls come in as fully realized Masters with abilities that astound you. They are psychically capable, with abilities of telekinesis, mind reading, prophecy and healing. Please do not deify them or put them on pedestals. They are simply in remembrance of their abilities. Unlike you, they have not had their memories erased. As each of you begins to have more understanding of unconditional love, one by one, your abilities will return to you.

When you chose to incarnate on Earth, you were given specific DNA codes that allowed you to live as a human. Now that this era is coming to a close, you have the opportunity to re-code your DNA in order to move into higher Realms of light. Each time you have an experience of love and integrate this understanding, your DNA changes. There is much data now available that can explain this to you. Your sciences are on the verge of understanding how the universe works. There will be no time available for those with dark agendas to receive this information and develop it in order to control those of you who wish to move closer to the light. Their dark agendas have been allowed to transpire for eons, but that time has now come to a close. What is most important is that your Mastery skills are used in a loving way. If you choose to do as the dark-siders do and use your skills to gain control over others, you will not be able to ascend with the planet. This time is coming very soon.

Take time to look at the dark energies within you, those shadows that are less than loving and kind. Clean out the cobwebs by facing your fears, apologizing to others and taking responsibility for your actions. You cannot rise vibrationally as long as you harbor dark feelings towards others and blame them for your station in life.

Dark thoughtforms glop together. Love flows freely. In order to raise your vibration, you must lighten up and let loose of all dark thoughts, words and actions. Set your intentions to live the life of your dreams and visualize the utopian society you wish to dwell in.

Do you want peace in the world? Then learn to be peaceful in every situation. Do you want there to be less disposable trash in the world? Then recycle and refuse to purchase plastic items or those that are detrimental to the earth. Do you want there to be fresher air? Then figure ways that you can walk or ride a bicycle to get to your places of employment. Are you upset over the food additives and strange things being put into your food sources? Then grow your own food. Are you upset over corruption in your governmental offices? Did you do your homework before you voted someone into office? Do you even vote?

There is much whining and groaning among you. Yet only a few are demonstrating and choosing to take the steps to reach their desired goals. As a society, you have become lazy. You now feel cornered and hopeless because there is so much imbalance in every sector of your existence.

As a nation, you have given your power to others. It is now time to reclaim your power. We have sent many emissaries to help you. However, there are many of you who are still in hopes that a savior will come along and get you out of the mess that you have created. Many would respond by saying, "I didn't create this mess!" I would challenge you by saying that, "Yes, indeed, you did allow this to happen, for many of you have lived many lifetimes on Earth. Each lifetime, including this one, you have left negative imprints every time you engaged in a negative emotion, conscious thought or spoken word. You are now personally reaping what you have collectively sown." That is what I mean by accepting responsibility for your actions: in your personal life, in your governmental institutions and in all aspects of human living. You can continue to whine or you can start cleaning up the environment within your mind and body.

Again, we say there is no-thing to do. You simply have to *be*. Take time to ponder on this. Imagine what would happen if in this very moment, each of you on Earth chose to be silent for five minutes. During this silence, you accepted your role in all of the events that are now occurring on Earth. What if each one of you decided that from this moment forward, you would treat all with kindness, respect and unconditional love? Can you imagine what would happen?

There is enough food on the planet at this moment to feed all. There are enough seeds to plant to continue to feed all. There are enough clothes on the Earth to clothe all. There are enough ways to continue to clothe all that would not create imbalance on Earth. There is enough technology and money available to no longer need to rape the Earth of her precious gems. There are enough houses already in existence to shelter all and enough resources to build homes where they are needed. It is your greed and need to control or be "one up" from each other that has created the imbalances on Earth.

I repeat myself, there is no-thing that needs to be done, other than to wake up and lighten up. We encourage you to ponder these things and to find ways to create the world you want from the inside out. Stop pointing fingers at each other and take responsibility for your own actions and inactions. Each of you are Masters. It is how you handle these abilities that will determine the outcome of your experience on Earth. She is shifting. She is ascending. She is moving on, with you or without you. She welcomes each of you to join her in this ascension process. Will you choose the dark or the light Path? We take leave of you and hope that you will ponder these things and join us on the Path to en-light-enment!



Selamet! Eb 13

DAY 53 BEN 1 Life Experiences

Greetings. I am Ben, accompanied on this day with the energies of Tone 1. Together we wish to thank you for your desire to better your time and space existence on Earth. It is humans like you who are conscious and ready to make changes that will do just that, make changes. The changes we speak of start within and ripple outward on the fabric of what you call time and space. For any change to begin, there first must be a thought. These thoughtforms develop in ways that you cannot fully understand at this time. They are indeed not of this world.

All thoughts originate from the source of your beginnings. Be it known that you are fully connected with the original Source. You are never alone, although it may seem that way at times due to the imposed amnesia that one must endure in order to experience this Realm that you have chosen to be a part of.

In order to make any changes in your life, you must first be conscious that you want to make a change. Things happen each day of your existence. Some are remarkable and rewarding while others are low density and ones you prefer not to experience again. From these events, you decide to make changes. As a child, if you put your hand in the fire and got burnt, it is likely that you will choose not to experience that again and so you choose not to put your hand in the fire again. That is how you make changes in your life.

Through observation, you make choices of what you want to experience and which you would prefer to avoid. Perhaps you witnessed a friend falling off a bicycle and getting badly injured. You may decide at that time that you never want to ride a bicycle because you don't want to take the risk of falling off and getting hurt. This is a fear-based decision.

Perhaps you witnessed the bicycle injury and noted what the rider had done that caused the fall. Maybe he was showing off and riding with no hands while watching a cute girl. You may decide that bicycle riding is something you wish to do, but choose to always keep your hands on the handlebars and keep your eyes on the road ahead of you. In this case, you have made a decision based on another's experience.

Maybe you would like to experience what it feels like to have the wind blow in your face or you want to join your friends who like to ride bicycles. In this case, you are making your choice from observation and the desire of the experience itself. This could also include the ease of getting from one place to another. In this case, you may still have some fear of injury, but the benefits of riding helps you overcome your fear enough to learn to ride.

This is how you come about making changes in your life, through observation of what others have done and consciously choosing things you want to experience. It is important to understand that if you want to live a full life and have many experiences, you may have to work through some fears and belief codes first.

It is important to bless the antics of others. It is their experiences that help you make your choices. Each of you is on a different path and will have a multitude of experiences along the way. Each event you participate in will benefit yourself and all others. In the end, you will take all these experiences back to Source.

In the meantime, each of you stores your experiences within your bodies, making you a living library. All events and emotions involved are also stored in the Akashic Records, the greatest library of information related to your universe. At any time, others can visit the library and choose an experience that interests them. This may seem strange to you, but others not of this Realm can visit the library and experience the world through you. That is how special each of your experiences are. Bless every event that you witness and experience. Choose those that lead you to joy and have fun along the way.

Whenever you choose an experience, at anytime you can choose another. You may want to tweak an experience to make it more enjoyable for yourself. Perhaps you will choose to walk away from an experience. You may want to tell others of an experience you had so they can make an informed decision regarding whether they want to have the experience themselves.

When you decide to make a decision based on another's experience, take into account that the other person is sharing from his or her unique set of belief codes. When you share your experiences with others, speak with integrity. Do not be afraid to share the true emotions you felt. When you can share your emotions with others, this is truth. There is no better story than one that can make you cry, laugh or feel like you are experiencing it firsthand.

Ask any person who has excelled at something, which part of the experience excited them the most. Many will say that the excitement of the unknown or the pushing of oneself to go beyond their endurance level created the greatest excitement. Some were motivated to win a prize or the approval of others. Some chose to be a role model for others. Those who push themselves because they want to go beyond what they have previously experienced are more likely to enjoy the journey as well as the destination.

We say this to let you know that comparisons or judging others can taint the enjoyment you get out of an activity. Your society is heavily aimed at competition and the goal of rewards. Thus, many times people will not participate in an experience because they feel it is useless or they might be condemned if they do not perfect the skill. This is hogwash and these thoughts must be set aside so you can fully enjoy the experience at the level you choose.

No one has perfected everything they have attempted to do. Those who have mastered specific events become your greatest teachers when they can honestly share the full range of emotions they experienced along the way. Many try to gloss over these emotions because they are embarrassed or not able to share their vulnerable moments of fear, regret, etc.

The point of humanity and life on Earth is to experience Not-Love moments. The Source from which you sprang originally had only Love. We encourage you to experience those Not-Love moments with joy and gratitude. Those who wish to experience only Love are in the wrong Realm. I say this to jar you a little and get your thinking tabs going. Many of your teachers for eons have taught that humans are here to experience only Love. On one level, this is true. However, you have been taught that love is equal to perfection, when all things are flowing smoothly. We say this is not true. In its truest sense, love *is* perfection. However, when a human equates perfection as an act that has a perfect outcome, there is always going to be disappointment at the end. The journey is as perfect as the destination. Whenever you reach a destination, there is still more to experience. When you understand this, then we can be in agreement that Love is equal to perfection.

Another teaching that has become corrupted is to say that living life is love. If that is true, then does that mean that death is less than love? Be it known that your life on Earth is just a blink of an eye when it comes to the length that your soul is alive in its separation from Source. All are equal, whether your life is currently being played on Earth, on other physical planets or in Realms that have no matter. Your energy is a cloud and like a cloud, it wisps in and out of visibility, mingles and separates from other clouds. There is no judgment among the clouds, they simply are, flowing freely throughout your sky.

You have also misunderstood that Love is happening only when your life is going smoothly. Again, we say hogwash to that notion. When you can feel love and gratitude for every experience, you will have a better understanding of what Source Love is like.

Coal has little worth, except for a few moments of heat. However, take that same lump of coal and place it under extreme pressure and you will alchemically produce a diamond. Now, take that diamond and cut it here and there and it becomes more valuable in the eyes of the beholder. Your life is such. Each and every experience has value. It is up to you to decide what you want to experience and whether or not your journey will be filled with joy or despair. Why not experience both joy and despair? This does not mean you have to dwell for long in either place. How much richer will your life be when you allow yourself to experience both along the way? If nothing else, it makes for a great story to share with others!



Selamet! Ben 1

DAY 54 IX 2 Clear Intentions

I am Ix alongside with Tone 2. Today we would like to share some thoughts regarding polarity. In your Realm, there is an infinite amount of choices presented to you each day. Once you get past the belief code that some are right and some are wrong, you can temporarily find yourself at a standstill. It is like taking a child into a toy store and telling him he can have anything he wants, as long as it all fits in the car. He is so awestruck with the possibilities that he doesn't know where to start.

How do you narrow the choices? First, you must develop the belief code called "goals" for yourself. Many get hung up on these goals, thinking they must reach them or be a failure. We encourage you to set goals with clear intentions but to remain open to changing those goals, when necessary. When a clear intention is set, we will help you reach your goals.

We know that your understanding of the future is limited. From our perspective, we have the advantage of peaking into all future possibilities. We also have the added ability to know what everyone else has up their sleeves. If each of you on Earth had no fears or guilt, spoke your truth and had only love in your heart for yourselves and others, setting goals would be much easier. Let me explain. Perhaps you have set a goal to find a specific job. We help you to acquire your dream job that has all of the qualities you want when it comes to income, location, working environment, hours, etc. Soon, you realize that your boss has the power and inclination to make your life miserable.

So much for that perfect job. You have choices regarding how you will react with this person. For the sake of our example, we will assume that you are being as kind and loving as you can towards this person, yet she continues to make your life a living nightmare. The stress is so overwhelming, you consider leaving your dream job.

You can decide that leaving is in your best interest, you can play the role of victim and feel sorry for yourself or have a dozen other reactions. The point is that you had a goal and you reached it, but due to unforeseen circumstances, you changed your mind and set a new goal for yourself.

What we want to impress upon you today is that you live in a world of polarity. Each of you has the ability to choose which end of the spectrum you want to experience. You can choose to be kind or evil, happy or sad. You can choose to dress well or shabbily, etc.

There are a myriad of choices being made each moment by 6 billion people on your planet. That does not include the plants and animals that are sentient, as well. Here you are, one speck on this grand planet, setting goals for yourself. As you encounter others whose goals mess up your desires, you would be wise to be flexible and go with the flow that leads you to the things you wish to experience.

Also, take into account that there are millions of experiences that you don't even know about. Through conversations with others and the media, you are constantly exposed to new information. Perhaps your goal was to take a vacation to the Bahamas so you could de-stress from your job. In the grocery store, you picked up a travel magazine that had a story about the Bahamas. As you turned the pages, you saw an article about New Zealand and felt more of an affinity to go there. And so, you change your vacation destination goal.

Setting goals is crucial if you want to manifest anything in your life. However, being flexible is also important. We will give a small scenario to help you better understand the complexities involved in our work as we assist you from the Other Side.

Picture yourself in a dream job. Your boss has caused you to be so miserable that all you can think about is getting away for a few days. So, you begin to dream about going to the Bahamas and relaxing on the beach. As your vacation time draws near, you get more excited about the prospect. However, you know when you return, the problem will still be there.

In the meantime, you also have dreams of meeting the perfect mate. You would also like to live closer to your family. Although you love your job, your boss has made it unbearable. Although it pays well and has good benefits, the stress is literally making you sick. From our perspective on the Other Side, we are busily trying to create each and every one of your goals. We are checking out all the possible people that might make a good mate for you and who lives near your family. We have found three possible matches for you.

Now, how do we get each of you to meet? We monitor your emotions closely to figure out the choices you are likely to make, as well as the choices the possible mates are likely to make. If each of you has clear intentions, our job is easier. When you are consciously aware, intuitive and connected with your Spirit Guides, life is a breeze. In those cases, you simply follow the strong leads we offer to reach your desired outcome.

However, for most of you it isn't that easy. When you waver back and forth, it makes it harder for us, although we make no judgment regarding your choices. When you ask for something with passion, we set things in motion to fulfill that request. When you change your mind, know that what we have set up for you is still in motion, so you may experience some backlash until those settle down. In the meantime, we set up new situations to meet the criteria of what you now want. It is common for humans to continually waver, which makes getting your goals accomplished very difficult.

Let's return to our scenario. You have these main goals that you clearly want to happen in your life: either the same job without the bothersome boss or a new dream job, living closer to your family, finding a good mate, having a good income with benefits and a week in the Bahamas.

Because we can monitor your emotions, we know that deep down the most important wish on your list is to move closer to your family. However, the work market is depressed and you know there are no jobs available with the income and benefits you want.

In this scenario, you have prayed that these goals be met with the highest good of all. We love that clause, because we know that our efforts will create joy in the lives of all involved. However, let it be known that you can choose to experience things that you know will sadden others. For example, your best friend will miss you when you move. Because we have no judgment in the matter, we will do our best to allow that scenario to be played out. We know there is no right or wrong and it is up to each of you to choose what you wish to experience.

Your annual vacation time is coming up and while you are at the grocery store, you purchase a travel magazine with an article about the Bahamas. As you thumb through it that evening, you are entranced with an article on New Zealand. It is more costly than the trip to the Bahamas, but you have a strong urge to go to New Zealand, instead. This is why. In the town where your family lives are the three possible mates who fit the general criteria you are looking for. One is heading to New Zealand on a business trip. The other two are staying at home. Since you haven't bought your tickets, we know you are still undecided whether to spend your vacation with your family or in the Bahamas. So, we begin to set up possible ways for you to meet these three potential spouses.

As we monitor all four of you, we see that you have told your boss the dates you want to take your vacation. We also see that you are following our lead and leaning towards New Zealand. We impress upon Bachelor(ette) number one to extend the business trip one week for sight-seeing. This will put both of you in New Zealand at the same time.

If you both make your plans to be in New Zealand at the same time, we continue with our plans to impress upon each of you to be at certain places at the same time so you can meet. Can you see now why it is easier for us to fulfill your desires when you are awake and not wavering on your goals? Therefore, you both decide to be in New Zealand at the same time. We already know which hotel your possible mate will be staying at because the company has already made the reservations. We will do all we can to get you into the same hotel. As each of you sit in your separate abodes, pouring over travelogues, we are monitoring your reactions. When there are places or experiences that you both are interested in exploring, we will try to make things happen so you will be there at the same time.

Can you see how complex this gets? Has your computer, for some unknown reason, jumped to a website? Have you ever felt a strong urge to call someone, turn on the radio or television but you didn't know why? These are some of the ways we work to impress your mind with thoughts or by manipulating electronic devices.

Now, you both have plane tickets. If you were paying attention to the impressions we were placing on your mind, you will have chosen the hotel the possible mate will be staying at, even though it cost \$20 more a night and wasn't in a town you were really drawn to visit.

To shorten our story, you finally meet on the third day after missing five of the opportunities we set up for you. You are amazed to find out that the possible mate lives 5 miles from your parents! When you return to your homes, you continue to keep in touch. During your next vacation, you plan to visit your parents with the intention to get to know the potential mate better. You both feel it must be divine intervention for you to have met under such peculiar circumstances.

However, after spending three days together in your hometown, you both decide you would rather remain friends and not go further on the romance scene. We have been monitoring both of you and could see it coming. In the meantime, we have been frantically finding ways for you to meet the other two possible mates while you are in town. Voila! You finally do meet up with one of them. It is love at first sight. After you return to your home, you keep in touch. He comes out to visit you. Both of you decide that you want to be partners forever. You quit your job and move back to your hometown. He is making a good income, which allows you to find a dream job although it pays less income and has no benefits. However, now that you have combined incomes, you don't need to make so much money. When you marry, you will be covered under his benefits, so you don't need the full healthcare package at your job. Thus, you get everything you want, although the outcome looks a little different than what you had expected. You never did accomplish the goal of going to the Bahamas and you didn't accomplish your goal of a job with the same income level and benefits. Yet, overall, the outcome fulfilled all of your desires.

Can you see the complexity of working with humans? This scenario basically involved four people; most involve many more than that. In addition, there are many other smaller goals that each of you are setting intentions on. Trying to fulfill everyone's desires becomes quite complex. When people waver back and forth, it creates even more difficulty.

Often, it is easier for us to heal incurable diseases than to accomplish simpler tasks. This is because when someone is very ill, that person and others fervently pray for their health to be restored. There is passion involved and no wavering. Heal them! The prayer is direct and focused. However, with lesser desires, there tends to be much wavering. "I want this. No, I want that. I only want this if I can have that. No, I think I want this instead." It takes much patience to be a human's Spirit Guide!

Each of you has the free will to choose whatever you want to experience. Set goals or intentions, yet know that at any time, you can change them. However, wavering creates a shift that makes it harder to realize your goals. Clear intentions are crucial. Being alert, looking for synchronicities and coincidences, while following your intuition are ways we lead you to your desired outcome. Often, aware people over-hype the coincidences and read more into a situation than is really there. That is how many of you get off track. But, no need for despair, we will continue to try to get you back on track as soon as you overshoot or miss the mark.

The main point we would like to make today is that you not attach yourselves to any goal to the point that you feel you have failed. Like the person in our scenario, there was no failure involved although several goals were not met. Often, much time passes before you can see the blessings in what you felt were failures. Then you can see how the experiences led you to your desired outcome, which many times is better than your initial dream. Set your dreams high. Energize them with passion. Watch for synchronicities. Follow the clues even if you have to go beyond your comfort zone. Then watch your life unfold!



Selamat! Ix 2

DAY 55 MEN 3 Focused Prayers

I am Men 3 and I welcome you to this time that we are now sharing together. Please take a moment to quiet your outer world. It is a wise practice before you read anything that you feel may be of importance in your life that you first take a few moments to set aside the busy-ness of the day. You will then allow yourself to be fully in the moment and your ability to integrate the information will be greatly enhanced.

We begin now by saying that you are loved beyond all measure. If you have not experienced your Angels, Spirit Guides or your concept of God, we ask that you trust that they do exist. They are ever-present to fulfill your highest dreams. You need simply ask for their help. When you pray, focus your intention on what you would like to see accomplished. Even though you may not fully understand the dynamics of how your prayers will be set into motion, pray anyway. Trust that your prayers will be heard.

The more focused your prayers are, the more able we are to set into motion the events that will lead to your desired outcome. Wavering back and forth tremendously slows down the process while fears and doubts can fully block progression towards your goals. Perhaps there is something you wish for. If you continually hold the belief, "I really want that, but I know I can't have it." you will have effectively created a mute point and we cannot move forward in fulfilling your initial dream. When you have thoughts such as, "I can't have it. That is impossible!" the universe sees these as your truth and will not try to convince you otherwise.

If we were in a social setting and I offered you a piece of cake and you said to me, "No, thank you, it looks lovely, but I can't have it because it makes me ill." I would respect your wish and not entice you with the cake. That is what your thoughts of, "I can't have it. That is impossible." does to your prayers. Your Angels and Spirit Guides know that nothing is impossible and that you can have anything you desire. However, they cannot and will not impose anything on you that goes against your free will or is not in alignment with your belief codes.

This is why so many of our Messages suggest that you look at your belief codes. Take them apart, brick by brick, and examine them to see which ones are not structurally sound. When you enter this world and as you mature into adulthood, you will pick up other people's fears and belief codes. Humans tend to mold their self-concept around the way they think others view them.

It is time to grow beyond those limiting beliefs. Take time each day to quiet yourself and examine these codes. During your daily activities, be mindful of your thoughts, your words and the judgments you place on yourself and project onto others. Where did the initial thought come from? Is it still relevant or do you believe differently now?

Pay attention to your behaviors. You will discover that when you change a belief code, the behaviors that accompanied them will remain unless you consciously change them, for they have become habits. Know that at any time, you can drop a belief code and stop an unnecessary habit. This can be done by switching your thoughts. If you find yourself thinking thoughts that you don't want to have anymore, switch your attention to something else. Watch in amazement as you switch your attention to new things. A whole new world will open to you. You will notice things and wonder, "How could I have not seen that before?" You will begin to look at events through different eyes.

Like any skill or habit that you took time to incorporate into your daily life, it will take time to undo beliefs and habits that hinder you from moving into the world of your highest dreams. As you face your fears and undo habits that no longer serve you, a huge amount of energy will be freed up for you to use as you like. It is similar to a computer. When you load several software programs, hundreds of photographs and dozens of videos, at some point the computer cannot handle any more data. If you have not been paying attention to the little signs: the programs getting slower, you ignore popup warnings, you don't protect against viruses and such, at some point the computer will crash and simply stop functioning.

The human body is wired in a similar fashion. If you keep pushing yourself and doing things that do not make your life joyous, when you add beliefs that are not your own without cleaning out your files, you are destined to catch viruses, get overloaded and crash. This need never happen if you pay attention to your body, mind and spiritual needs.

To avoid a crash, take time each day to do a scan and note areas of discomfort, including your thoughts, words and actions. Are you enjoying the daily work you do, the people around you and your free time? How do you feel most days, do you feel uplifted or downtrodden?

We encourage you to pay attention to every word you utter and every thought you think. Be especially mindful of gossip, whether it is about people within your circles or whether it comes from media sources. Your thoughts, words and emotions are more powerful than even the wisest among you can imagine. Many of you are engaged in one specific habit that unknown to you is extremely detrimental to the utopian society you spend so much time attempting to create. That is the habit of talking about the doom and gloom of the “End Times.” Much of this comes from the news media and channelings from people who claim to be of the Light.

What we witness over and over are people in conversations such as, “Did you hear that this catastrophic event is going to occur on such and such a date? This part of the Earth is going to be destroyed by this or that event. The dark government is plotting to do this or that.” We could go on and on with the list, but hope that you get enough of the idea to understand what we are trying to impart to you.

Can you see that when you share this knowledge you are helping to energize it? Not only are you focusing your attention on it, you are now bringing it to the attention of others. Whatever you are focusing on becomes your reality in that moment. Now, if you are feeling emotional about it, such as fear or anger, you have energized it. If the person you are talking to puts their emotion into it, you have exponentially energized it. What tends to happen when you are emotional about an issue? You want to share it with others and before long, everyone in your circle is giving it attention and begin spreading the word within their circles and so on.

We understand that in order to make changes, things must be brought into one’s consciousness. There are appropriate times and ways to do this. If you are an activist, the best way to do this is to present the problem along with some solutions or for the purpose of finding solutions. These problems should only be brought up with people that you feel will be part of the solution and not the problem. That is the way you create changes, through group effort. However, when you read and share about these same experiences for the purpose of small talk, to share your fears or for egotistical purposes such as wanting others to know how informed you are, it is the problem, not the solution that is being energized.

There has not been peace on Earth because most of your peace rallies are focused on war. There is still hunger in your world because so much focus has been spent on researching the problem and building institutions instead of showing hungry people how to feed themselves. There is a huge imbalance within all of your major governmental systems because you have handed over your power to others with the attitude of “Big Brother knows best.” or “I don’t want to be bothered.”

If you truly want a utopian society that is full of love, grace and joy, then speak and think of nothing else. Take the steps necessary in your personal life to manifest these ideals. Share the good that has come of it with all who are interested in listening. Walk away from conversations that focus attention on problems rather than solutions. Let those involved know how their words are energizing the negative aspect. Have courage to teach others how powerful their thoughts, words and emotions are.

Be a problem-solver and surround yourself with activists that are focusing attention on the positive end of what you desire and watch the magic unfold. You are all powerful manifestors. With the added support from your Spirit Guides, miracles happen every day. Know that in one sense, we act as computers; we do as you command. We work from the energies you project, more than your words. If fear is the strongest emotion you are emitting, you will block your own progress. It is imperative that you discover fears and belief codes that are inhibiting your ability to create your desires.

Most of you are blind to your darkest fears because you have buried them so deeply. Have courage and bring your fears to the light. Bless them for helping you through previous situations. Know they served a purpose at one time. Let them know they are no longer needed. Feel gratitude for their assistance in bringing you to this moment in time. Replace them with your highest ideals. Each of you has created the reality base from which you perform your daily operations. Although most of you are unconsciously choosing your belief codes, your life will dramatically change when you become aware and begin to choose your beliefs from a more enlightened space.

We encourage you to make it a part of your daily practice to go within and seek out the dark glops of energized thoughts that no longer serve you and to replace them with the higher frequencies of love and gratitude. This was the initial purpose for setting up the Tzolkin calendar eons ago and it is still a valid application for your life today.



Selamet! Men 3

DAY 56 CIB 4 Advice vs. Sharing

Greetings, I am Cib, welcome to this unique day when Tone 4 and I merge our energies. We are here to share our wisdom and it is our desire that you listen with discernment for those things that ring true for you. At anytime, when you listen to another's words, tune in with a discerning ear, for not all that is said is meant directly for you.

What we have witnessed within your Realm is that many of you grab onto your gurus and try to incorporate every word of their wisdom into your own Being. This causes confusion and imbalance. Be it known to you that many times those writings are layered. Some messages you may be ready for, while others will make more sense after you have attained more growth and understanding. If you have ever read a book or watched a video then returned to it at a later date and heard messages that you didn't hear the previous time, you will know what I mean.

Today we wish to speak to you regarding discernment. It is a common practice to read something inspiring and then integrate this belief into your daily life. This is a good practice; however, it becomes a problem when someone proclaims to others that it is "the only way" and insists that others follow this practice. Many friendships and potential wonderful experiences have been thwarted due to this practice.

Be mindful that each of you walks a unique path, having different backgrounds that have caused you to develop a unique set of belief codes. Each of you may take one single document and incorporate the teachings into your life in a unique way. This was meant to be from the beginning of the creation of your universe. Problems arise when humans forget their spiritual roots and live in the illusion of separation from God and each other. We are speaking directly about judging each other and comparing oneself to others. This is the true downfall of man. Not one of you is more precious or better than another. Although some may appear to be more enlightened, they have the same human frailties as you.

Those who have attained the level of Guru or Master have gone through the same trials and tribulations as the rest of you. They have simply chosen a narrower path, one that keeps them centered and balanced. Many of them have already had a wide variety of experiences that they no longer choose to partake in. We are talking of many lifetimes, not just the current one each of you is living.

It is common for those of you who seek enlightenment to think of yourself as more highly evolved than others. In one sense, this could be true. However, if you look upon yourself as better than another or feel the need to save those "poor souls," it is likely you are delusional and your ego needs some adjusting.

When you enjoy and seek to help others who are less fortunate than yourself, with no expectations of reward and with no strings attached, then you are likely to be working from your heart. There has been much good done toward others stemming from the desire to save their souls and to convert them to a particular religious order. Although the intentions may be honorable, this creates imbalance.

The person receiving the food, housing, medical attention, etc. knows within their hearts that these gifts come with conditions. In order to continue to receive the gifts, which many times are their basic needs for survival, they know they have to play the game by attending church services, renouncing their native culture and such. It is likely that the ones providing the gifts feel superior because they are helping these "poor souls." Historically, those who provide the gifts often place themselves into positions of authority, which can quickly lead to overpowering another. This is not love.

Those receiving the gifts are likely to feel suppressed and "less than." They may have to turn their backs on many of the belief codes within their culture in order to receive their daily bread. They have two choices: to give in or to stand in their truth. Many are willing to die for their truths; what an unfortunate situation, indeed.

It is the human tendency for the need to feel superior that has wreaked so much chaos on this planet. You have the opportunity now to be consciously aware of these pitfalls and to watch your every movement in order to keep yourself from falling into this pattern.

Know fully that your Path is *your* path only. It is wonderful to share what you have learned with others, but quite another thing to manipulate and force your beliefs on others. Not one of you knows the full desires, intent or purpose of another's life or why they chose to come to this Earth in the first place.

Please stop looking at others as "poor souls." Many of those poor souls throughout history were living wonderful lives, fully in tune with Nature before others came along and forced their ways upon them. Many have been murdered because they didn't choose to believe in the ways of their saviors. How ridiculous to be so arrogant as to think that you are needed to save another! How incredulous we are to observe the saviors killing those who don't want to be saved!

It is just as ridiculous to see the same scenario played out when it comes to feeding or housing others and giving advice. The world would be such an incredulous place if all of you would stop giving others advice! There is a vast difference between giving advice and sharing knowledge, although it is one and the same for many of you. It is to you that we write these words.

Acknowledge that everyone is unique. Each has enough wisdom within one's self to make choices. Even addicts can pull themselves out at any time. Know that each is living their life to the best of their ability within the belief codes they currently hold. We know that it is difficult for you to watch those you love make choices that will cause them difficulty. However, we suggest you let them do just that. You have had your experiences; allow them to do the same.

There is nothing wrong with sharing your wisdom with others. However, what we see repeatedly is something like the following. An adult daughter decides she wants to move away from her hometown and head to Hollywood to be an actress. Her mother had the same dream as a child. The mother had run away to Hollywood and had many bad experiences. She then returned home and married a fellow she went to high school with. She still feels as though she is a failure and has some depression related to her unfulfilled dream of being on stage. Understandably, she doesn't want her daughter to go through the same pain that she went through, so she tries to talk her daughter out of it. When the daughter decides to leave anyway, the mother makes comments such as, "I won't give you any money. I will disinherit you. You are stupid. Don't come home whining when you fail."

This is an example of one using their power over another in order to manipulate them to do what they want. Although the mother feels she is being kind and loving to her daughter by trying to spare her from pain, in essence, she is being manipulative. The mother's love is skewed by her own fears and resentment. Since she has already had the Hollywood experience, she may also have a sense of superiority.

How much better would it be if the mother had simply shared her knowledge by telling her daughter the story of what happened during her dream to go to Hollywood. She might tell her daughter she is concerned, but it would be better for all if she didn't try to manipulate her daughter's decision. It would be wonderful if the mother shared her current discontent for not following her dream. Her honesty might be the key to giving the daughter the push she needs to follow her dream. It is too often that humans hide their true emotions from others and pretend that life is all rosy.

Quite often, those who insist on giving advice only tell part of their story. How much stronger their stories would be if they shared their disappointments and the fears they were harboring when they made those decisions. Giving advice without sharing the entire picture of the emotions that fueled their experience is similar to giving someone a roadmap that leads to a destination other than the one the person has sights on. It's a path, but not the one the other wants to follow.

Generally, giving advice has strings attached. "I'm going to tell you how to live your life. You should listen to me because I am wiser than you. Follow my instructions and your life will be easier because you won't have to suffer the bad things I did. If you don't do as I say, then don't come crying to me when you fail. Do what you want, but I must say good-bye to you." Although you don't always say these things when you are giving advice (even though many of you do), these are the implications of your words to the listener.

Sharing knowledge has an entirely different energy surrounding it. The storyteller is simply sharing experiences. There is no judgment, no expectation that another will follow that path and there is no need to give advice. The attitude is, "This is my story, do with the information as you wish."

It is no wonder that many of you are prone to lives where you feel compelled to give advice, for many of your religions are based on judgmental gods based on these precepts. Take time to truly reflect on your life and how you felt when you were judged by others. It is likely you felt powerless, subjected and idiotic. This is not love.

Love is allowing others to create their own Path and to make their own choices. Many say that love is forgiving others for things they have said or done. We would like to expand your mind a little by saying that the state of forgiveness is not love. In order to forgive another, you have placed judgment on them; you have labeled their actions as right or wrong. You have placed yourself in a position as being superior over them or seen yourself as a victim for what they have done to you.

When you can see the fuller picture that you all are equal players in this drama you call reality, then you will understand more fully what we are sharing with you. There is no one to forgive. There is no thing to forgive. Everyone is simply doing the best they can in that moment. Although you may know what you are doing is detrimental to yourself or others, you cannot express love any more than you have experienced it. This is why repeatedly we encourage you to go within and discover yourself.

Consciously choose belief codes you wish to live by. Courageously face your shadows, those fears that hold you back. Once you have done this, you will learn to bless the bad things you have said or done. You will bless the wrong decisions you made. You will then know the difference between giving advice and sharing knowledge. You will then understand how detrimental it is to give advice to others.

Then you will be able to teach others in a way in which you will be heard, for your energy will be different. Your message will be received with open hearts because it is being given with an open heart. Others are more likely to listen when someone approaches them with a compassionate heart rather than a sense of "I know what is best for you." Don't fool yourself into thinking that you know what is best for anyone.

We give you this advice; don't give advice! Just kidding, we do have a sense of humor and we do wish the best for each of you. At times, our Messages may seem harsh, but we speak with love and from an advantage of being outside your realm of amnesia.

We look forward to being with you in the higher Realms. Until then, call on us whenever you want support. We are with you always. There are legions of us wishing to support you in all that you endeavor to do. Speak with integrity, set clear intentions and we will support you with no strings attached. You are loved beyond all measure; know this within your hearts.



Go forth and create a wonder full day for yourself! Cib 4

DAY 57 CABAN 5 Body Dowsing

I am Caban 5. Although there are many ways to reach your star brethren, it is wise to know how to do so in a way that will keep you safe. Many of you reading this may not comprehend what we are talking about for you may still be in a place of not believing in the existence of life forms on other planets. This is okay; we do not expect everyone to be ready to hear every message we have to offer. If you are uncomfortable with this topic, we suggest you go back to a previous day's Message and work on an issue that is weighing on your heart. However, if you open your mind enough to accept our words, you will find that today's lesson can be just as beneficial when you are communicating with your human brethren.

Just like humans, there are some E.T.s who work with light energies and some who work with dark energies. We make no judgment. However, for those who sincerely want to progress towards unconditional love, it is good to be aware of the following. Some E.T. races have been given a bad rap for events in the past, both in ancient times and in modern times. Please know that it is not correct when you blame all for what one part of a group has chosen to do. There are many levels regarding past experiments and encounters between humans on Earth and Beings from other planets. Do not be quick to judge any activities, for you do not know all of the circumstances involved.

Although some E.T. events may seem to be aggressive, not all are. There have been other experiments and encounters that seemed to be friendly, but they had ulterior motives. Do not judge others, for you do not have the full scope of what is happening in the universe. There are many factors at play and many more about to unfold.

One issue we would like to address regards the manner in which many of you have elevated Beings from other planets as saviors. Know that in the entire universe, there is no savior. Each of you has within you the power to choose what you wish to experience. From your choices, you will experience events; some will create joy while some will create havoc in your life.

Many religions have created images of gods that are saviors. The implication is that humans do not have the intelligence or the innate ability to save themselves. We go further and ask what it is you need to be saved from? If there is no condemning God, then what need have you of a savior to intervene for you?

Every day, people are making choices. Some are beneficial to themselves, but not beneficial to others. Some choices people make are beneficial to others but not for themselves. Since you live in a world of polarity and free will, you can expect some will make choices that are detrimental to others and themselves. Each day, every one of you makes a myriad of choices, some good and some harmful, each leading you to the next decision. Every possibility is available to you.

When it comes to visitors from other planets, know that the same is true for them. They also have the ability to make choices, some good for themselves, but harmful to you; some good for you, but harmful to them. Like you, many are experiencing new events and testing out their powers of free will.

We suggest you use caution when dealing with extra-terrestrials. Do not elevate any of them to the status of God and do not take everything they say as all-knowing. Recognize that some may be charming, but have ulterior motives. They are individuals with the same abilities to think on their own or to follow the directives of others.

How can you discern those who are speaking the truth? It is not unlike the same ability to discern the motives of other humans. First, you can make a heart connection with these folks, on an individual basis. You need not do this face to face since many of your interactions may not be on a personal basis. On Day 36, we shared how to make heart connections with others. What I would like to emphasize today is how to make a heart connection with someone you have not met personally or when there is physical distance between you and the other.

In this case, you can make the heart connection by calling in your Higher Self. How can you do this? Simply state your intention. You can either do this aloud or hold a firm thought in your mind that you want to make a clear connection. Each of you are at varying levels of connecting with your Higher Selves. Some of you already have clear communication and can talk clearly, as though you were conversing with another person. Some of you are at the level where you require dowsing tools or body mechanics.

Those of you who are new to connecting, we will briefly introduce one form of body dowsing. It is not that we believe there is one system that is superior to communicating with your Higher Self; we mention this particular tool because of its simplicity and brevity in describing how to perform it. However, we do not want to get too far off task today; there will be other times when we will show you ways to make contact with your Angels and Guides.

The goal today is to learn a method by which you can know the energies of an E.T. or another human so you can better discern how to respond to their teachings. A simple form of body dowsing is to ask a direct question in a “yes” or “no” format. Keep the question simple; there is actually an art form to asking questions in a concise manner. However, for our purpose today, we ask you to practice with questions such as, “Is my name____? Do I have a dog? Am I a female?” Practice with easy questions you know the answers to. Avoid esoteric questions or those that are not your business.

First, stand erect in a balanced position. If your answer is a “yes,” your body will slightly move forward. In reverse, if the answer is “no,” your body will gently sway backwards. This technique is very subtle and works best when you are completely balanced, loose and hydrated. We suggest you practice any technique you choose quite often before relying on the results. This is also a great way to shop for food and vitamins. Simply hold the object in your hand or near your heart and ask if it is in your best interest to take this product. There are many ways you can use this simple technique.

However, for today’s purpose, we are suggesting this technique as one of many possible ways to discern the level of trust you can hold in another person, whether they are of this planet or beyond. Those of you who are reading this out of curiosity, but do not believe in E.T.s, let it be known that there have been records of contact in many ancient writings, literature and art. Many times, the Angels were E.T.s. Even if you do not believe in E.T.s, you can use this technique to help with your interactions with humans.

The goal is to find out where the other person is coming from. Are they coming from a place of light and sincerely have your best interests at heart? Or, is the other Being from the dark and trying to manipulate you into doing something that ultimately is not in your best interest? Sometimes it is very difficult to distinguish between the two.

When you make a connection with your Higher Self and the Higher Self of the other person involved, there can be no lies. The truth must be told. Once you fully develop a clear connection with your Higher Self and others, a whole new world literally opens up to you.

When you meet others, you can connect with both of your Higher Selves and ask clear and concise questions related to the meeting. Let us say you meet an E.T. or human who offers you a deal you can’t refuse. How do you know if it is in your best interest? Simply make the heart connection. You can either do this aloud or very clearly in your imagination. State that you wish to make a connection at this time.

With practice, you will know when you have made the connection with your Higher Self and those of others. Sometimes you will feel the energy through goose bumps, a sense of peace or a warming of the body. Everyone is different. You can ask your Higher Self if the person you are concerned about is speaking from the Light. Pay attention to which way your body sways. As your conversation ensues with the other person, you can ask your Higher Self as well as their Higher Self specific questions, remembering to ask them in a yes or no format.

As an example, let us say that you encounter a man you have never met before in a store. He seems nice, is clean-shaven and wearing nice clothes. You don’t feel any particular emotions about this person. You meet at the bulletin board where each of you is looking at advertisements for upcoming local events. You notice he is posting an event and ask him if he is the one hosting this event. He answers in the affirmative as he shows you the poster. The poster states that he is a hypnotist and is having a gathering to demonstrate his skills to others.

In the past, you have seen hypnotists on television. You ask him if he will be having people cluck like a chicken. He assures you that hypnosis is safe, that he is reliable and can be trusted. This is when you can use your skill to determine if this fellow is of the light or the dark. Quietly connect with your Higher Self and the man's Higher Self. He need not know what you are doing. Ask your Higher Self if this fellow is working with the light. Pay attention to which way your body sways. Let's say the answer is affirmative, as you slightly sway forward.

You can then ask a myriad of questions, depending on what you wish to know. "Is this fellow trying to use mind-control over others? Is he sincerely interested in helping others overcome health issues and dependencies? Is he using his skill as a hypnotist to try to make money, regardless of the outcome to his clients? Is it in my best interest to attend this gathering?" You might choose to get the fellow's contact information and ask these questions when you return home and there are fewer distractions. We also want to let you know that you can get different answers, depending on whether you are asking your Higher Self or another's Higher Self. You may ask a question such as, "Is this person reliable when he makes a diagnosis while his client is under hypnosis?" You may get a "yes." Then you may ask, "Can he tell me why my neck hurts so much?" You may get another "yes." Before you make an appointment to have him help you with your physical ailments, delve further with your Higher Self and intuition.

He may be able to diagnose a medical condition for you. However, if it is in the best interest for you not to know about this condition or if there are other factors involved, he may not be able to give an accurate reading. Know there are many complexities involved in every situation. Do not look to others to save you and do not accept their advice blindly.

Know that you have within *you* the ability to find answers to any question. It does take practice to learn to filter out the truth from the garbage. It is easy to dupe yourself because of fears and old belief codes. We know this can sound frustrating and you may be thinking, "How in the world can I ever determine the Truth?" On some layers, there is no such thing as Truth, for so many things are relative to your belief codes.

How much of what you believed as a child do you still hold dear to your heart as the absolute Truth? As you mature, you learn to discern. No decision you ever made needs to be classified as right or wrong, they were simply decisions you made based on the belief codes you were currently working from. Each decision has the power to help you experience a unique set of circumstances.

Why did we use the example of extra-terrestrials instead of keeping at the level of human interaction? We want you to know that there are already those walking among you who were not born on this planet. Soon, they and others will be exposing themselves to the public more often. There has been so much fear regarding contact with E.T.s that we know many good messages have the potential to go unheard.

We also know that many E.T.s with ulterior motives can easily sway masses of you, especially those who are waiting for saviors. We encourage you to find ways to make heart connections with others, so you can determine who is of the light and who is of the dark. Take the messages of others with a grain of salt. If the message feels right, then look into it further with your dowsing and intuition. If the message feels wrong, then look into it further by going within and seeing if you are reacting due to fear or out-dated belief codes.

If you take time each day to follow the Messages we present to you, soon you will be able to make decisions that are for your highest good. We offer you many ways to go within and clear out the clutter, so all your future choices will be made in your highest good. Once you have eliminated many of your fears, you will begin to soar as the eagle from above, with a greater sense of discernment because you will be able to see the greater picture.

With practice and clear intent, it will become easier for you to make choices that are for your highest good. You already have everything you need within you to make clear choices, we are simply here to remind you of your innate powers. We wish you well and hope you will take time today to go within and seek ways to better connect with your Higher Self. We take leave now and send many blessings to you. Remember, we are E.T.s, too!



Selamet! Caban 5

DAY 58 ETZNAB 6 *Rewriting Old Programs*

I Am Etnab. The encouragement I offer today is to look within yourself. Your life is like a hall of mirrors in the fun house at carnivals. Wherever you look, there you are. Sometimes what is reflected back is pleasing to you; sometimes the reflections are grotesque. Some make you giggle, while others make you look away. Stand or sit as close as you comfortably can in front of a mirror. Remove eyeglasses, if you have them on. Clear your mind from the details of the day as you take a few deep breaths in and out. Relax with each breath.

Gaze, with as little blinking as possible, into your eyes. Look deeper and deeper into your eyes. Do your best not to look away. Ask yourself, "Who am I?" Listen for answers you hear inside your head. Continue asking, "Who am I?" several times, while listening for answers. You may find that you hear a variety of answers. As you repeatedly ask the question, the descriptions of yourself may get more and more profound. You may hear things such as, I am (your name). I am a parent. I am American. I am sad. I am a child of God.

This is your inner voice connecting with you. On one level, you will connect with your brain or inner consciousness. This is where you have stored all of the belief codes about yourself. When you start to hear more expansive descriptions about yourself, especially those that seem strange to you, it is likely you are tuning into your Higher Self, that portion of you that remains in the Spirit Realm and is your connecting link to the higher Realms. If you are new to this connection with your Higher Self, do not take all you hear literally. In time, you will learn to discern which thoughts are from your body, which are from your Higher Self and which are from outside influences or mind chatter.

After you have finished gazing into your eyes, write down the thoughts that came into your head while you stood before the mirror. Consciously pay attention to these thoughts and see if you can remember where they originated. Obvious ones such as "I am a parent" needs no further study. Those that are light and cause you to feel good need no attention other than taking time to bask in the warm feelings they give you.

We encourage you to focus on the thoughts that made you feel uncomfortable. Peer at one thought at a time. Feel the tension it creates in your body. Is there a particular place you feel this tension: your neck, your lower back, your abdomen? If the warm, fuzzy thoughts made you uncomfortable, then you may have blocks to receiving love. We highly recommend Louise Hay's reference book, *Heal Your Body*,* which shows places where humans tend to store specific thought patterns in their bodies. This may help jog your memory to the initial thought that created the belief code you are trying to uncover.

Can you remember a specific event in which you felt this particular discomfort? Is your memory triggered to the event when this thought initially occurred? Have you had this thought about yourself for as long as you can remember? If you pull up memories that are painful, ask your Guides to remove the pain. If you would like to delve deeper into the memory, you can ask that you go back as an observer and watch the events unfold, without feeling the emotions. Then go back, observe and find ways you can release the unwanted emotions you felt at that time. The bottom line of this exercise is to release the negative emotions. This may involve forgiving others and yourself. You may need to take responsibility for your part of the event. If you have experienced deep wounds in which you were the victim, the forgiveness part may be something you can't even consider at this time. If you are hesitant to work on these wounds by yourself, seek professional advice.

If you continue to hold onto anger, hate, fear and these types of emotions, they will show up in your body as disease. This is the stuff that creates cancer, heart disease and addictions. You may feel justified in your desire to hold onto these feelings. You may feel that you need to hold onto these feelings to protect yourself from being hurt again. You may feel a variety of reasons to hang onto your hurts. This is your choice; we hold no judgment in what you choose to do. However, we are of the light and it is our joy to help you feel the joy we feel. When you ask for support in helping yourself to heal, we are motivated to work towards helping you release these toxic thoughts from your system.

There are many exercises available to help you forgive others and to change your way of thinking so you no longer find yourself playing the role of victim. We speak now to those of you who are ready to rise above the negative experiences and to reach for the higher Realms. One method to forgiving yourself and others involves a policy of "Fake it 'til you make." Have you ever watched a movie or listened to a story that emotionally engaged you? It matters not whether it was fiction or based on a factual event, you responded as though it were real and cried, laughed or felt various other emotions. You were feeling the experience as though it were your own or feeling compassion for those involved in the story. Your subconscious mind was taking the story literally, for it does not know the difference between fiction and reality.

This knowledge can be used as a healing process. You can program your unconscious mind to record events to help yourself heal. Let us say that you had a deep childhood wound which left you afraid of something or deeply angry at another. In order to “fake it ‘til you make it,” you can program selected affirmations into your being by repeating specific phrases. Affirmations have proven to be very effective for some people. However, we are going to go beyond positive affirmation statements.

What we encourage you to do is to write down a few specific statements, such as, “I forgive my father for doing this or that to me. I release all anger at my mother for saying this or that.” If you had a traumatic incident such as a near drowning experience that left you afraid of being in deep water, you can write something like, “I enjoy floating on water.” Be brave and look at your wound as deeply as possible; again we would like to remind you that you can look back as an observer in order to avoid feeling the pain you had during the initial event. There is no need for you to ever feel the negative emotions again. However, these emotions do need to be released in order for you to fully experience a healthy life on Earth.

As you prepare to write your statements, we encourage you to strive for your highest desire. As you heal, you may find yourself able to go even higher. For example, let us pretend that you nearly drowned when you were young. As a result, you are now afraid to be in water that reaches above your knees. While creating your affirmative statements, you may find yourself feeling intense anxiety at the thought of floating in water over your head. If possible, write it anyway. After you have tried the visualization a few times, if you find it too stressful and distracting, then go ahead and rewrite the statement with something you can better handle, such as standing in calm, clear water up to your thighs. Once you have mastered visualizing yourself in thigh deep water, then move beyond your comfort zone to deeper waters. The purpose of writing these statements is to give yourself a clear focus of what you wish to heal.

The next step is to visualize the effects you want to experience. During this step of the process, it is important to incorporate all of your senses and to feel the emotions surrounding the event. In this case, you are projecting your senses into feeling the event, making it as real as possible. Remember that your subconscious mind does not know the difference between fiction and reality. What you are doing is replacing the old story with a new story. The more you can inject the feelings as though they are real, the more successful your healing process will be.

We invite you to begin. Repeatedly state your affirmation out loud. “I enjoy floating on water.” This engages your senses of hearing and speaking. Push through your feelings of being uncomfortable and visualize yourself floating on a lake. Perhaps you will see yourself on a rubber raft. Feel the rubber under your body. Feel the warmth of the sun on your face. Taste the water, is it fresh or salty? Feel the balmy breeze on your skin. What do you hear: sea gulls, children playing, soft music, airplanes flying overhead? Smell the rubber from the raft. Are you alone or with friends? Allow your body to relax. Start with your toes, relaxing one at a time. Move up your legs and continue relaxing each muscle, all the way to the top of your head. Hear yourself gently repeating, “I enjoy floating on water. I enjoy floating on water. I enjoy floating on water.”

It is rare that a full release occurs the first time you do visualizations such as this. The deeper the wound and the more you hold onto an emotion within your belief code, the harder it may be to change the thought which is engrained. However, be of good cheer, any thought or habit that you have created can be uncreated! We encourage you to repeat the visualization process as often as possible. Always strive for the highest emotions of love and gratitude you can muster. There will come a time when you will sense an energy shift or just know that the issue has been resolved. At this point, physical healing can occur. You will have the ability to dissolve cancer and other forms of disease that have been locked within your auric field. There are many layers involved in healing past wounds and re-creating thought patterns. Move at your own pace.

As we move through the Tzolkin calendar, each day we will show you ways you can peel back the layers that keep you from experiencing Heaven on Earth. We invite you to call on us for support. Know that you are surrounded each moment by Spirit Beings who are at your beck and call to help you to experience whatever it is you desire. We hold no judgment of you or the choices you make. You see, there are many of us who do not desire to enter the dense, physical structure in which you find yourself. However, through you, we can experience and understand more fully the Dimension in which you reside. We thank you for this opportunity to serve you and to experience through your eyes.

*Be of good cheer, we are always near.
Have a happy day. We are here to stay!*



Selamet! Etxnab 6

DAY 59 CAUAC 7 Purification

I am Cauac. On this day I would like to share with you teachings regarding purification. There is much talk among you about ascension and becoming perfect in order to escape this madness on the planet Earth. We would like to tweak your understanding a bit and put things into a more positive light.

The ascension process is simply movement towards understanding unconditional love and compassion. Each of you is going through this process every moment of your life. There are some who feverishly focus on attaining the goal of perfection, but know that if this is your main focus, you are likely to miss out on a whole lot of living along the way. There is no rush, except that which you impose upon yourself. Learn to relax, stay in the moment and seize opportunities to love each and every person, animal, flower and event that comes to your attention. It is when you bring yourself into the moment that you will find a multitude of opportunities to practice unconditional love and compassion for yourself and others.

Purification simply means to cleanse. What is it that you need to cleanse? Yes, your body can use an occasional cleanse by bathing in water. We will take one moment at this time to address a side issue related to bathing. Pay attention to the soaps and shampoos you use. Recognize that your outer covering, that which you call your skin, is your largest body organ. Human skin is designed to absorb nutrients from sunlight and the Earth. Can you not imagine how readily it absorbs lotions, creams and sunscreens? There is much research available to you on this topic; we suggest you inform yourselves and make better judgments on the products you select. We also suggest that you bathe less frequently. You will find that as you improve your diet, your body smells will become pleasantly fragrant. Sometimes a rinse is all that is needed. Remember to bless and thank the water as you immerse yourself with its cleansing and healing properties!

We shall return now to the lesson at hand. What other ways can you purify yourself? Through your thoughts! Once again, we return to the issue of paying attention to your thoughts, words, actions and feelings, for it is here that you have the power to purify your body, mind and soul.

The first step in purification of the physical body is to fast, which allows your body time and energy to purge itself of unnecessary toxins and stored substances. During this purification process, it is common to feel fatigue and to have a myriad of side effects such as skin rashes, diarrhea and headaches as your body removes stored toxins from your cells. These toxins are creating havoc as they pass through your circulatory and digestive systems. Once purged, the body feels invigorated. It is wise to drink much water during this process to assist in the restoration of healthy cells.

We have lightly touched on a purification process for the outer body and inner body. Yet there is much more you can do in order to rid yourself of dis-ease, both physical and mental. This step focuses on thoughtforms and their effects on your body, your relationships and the universe. Louise Hay's* work in this field is highly recommended as a resource for discovering where in the body you have stored your past negative thoughts.

Again, we speak of how negative thoughtforms glop together. When a person makes statements such as, "I am sick and tired of this. That is such a pain in the neck! You're killing me!" he is in actuality creating disease in his body. Many times, it is not the actual words that are the cause of the disease; it is the emotion behind the words that are the trigger.

For example, you do not like your job, yet you hang on, dragging yourself there day after day. It becomes harder for you to be cheerful. You have more and more thoughts of how you don't like your job and how you wish you were somewhere else. Unfortunately, most humans are working at an unconscious level. Although it is true that you don't like this job, you tend to complain rather than make conscious choices on how to change the situation.

You may not be aware that thoughts and complaints such as, "I am sick and tired of this place. I didn't want to get up and come here today. They don't pay me enough. I hate my co-workers and boss. I would give anything to be able to walk out of here right now!" are actually catalysts that your Angels use to help you get out of this situation.

Things that seem negative to you may occur, such as becoming increasingly sick and tired. You find it harder and harder to get up and go to work each day. They don't pay you enough? If you keep this belief code, you will be correct; they never will pay you enough. With your attitude alone, it is less likely they will reward you with more money! Take time to look at your attitude towards your co-workers. How much of the discord is due to the other person's behavior and how much of the discord is due to your attitude and judgments toward these people? With statements such as, "I would give anything to be able to walk out of here right now!" you might find yourself handed a pink slip.

Your Spirit Helpers surround you each and every moment. It is their pleasure to help make your dreams a reality. They do not pay attention to all the words you speak, for there is much you say that is nonsense. What they do pay attention to are the feelings behind your actions. If it has become evident that you are not happy in the job you chose, they are more than happy to help you change that situation.

How much more gracefully situations can change when you are paying attention to your thoughts and feelings! Can you see how much better it would be if you came to the conscious understanding that you wish to change circumstances at work, your attitude or to get another job?

Your first step is to purify your thoughts, words and actions. If you do not, no matter what future job you hold, you will carry those habits, attitudes and belief codes with you. In order to have a satisfactory job, it is necessary for you to go within and look at the belief codes that got you into your current job position.

Look at why you stay in jobs and relationships that are not in your best interest. You will uncover fears and belief codes that you have outgrown. Many hold onto jobs for security and the benefits. Although there is nothing inherently wrong with this, if you continue to remain in an unsatisfactory job position, eventually you will create discord, even if it is done subconsciously, and you may put your physical and mental health at risk.

Break through your old belief codes and free yourself to choose careers that make you smile and be in joy! How many of you are in your chosen position because you or others such as your parents or friends felt it was right for you? If you have discovered that it is *not* right for you, take courage, go out and explore other avenues.

Know that you can take this information and apply it to any aspect of your life: friends, relationships, events, even the next book or movie you engulf yourself in. Pay attention to what you would truly like to experience in life. Look around and choose the steps that lead you toward this goal. Watch for coincidences and synchronicities that lead you to the next step or a person who has answers or assistance for you.

Many times, your Spirit Helpers will have things set up for you, but you miss the clue. There will always be more clues set in front of you. Perhaps the next job opportunity isn't your ideal situation, but it has enough of what you want to move you toward the next step. Perhaps it will free up your time and energy to pursue the education you need for the dream job. Maybe it has no benefits, but it pays very well which will allow you to save the funds you need to move to the location where you would rather reside. In many cases, you can expect to meet people and gather skills that you will find useful in your next pursuit.

We offer you encouragement to step out of your comfort zone and to move toward your goals. Know that each step has its importance and an abundance of blessings. Many times, in hindsight, you can see the blessings and value of the current circumstances that are not harmonious with you. Be grateful for every person, place and event you encounter on your daily walk and expect miracles to happen!

As you focus more on gratitude and the blessings of each moment, your negative thoughts will become more positive. These are signs that you are growing in your understanding of love. Know that your thoughts never die. Negative thoughts glop with other negative thoughts while loving thoughts continue to flow freely and kiss everything along the way.

It is imperative to understand how powerful your thoughts and emotions are. They are the fabric of your universe and as they interweave with the thoughts and emotions of others, a quilt is formed. Each quilt is unique with the power to make others smile and keep them warm. Or, is it a quilt with holes that lets in a draft? Do you hold onto your quilt tightly in fear that someone may take it from you or do you share your quilt with others in need? Take a look at an aerial view of the Earth and notice how she looks like a quilt. Each one of you is responsible for creating and designing the patterns of the Earth quilt. What do you want it to look like? What functions do you see for the Earth quilt? What can you, as an individual, do to make this quilt cozier and more comforting?

Have courage and take the steps necessary to purify yourself and then share this knowledge with others. Soon, the whole world will be bathed in the light of purification and the true meaning of ascension will dawn on each of you. It is not the destination, but the journey that is of importance. Take time each day to reflect on ways you can purify yourself. Take the necessary steps to move forward. Dream big for all is available to you! Release concerns of "not enough of this or not enough of that" and find ways to make your dreams a reality. Whatever you feel you are lacking, know there is someone who has abundance and would love to share it with you!



Selamet! Cauac 7

DAY 60 AHAU 8 Highest Form of Abundance

I am Ahau. Together with Tone 8, we welcome you to this grand and glorious day. Today, we would like to focus our attention on the infinity symbol, which looks like the numeral 8 lying on its side. The infinity symbol often represents an infinite supply of abundance. What comes to mind when you think of the word “abundance?” Many list material things, with money being high on the list. Although abundance comes in all sorts of material ways, we would like to focus your attention today on other types of abundance and how to manifest these into your life.

If I were to pose the question, “What is the highest form of abundance?” What would you reply? Some may say wealth, health, wisdom or knowledge. All these things indeed are forms of abundance. Yet only a few would look at friends and family as a source of abundance. How many of you thought of your pets or plants as a form of abundance? One of the greatest gifts of abundance comes in the form of unconditional love. If you have the love of all men and all things, there would be an increasing desire to share all your health, wealth and wisdom with others. In your prayers, seek for ways you can increase the abundance in the world by releasing any fears or blocks that stop you from being a fully loving conscious Being. The abundance you seek lies within you. Through the ages, many wise sages have written about the law of the universe that promises, “What you give, you shall receive.” However, in your hearts do you truly believe these words?

Many of you are operating at a low level of self-esteem, believing you have little to offer and are not worthy of receiving life’s greatest gifts. Your conditioning has created blocks to accepting gifts from strangers and those who love you. Remove these blocks and let the energy of love bathe you, finding yourself worthy to receive.

Others of you live from the opposite extreme. You give of yourself to the point of exhaustion and bankruptcy, yet find it difficult to receive from others. You constantly turn down acts of kindness from others or pass their gifts onto others because you feel they are more deserving. We challenge you to rethink the reasons you do this. We do not judge these decisions; we simply ask that you take time to go within and see if you are harboring underlying issues of unworthiness.

Many of you proclaim your generosity to others when you give gifts, saying you don’t want or need anything in return. Yet you grumble when you do not receive a gift in return of at least equal value. This is what happens most abundantly during holidays when gift giving is expected. We suggest you deeply delve into the reason you give a gift in the first place. Gifts that are not given from the heart or have expectations attached to them are nothing more than bribery.

True abundance will come into your life in all forms, both seen and unseen. When you gift another with no expectations of receiving anything in return, not even a note of gratitude, you will know you are closer to giving from the heart. Many of you think you are there already. I offer you a test. Give gifts to others in the form of material objects, favors, prayers or kind deeds, without their knowledge. Do this without telling *anyone* what you have done. Pay attention to how you feel. Is it bothering you that no one is praising or thanking you? Are you upset if no one notices things you have done? If so, you will know that you still have an issue of attachment to your gift giving. When you can pass holidays without giving gifts that don’t come from your heart and can joyfully share with others without any desire to receive recognition or reciprocation, you will know that you have learned to truly give from the heart. Unto you has been given the promise of abundance.

As the Masters have observed, as you give unto others, so shall you receive. What is it you wish to have an abundance of? If it is health, wealth and wisdom, then share gifts of health, wealth and wisdom. If it is joy, kindness and love, sow joy, kindness and love. If it is material objects, share material objects. It is a law of the universe that what you sow, you shall reap. If you plant a tomato seed, do you expect to reap carrots?

We encourage you to take time to go within and to reflect on these words. Be objective and fervently seek for ways to release any attachments and emotions that cause you to expect a return for your gifts. How can you release negative thoughts and emotions that keep you from holding pure love and good will towards others? Seek and ye shall find; knock and it shall be opened unto you. These are not idle words, but a secret passage into a world of unbelievable knowledge and wisdom. This world was created to be a perfect manifestation of abundance beyond measure. As you study with us, you will be shown tools to help you understand how to loosen your shackles and enjoy the fresh air of freedom. All lies within, but you must take the time to loose yourself. Otherwise, you will stay bound and gagged, with only yourself to blame. The door is unlocked, you need only step through and claim your righteous inheritance.



Selamet! Ahau 8

DAY 61 IMIX 9 The Nature of Cycles

I am Imix, Guardian of the door to New Beginnings; where there is completion, new doors open unto you. Take time now to think of something you have recently completed. It can be as grand as ending a huge project or saying good-bye to a loved one, or it can be as simple as having finished washing the supper dishes. Choose one event that you have completed to focus on today. What doors have opened as a consequence of finishing this activity? How do you feel as you end this task or event? Is there a feeling of accomplishment, joy or desperation? Are you ready to release any ties to the event in order to keep moving forward? Many times, there is a sense of guilt associated with endings. You are trained from youth to keep seeking new goals. Often the goal becomes the reason for doing the deed while much is lost during the journey.

We suggest you pay more attention to what is occurring each moment. While you are washing dishes, are you feeling gratitude for the meal you just had? While eating, did you pay any mind to the plants or animals that have given their life for your sustenance? Did you give any attention to those involved in the processing, transportation or sale of those food items? While eating, did you give thanks to all involved? Have you ever wondered about the factory workers or pottery makers that spent their time creating the plates and cookware you used to prepare the meal? Do you consult with your body to ask what it needs? Do you mindfully chew your food in order to assist your body in the digestion process and thus retain the nutrients needed to support your health?

As you end the process of the meal by washing the dishes and cleaning the kitchen, wherein lies your thoughts? Are you focused on future events? Are you planning what you will do with the remainder of the evening? Are you still in the moment, giving thanks for your many blessings surrounding the meal?

It is important to pay attention to endings of cycles, no matter how trivial they seem. Paying attention to what is happening in the moment will allow you to find satisfaction and joy in all things. Many of you start tasks with the goal of completing them, yet no joy is found along the way. When you come to the end of the journey, there is just a hurried sense of getting on with the next project. You were taught this method of living in your schools. You were given assignments with deadlines, day after day. They were to be completed by the deadline or you would be punished with a bad grade, no matter how good the output. The same filtered over into your work life. Once again, you were given deadlines to fill. Many times the quality didn't matter as much as the quantity of mass-producing items. The deadline became the main objective.

You didn't have time to sit back and look at what you had created because you were already being pushed into the next event that has a new deadline. Many, especially in the business world, are juggling several deadlines at once. It is no wonder that so many are dying of stress related diseases. It is no wonder that joy is lacking in your life. You have not remembered to stop and smell the roses. Those of you who have distanced yourself from Nature are having the most difficult times, for Nature is healing and restorative. There you will find peace and balance. Look at the forests and natural wonders of the world. Nature has no deadlines, yet all is done on time. The seeds know when to sprout. The leaves know when to fall. The birds know when to migrate. The bears know when to hibernate.

You can learn much from Nature through observation. Take time to quiet your outer world and go within. Think of ways you can become more balanced. Find ways to become more in tune with the natural cycles of the world. With the advent of technology, your world has become out of balance.

Let us take a look at the farmers of old, before corporations possessed them. They arose at dawn and had a good, solid meal. Off to the fields they would go, breathing in clean, fresh air. They were always available to help their neighbors, whether it was to build a barn or plow a field. Sharing of tools and work animals was commonplace. As the sun went down, they would retire for the evening. The family lived together as one unit, usually four generations in the house, each having jobs to do. There wasn't the stress to run off to the city to punch a time clock. Families knew their neighbors. Children learned to caretake animals and grow their own food. Entertainment was provided through their music and art.

As the industrial age pressed upon them, the farmers got farther away from planting with the moon cycles and their known ways of forecasting weather. Even larger cycles such as allowing the soil to rest in the winter were changed when the advent of pesticides, green houses and other unnatural means of producing food were introduced. Your foods now are full of toxins. Fruits and vegetables are transported 1500 miles or more from where they are grown which necessitates unnatural means of ripening and food storage. How many farmers live off their land? Very few, for most are forced into monoculture farming, raising only one or two crops each year. This also creates a burden on the soil, depleting it of valuable nutrients resulting in food products that lack minerals necessary for health.

Next, the food is whisked off to processing plants that further destroys any remaining nutrients. Thus, by the time the food reaches your table, it is void of nutrients and has had the life force irradiated out of it. Much of what

each of you consumes today is not only toxic, it is completely unnatural. Much of the obesity that exists is due to the body storing all of these unnatural items that it doesn't know what to do with. This creates liver dysfunction and clogged cells throughout your body.

Why have we gotten off on this tangent? To show you the importance of paying attention to what is going on around you each and every moment. Did you think when we started this dialogue that washing dishes was quite a minute part of your life? In one sense, yes, it is. However, when you take time each night as you wash the dishes to pay attention to the various aspects previously mentioned, you will find that some important life choices were involved in the meal.

How important is the job you invest so much of your time in? Is that job beneficial to you or simply a means to an end, an end that never comes? What percentage of time that you engage in this job, including morning preparation and the drive to and from work, do you find joy and satisfaction? If the percentage is low, then we encourage you to find another way to support yourself. Many of you are in great fear of changing jobs or other areas of your life because you are attached to the material rewards and what others expect of you.

There are a growing number of people who are making great changes in their lives. They have looked around and found how dissatisfying their lives have become. They discovered they had hooked into a system that treats them like a robot. They have been robbed of life savings from mismanagement of their funds while they are over-paying for services that are free in other societies. Many are lonely, for they live so far from loved ones. You have lost your sense of tribe and forgotten how to share with your neighbors. Many of you have become overly attached to the technologies that surround you. Just how many televisions can one watch at a time? Why do you need five clocks in one household? Is it all that difficult to walk into another room to throw your trash away rather than own eight trashcans?

Look around your environment. How much stuff do you have that you don't enjoy? Perhaps you want to enjoy it, but are too busy making money either to make ends meet or to buy a new house, toy or car that is bigger and better? Step back; take time to re-discover who you are. Have the courage to step out of the box and reclaim the wishes of your childhood. When you were a child, many of you had more time to dream of things you wanted to experience or accomplish in your life. However, you got busy or others stomped on your dreams and you let them fall to the wayside.

Take time now to reflect back on dreams you set aside. Are they still valid? Do you still want to motorcycle across the country or climb Mt. Everest? Do you still dream of having a log cabin in the woods surrounded by a white picket fence? What dreams do you wish to explore? What is hindering you from fulfilling those dreams?

We encourage you to look closely at your dreams and find ways to make them reality. Peer pressure keeps many from speaking out. We suggest you move forward anyway. Seek out those who have stepped out of the box and moved forward with their lives. These are the people who will support you the most, for they have already pressed through their inner fears and the ridicule from others around them. You may be astounded to find out how many live vicariously through them, sometimes feeling resentment and sometimes feeling joy and a sense of hope that one day, perhaps they too will find freedom in their lives.

You may need to make great changes such as leaving a church, ending a relationship, changing jobs or moving to a new location. Each one of these takes great courage, but the rewards are well worth the effort. If you are not ready to make great changes, start by allowing yourself to dream. Many of you have lost the art of imagination, yet this is the keystone to any great change. If you can visualize it, if you can feel it, if you can taste it, then you can create it! Have the courage to move forward. Have the wisdom to live in the moment, paying attention to what is happening around you. Everything is literally an attitude away. If you are not happy, do not blame others. The belief codes you have chosen are steering the boat to whatever course you are currently on.

Have you ever wondered why some people can forgive others of great transgressions or why some people are always happy, no matter what circumstances they are in? It is because they have learned to hold themselves responsible for their own actions and allow others to be responsible for the choices they have made. Talk with these people and learn from them. They are your greatest teachers. We hope that the next time you wash your dishes, your mind will expand to the point where you will know that all things are possible and that your happiness and joy in life is truly a gift and your birthright.



Selamet! Imix 9

DAY 62 IK 10 Manifest Your Dreams

I am Ik. Welcome to this blessed day in which exists all possibilities. Of the myriad of choices available, what will you choose? Do you know that you are in control of your destiny? Do you realize the importance of your words and how they ripple throughout the entire fabric of the universe? Have you any realization of the impact your thoughts, both positive and negative, have on yourself and others? Thoughts and words fueled by your emotions are the stuff that manifestation is all about. Today we will focus on the gift that Tone 10 has to offer, that of manifestation. With the increased energies of this day, you will have before you a palette to choose from.

What is it you desire? What forgotten dreams lie within you? Have you a problem that needs resolved? Is there a fear you wish to overcome? Have you an addiction to a food or substance that you would like to regain control over? Is there a relationship you would like to establish or reconnect?

Choose one to focus on today. Take a few moments now to center yourself and release the worries of the day. Clear your mind of the clutter that distracts you. Focus on your breathing, letting your breath flow in and out at a normal rate. Relax your muscles and let your mind wander to an issue you would like to work on today.

Allow yourself to dream big. Do not allow your mind to talk yourself out of anything, ever. There is nothing that you cannot accomplish. There is no-thing that you cannot move closer to. Many times what you desire is an attitude away. Once you break through barriers of protection you have created, you will be amazed at what you can experience and accomplish!

Now, lock onto one thing you would like to manifest in your life. See it clearly in your mind. Use all five senses to make the visualization as real as you can. In your mind's eye, look at what is happening around you. If there is some part that you don't like, change it until the dream feels comfortable and gives you joy.

What sounds do you hear? Focus here for a moment. Smell the surroundings, making it as real as possible. Feel the sensations surrounding you, perhaps it is the touch of a loved one or the fabric of the interior of your dream car. What words are being spoken by you or others in the visualization?

When any fears or doubts come in, let them flow by. You do not need to rationalize what can or cannot be done, for this left-brained activity is what has kept you from attaining your dreams. Pay attention to what emotions are present. If there is anxiety, sadness or anything that feels uncomfortable, push them aside. Remember this part of the journey is just a dream; it is like trying on new clothes and looking to see how you like them in the mirror.

If concerns over money arise, set them aside and know that you will be shown ways to purchase or obtain this item. If your desire is a mate, let go of a specific person and allow the right and perfect person for you to manifest. Perhaps it is a new job or relocation that is the object of your desire. Visualize your day-to-day activities at this new place. Check your attitude and how you present yourself to your new co-workers and neighbors. Perhaps you wish to be called by a different name. Introduce yourself to others using that name and notice how it feels to you.

Use this process for whatever you wish to manifest in your life. The main obstacle to obtaining the life of your dreams is the wall of protection you have built. You can begin dismantling the wall in this instant by releasing the fears you have of being hurt or unworthy. Work past your issues of trust that stem from lies and hurts from the past.

Have the courage to move forward and take the steps necessary to create what you wish to experience. Let go of the need to impress others and your concerns about what others may think of you. This is your life; choose what you want. Allow others to choose their own path of experiences. Learn to support each other no matter how crazy one's dreams may appear to be.

Which is better, to have lived life to its fullest or to have simply lived? Which do you prefer, a humdrum life or a life brimming with happiness and joy? Regain your sense of adventure and wonder that you had as an inquisitive child. Find joy in everything you do. Remember yesterday's example regarding washing dishes? There is joy to be found in even the most menial tasks.

In the next few days, take time to return and visualize your dream into existence. Find ways to clarify your dream. Perhaps you will write affirmations on paper and put them in prominent places where you will see them. Some people enjoy making visualization boards by pasting the objects of their desire on a wall and spending time dreaming the dream, using their emotions to generate the courage needed to take action. Others simply write down their wish list in order to clarify what they desire.

Once your intentions are clear and stated orally, mentally or in print, your Angels and Guides will start working to assist you in manifesting your dream. Know that the intention must be clear. Let go of expectations of the exact

circumstances that will lead to your desired result. Keep working daily on releasing any blocks and fears that pop up along the way.

Watch for synchronicities that are like signposts along the trail that help you stay on your Path. Know that at any time you can choose a different path or change the goal. You will find that once you release a specific fear, another door will open and allow you to move closer to what you wish to experience.

Let us say that you want to purchase a car. Your initial dream was a used car in decent condition because you still had the block that you can't afford a new car. Once you release the blocks associated with not enough money, you allow yourself to dream bigger and go for a new car. As you get more excited and the reality of a new car becomes more attainable, you start looking at new cars on the road and visiting several car dealerships. Then while test-driving a new Prius, something clicks and you can see and feel yourself driving a car like this.

Now that you have taken steps to manifest a new car, your visualization sessions will be more pronounced. You can remember the smell of the new Prius, you have chosen the colors you want for the interior and exterior. You see yourself driving to work and home. You hear the sound of the engine and feel the wind as you drive with the window down.

Next step is how to finance this vehicle. It is not uncommon for people to receive an unexpected inheritance or to be the recipient of a gift from another. Perhaps at the dealership they are able to give you an offer you can afford, even if you have a history of bad credit. Dream the dream, make it as real as possible. Look for ways to make it happen. Let go of thoughts of lack and unworthiness. Break through old fears by pressing forward. Fill your heart with joy and gratitude for the blessings you already have. Experience the dream as though it is already happening, for it is.

There are many movies and books available that offer suggestions on how to create your reality. They are all valid, although they have different approaches. Know the uni-verse is just that, one voice, and it is here to support you in any activity or event you want to experience.

We do wish to give a word of caution at this time. Although this process can give you more wealth and abundance than you can imagine at this moment, know that material objects are not a source of joy and that with them comes responsibility. We do suggest a life of simplicity, not one in which you become bogged down with toys that need a lot of maintenance.

The other main ingredient to living a life of joy, is gratitude. Be thankful in each and every moment for the wisdom you have and the knowledge you are gaining. In this moment in history, humans are waking up and living consciously very rapidly. Seek to find ways to simplify your life and create joy in yourself and those around you, for this is where you will find satisfaction in all you do. Simply adding material objects to your wish list will not create satisfaction. However, enjoying the fruits of your labor as well as the path you took to obtain them will ensure a life filled with joy and satisfaction.

Know that all things are possible, yet each comes with a price. There is much unrest in your world and obstacles to overcome. Have the courage to move forward and change the laws that no longer serve you and your society. Change the way your children are educated. Force politicians and business leaders to spend your money more wisely.

Pay attention to your ecology and your economy. Most societies have handed over complete power and control to leaders entrusted to represent the people. However, you have found that this type of government has failed you miserably. Instead of complaining, gather together, rise up and demand that changes be made that ensure a future for your children. Pay attention to changes you can make in your life that will make the world a better place.

Know that your thoughts carry much weight and can be more harmful than throwing plastic bags in the sea. On other days, we have talked more fully on the impact thoughtforms have on your world, so we will not further deliberate on them today. We wish to simply remind you to watch your thoughts, words and actions and to maintain control of your emotions each moment.

This can sound like a huge responsibility and it is. However, with practice and mindful living, you will find it easier to be centered and in joy each moment, no matter what is happening around you. We take leave of you now and wish you the best in creating your reality. Know that you can call on us anytime for support and assistance and for those of you who are here to learn patience, remember to take one step at a time! Do not give up hope that all is possible!



Selamat! Ik 10

DAY 63 AKBAL 11 Forgive the Past

I am Akbal with the Tone of 11. Welcome to this grand and glorious day of new beginnings filled with the anticipation of future dreams. What do you wish to create? Your future begins now, in this moment. No matter what you have chosen in your past, the Path you walk today will create your future.

Take time to quiet your mind and relax your body. Take a few moments to breathe in and out, releasing the thoughts and cares of the day. Feel your muscles relax while focusing on your breathing. Take a moment to reflect on the circumstances of your life. Feel gratitude for each of the blessings that comes to your mind. Are there any areas of dis-ease or unrest you would like to change? Choose one, it matters not which one for you can return at any time and work on other issues.

Look closely at the problem you wish to focus on today. When did it first appear in your life? What were the circumstances surrounding the event? How did you react at that time? How did any others involved react at that time? Was there something that could have been said or done to resolve the issue when it first arose? If so, take note of this and let it be a reminder to you to have the courage to say what needs to be spoken when future issues arise, so they will not fester and become problematic.

No one has control over what another person feels, thinks, believes or how he behaves. You have control only of yourself and for many this control is rarely contained. Thus, the place to focus on your dis-ease is within yourself. What has caused this unrest in yourself? In what ways did you contribute to the problem?

If it is a physical malady you want to release, know that in most cases, disease is caused by stinking thinking. Thoughtforms that are negative glop onto each other, many times within the person's auric field. When these collective thoughtforms become denser, they manifest as a malady in the body.

We know this is not true for all things, because many of your current diseases are caused by toxic foods, beauty products and environmental pollution, all created by yourselves. We suggest you take a closer look at the foods you ingest and the lotions you place on your body. Take an active role in cleaning up your environment. Plant a garden and learn to grow your food without pesticides and herbicides. What better ways can you spend your time than enjoying the world around you and learning to take better care of the Earth?

We return to the issue you are focusing on today. Be as objective as possible and honestly review your role in the situation that caused the problem to continue. Is there something you can do to resolve the issue? If you are unable or unwilling to resolve issues with other people, you can still forgive them for their part in the transgression. Simply understand that they made the best choice they could in the circumstance. No matter how you feel they should have reacted, they (and you) were both making choices based on your belief codes. It is only natural that each of you speaks and reacts within your comfort zone. This is why it is important to be consciously aware of the belief codes that are driving your life.

Many therapists suggest that people write letters to those with whom they are trying to resolve issues. This has advantages, whether you mail the letter or not, for it helps to give the problem clarity. We suggest you write this letter in a way that you accept full responsibility for whatever transpired. This does not mean that you were fully to blame, however it is one method of pulling the reality of your involvement into the open.

It is easy for people to justify everything they say and do by blaming others for all that has transpired. By writing down ways you were responsible for the event, it opens the possibility for you to recognize your role in the upset. Find good friends you can entrust your story with. If your friends are objective and can speak openly and honestly with you, it may be good to relate the event to them and ask their input on how you could have handled the situation better. This entails that both of you have reached a level of maturity in which you can objectively look at both sides of the story. It is also imperative that you are able to receive another's advice gracefully.

Generally, unresolved issues are relived by repeating your stories over and over to others. The reason is not to resolve the problem, but to gain support that will enable you to be the righteous one or the victim. We do not condone such behavior; it is detrimental to all involved. As you mature and learn to speak your truth, with integrity, your relationships will blossom and the fighting that is rampant on Earth will significantly lessen. You each have within you the power to be peacemakers. However, your fears and the need to control others or force your beliefs onto others causes you much static.

Once again, we return to the issue that you are focusing on today. Are you able to accept your role in the event? What could you have done better in the situation? Muse on this for a while and in your mind role-play how you can act differently when the same or similar situation arises in the future. Many times, you cannot undo an event, but you can learn from it and make better choices the next time. That is what ascension is all about, learning to master and control your Self.

Can you think of ways to rectify the situation? What will it take? Do you have the courage to take the necessary steps to right the wrong? Perhaps it is time to let go of a belief code that no longer works for you. Have courage to move forward in all you do. A life of wonder and bliss awaits all who have the courage to move past fears and focus on love and gratitude. Focusing on negative thoughts will keep you entrapped in a world of pain and suffering. This is the hell that many of you fear. It is a creation of your own mind. This need not be so. Many of you are so deeply entrenched in your negative outlook on life that you have drowned your sorrows in alcohol or try to reach moments of bliss by ingesting pills.

There is a better way, but you must first gain control of your thoughts. Stop blaming others for anything. Stop viewing yourself as a victim, no matter what the circumstances. If it happened in the past, it is over. Stop worrying about the future, because it isn't here. Gain control of your life by living in the moment. Look around and find the blessings in your life and give thanks. A grateful heart will open the door to more blessings. When you are locked in despair and victimhood, it is impossible to see the blessings that lie beyond you. Like a horse with blinders, you keep yourself locked in a cycle of despair, not allowing hope to come into your awareness.

Most have to hit bottom before they will even look up or reach out their hand for help. At any moment, any one of you has the ability to have an "Aha!" moment and to choose a completely different path. However, you will never reach this point until you stop your runaway train of negative thinking. How can you do this? It is simple, when you are having negative thoughts, think again. Force yourself to think of something else. This may be difficult in the beginning, for like all habits, it takes practice to undo. However, it is possible, and with practice, it will become easier to let go of old thought patterns and enjoy new, more loving and positive thoughts.

Today we suggest you look deeply at the issue you wish to resolve. Accept the parts that you were responsible for. Forgive others for the role they played that was in disagreement with you. Forgive yourself for your part. Find ways to rectify the situation. Practice ways to react differently in future scenarios. Take any actions necessary to clear the negative energy, whether it is in the form of an apology, a conversation or simply the release of negative energies through the power of forgiveness.

Do not consider yourself a victim. At best, consider the event a valuable learning experience. Many times, the most painful situations you heal in yourself allows you to help another who is going through the same situation. This is the beauty of experience; being able to share and support your fellow man. It is our hope that your heart is open to see the beauty within yourself and all others around you. We invite you to call on us for support and encouragement. You have within you the power to resolve any issue that confronts you. Simply have courage to face these issues and infuse them with love so a clear resolution for what is in your highest good and the good of all can shine forth!



Selamet! Akbal 11

DAY 64 KAN 12 The Path to Mastery

I am Kan. Greetings on this magnificent day in which you are given the blessings of fairness and equality! You are blessed with the gift of free will, which allows you to choose whatever path you wish to walk. Will you make choices based on fear or choices made from love of self, others and planet Earth? The choice is yours.

This day of Kan 12 supports your goal to integrate all that you have experienced. Reflect on the knowledge you have gained from your relationships with people, places and events. You have a unique set of circumstances that has given you much to reflect on. The question is how to integrate this knowledge so it becomes a part of you? How will you use these pieces of the puzzle to create your own set of rules and sense of identity? Once integrated, they become who you are and the source from where you pull your strength and courage. It is your wisdom and yours alone.

To be able to share your wisdom with others in a way that does not interrupt their walk of life is an art form. There is a fine line between sharing and expecting others to follow your advice. Whenever you give advice or suggestions to others, pay attention to the purpose behind your action. If on any level you have the expectation that they should follow your advice, your ego is in the way. If you feel any resentment or frustration when others do not do as you suggest, look within yourself to find why you have this pressing need to help or fix others.

Can you not see that when you push your ideas onto others, that you are disempowering them? Your actions tell others they are inferior and incapable of making good choices for themselves. This creates separation and is the basis for all unrest and wars among you.

Observe Nature. Have you ever witnessed a flower scolding another for not protecting themselves better from the wind? How do animal mothers teach their young? By example. When they are very young, the mother will keep them close to home until the time arises when the young need to learn to hunt and fend for themselves.

Mother animals are well aware of the dangers that lurk in their surroundings. Yet they do not coddle their young and try to keep them from experiencing life. Your society for generations has been filled with over-protective mothers trying to protect their young from experiencing the hurts they have gone through. Although there is nothing wrong with this behavior, it tends to create neurotic and fearful children who grow into adults who are always on the lookout for possible blows from others. Many of you are so distrustful of your fellow man that you do all in your power to stay safe within your little bubble of protection. Where is the joy in such a life?

As a result, there are generations of fearful people pressing their belief codes onto others. When one doesn't follow the prescribed path called "normal," he finds himself ostracized by his peers and ridiculed for being a free thinker. This behavior has gone on long enough. It is time for each of you to take responsibility for yourself. Allow others to follow their path and discover what lies ahead without fear. Coddling or enabling others only stunts their growth and gives you an imbalanced sense of superiority.

Many of you will argue that you only have the best interest of others in mind. In some cases, this may be so. The true test comes in how you feel or react when others have no interest in what you are sharing with them. If on any level, you feel discontent when your advice is not heeded, then you can be assured that you are being overly concerned and righteous.

Perhaps others make choices you are certain will endanger their lives. It is important to share your knowledge with a child who has never experienced specific events in order for them to become aware of the danger. However, there comes a time when the child grows up, fully knowing the dangers that lurk ahead. She may decide to move forward in the experience anyway. This is her desire, the path she has chosen. Allow her to do so. Rather than forcing your opinions on others, allow them to have their own experiences.

Thoughtforms attach themselves to similar thoughtforms. When you seed your fears into another person's consciousness, there comes a time when that person may adopt your belief codes. Sad indeed would the world be if all the river runners, mountain climbers and joy seekers had followed the advice of their parents and peers who injected their fears into these adventuresome ones. Without the adventurers, you would all still be living in the cradle of society with much of the land mass and oceans withholding their beauty from you. How much of this blessed Earth would still be untouched by human hands and hidden from your view?

Each of you is unique. We ask that you look at each other with a fresh set of eyes. Know that you all come from the same Source and that one day you will return to that Source. Instead of focusing on your differences, start to bridge the gaps of separation by recognizing your sameness. There is not one among you that is better than another. There is not one among you that is not capable of being a fully realized Spiritual being. Each of you has the capacity to live a full life. Support each other no matter how strange or frightening their choices may be to you. Know that each person is responsible for the choices they make. Allow yourself to be all that you can be. Work through the fears and frustrations you encounter every day. Dream big, for all is attainable.

When you see another that you judge as helpless or ignorant, do not be fooled. These people are just as capable as you and many times have demonstrated more intelligence in their way of life. Many that are homeless are there because they do not want to live in society's shadow. Many imbeciles are full of love in their heart and can be your greatest teachers. Do not feel sorry for those with congenital diseases. Instead of averting your eyes when you pass them, look them in the eye and smile. Push through uncomfortable situations and get to know your fellow man deeper.

When you look at others with pity, you are judging them as victims. When you ignore those who have less, you are judging them as inferior. When you are cold to others, you are telling them they are not worthy of your attention. Who is to blame for all the unrest in the world? Each and every one of you. In order to have a world full of peace, love and joy, each of you must find it within yourself first.

Sharing your experiences and wisdom with others is crucial. However, we see that much of what you have to offer others is done in a condescending manner. Albeit many of you think you are doing others a favor by giving advice, yet your approach turns them off and closes the door. Do not play god and assume that you know what is best for the other. This only creates more distance between you.

When you can share with others your experiences and truly not be concerned how they are received by others, then you are on the path to freedom. Whenever you share with others and have the fear or mistaken notion that your information is what they need, you set yourself up for failure. To be successful in all your endeavors, be satisfied in your heart that you planted a seed coming from your sense of truth and integrity.

Know that all seeds fall on different soil. Some of your seeds will fall on rock and wither in the sun. Others will fall on poor soil and the plant will struggle all its life. Some seeds will drown in the rain or be washed out to sea. Many seeds will be covered with soil and remain dormant for years. Other seeds will fall on enriched soil and sprout into magnificent plants.

See your advice the same way. Some will be heeded and some will not. If you are honest with yourself, on reflection you can look back and find numerous examples of good advice that you took which led you to discontentment. It may have been advice from the heart and shared with love. It may have been advice that was beneficial to others, but it just didn't suit you, and now you live your life as a result of it.

How many times did you receive "bad" advice that you didn't take, only to find out that it would have made your life much more enriching? We say there is no good or bad advice, they are simply choices that are presented to you. It is up to you to choose those that feel appropriate.

How do you feel when someone insists you follow their advice? Have you ever felt inferior, stupid, mistrusted your intuition or told you are stubborn when you chose not to follow their advice? Does this bring you closer or separate you from this person? How do you feel when others share their experiences with you then tell you they support you in whatever choice you decide to make? Can you feel the difference? When you give advice, yet remain supportive, you will draw others closer to you.

If you receive advice from others and make your decision based on what feels right for you, then you will enrich your life. It is also important that the one receiving the advice not judge the one giving the advice. It is a mark of maturity leading to mastery of Self when you allow others to choose their path, no matter how different it is from your own. We invite you now to quiet your mind and to take several moments to reflect on ways you may be forcing your beliefs on others. Also, take time to reflect on ways you may be condemning those you feel are imposing their beliefs on you. It is a two-way door that most of you are involved in.

Pay attention to your interactions with others and be on the lookout for times when you are involved in either side of this issue. How can you best share your experiences without attachment to the results? Pay closer attention to the reasons why you feel it is important to give advice. Many times people are simply venting; they are not looking for outside solutions. It is wise to ask others if they are just venting or if they sincerely want your input. Honor their answer.

You all have different ways of resolving problems. You all are on a different path, with a unique set of circumstances. Learn from your differences. Share your joys and sorrows. Do not look at yourself or others as victims; this is a tough belief code to extract. Find ways to support and encourage each other. You will find others flock to you for support when they know your heart is compassionate and your words are kind. Those who play the role of victim will be attracted to those who impose their ideas onto others. These people need a savior because they have yet to learn that all they need is already inside them. The saviors are the ones who feel they have the right answers for others. This false sense of superiority will eventually lead to their downfall.

Without saviors, there is no need for victims. When each of you learns to support each other from a sense of balance and equality, the true essence of brotherhood will shine. It is in this environment that you will nurture a society of adventurous, free-thinking, healthy individuals. Until then, you will continue coddling others and creating victims and helpless individuals who need others to tell them what to do. Which do you choose?

If you choose a society of healthy individuals, what steps do you need to take to create this? Learn the fine line between supporting and enabling others. It is not always easy to see the difference. However, you will know what you are sowing by what is reaped. When a person returns to thank you for assistance you gave them and they are moving forward towards a more satisfying life, know that you were helpful to that individual. Do not expect this to happen, but rejoice when it does.

Know that others may resist your teachings in the beginning, but a seed was planted that may later be sprouted by another. Acknowledge your part and be appreciative that you have helped another along their Path. Do not expect this to happen, but rejoice when it does.

Find ways to assist without expectations. True Masters assist those who come to them; they do not seek the audience of others. They listen intently and offer advice only when asked. Many times the Master does not offer anything more than a question such as, "What do you think is best?" This allows the seeker the opportunity to use his capabilities to resolve his own problems. Thus a new Master is born, one who has the ability to take control of his own life, regardless of what others think.

We suggest you master yourself fully before attempting to create Masters out of others. Like attracts like. When you have mastered your own life, others who are ready to do the same will seek you out for advice and support. Until then, you are simply throwing your pearls before swine and your words will fall on deaf ears. When it matters not to you if others follow your advice, then know you are on your way to mastery, for no one else will be able to influence who you are. You will have become your own Master!



Selamet! Kan 12

DAY 65 CHICCHAN 13 Transforming Belief Codes

I am Chicchan with the Tone of 13. Today we would like to approach the topic of transformation. Within each of you lies the power to change anything in your life that is out of balance. All this takes is courage and the conscious awareness that there is something out of balance that you can change.

What areas in your life are not suited to your liking? Does your work bring you joy? Are your relationships mature and satisfying? Do you spend recreational time in activities that are fun? Are you following pursuits that bring you happiness? Do you like your living situation? Are you physically fit? Does your income match the goals you wish to attain in this life? Do the goals you wish to attain bring you a sense of excitement? Are you working toward these things or are you feeling stagnated? There may be several areas in your life you would like to change. Today, pick one and let us find ways to create the life of your dreams.

First, take a few moments to quiet your inner mind and outer world. Let go of the thoughts of the day. As you breathe in and out, relax your muscles from your toes to your nose. This allows your left and right brain synapses to flow freely from one side to the other. Fill your heart with gratitude while focusing on the many blessings that are in your life. Being in a state of gratitude will increase the frequency of love within your body, allowing you clearer access to your subconscious mind.

When you are uptight, stressed out, depressed or angry, your body vibrates at a lower frequency. When this happens, it is harder for you to think clearly. You may go into a downward spiral as you focus your thoughts on negative issues. Once this spiral gets out of hand, it is easy to slip into victim mentality, making it harder to think clearly.

This may happen quite often throughout the day if you are not watchful. Those who consciously work on maintaining balance through meditation and mindful living are more easily capable of snapping out of these moods and situations. However, those who are living unconsciously may take years or lifetimes to pull out of the spiral of negativity. We are here today to assist you in living more consciously, so you can pull yourself from the mire and be able to recognize the spiral of negativity in its beginning stages.

Today, choose one area of your life you would like to change, it matters not which one you choose for you can return at any time and choose another area of concern. Notice where you are today with this situation. What areas are not working for you? You may wish to write down anything pertaining to this matter that is causing you unrest. Include things beyond your control such as what other people are saying or doing in relation to the matter.

Now, take as much time as you need to visualize how your life would be different if this situation were not present in your life. Write these things down; be creative and think big. Erase any doubts that come into your mind or any concerns regarding how impossible it would be to attain this vision.

Keep in mind this is only an exercise, you can change anything you wish along the way. You may choose to come back to this list at various times and add more to the vision. It is not uncommon for people to dream bigger as they work through their fears and beliefs. Also, it is quite common that as you release negative thinking and replace it with courage and a positive outlook, your dreams and desires will also change.

After you have your initial lists written down, begin with the list of things that are dissatisfying in regards to the issue you have chosen for today. Look them over carefully, one at a time and notice how you feel. If you have a sense of joy or euphoria, this segment is probably not an issue for you. Pay close attention to those items you have listed that cause you to feel anxious, upset, angry, frustrated or any other low frequency emotion.

Next to each one of these items, write the feelings that have arisen. What you will do each time you return to resolve this matter, is to go into each of these emotions and find out the cause of them. As you practice this technique and allow yourself to feel these emotions, many times you will find that the initial cause of your discomfort has nothing to do with the present situation, it has simply triggered something from a past event.

For example, you have listed how it annoys you when your spouse chews with his mouth open. On the paper next to this item, you wrote: crude, disgusting, embarrassing when others see it, angry, etc. Now, as you go further into each emotion and look at why this behavior triggers you, perhaps you will remember that when you were young, you were spanked when you chewed with your mouth open and were told that you were being crude. Now your belief code is that people who chew with their mouths open are crude. Furthermore, you were told, "Stop that! You are embarrassing me and making me look like a bad parent!" Now the belief code that what you do is a reflection on others has been created.

You may further realize that you get angry when others chew with their mouth open because you have a subconscious belief code running that it is not fair that others are not being punished for chewing with their mouths open and you were. Now that you are consciously aware of why the chewing makes you angry, you can look at the issue with new eyes.

Remove any judgments you have made about the other person's behavior. This is done through a sense of allowing, which means that others have a right to choose what they wish to do. Recognize that the embarrassment that you feel is your belief that your spouse's behavior is a reflection on you. You may also have a sense of superiority that you have better manners or know what is best for the other person.

No matter what reasoning you use or what emotions you are feeling, you would be wise to let go and allow the other person the freedom to choose how to live his own life. Now that you know the reasons why this issue is bothersome, you have the chance to go back and heal the original situation.

Perhaps you still harbor anger at your parent for spanking and scolding when you chewed with your mouth open. This is a good time to work on forgiveness towards your parent. Also, you may choose to look deeper at the belief codes that were instilled in you at that time.

Now you have the option to retain these belief codes, to discard them or to modify them. You may still think it is crude and disgusting for people to chew with their mouth open. However, you are desirous of letting go of the belief that your spouse's behaviors are a reflection on you.

More than likely you will have an "Aha!" moment and realize that you have this same feeling in other situations, such as certain clothing your spouse wears. When you release the pattern of being overly concerned about how others think about you when they observe your partner chewing with his mouth open, all of the other related patterns, such as his choice of clothing, may dissolve at the same time. Like dominoes, when one aspect of a belief code falls, all others related to it may fall, as well. You may also discover that you were embarrassed by specific behaviors of your parents, your siblings or your friends. Once you break the pattern with one person, it is easier to release the same pattern with others.

If you have children, this could be a great freedom, for many parents feel their children's behaviors are a direct reflection on themselves. To a certain extent, this is true, but as the child matures, if given the freedom to make choices, those choices are a reflection on the child only. Can you see the point we are trying to make?

No matter what belief code you are operating under, it can be changed. However, most of you are running on automatic pilot and are not even aware of the reason why various things bother you.

You may come to the understanding that things other people say or do that upsets you are triggering something inside yourself that needs attention. You can use this process to discover any belief codes you have running. When you are consciously aware of the belief codes that are triggering your emotions, you are then able to choose those you wish to modify or discard. This is what it means to be a conscious person.

No longer are you simply reacting to circumstances around you. No longer are you swaying like the flame of a candle in the wind. As you master your emotions and the belief codes that trigger them, you will become more proficient at making choices for your highest good. You will learn to dream bigger as you release the fears and judgments that have kept you imprisoned. As you discard concerns about how you feel others think you should speak, dress or behave, you will blossom into the beautiful, unique flower that you are. These changes take time, energy and courage.

You have taken years to create the belief codes that currently rule your life. You have fallen into patterns of spiraling negative thinking. Your attainment of freedom is directly proportional to your desire to free yourself from these patterns. Limiting thoughts can be untangled, layer by layer, as you modify the belief codes that no longer serve you.

Do not expect to attain enlightenment in one day. Many are overly concerned about getting past their negative stuff so they can ascend and leave this world. If you are in this mindset, you may be forgetting that the reason you came to this planet was to experience the beauty of its physical nature. There is no need to focus on leaving the planet. Perhaps you would consider the beauty of living on this planet as a compassionate, loving human be-ing. We use be-ing this way to point out that most of you are so focused on do-ing that you forget the beautiful essence of simply be-ing.

There is no need to save others or the world. Imagine how you would like the world to be, then mold your belief codes and practice changing your thoughts, behaviors and emotions to fit into that life pattern. As you change yourself, others will have the courage to change themselves. When just one of you raises your vibration to a higher level, it ripples throughout the fabric of the entire universe.

What one does affects all; that is why it is important to be cognizant of what you think, say and do. Your emotions carry throughout the universe. Negative emotions glop with other negative emotions, which creates dense matter that can create havoc in your world. Positive emotions flow freely, blessing all that comes along its path.

Which do you choose, a life of bliss or one of despair? Either is in your grasp. This universe was set up to allow those entering into physicality to have the free will to experience anything they choose. There are many complexities within these choices. We will speak of these on various days throughout the year.

However, for today, the assignment is to choose which belief codes you wish to live by. We encourage you to release your fears and judgments and to dream big. Allow yourself the freedom to choose what makes you soar. It may be difficult to let yourself loose at first. Look around at free spirits who are living out of the box. It might do you good to befriend some of them and to discover the ways they were able to muster the courage to live a life of freedom.

Have courage and know that we are always here to support you. Know that within yourself lies all you need to break the bonds. After all, it was you who created the bonds in the first place. Take responsibility for your actions and have the courage to move beyond limiting beliefs and to explore all that Nature has to offer you.



Have fun! Celebrate! Peace and joy to you! Chicchan 13

DAY 66 CIMI 1 Victim Be Gone!

I am Cimi; welcome to this time of sharing. We are grateful that you have an interest in working with us as a means of understanding your humanity in a more forthright manner. Know that within you lies all understanding. We are here to support you and to help you awaken those gifts that lie within. Today we would like to talk about death. Not just physical death, but death to behaviors and attitudes that no longer serve you. How do you kill a repeated behavior? How do you smite an attitude? With the sword of awareness.

First, you must know what you are doing and saying on a conscious level. Much of what humans do and say is simply rote, repeated patterns that are done automatically. When you meet another, you say, "Hello, how are you?" The other responds, "Fine, thank you." Then you part ways. Nothing was said, nothing was shared. Superficial. Most of your conversations are the same.

How often do you have deep conversations with those you have recently met? It is just as likely that family gatherings have the same shallow interactions. You may have one or two friends that you share deeply with. Yet, even in the best of situations, most of you hold back what is deep in your heart for fear of being ridiculed or rejected.

Can you imagine what this world would be like if each person you interacted with made a true heart connection? How often do you pass a stranger without acknowledgement? How many times have you sensed another person was in need, but you avoided eye contact and walked on by? How many times have you felt lost, needing to talk to someone, but had no one to turn to?

What if you meet a stranger on the street and you sense the other is in need. Instead of looking away and passing by, you stop and say, "Hello, I sense you are grappling with a problem. Can I offer a listening ear?" Can you see the beauty in these interactions? You would truly become a more compassionate and caring society! Why is it that so many of you are lonely and feel that you have no one to confide in? Could it be that you have built walls of protection based on a foundation of mistrust surrounded by a sea of pain? How do you get beyond so you can open the door and let others in?

It will be easier for some than others. Slaying the dragon of fear takes courage. The first step is to remove yourself from the label of victim. The "poor me" stories must end. Today. No longer see yourself as one that others can trample on. Building your self-esteem is key. How to do this? Develop skills of positive thinking.

Whenever you feel or catch yourself saying derogatory things about yourself or others, stop and change your thoughts. Know that you are a unique being, fully capable of love, respect and trust in yourself and in the eyes of others. Low self-esteem is a habit, as well as playing the role of victim.

We understand that all of you have been hurt by others, whether on the physical, mental or emotional level. Thus is the nature of the world you live in. This need not be so. It is within the power of each of you to learn to be more responsible for your words and behaviors when it comes to respecting the Earth and all her inhabitants.

How to slay the pains of the past and present? Forgiveness is the key. Personally removing yourself as a "victim" is the lock. Prepare to empower yourself by taking a look back at these pains with an objective point of view. No matter how painful the situation, your healing will begin when you can release the emotions that have you locked inside your castle.

Know that when you return to the past to rectify a situation, you can ask your Spirit Guides for assistance. You can ask that you go back as an observer, simply watching the movie without re-living the pain you felt during those times of distress. Practice doing this until you have it mastered. This will make it easier for you to face your greatest fears and hurts.

Go within by quieting your senses. Retreat to a quiet place where you will not be disturbed. Get into a comfortable position and relax, letting go of the worries of the day. Focus on your breathing as you allow your body to relax. Invite your Guides to help you with this process. Tell them you would like to review the scene without the pain that was incurred during the initial event.

Your purpose in going through the review process is to begin removing the layers of negative thoughts and emotions that are now blocking you from a life of joy. Allow yourself to go back to a situation that has caused you much grief. Know that you will not die, that your grief is manageable and that healing is possible. If you have deep wounds and traumas, we suggest you practice with lesser events first, until you master the ability to return to the scene as an objective viewer.

Arm yourself with your sword of awareness and prepare to face your dragon of fear. As you observe the scenario that you have chosen, be mindful of the emotions you feel. Pay attention to your role in the situation. What are you saying? How are you acting? What do you hear? What do you smell? Be as objective as possible. Be as honest as you can when it comes to your role in the situation. There may have been times when you were completely helpless and at the mercy of your perpetrator. Yet, you do not need to continue to feel as though you are a victim. This label will perpetuate throughout every aspect of your life until you are able to slay it.

Look objectively at how the situation arose in the first place. What was your role in setting it up? Were there some bad judgments you made that set up the possibility for the event? Are you still beating yourself up for your bad choices? If so, take time now to release those feelings. There are many methods you can take. One way is to forgive yourself. Forgiveness is simply acknowledging that all involved were doing the best they could at the time. Even though you may know what you were doing was not right or is causing pain to another, you are simply doing the best you can within the belief codes and pain that you were experiencing at the time. You can continue to live your life consciously causing pain to yourself or others; this is part of free will, but it will not give you joy.

Are you ready to slay the dragon and begin to change your behaviors in order to become a more loving and compassionate person? It can happen in the twinkling of an eye, whenever you make the conscious choice to stop beating yourself up or convincing yourself that this is your lot in life. There are many stories of people who have turned their lives around. They are people just as you, who have taken the time to accept responsibility for their thoughts, words and actions. They have slain their dragons and now soar with the eagles. Is this something you desire? Only you can loose your chains of bondage.

Let us return to the past scenario that has caused you such grief. Observe objectively. Many times, you will see that there were things you could have said or done to prevent the situation from arising in the first place. Forgive yourself and consider this a learning experience. This holds true for those of you who allowed the experience to continue for a long period of time. Take time often to review ways you can act if a future situation arises so it will never go to the depths that it did in your past. This will give you a sense of power and control over your life. You will come to realize that this dragon will never raise its hideous head again.

Perhaps as you return to the past event, you recognize there was nothing you could have done to protect yourself from the event occurring. There are times when people find themselves in the wrong place at the wrong time. Know that in the future, if you find yourself in a similar situation, you can call on your Spirit Guides to help protect you.

There are untold stories of miraculous, unexplainable events that occur which helped people to escape harm in various situations. Help is always at your side. In the event that you find yourself in what appears to be a helpless situation, remaining as calm as possible will allow you to hear the guidance from your Spirit Helpers and you will find ways to escape the dilemma. Know that all things are possible. This is one way to help slay the dragon of victimhood. You must empower yourself with confidence and know that you are never alone.

Going back to the scenario that you are trying to heal, at that time you probably didn't know you could call on Spirit Helpers. You may be asking, "Why didn't they help me then?" The answer is simple, you didn't ask. They are not able to intercede for humans unless they are asked. You can take time now to give them permission to assist you in future events that endanger your life or cause you extreme pain or strife. You can ask them now to help you find ways to overcome the fears and pains of the past. They are always at your side and happy to be of assistance.

Understand they will not prevent you from experiencing all events that are less than pleasant for there are many complexities involved in the setup of your life Path. This would impinge on many opportunities for your growth, for like a diamond, its value comes from extreme pressure. However, they can help you avoid dilemmas that are not yours to endure. For example, you may have a strong feeling not to go to the bank one day, only to find out later there was a bank robbery going on at the time you would have been there.

Develop a relationship with your Guides. Learn to recognize them when they try to communicate with you. Many of you have blocks of unbelief that shuts down communication. Work past these codes and develop a relationship with your personal Guides. All of your ancient and modern religions speak of Angelic Beings. Much of your art from prehistoric times to the present depict various forms of Beings, both terrestrial and extra-terrestrial. They do exist; allow yourself to believe. Untold miracles will happen in your life as you learn to work co-creatively with these conscious Beings.

Each of you has what is sometimes referred to as the Higher Self, the part of you that remains in other Dimensions. What you know as "you" is only a fragment of the whole of who you are. There is an unseen strand that connects you at all times with your Higher Self for advice and comfort. There are many books offering advice on how to connect with your Higher Self. Seek out ones you are intuitively drawn to.

We will not get into the whole creation process at this time. Simply know there are Beings of love and light that are beyond your senses of sight and sound. They are here to serve you. They are in awe of you, for they know the difficulties and extreme patience it takes to be a Human Being. Many of us have declined offers to enter your Dimension for it is too dense and dark. We offer assistance to those of you who have chosen to come here to experience physicality. It is our extreme pleasure to be able to assist as you find your way through the maze leading to conscious living.

As you return to the scenario that you wish to heal, call on your Higher Self to help you better understand the purpose of what happened in the past. Many times, you will be amazed at what you discover. Perhaps it was a tragic event that now allows you the opportunity to assist others going through similar situations. Perhaps the tragedy has allowed you to grow in ways you might never have attained before.

It is not uncommon for children who have suffered extreme abuse to overcome the hate and fear of their perpetrators and then spend their time creating ways to stop this behavior from happening to others. Many times the perpetrators themselves can be healed from the wounds that allowed them to go to such extremes. Forgiveness of self and others is most important in being able to move forward in life. No one knows fully what another is experiencing or the reasons behind the choices they make. Do not be quick to judge others until you have walked a mile in their shoes. This does not exonerate others from the choices they made that were oppressive to others. However, with compassion and through forgiveness of yourself and others, you can release the fear and pain associated with being the victim or the perpetrator.

Perhaps in the scenario, you were the one responsible for causing the pain to others. It is most likely that you suffered abuses in your past, as well. We suggest you take the above advice and go back further in your past and heal the wounds that you received. You will then be better equipped to forgive yourself of your transgressions.

Now we wish to address those who were at the mercy of others who forced themselves upon you. Physically there was no way you could protect yourself. In many cases, it wasn't even a matter of being in the wrong place at the wrong time. Although you may qualify under the classical definition of the word "victim," know that you have the power within you to move beyond that belief code and to live a more fulfilling and rewarding life. There are a variety of ways to slay the dragon of victimhood.

First, you must fully desire to give up your role as victim. Many of you have identified yourself so closely with this role that it has become a part of you. You retell your story over and over to others, ad nauseum.

This may sound harsh, but it is true. Do you see yourself in this pattern? If you truly want to break away, then you must stop telling your story. It is time to go beyond. Accept any part of the scenario that you were responsible for, forgive others involved and by all means stop identifying yourself as a victim.

Others of you hold dearly onto your victimhood by holding your dirty secret within. You won't allow even yourself to go back and revisit the situation. You have developed belief codes that people are not safe, they are out to get you, etc. Again, we suggest going through the process and moving out of the victim role that keeps you locked in fear and depression.

The majority of you are in the middle. Whenever anyone shares their story with you, there are generally three ways the victim responds. They relate to the other by saying things such as "Yes, I experienced that, too." Then you continue to commiserate and add more fuel to the fire by connecting your negative thoughts and feelings. No healing takes place. In fact, the role of victim between both of you and throughout the universe has just been strengthened. Remember, negative thoughts and feelings glop together, gaining strength.

The second thing that generally happens is that the person who brings up the past experience is seeking to gain support for their role as a victim, whether they are doing it consciously or not. When they come across a person that offers to help them overcome their victim role, they blow them off with statements such as, "You don't understand me!" Then they walk away, remaining in their comfort zone of being a victim.

Perhaps the most damaging are those who refuse to speak about their traumatic experiences. They hide within their shells, never allowing themselves to feel the repressed emotions. They view the world as bad and have total mistrust for all others. Their isolation deepens as others hurt them along the way. There is no sense of responsibility or control. No matter where they go or what they do, they expect to get hurt. You know what? This is exactly what occurs. Like attracts like; it is a law of this universe. If you believe strongly that something bad will happen, it will, for that is where you keep your attention. Belief is the force that creates your reality. It can work to your benefit or to your demise.

The whole purpose in us bringing forth the teachings in this book is to encourage you to face your fears. Change your behaviors and slay the dragons that keep you from living a life of joy! Share these teachings. Encourage others to face their fears by supporting them when they endeavor to change their belief codes. No matter how strange others may choose to speak, dress or behave, love them just as they are. Do you wish anything less for yourself?

Those who wish to assist others in overcoming their fears will be of most help when they have done their own homework. It is easy to see the weaknesses of others, but much harder to see it within yourself. Allow others to grow at their own pace. You may offer advice or assistance, but it is not healthy to force your position onto others; this is no different that what has already been experienced by those who have had others force their will on them.

A rapist does just as much damage to his victim as does a friend who insists someone follows their advice. In either case, the other person feels helpless and disempowered. See this, feel it, know this is true. Offer assistance, but never force it upon anyone. Each of you can take only so much change at a time. You each walk to the beat of a different drummer, thus your pace is different.

Practice loving all unconditionally. Express your love by accepting them as they are. When each of you learns to do this, you will have gained the world and be able to receive all the blessings that are offered to you. This can be done in the twinkling of an eye. In an instant, you can transform this world back into the paradise that it once was. It is simply a matter of choice and intention. Your will be done. We hope these words reach your heart and assist you in making better choices for yourself. We wish you a day full of wonder and joy!



Selamet! Cimi 1

DAY 67 MANIK 2 Mudras

I am Manik with Tone 2. We thank you for joining us today and taking time from your busy schedule to allow us to assist in your ascension process. We are always here to volunteer our services and are delighted when you ask for our input. We wish to remind you that at all times, everything you need is within you and accessible to you. Our role is simply to help propel you into creating the world in which you wish to reside.

Our chosen topic today has to do with mudras. Mudras are finger placements. There are many belief codes surrounding various mudras; none are wrong. The purpose of the mudra in the truest sense is a way to focus your intention. There are practices that focus on the teachings of the electrical circuitry when specific fingertips are pressed together; there is value in understanding this.

However, the purpose of today's lesson is to give you one way in which you can keep yourself focused while in meditation. Many of you have difficulty holding your attention for any length of time; much of this is due to your dietary habits. We wish to encourage you to check out the association between attention deficit and diet. There is much research being done in this arena. We will not digress further, for there are a multitude of reasons why people have difficulty maintaining focused attention.

If you already have an effective meditation routine, we suggest you skip this lesson and take this time to go into meditation and work on a specific issue that is weighing on your heart. We will see you tomorrow and wish you a fun and inspiring journey! Those of you new to meditation or seeking ways to go deeper, we continue by showing you a method using mudras. Meditation takes practice to develop like any other skill that is worth pursuing. The key is to be able to clear your mind and to relax your body so you may receive messages from Spirit in a more concise way.

Again, mudras are simply specific ways to hold your fingers together. Some mudras require acrobatic skills in yoga to be able to hold the body positions. Many times specific chants or mantras are sung while holding a specific pose. For today's purpose, we suggest simple finger movements. We will give one example, but you can elaborate and create your own. We suggest you keep your practices simple. If you wish to sing mantras in order to create a stronger vibration of love, then by all means, do so. However, in order to go deeper into the meditation, there will come a time when you need to remain silent.

Begin by getting into a comfortable seated position. The straighter you keep your spine, the better. Clear your mind and keep your focus by pressing the thumb of your right hand with the index or small finger of your right hand. At the same time, press your left thumb and index finger together. You may rest the top of your hands on your knees or wherever is most comfortable while holding the mudra in a palms up position.

Breathe in and out deeply and slowly three times while releasing the worries of the day. If you wish to "ohm" or make other beautiful sounds, then do so. Keep your eyes closed and allow your facial and neck muscles to fully relax. If you are really wound up, it may take a few more breaths before you start to relax. Take the time you need.

Next practice is to press your right thumb and ring finger together while doing the same with your left thumb and ring finger. This time, as you take three deep breaths in and out, relax the muscles in your shoulders, back, arms and chest. Take at least two extra breaths as you work on opening your heart center. This can be done through a sense of gratitude for all things present in your life and unconditional love.

Breathe in and out three times deeply as you press your right thumb and middle finger together, as well as your left thumb and middle finger. When you press your fingers together, it should be a light touch. As you breathe in and out, relax the muscles in your lower back and abdomen. Feel a sense of full abandon and relaxation. If at any time you need to take more breaths in order to go deeper, then by all means, do so.

Next, place your right pointer finger against your thumb and the same for your left thumb and pointer finger. This time allow the muscles from your thighs to the tips of your toes to release. You should now be fully relaxed and in a comfortable seated position.

Next, find a comfortable position for your hands, do whatever comes naturally to you. Take several long deep breaths in and out, as you go deeper into relaxation. It is now time to set your intention. Do you have a pressing need you would like to address? Is there a question you would like an answer to? Perhaps you simply choose to take a journey with one of the Day Keepers. Have you ever made a direct, conscious connection with your Higher Self or your Spirit Guides? If not, this would be a perfect opportunity to do so.

Whatever it is you wish to experience, first ask for a bubble of protection to be placed around you, fully encircling your entire body. The purpose for this bubble is to prevent any lower energies from entering your auric field. If these connections are new to you, we would suggest you connect with your Higher Self first. Your Higher Self is that part of you that remains on a higher vibrational frequency while another part of you is incarnate. There is a silver cord that always connects the two of you. Your Higher Self is the one who designs your life experience before you incarnate.

Once you have established an open and clear connection with your Higher Self (this may take several sessions), we would then suggest you start making clear connections with your Spirit Guides, starting with those who are with you the most. These Guides have been assigned to assist you during this lifetime. Call on them whenever you need clarity, protection or a huge astral hug! You may also call on special entities or saints that you have respected throughout your life.

We wish to warn you against using Ouija boards or other mechanisms that allow lower energies to come into your auric field. There can be danger in receiving messages when you ask for guidance from lower vibrational entities. It would be like going to a heathen to ask for help in understanding the Essence of God.

Those of you who are not ready to grasp the concept of Spirit Helpers, know that before long it is likely you will make a connection. Please do not toss out the Mayan Messages due to your current disbelief. We encourage you to move forward with the meditation and relaxation processes, for many of you will benefit greatly by learning how to regain balance and stay centered in your daily life.

Continue the meditation for as long as you need, each day. Practice at the same time every day for the best results. Your Angels and Guides will set aside time each day to join you. We encourage you to share the teachings you receive from your Guides with others, when appropriate. There is much information available at this time and many messengers are needed to spread the word. Perhaps you will be one of those teachers.

In the meantime, go in peace and enjoy each moment of every day. Stay calm even while in the center of the storm. Measure your success by the ease in which you begin to communicate with your Higher Self or Spirit Guides. You will know you have succeeded in relaxing your body when you find it hard to move any muscle because of the deep relaxed state you find yourself in. You will know you have succeeded in connecting with your Guides when you receive insights that are beyond your current level of understanding. Allow yourself to feel their love and to embrace their teachings. We celebrate you and your life on Earth!



Selamet! Manik 2

DAY 68 LAMAT 3 Father, Son and Holy Spirit

I am Lamat, Keeper of the Gates to the Stars. Welcome to this day of sunshine and glory, for all is well with you and the Earth. Many are in fear these days due to the unique changes the Earth is going through. Fear not, for all is well. We are here to assist each of you that reaches out for support and guidance so you can maintain peace and balance in your life at all times. We begin this day by giving thanks and gratitude to the energy of Tone 3. Without the energy of 3, your world would not be able to be in existence.

There are many triads that 3 represents. Today we choose to focus on the triad that represents the Father, Son and Holy Spirit aspect that is found in many of your Christian teachings. This triad is also found in many other ancient traditions, using various names and symbols. You may recognize them as we continue this dialogue. What does the Father, Son and Holy Spirit symbology mean to you? We could ask this question of ten of you and get ten different meanings. The range is broad and this dialogue is short, so we shall narrow it down to one aspect that is relevant to you today.

In many traditions, the Father symbolizes the wise one. Your most valued father figures on Earth are those that impart wisdom to the young, discipline with a fair hand, instill courage and foster a thirst for knowledge and adventure. We could list many other attributes, but prefer to keep this dialogue brief.

The Son is symbolic of you, the reader, whether you are male or female. The son is the one who is a representative of the father. It is every father's dream to have his child aspire to even greater heights than he has been able to attain. All good fathers wish happiness and joy for their children. Often, the son is expected to carry on the traditions that are most important to the family. This can be a blessing or a burden.

The Holy Spirit is the Guide from the celestial regions. There are many aspects of the Holy Spirit. In today's dialogue, we will look at the one closest to home, the Higher Self connection that each of you has with the part of your Self that is not incarnate.

How does this triad work together? In the beginning, there was Father, only Father, and Father was Love, only Love. There are many deep teachings that we will forego at this time, for they will simply be digressions and create possibility for more separation. For these reasons, we are keeping this dialogue as general as possible in hopes that you will look at the message and not get lost in any areas that do not fit into your current belief codes. When you look around at the glory of Nature, is it very hard to think that some kind of Mastermind is at work? Someone of extreme knowledge and imagination worked overtime to create such beauty and balance among all creatures. Who among you has been able to create a single bird? Even among those who clone creatures and hybridize plants, reproduction and replication are impossible. These man-made attempts at creation are feeble indeed and generally cause havoc ecologically.

Let us call this Mastermind, Father, whether you view this personage as a single unit or a multitude of entities. Father is the creator of the universe. Wouldn't it be natural to see the creator as all-knowing since only he (or they) fully understands the complexity of all the organisms represented in your universe? Wouldn't it be natural that if you had any questions related to these organisms that the Father would be the best source to answer your questions?

Can you also see how the Father would have a clear understanding of how the world is likely to evolve since He knows how each unit functions with others? This Mastermind is truly a mathematical wizard and would be able to make extremely accurate guesses as to the probability of things likely to occur in the future.

Isn't it highly likely that one who can create something out of nothing might also have the ability to do many other things that you currently cannot fathom? What if, as promised in many scriptures, the Father has endowed upon you, his Sons to have the ability to do as He has done and even more? What if, as promised in many of your ancient writings, you, his Sons and Daughters, have the ability to create, like the Father, through sound, light and clear intention?

It is obvious that most who have incarnated through the ages do not have the full understanding of their inborn rights when first arriving on this planet. As they travel through life, those who study with the desire to have more understanding of the Father are more likely to find what they seek.

However, most Sons do not believe they can ever fully attain the level of wisdom the Father has. In one sense, this is true. However, in the sense that we all are One and have the same abilities to create, we do indeed possess enough skills and wisdom to be lesser gods. We do not use the word "lesser" as a means of creating a hierarchy of importance. We only use the word "lesser" because the best form of communication with you at this time is through the written word. This form of communication is weak and we hope that we do not lose any of you due to the nature of the words we choose.

Indeed, each of you has the full ability to create many things in your life. Some have been making great strides in creating experiences and the means that allows these experiences. A very few of you are able to manifest out of thin

air, objects that are already in the world. However, none of you has the ability to create a new species of animal or plant life that works perfectly within the ecological balance of all forms.

You are on the verge of making some remarkable discoveries as to how the Mastermind Creators operate, however, it is unlikely any of you will evolve, while in human form, to the point where you will work co-creatively with those who have this ability. Although we will say that many of you who walk the Earth today have been to these creation schools and have been co-designers in the creation of your Realm.

The Father is the Mastermind of all creation. You, his Sons, are a part of this creation. Father can teach you many things and guide you along your Path. Father is here to support you in all you endeavor to do. You may say, "Father, where are you? We cannot see you. We cannot hear you. We cannot feel your touch. We cannot smell you. We cannot taste you."

None of these statements are true. You can see the Father by observing Nature that has not been tainted by human hands. Everywhere you look in nature, there is balance and love and a wonderful sense of perfection. Listen to the wind rustling through the trees, the sound of thunder crashing and the chitter of excited squirrels. These are all sounds the Father makes. Caress the fur of an animal, hold a warm stone in your hand and know that your Father is in each atom, each particle wave and each aspect of creation. Smell the flowers in the field, the air after a spring shower and know that perfume is your Father. Taste the dew on the morning grass, the nectar of honey and know that your Father is present.

At this time, we would like to introduce you to the means by which you can have a closer relationship with Father. This is through the third part of the triad, the Holy Spirit. In our dialogue today, we will look at the Holy Spirit as that aspect of you that is not incarnate. We shall call this aspect the Higher Self.

Each of you has a direct connection with your Higher Self. If you have not made a connection already, we would like to share some insights with you. If you already have clear communication with your Higher Self, it might be of better use of your time to connect now and to work on issues that you are attempting to resolve in your life. Those of you unfamiliar with how to connect with your Higher Self, we invite you to listen to what we have to share with you. We will use an analogy that many of you can relate to in order to demonstrate how this triad operates. Know that words are a difficult means of communication and that this analogy is poor in comparison to the richness and complexity of the creation of the universe.

We would like you to consider the hierarchy of a corporation. In the beginning, one or more Beings creates a business model and begins to implement it. A corporation was established with basic rules and guidelines. A group of people, called the Board of Directors, was established to oversee and vote on every aspect of the business. Others were employed to do various jobs such as secretarial duties, accounting and legal assistance.

Next, there were managers who are the go-betweens. They are the ones who are responsible for being sure the workers are producing what the Board of Directors wants to see implemented. In this analogy, the Father is the Board, the workers are the Sons and the managers are the Holy Spirit or Higher Selves. Whether you believe that the Father is a single entity or group of Spirits, it matters not, just know that there is someone in control who knows you exist and loves you very much. You, the Sons, are struggling here on Earth to find a way home to the Father. You seek his approval, you desire to know and love him further, but many times, you are at a loss of what to do.

How do you communicate with someone you cannot see, hear, touch, smell or taste? It is not that you do not have the ability to access the Father directly, for you do. However, due to the nature of this world and the way in which it is set up, many of you have to work very hard to find out how to access the Creator. Many have no knowledge or belief that a Father even exists.

Every person has available a myriad of Helpers. Some are in human form, which you call family, friends and teachers. Most are residing in higher states of vibration, making it difficult to know of their existence. Each of you has a direct link to all knowledge through your Higher Self. Again, we have only words to describe something so magnificent and beautiful that you would gasp in awe if you were fully able to realize the magnitude of what we are trying to express in this simple dialogue.

At one moment in time, one of the Father's Sons wanted to have a unique experience and come into the world that was already created. Perhaps this Son was even on the team that created the Earth. Son asked permission from Father to leave his heavenly Realm and to lessen his vibrational frequency so he could enter the creation and be one of the players. Permission was granted.

The Son went about choosing the events he wanted to experience. He chose the race he wanted to be, the geographical location, the parents that would give him access to the religious background he wanted to experience and many other factors that would give him the best possibility to experience all he desired.

The unique part of life on Earth is the amnesia you have when you incarnate. All memory of your true spiritual nature is either forgotten or quickly expunged as you go through life. Many children are able to see their Guides, but are told

their “imaginary friends” are not real and force them to close down those lines of communication. This is very sad indeed, but not done with malicious intent. The parents and adults responsible are simply ignorant of what they are doing.

Each person that incarnates leaves a part of themselves in the higher Realms. At all times, there is a silvery cord that connects you, much like an umbilical cord. This is your direct connection to the Holy Spirit (Higher Self), where you can learn how to remain in contact with the Father and your Brothers who reside at various levels of existence.

How do you communicate with your Higher Self? Through direct communication that is readily available at all times. When new to this communication, it is easier to access when you are not distracted, when you are in a state of calm and peace and when your heart is filled with love and gratitude. That is a lot for some of you, however there are steps you can take to increase your capacity to love and trust others.

What we suggest is that you learn a form of meditation or practice ways to clear your mind and create a sense of peace in every situation. Yesterday we shared one way to obtain this space; you may wish to review this first. Throughout the year, we emphasize repeatedly to take time each day to quiet your outer world and tune in to your Higher Self for guidance. We also show various ways to clear negativity so you will intentionally be better equipped to manifest all your desires.

You can call on your Higher Self at any time for guidance and support. After all, it is your Higher Self that chose this incarnation. Who is better qualified to show you which path is best for you at any time? Always remember that your Higher Self has only your best interests at heart. After all, you are the physical manifestation that allows this experience to be.

In one sense, it is like you are the puppet and your Higher Self is in control of the strings. Like Pinocchio, who became human, you have free will and can choose to cut the strings and make your own decisions. Although it is not wise to go against the counsel of your Higher Self, it is possible to do so. Keep in mind that your Higher Self has the ability to see the whole picture. Although you may go against the wishes of your Higher Self, you will continually be prodded to make choices to get you back on the Path you chose before you incarnated. No matter what choices you make, you are never lost. You will never be condemned to hell. Know that whatever you believe to be true is true for you. If you choose to believe you will go to hell when you die, then it is likely that this is what you will experience, for a time. Know that at any time you can choose again and experience heaven, no matter what circumstances you find yourself in.

The Higher Self is always available. When you are feeling depressed or in a situation that causes you sadness or grief, call on your Higher Self to find ways to overcome your emotions and to walk the path of peace and joy. Your Higher Self can teach you how to manifest anything you want to experience in your life. Develop a habit of daily quiet time, meditation and prayer. Go within and learn to hear your Higher Self. Through practice, you can have direct dialogues. Each of you already has this ability, but many of you have tuned it out, thinking it is just your imagination. We are here to remind you that it *is* your imagination. If you can visualize it and put passion into it, you can create it!

There are many avenues to your connection with your Higher Self. These come in the form of intuition, knowingness, synchronicities, coincidences, miracles, unexpected messages from others, loving voices in your head, connection with Nature, meditation, answered prayers and a myriad of other means. It all comes down to clear intentions and paying attention.

Gratitude is the key to joy. Meditation is the door to peace.

As you practice connecting with your Higher Self, your relationship will deepen and you will find the signs and signals are more pronounced. As you walk your Path together, life will become one miracle after another. You will learn how to create any experience you choose. Your ability to love will increase exponentially. Your life will be filled with passion and compassion as you learn to relate better with each other. You will eventually come to know and understand all the wisdom taught by the ancient teachers. Life will truly become a dream for you.

The Father is the creator of all. You, his Son are part of that creation. Your Higher Self (the Holy Spirit) is that part who oversees the earthly incarnation that is You! Be in joy every moment and seek out the blessings in Nature. Be aware of your thoughts, words, actions and emotions, for these are your tools of creation.



Selamet! Lamat 3

DAY 69 MULUC 4 Be in Joy! Enjoy!

I am Muluc with Tone 4. Thank you for joining us this day as we work together to find ways to make your life on Earth more joyous and beneficial. Today our topic will be how to be in joy every moment. However, it will take some tweaking of your belief codes and behavioral patterns to allow this to happen. Are you ready to embark on a journey towards everlasting joy? Have you ever seen anyone who is joyous at all times? They are few and far between. However, many of your Master teachers on Earth, such as the Dalai Lama have gained such levels. There were many sacrifices and wise choices these Masters made to attain this ability. Attaining Mastery is within your grasp, also.

We would like for you to take several long breaths. As you exhale, let out the worries of the day. Consciously pay attention to each muscle in your body, starting at the top of your head. Note the muscles in your jaws, tighten them for a second and then allow them to relax. Move down to the shoulders, arms, fingers, etc. tightening then relaxing each set of muscles, down to your toes. Breathe in as you tighten the muscles; breathe out as you relax the muscles. This is a good exercise to practice whenever you find yourself out of balance or wish to relax or meditate.

Every attitude you hold onto and every emotion you feel is in your control. It may not seem this way in times of extreme sorrow, joy or fear, but it is true. How often have you felt an emotion then something happened or someone said something that triggered you and instantly that emotion vanished as you placed your attention elsewhere? Each emotion has the same weight as another. Fear holds no more value than love; you can choose which you prefer to experience at any time.

Every experience encompasses a wide range of emotional reactions. Have you ever been crying during a sad movie then find yourself laughing during the next scene? Begin observing the following pattern in emotions. When you feel sadness to a certain degree, your body reacts in a specific manner. When you feel its opposite emotion such as happiness to the same degree, your body reacts in the exact way. Have you ever cried tears of happiness? Did it feel the same as when you cried tears of sadness? In either case, the tears flow, your sinuses clog, your body quivers, you feel pressure in your head, etc. Although the cause of the emotional upset was different, the body reacts the same way.

How do you find balance in all things? How can you stay centered no matter what event is occurring in your life? How can you find and experience joy even in times of extreme chaos? Start by simply telling yourself it is so, that you are balanced in this moment. That may seem overly simplistic, but it is the bottom line. With practice, it will become easier until it becomes second nature. However, you will have to give up your stories that keep you in “woe is me” attitudes.

Where to begin? In this moment. Well up memories and feelings that made you feel good in the past or present. Feel these emotions. Send gratitude to anyone involved in the event. Allow yourself to feel the joy you felt during that event. Bask in these feelings for as long as you desire. The purpose is to remind yourself how it feels to be in joy. Remember these feelings. Many of you have denied yourself the feeling of joy for eons. You can be the catalyst to help others out of their misery when you learn to find joy in everything. Until then, you are stuck in the same mire as those around you.

Some of you will have a hard time remembering times of joy. Your life has been so focused on negative events in your life, that you cannot recount even one moment that gave you joy. We suggest you bring up memories of anything that gave you warm and fuzzy feelings. Perhaps it was eating comfort foods, petting an animal or watching a sunset. Focus on anything that warms your heart. If you are still having trouble creating a sense of happiness and joy, know that you are most likely focusing too much on your negative issues. The whole purpose of these Messages is to help you release these negative thought patterns and to change your belief codes so you can find joy in every moment. Stay with these Messages on a daily basis, press through your fears and anxieties and learn how to soar with the eagles!

Once you are able to feel joy, how can you maintain it? There are many clichés we could use such as, “Fake it ‘til you make it.” There is truth in this because it does involve consciously paying attention to what is happening within and without you. The first step is to begin to consciously monitor your thoughts. At first, this may seem tedious, but it will get easier with practice. Every time you find yourself thinking negative thoughts, think again. At first, your mind will insist on falling back into its old patterns and try to dwell on the event that is causing you distress. You have trained your mind to do this and it is fully within your ability to un-train yourself. Speak only positive words, think only positive thoughts and look for the blessings in each event that causes you to be upset. Before long, you will be laughing at yourself for overreacting to events that now seem so trivial.

Any thought you have that causes you to feel negative emotions is dangerous to yourself and others. They can be extremely addicting, a hard habit to break. Know that your thoughts travel faster than the speed of light. If you are thinking negative thoughts about someone who is 2,500 miles away, know with a certainty that on some level, that person receives your thought. This may sound ridiculous to you, but scientists are proving this to be true on the subatomic level.

We have repeatedly stated that negative thoughts glob together, whether it is in your auric field or elsewhere in the universe. These negative thoughts affect weather, nature, human and animal behavior and every aspect that is in your universe. Shamans and wise men from ancient to modern times have known of this phenomenon. You truly do make a difference in the world. You are not insignificant. Be responsible for the energy and thoughts you put forward for they are far more reaching than you can even imagine. You *are* that powerful.

We ask you earnestly to take responsibility for your actions and reactions. They affect all of us on many Dimensions. There is much corruption, sadness and decay on the Earth plane at this time, affecting all of you on deep levels. Overcome this distress and bring peace and harmony back to the Earth. In most religious texts, there is an Adam and Eve story. The events are similar in Nature. Man is created. Man does something that is not pleasing to God or creates some kind of havoc on Earth. What was perfect is now tainted due to Man's choices. Man suffers as a result. Man seeks to return to Perfection. Does this sound familiar to you? Now is the time to return to Perfection by taking responsibility for everything you have done while on Earth, both good and bad. Monitor your thoughts towards yourself, others and events until you can release any that are detrimental. Instead of reacting to events around you, learn to act upon them.

This can be done by role modeling in preparation for future events. As you begin to replay scenarios from your past, remember times when you reacted in ways you would prefer not to repeat in the future. Consider other ways to behave when you find yourself in a similar situation in the future. Scientific studies have shown that when a person visualizes something in the mind, the brain synapses fire in the same way they would if the event were actually happening. In other words, there is truth to "Fake it 'til you make it!" Medical doctors have known for years that the brain can be repatterned after strokes or severe injuries by having the patient go through repeated exercises of muscle movements simulating walking or crawling in order to regain these skills. The same is true for breaking habits. By role-playing reactions to events, you can re-pattern your brain so you behave in a more appropriate manner the next time you find yourself in a similar situation.

We suggest you take time to rethink past reactions and visualize as clearly as possible, ways you would prefer to react when a similar situation presents itself. For example, let us say that you have a co-worker who constantly does things that annoy you. In your meditations, you can visualize ways to maintain your sense of joy, no matter what the co-worker does. Perhaps you will choose to simply smile at this person instead of reacting in your normal ways.

It is good to make heart-to-heart connections with every person you encounter. To make a heart-to-heart connection, send a feeling of love. This may be difficult in the beginning, but you will find it easier as you practice. Whether it is on a conscious or subconscious level, people will sense feelings you project towards them. Know that many people are closed to accepting love, so it may take repeated doses of loving thoughts to chip down their barriers. Practice doing this and watch how your attitudes and judgments toward others begin to change. Watch how others begin to react differently towards you. Positive thinking and continual acts of love will overcome all obstacles that are currently in your way.

Another way to create joy in your life is to look for joy in all things. Even in your darkest hours, there are lessons to be learned. Reflect on what is occurring in your life now and in past situations that were challenging for you. What were some of the positive outcomes that came from past scenarios? Perhaps you were in a job you didn't enjoy. One day you were fired; you felt angry, embarrassed, you developed an attitude of why did this happen to me? Yet now you are in a job that you enjoy. It was the letting go of the first job that opened the door to the new job.

Seek blessings in all things; focus your attention on the positive attributes of people and events in your life. If there is something you are not happy with, take your focus off the situation or take steps to change it. Wallowing in self-pity or feelings of helplessness only creates more dark energies on the Earth. Be a responsible Earth steward and do all in your power to have positive thoughts and emotions each moment of your life. As you practice being in joy each moment, miracles will occur around you. You will draw more joyful people to you. Events that used to upset you will either no longer occur or you will not even notice them. It is a law of the universe that where you focus your attention is what will present itself to you. When things that bothered you in the past rear up their ugly heads, you will have learned to bless them, remain balanced, find the positive in them and remain in a state of joy. The Masters have done this and so can you.



Selamet! Muluc 4

DAY 70 OC 5 Self Acceptance

I am Oc with the Tone of 5, together we welcome you to this time of sharing information. Today we would like to speak on the topic of love, unconditional love. This is the kind of love where you accept all persons, places and events as they are. There are no judgments made such as, “He should change this or that about himself, they should do this or if that hadn’t happened, my life would be better.”

Unconditional love holds no judgment or fear. It is fear that instills in you a need to change your surroundings. It is fear that says to you, this is not safe or acceptable. It is fear that pushes you into feelings of inferiority or superiority. Fear pulls you farther away from what you truly desire, which is to be accepted and loved just as you are.

Life is a mirror. Everyone around you mirrors what you project. Have you ever noticed that happy things happen to happy people? Watch people who are always critical, they are often criticized and not well liked. People who are fearful of making changes in their life always seem to have their greatest fears presented to them. Those that worry most about money tend to push away opportunities where they could have great abundance. We could go on at length with examples, but we trust that you understand our message.

How do mirrors work? Look into the mirror; what do you see? If you like your face, you will smile back at yourself. If you look at your face and notice what you consider to be imperfections, there will be no smile. We suggest you continue to look into the mirror until you can embrace your imperfections as perfection. Have you ever heard people say how beautiful someone is, yet when you look at that person, you see them as either very plain or unattractive? Where is the beauty the others see? Is it the grace by which they walk? Is it their inner confidence or the nature of their giving spirit?

Beauty truly is in the eyes of the beholder. Practice beholding everyone as a perfect spiritual equal. Practice observing Nature in all her glory, noting how everything works perfectly together. Practice seeing perfection in all events surrounding you. Know that each of these events offers you an opportunity to be more loving and accepting. As you begin to see yourself and all else as perfect, your ability to love unconditionally will greatly expand.

Not only acceptance, but the underlying knowledge that all is perfect is the basis of love. Learn to love one another without conditions. When you notice imperfections in things around you, embrace them and look for the beauty in them. Know within every event there are opportunities to express love and acceptance. It is by doing these things that your path on Earth will lead you to joy in every moment.

We will share with you some ways to help you reach your goal of unconditional love. The first step is to look within yourself to find the things you feel are imperfect. Our purpose in creating these Messages is to assist you with this endeavor on a daily basis. By going within, you will slowly release the layers of negativity and fear that reside inside yourself.

Are you ready to release those fears? At times, it will be painful, yet the joy you feel once you free yourself from your bonds will be well worth the effort. Many times, you will laugh at yourself for holding onto those belief codes that now seem so childish and silly. Do not condemn yourself, for those childish belief codes had a purpose at the time you created them. Bless the remembrances you had and let them go.

You will find some things easier to release than others. Expect miracles, but do not condemn yourself for those times when you find it difficult to move past a particular issue. Know that some belief codes are like dominoes, when one falls, many others fall with it. Once the belief codes are brought to your attention, you must then attend to them. With each belief code, you also set up specific behavioral patterns that may need to be changed.

For example, let us say that when you were a child, you had very curly hair and some of your friends teased you about it. You grew up thinking curly hair was undesirable. Whenever possible, you wore hats. When you looked at yourself in the mirror, you mostly focused on your curly hair and cursed it. As you grew up, if you were a guy, you shaved your head so no one would have to look at your horribly curly hair. If you were a girl, you used chemicals to straighten your hair, even though you knew they were toxic to your body.

Then one day, the love of your life sees a photo of you as a child with your disgusting curly hair. You discover that your partner hated his/her straight hair as a child and always desired curly hair. After hearing this, you begin to look at your curly hair with different eyes. With your partner's encouragement, you decide to let your hair grow back to its natural curly state. Your partner loves your hair! Others remark to you how awesome your hair is and ask why you hid it for so long? When you look in the mirror now, you look at your hair with new eyes and appreciation.

Thus, you continue to let your hair be curly. Gone are the hats, no more razors to the head, no more toxic hair straighteners. You like your hair, which also means you like yourself just a little more. Although you created a belief code that curly hair was undesirable, you later changed the belief code and now you have changed the behaviors you created to support your original belief code. You now feel more empowered and like yourself better in your natural state.

Can you imagine how much better your life will be when you can do the same with all the pain and fear you harbor inside yourself? Know that as you uncover each belief code, you will also have behaviors to change. This may seem to be a daunting path to some, but know that each release brings freedom. Each freedom brings more joy and releases more energy for you to tackle other belief codes. Know that once you have mastered these belief codes, you will exponentially create joy each moment of your life.

Is this not a goal worth striving for? We encourage you at this time to reflect on those things you would like to change in your life. Perhaps it would be good to write these things down as you begin to work on them. Have patience, it took many years to build these walls of protection. Can you see that building these walls were loving acts? You did these things to preserve your sanity, create a sense of safety or to save your life.

However, it is now time to remove the bricks that keep you from experiencing true love. Each brick you remove allows you to see beyond the fear. Soon you will have created windows where you can once again see the beauty in nature. The day will come when you will unlock the door so you can embrace your fellow man. One day you will find your prison completely dismantled. This is the day that you are free and will have learned to love all people, places and events just as they are, including yourself. Then you will know that all is perfect. It always was and it always will be!



Selamet! Oc 5

DAY 71 CHUEN 6 Lighten Up!

Good morning, as with the rising of the sun, it's time to lighten up!

Are you ready to release some of the old baggage you have so dearly been clinging to?

Well, let's get on with it. Time's a'wastin'!

There's just too much fun that you are missing out on! Let's go!

Where shall we start?

How about the usual place, inside yourself, for that is where the seeds have been planted and where the roots are growing.

Let's do some weeding today so you can better nurture your growth.

Take some deep breaths, using whatever method suits you to become relaxed while releasing the concerns of the day.

Take a few moments to do this.

When distracting thoughts come in, gently release them.

If need be, focus completely on your breath as you inhale and exhale.

Ahhhhh, doesn't that feel better? You know, you can do this anytime you are feeling out of sorts and full of anxiety.

Teach it to your friends, your children, your co-workers. It's easy and you can do it while driving, walking, eating or any other activity.

You will be much better able to make clear decisions and to find areas that need your attention when you are not all caught up in tension.

Take about five or ten minutes to set the intention that you will have a day of fun and in-joy-ment.

Visualize yourself smiling and giggling all day.

If there is an activity that is likely to be heavy or dark, see yourself happy, no matter how glum everyone around you may be.

Well, that's it! Class dismissed! Go out and have some fun!

Be in joy! Enjoy!



Selamet! Chuen 6

DAY 72 EB 7 Promise of Abundance

Greetings! We are thankful for this time to share with you. We offer you the promise of abundance in all you do. It is our intention to assist you in re-discovering the gifts that have lain dormant within you. Take time now to relax your body and to let go of outside concerns. Focus on the things you would like to obtain in your life. Although there is nothing wrong with wanting material possessions or massive wealth, we suggest you go deeper into the feelings you would like to experience each moment of the day. Although we can answer your prayers by giving you a new house, car or additional income, look around, there are many wealthy people who are considered to be rich, yet they are poor in their relationships with others and themselves.

Which do you truly desire, to be richly rewarded with emotions of peace, joy and happiness or is the lure of material wealth more satisfying to you? Most of you already realize from past experiences that no matter what you gain, there is still a lingering desire for more and better. Why is this? Mainly because you have stepped out of the realm of gratitude and live more often in the state of expectation.

When you expect something for your work or efforts, there is often dissatisfaction when your blinders are set solely on the outcome. Remove your blinders and watch in amazement as you discover myriads of options and experiences that were hidden from you before. Many times, we attempt to answer your prayers, but due to the blinders, you miss the yummy treats along the sides of the paths. By taking your focus off the reward at the end of the race, you are more likely to discover other avenues of possibilities we offer you.

Abundance comes in many forms. Abundance begets abundance. Giving for the sake of the expectation of receiving something in return is not the same as giving from the heart. When you give from the heart, you receive joy simply from the act itself. That is the true meaning of “what you give you will receive.” The joyful emotions are more long lasting and precious than the giving or receiving of material objects.

Many of you are discovering the bonds that material objects hold on you. After amassing objects, you realize how much time and energy is needed to maintain them. Just how many televisions and cars can one person use at a time? As you begin to sell or give away items that hold you down, you discover the blessings of simplification.

Perhaps you will find that you can now afford your dream vacation because you don't have to spend so much time and money maintaining your toys. When you stop going to parties or events that are of no interest, you find that you are more rested and energetic. As time moves on, you realize the blessings of letting go of certain relationships. When you outgrow incompatible friends, you have more time and energy to pursue things that are closer to your heart. Many times, you unknowingly become role models as others watch you speak your truth and have a more fulfilling life. When you stop enabling others, you open doors for them to empower themselves; whether they walk through the door or not is their choice.

We suggest you look within for your true desires. Reach for goals that bring satisfaction and joy. As you walk your Path, learn to stay in the moment by observing all that is happening around you. Make choices that lead you toward your passion. Learn to say, “No, thank you,” to events that pull you away from your desires. Be open enough to take risks that lead you out of the box.

Be in joy, every moment. Express gratitude to everyone and for everything that occurs in your life. It is very difficult to see the blessings in some events. However, as you learn to forgive yourself and understand others, you will be able to find that indeed, there are blessings in all things. We go forth today with wishes of abundance for you and those you love. Spread the word and spread the joy!



Selamet! Eb 7

DAY 73 BEN 8 Awaken from Amnesia

I am Ben with Tone 8. We welcome you to this grand and glorious day of celebration! Being on Earth indeed is an event to celebrate! There is no other place in the universe where one's soul can amass such leaps of faith and love. We are not saying that it is better to be born into human form, but due to the nature of this universe, the potential for growth is immense.

What makes this so? Foremost, the opportunity for growth comes from the amnesia you experience when you come to Earth. You have forgotten, temporarily, where your Spiritual roots have come from. Along the way, you have a multitude of opportunities to experience and express love. You also have the opportunity to shut yourself away from those who wish to embrace you. We judge neither, for the value received in each is manifold.

At this time in ever-increasing numbers, babies, adults and animals are entering your world with their memory of the other Realms intact. They are here to help guide you and to restore Earth to a balance of peace and harmony. With the state of amnesia comes a multitude of "sins" such as pollution, hatred and greed. Your institutions are based on power and control over the masses. Your ingestion of toxic foods is increasing at an alarming rate. The ecological balance in Nature is nearly destroyed. You essentially are living on the eve of destruction.

Many of you currently incarnate on Earth, played a part in the co-creation of this universe, so you have a stake in its survival. Can you imagine a grander planet in the cosmos than the Earth in its pristine state? Have you diligently observed Nature in balance? Have you noticed how the smallest of microbes is essential to support the life of insects, plants and animals? Have you observed how the wind interacts with fire, either blowing it out or increasing its flames? There is such a delicate balance between all things. It takes only a minor interaction with humans who are trying to perfect what is already perfect to set off a chain of events that destroys much of the balance.

We ask you today to walk gentler upon the Earth. Pay attention to your surroundings and what is happening around you. Notice the ants along your path and walk around them. Have you no consideration for their efforts when you unthinkingly destroy their habitat? The Earth is fragile; one footprint can erase the opportunity for native plants to grow for decades. Walk along the riverbanks and allow the interiors to rebuild.

Do you need to use your cars as often as you do? Consider bicycling or walking to your destination. Many times, you are better off remaining at home rather than gallivanting all over the place. Many of you repeatedly shop or work at locations far from your home, requiring a huge consumption of natural resources. It is time to restructure your work force and learn to stay more within your communities. It is sad indeed that your family members are strewn all over the surface of the Earth, for tribe is the core essence of your survival.

Learn to get along with your fellow man. Learn to share. Learn to communicate more from a heart space than through the shallow means of words. Come together and celebrate your gardens. Look at what is of importance to you. How did you become so far removed from what was once precious to you? With whom and what do you wish to reconnect?

Does your daily work bring you joy? Are you surrounded by a supporting family, whether they are your blood tribe or not? Do you spend time in activities that create passion in your soul? Do you share your bounty with others and do you receive support for the things you need for your existence? How much time do you spend in reflection and gratitude? Do you know your neighbor's name? Do you know their desires? How often do you gather with them? Do you daily enter into unspoiled areas of nature; do you even have access to such a space? We think not for the majority of you. This is sad indeed.

These things are needed in order to create your dream of a balanced and peaceful world. You state that you wish to live in a better world and dream of such things. Yet what was the last step you took with your fellow man towards creating this utopian society? How many of you are dreamers and how many of you are doers? There needs to be a balance of both in order to create a society of such magnitude. However, the dreamers have become talkers and the doers are not listening. It is time to step up to the plate with your bat ready and aimed to hit the mark. It is time to unite and pray together with clear intentions and to follow through with the many plans that are laid out before you. We rejoice each time a group of you comes together and begins to move forward. It is reassuring to us that all is well, that you will and can make this happen.

Peace and love ripples forth through the fabric of all Dimensions. When you are heavily burdened with sadness and despair, we feel it. When you are light, happy and experiencing joy, we feel it. That is why we use the word "uni-verse," for truly it is one word, one logos, one sound. We are united in ways that are incomprehensible to you at this time. However, the veils between us are thinning and they will continue to do so as each of you on a personal, planetary and global level reaches within yourselves and uproots belief codes that hold you in bondage.

It is our joy to assist you in the going within process. It is time to know the history of your birth and to step forward and claim your inheritance. The veil of amnesia is thinning rapidly. Have you noticed an ever-increasing number of UFO sightings, ghosts and other phenomena? Many of your television programs, movies and writings include stories of psychic and extraordinary events. This is due to the thinning of the veil.

It is imperative that you clean out the cobwebs of your negative thinking and close-mindedness, for you are about to enter into a realm of unbelievable events. If you choose to walk your path gracefully, we suggest you begin immediately to start with the basement of your soul and work upward and outward to clear negative memories that keep you in fear and mistrust. As you clean your interior, you will discover the door to unconditional love is in front of you. What do you need to clear from the path in order to reach it? What do you need to do in order to have the courage to open it? What behaviors do you need to change in order to walk over the threshold? What do you need to leave behind in order to live in a state of unconditional love and beauty?

Take time to go within and move into the deep cleaning process. Pull up your memories, look at your habits and face your fears. Have courage to change the way you think and look at what is occurring around you. Make the necessary changes to live the life of your dreams. Know that possessions only bring a temporary relief to whatever ails you. For permanent relief, try forgiveness and allowance instead of numbing drugs.

Remove yourself from victim mode into recovery mode. From there, you will go beyond and become a hero in your own eyes. As you gain strength and momentum, you will become a hero for others who wish to release their past hurts and move forward. Share the knowledge you gain with others. Know that each of you walks a unique path. Although none of you will walk in exactly the same manner, you will all reach the goal in your own time, perhaps in another incarnation. Do not be concerned with this, for there is ample time in the universe for each of you to return to Source at your own pace. Be happy and learn to live in the moment, rejoicing with your brothers as you move a step closer to self-empowerment and love for one another.

There is much work to be done on Earth. There is no time to be wasted, your seas are suffocating, the land has been over-tilled and many are walking in amnesia. Awaken and become good stewards of the land and rejoin your tribe. We are here to support and encourage you along your Path. We revere you, for indeed we know the difficulties you face. We have the ability to see the bigger picture and are in awe of what you are currently co-creating. There is not one among you who is unable to reach inside and pull yourself up to a different level of understanding. You need only to be willing to go within and to start cleaning out the unhealthy thoughts residing within you.



Selamet! Ben 8

DAY 74 IX 9 True Love

Good day to you! I am Ix accompanied by Tone 9. Together, we welcome you to this time of sharing which in essence benefits all on the Earth and beyond. On this day, we would like to share teachings regarding the misuse of the word “love.” Your words are more powerful than you can fathom. We wish to inspire you to pay more attention to every utterance you make and every thought you think. The true meaning of love is the fabric of which the universe is made.

In the beginning, there was Love and only Love. As Love created the desire to share itself and know itself on various levels, it fragmented itself into bits and went in every possible direction out from the source of Love. Each fragment of Love went on a quest to experience love in a variety of ways. Many fragments with similar interests grouped together and created a variety of Realms or Dimensions. As each group removed itself farther from the source of Love, the Dimensions were created. It was not until specific groups were far removed from Love that the idea of Not-Love came into existence.

Try to imagine coming from a space of pure Love with the intent to experience not-loving things such as lying, cheating and selfishness. It is impossible. Yet there were many that wanted to experience what it would be like to be removed from Love. The initial intent was not to control others; neither were there any pre-conceived notions of lying, cheating or selfishness. These things had never existed before. The pioneers who chose to co-create realms of Not-Love were spirits like your adventurers, Lewis and Clark, who set out on their journey to explore and map uncharted regions.

Long ago, adventurous souls set about creating a Realm where Not-Love was possible. They quickly discovered that in order to experience Not-Love, they would need to completely distance themselves from the memory of Love. Various Realms were created by like-minded groups, one of which is the planet Earth. The way the creators of the Earth chose to experience Not-Love was to create a state of amnesia upon entry. How could they be assured they wouldn't get lost? They created a buddy system. Before incarnating, it was decided the major segment of the soul would not incarnate; this aspect of the soul is sometimes referred to as the Higher Self.

Before incarnating, each soul goes before a Review Board to offer suggestions of what they would like to experience while on Earth. In order to have these experiences, they recruit their friends and acquaintances to help. If a soul wants to experience sadness, he will need to find someone willing to do things that would allow him to feel sad. Perhaps in another lifetime they would reverse the roles.

You may be thinking, “How could a soul be so foolish as to want to experience rape, murder or theft?” Initially, there was no definition of anything that was Not-Love. These pioneers had no idea what to expect when they set themselves on this stage called Earth. Why are these things still allowed on Earth? The answer is free will. Although we do not judge any behavior, we do see the pain and loss of love that is created as a result of these experiences. This is why we are sharing our knowledge with you, to help you remember your Spiritual roots, thus allowing you the tools you need to create only the experiences you prefer. There are also myriads of other souls who have enlisted to help keep incarnated souls from getting too far off their Path. They are commonly called Guardian Angels or Spirit Guides.

The Earth was set up with polarity as a means of experiencing Not-Love. As you walk your paths of discovery, you learn to live in this world of polarity. Although it was never intended for it to be so far removed from Love, it was allowed to evolve unhindered. However, there was a timeline set for this experiment. This timeline was created so no one would get lost forever, unable to return to Love. Like all cycles, this phase of the experiment is coming to an end.

What was initially a slight separation from Love in a beautiful garden, exponentially grew into murder, rape and mayhem. There are not many souls who are currently interested in coming into Earth just for the experience of Not-Love. However, there has been a marked interest in coming to Earth at this time to be a part of the Grand Experiment as you create something new. This Realm, as you know it, is about to end. This has happened many times before. The full impact of what will occur during these changes is unknown and is creating great interest from all sectors of the universe.

We share this information to give you a brief outline of what is happening on Earth. It is imperative that you consciously awaken to the potential that lies within you. Those who wish to continue with the experience of Not-Love are granted permission to do so. Many of you are ready to move out of this Realm of Not-Love. The Earth was not set up to have these two realities occurring at the same time. Soon there will be a rift. It will not be a war between the good and the bad, for there is no such judgment in the eyes of Source. All has been allowed to occur as a gift to those who want to explore the Universe. However, each universe, each galaxy and each planet has unique laws that it is governed by. These laws were created to allow specific experiences to occur. The laws on Earth were designed to allow for a depth of Not-Love to occur, for a time. That time is now coming to an end.

What will happen to those who wish to continue in Not-Love and those who wish to move closer back to their roots of Love? There will be a separation, much like what is described in various ancient writings. Each individual will have the opportunity to decide which path he wishes to experience next. There will be no casting into hell or going to heaven. There will simply be a choice to remain on Earth in its current form, which could very well lead to its demise if no changes are made, or the choice to leave Earth and go into another Dimension, where the vibration of love is higher. You are now in the planning stages of creating the higher Realm; we encourage you to dream big as you co-create your next home with other like-minded souls. It is up to you to create the world you wish to live in. There will come a time when the separation will occur. This need not be a time of sorrow for no one is lost, although you may be separated for a while.

Just as an outbreath follows an inbreath, at one point, all will return to Love. No one is ever lost, although it may appear that way while in your state of amnesia. There is order in the universe and the laws are upheld. Trust that all is well and decide where you would like to put your time and energy. What brings you joy? What ignites your passion? Dream of ways you can live a passionate life full of joy. What do you need to release in order to live the life of your dreams? Start today by taking steps towards realizing your goals and taking care of your needs. Many of you are preoccupied with taking care of the supposed needs of others. You are solely responsible for your soul. Choose what you wish to experience and say, "No, thank you." to anything that leads you away from your goal.

Take time each day to meditate upon the things you wish to experience. With the help of your Angels and Guides, you will be able to release the pain and suffering you hold so close to your heart. Tear down your barriers of protection and allow your love to shine and learn once again how to receive love. Do not be naïve, you still live in a world designed to experience Not-Love. As you reconnect with your intuition, you will more readily be able to discern the motives of others and to be more aware of where each path is likely to take you.

There are many of us in the various Dimensions who are ready and willing to assist as you move out of the world of polarity. Reach out your hand and we will be there to help guide you through the maze. As you release your fears, your blinders will be removed and you will be able to see more of the big picture.

Soon the day will come when we are re-united and you will be able to see us face to face again. In reality, we have never been separated; soon you will know and understand this. Until that time, believe that you have the power to do anything your heart desires. Remember your gifts and choose experiences that move you closer towards Love. We are here preparing for the day of celebration when you return home to share your experiences with us. We miss you and support you in all you choose to do.



Selamet! Ix 9

DAY 75 MEN 10 Time Stands Still

I am Men with 10, a poet indeed we are! Welcome to this time of sharing. Our topic for today has to do with getting control of the busy-ness in your life. How often do you take time to do nothing? Do you take the time to pamper yourself, take a nap when you are tired or read a book for pleasure?

Many of you fill your days and nights with so many activities that you live on the edge of exhaustion, running here and running there, while you barely can keep up with yourself. Where is the quality in your life? Many of you are teaching your children the same way of life. There is school, after school programs, competitive sports, dance lessons, yoga and always the pressure to succeed. It is no wonder many children are exhausted and depressed. Could this be one of the causes for an increase of mental disorders, including attention deficit? How can these children rest when they are overburdened with studies and running hither and yon? Little time remains for hanging out with friends or a long bubble bath. Family time is almost non-existent in your society.

Are you pursuing your true desires and passions? Do you meditate and relax each day? Do you take time to relax with your family without the need for extraneous entertainment such as television or movies? When was the last time your family had good, enlightening conversations in which everyone was sharing their dreams and recent experiences?

We suggest you tailor your time to suit yourself. Look at the areas that take you away from the experiences you prefer to have. Learn to say, "No, thank you." when others invite you to an event or to assist them with something that doesn't interest you. Now is a good time to stop doing things out of obligation and to make wiser choices. There is much power and joy for those who are able to live in the moment. When you can release obligations and regrets from the past and stop being overly concerned about future events, you are free to be fully present in each moment. During the day, ask yourself, "What would I like to do now?" Start paying attention to the way you feel in these moments. Is what you are doing creating joy in your life? Watch for patterns in your behavior. Is there something you feel you should change? Look around, see the many blessings in your life and express gratitude for these blessings.

How often do you take time during the day to reflect on how you feel and the goals you would like to attain? How often do you build a sense of love and appreciation in your life for the wonderful experiences that you have? How much of your life is robotic behavior; going through the day on automatic? Set time aside each day to reflect on your life. What changes do you need to make? Take time to look deeper within and pull out those belief codes and stinking thinking attitudes. Is it time to clean house and clean up some of the old garbage you have lying around?

Have you looked closely at your religious beliefs? Have you ever questioned the authority of your preachers and teachers? Look deeply at your beliefs. Take time to scrutinize what you believe and why you believe it. Many through the years have accepted teachings as blind faith. Try to be objective and take a fresh look at the beliefs you currently hold true. There is much conflict between religious sects; this is a sad state of affairs. How much better and informed would your world be if more of you had intelligent theological conversations? Brainstorming ideas has immense creative potential. We do not ask you to change your beliefs; we simply suggest you look deeper at your beliefs and clean out the cobwebs.

When you look closely at your belief codes, one of two things generally happens. Either you realize you have outgrown those beliefs or you find more conviction in what you do believe. We say all of this in hopes that you will take time out of your busy day to go within and reflect on your life. Find ways to slow down your routine if you feel exhausted at the end of each day. There is no race against time. There is plenty of time to get all things done. However, in order to do so, you first must choose what is of utmost importance and make those your priority.

Allow your children to choose activities that interest them. Introducing them to a variety of activities is one thing, but what we see repeatedly is parents urging their children to succeed at a variety of recreational activities. These activities are wearing down their immune system. All of this is happening while indulging in foods that are not healthy for human consumption. You are literally running yourselves to death. Slow down. Smell the roses. Walk the dog and observe nature. Strike up a conversation with your neighbor. Spend quality time with your family. Take time to play more!



Selamet! Men 10

DAY 76 CIB 11 Moving Beyond Doubt

Hello, I am Cib with Tone 11. Today we would like to talk with you about finding your way through the maze of self-doubt. Although there are many of us in various Dimensions that are here to assist, you doubt that we exist. Although you have direct connection with your Higher Self, you doubt the validity of this inner voice. Even when you are presented with scientific proof of the existence of many things, you doubt its validity. There is nothing wrong with doubt, for there are many false teachers and many invalid responses to scientific query. However, instilled within each of you is a way of knowing what is true and what is the best solution for whatever you seek. How can you tap into this knowingness to such a degree that you move beyond doubt?

Can you recall moments when you just *knew* something was going to happen and it did? Have you ever been thinking about calling someone on the phone, while at the same time she was dialing your number? Have you ever felt someone was in danger or ill and then discovered this was true? There are countless stories of people knowing when a loved one has crossed over. Some psychics are amazingly on target with specific future events. How can this be?

Have you ever been seeking information on a topic then walked into a bookstore and instinctively been drawn to the perfect book? Have you ever had a question and somehow the answer came into your mind even though you didn't know where the information came from? There are many ways we respond to your desires. Once you clearly state an intention and put passion behind it, we can move forward to help you create your desire. What if you were able to move beyond doubt and were to begin creating your reality on a conscious level in tandem with your Guides and other Spirit Helpers? Can you imagine the possibilities?

You need not take our word for this; put it to the test so you can get beyond doubt. Think of something you would like or need. First, it is best to clear your mind from distracting thoughts. This can be done in a meditative state when you will not be disturbed. Focus on your breath to help eliminate thoughts and concerns of the day. All we are asking you to do is to sit still and breathe. Do you doubt that when you are relaxed, you think more clearly?

Once you are relaxed, think of what you would like to manifest. It could be as simple as a nail or as complex as finding the right and perfect mate. Whatever it is you desire, get a clear image of this in your mind. Next, energize this vision into reality using your senses and passion. When you have a clear image of something in your mind, your brain cannot tell the difference between what is real and what is fantasy. Get a clear mental picture of what you wish to create. In your mind, create an image as though you were looking at a movie screen. What is happening in the background? Who else is on the screen? How are the characters dressed? Are there any scents involved? What is happening in this scene? Once you get the image just as you like it, energize it with your emotions.

Let us say that you want a new car. See yourself getting into the car, smell the interior, visualize turning the key in the ignition. Hear the sound of the engine firing up. Feel the steering wheel. Feel the suspension as you drive, roll the window down and feel the breeze. You get the picture. A strong visualization of what you wish is key to co-creating with us. Your next role is to release all concerns as to how you will get this car. Perhaps you have no money and no credit line. Release the doubt that you will be able to afford it and tell us what it is you would like to happen. Perhaps you tell us that you would like to get this car at no cost to you. Maybe you are willing to purchase it, but need low monthly payments. You tell us what your parameters are, then release all doubt that it can occur. Visualize this strongly and it will be yours. Another important step is to ask your Higher Self if this is in the best and highest good for you and all concerned, no matter how trivial the request. From our vantage point, we can see a much larger picture of how your new car will affect your life. We must receive permission from your Higher Self before moving forward with your request.

Your Higher Self knows you want a sporty car to impress others. What you really need is a utility truck. You tend to drive too fast and are a heavy drinker. It is likely that if you get the sporty car, you will be drinking and driving and get into an accident with your friends. This was not part of the deal when you incarnated; an accident of this sort will only take you away from what is for your highest good. Can you see where we are going with this dialogue? Your life is very complex and when you consider all the people, places and events that occur in your life, the matrix becomes very complicated indeed. When you incarnate on Earth, you are imparted with a beautiful gift called "free will." At any point, you can make whatever choice you wish, although you will still have to reckon with the outcome of your choices. There are many things you have control over and some that you do not. You are not puppets of your Higher Self, but because of the state of amnesia you experience while on Earth, your Higher Self has to pull some magical strings from time to time in order to help you remain on your Path. It is your choice to follow these nudgings or to ignore them.

Often you are allowed to make choices that have no direct bearing on the goals you came here to accomplish. However, when you make choices that take you into unnecessary experiences, we are always here to assist you in getting

back on track. Whether you choose to listen to our nudgings or to see the gifts we lay at your feet is up to you. Even if you do not know of our existence or how to work with us, we do not give up on you. We are always busy attending to your needs. It may not feel this way at times, especially when you have an experience that is devastating to you. We challenge you to take any sad or horrendous experience you have had and find other persons who have dealt remarkably well in the same situation and have overcome their grief or anger associated with the event. What makes them different from the way you reacted to the situation? One of the differences is attitude. If you live in a state of “poor me,” you will attract situations of victimhood. If you adopt an attitude of self-empowerment, you will attract situations in which you can express your ability and remain empowered. It is really that simple, considering the complexity of it all.

Beyond attitude, develop a belief that all is well. You hear people say, “If life hands you a lemon, make lemonade.” This is a wonderful adage and holds much truth. Your attitude, coupled with a belief that there is good in all things will assist you in overcoming any situation. Once you connect with your Higher Self and learn to ask directly for guidance in all situations, your life will become magical. If you ask for guidance with the parameter, for my highest good and for the highest good of all concerned, miracles happen.

Let us go back to the example of the new car. This time you go to your Higher Self and state, “I would like to have another set of wheels. What kind of vehicle is for my best and highest good?” You may instinctively know that a utility truck would be the best choice so you can continue to gather your own firewood and get the supplies you need for a few projects you want to work on. You also know that you like to be able to help your friends when they need things to be hauled.

The thought of a utility truck comes into your head; your question has been answered. You can now do the visualization process in order to incorporate the assistance from your Guides on the Other Side or you can argue and put in your desire to have a sporty car. This is where humans tend to get bogged down. Instead of following intuition, they resist the inner advice and go forward in another direction. There is no “sin” in this, however it could mean that your life heads in a direction that is not in accord with the purpose of your incarnation. You may choose to get the car instead of the truck. However, it changes your life in many ways. Now you have to rely on others to haul the things you need. Your self-identity is closely tied to the status of having this car. Can you see how you may now become cocky and arrogant? How much different might your life be if you were expressing your true nature, that of being self-sufficient and of more help to others? Can you see how one incident can set you onto a path that is out of alignment with the original intent of your Higher Self?

Many times, prayers go unanswered or so it seems. There is a purpose to everything that occurs. How many times has something happened that was not in your plans, yet later you found out that it was a blessing? That is a sign of us at work. There are many ways we operate, such as a little voice in your head, prompting you to do something unplanned. We have a lot of fun with technology such as lights, computers, TVs and phones. We can make things happen that can only be described as miraculous. However, we always work in tandem with your Higher Self, for that is your connection with Spirit and your purpose for entering this world. Because of free will, you have the opportunity at any level to make other choices. We are always here to prompt you and give you opportunities to get back on the path that will lead to the goals that are in your highest good.

Test these words for yourself. Create an image of something you would like to manifest or experience. Ask if it is in your highest good and for the highest good of all concerned. Listen for a response whether it comes in the form of a voice, a knowing, or a feeling in your body. If it feels good and you feel energized, it is likely you are getting an affirmative answer. Visualize the event to the best of your ability. Energize it with your emotions. Check again with your Higher Self to see if you are in alignment. If you get an affirmative answer, then end your request with “So be it and so it is.” Thank all who are involved with bringing this blessing to you. Now live your life as though it is already on the way, for it is!

Have fun practicing! The Angels rejoice whenever a human reconnects with his spiritual Self. It is our joy to assist in making your dreams come true. We are here to be co-creators with you and are doing all in our power to let you know we exist and that we love you with no conditions. Our love is pure; it is not tainted with the forgetfulness that you currently live with. One day soon, these doors will be opened and you will experience true bliss when you come to understand the magnificent Being that you are. Expect miracles to happen. Be kind to yourself and others and watch the magic unfold!



Selamat! Cib 11

DAY 77 CABAN 12 Uncovering Belief Codes

Today, Tone 12 and I welcome you to another day of discovering how to live the life of your dreams. There are many of us on this side of the Veil who are ready and excited to help you in whatever you endeavor to do. We would like to restate that everything you need to know is already within you. Our goal is simply to help you find the key that unlocks the door. We are here only as helpers; it is you that is always in charge of which path you seek to walk.

Let us begin by reminding you of your true roots, those that began in the Realm of Spirit where there is only Love. You have come to this Earth to have experiences you chose before your incarnation. Have you ever met someone and felt an unexplainable strong kinship? Many times, it is a soul remembrance and it is likely you have met in many other lifetimes. At this time in your life, you may not believe that reincarnation is possible. Yet if you study all ancient traditions, you will find that indeed you are in the minority. The same holds true for extra-terrestrials. There is documentation that goes back centuries, in ancient writings and art masterpieces.

Why is it so hard for some of you to believe in things that are out of the ordinary? You keep yourselves locked up in little boxes that are usually designed by those outside yourself. You have the ability at anytime to crawl out of the box and to re-design one that is better suited to who you are now.

Are you ready to spread your wings and expand your horizons a little beyond your comfort zone? If so, we are here to support you and help guide you into finding out who you really are. Are you ready to embark on a journey? Close your eyes. Relax your muscles and focus on your breath as you breathe in, then out. Allow yourself to unwind and let go of all tension and concerns of the day. Continue to do this for several minutes until you are in a relaxed state.

Once relaxed, allow your mind to wander back through time. What are your earliest memories? Look around at what is happening, using your five senses. Some memories may be painful, while some may be full of joy. Simply observe each as they arise. The goal is to rediscover what belief codes you set into place as a result of these events.

When you first incarnated, you likely had complete recall of your spiritual roots. However, due to life experiences, most of you learned to shut down those memories. You can regain them by going back in time. For those of you with very painful memories, you may find it more difficult. In this case, you may need to clean out layers of negative thoughts first. Ways to do this are addressed throughout the year. However, we invite you to embark on this journey with us today. It may be in your best interest to review safer incidents that bring up happy memories until you are ready to heal your deepest wounds.

We invite you at this time to look at these early memories. Do you feel listened to and respected? What feelings are brought to the surface? Every moment in your life is full of choices. Perhaps as a child you were told you had to finish your meal before you could have dessert. You really didn't like the meal; yet you managed to gag it down. You tell yourself, "When I grow up, I will never make my child eat food she doesn't like! She can have dessert even if she doesn't eat all of her dinner!" Now, a belief code is born!

The amount of energy you put into each code will determine how strong it remains. If you are repeatedly being forced to eat food you don't like before you can eat dessert, you will add strength to that belief code. Then comes the time when you have a child and she is balking at finishing her dinner. Like your mother, you automatically say, "Finish your dinner or you won't get dessert!" You have been socially conditioned to enforce this behavior on your child. Yet there is this nagging sense of unrest each time you do it. At some time, you may cave in and allow your child to have dessert even if she doesn't finish her meal.

This allowance causes you to be uncomfortable because it goes against the social values instilled in you. Perhaps you allow her to have dessert except when *your* mother is visiting. When your mother is present, you make your child finish dinner before having dessert. This shows your mother what a good parent you are since you are enforcing her rule; however, you have left your child confused and agitated.

The message we wish to convey is to recognize how you have created myriads of belief codes such as this all your life. You have locked these rules into your brain where they will remain until you consciously choose to release them. The goal of today is to start going within and finding the codes that are no longer appropriate for you.

Many belief codes are set up as a form of protection or a reaction to unpleasant events. They may not be relevant to your life today. When these buttons are pushed by others, it sometimes leads to confusion. You wonder to yourself, why did that bother me so much? Pay attention to these thoughts. When they arise, take time to go within and try to find when this feeling first started. You may need to uncover layers of codes and negative thinking as you go.

Once you set up a belief code such as, “When I grow up, I won’t be anything like my parents!” Guess what, this is exactly what you do. You begin to make choices they wouldn’t make, often not realizing what you are doing. Yet in your struggle to be different, one day you grow up and realize you have become quite similar to your parents. Now you have a better understanding of the trials they were facing since you have had many of the same experiences.

You can now look at the belief codes you created in a more mature manner. You can start weeding out the things you say and do that no longer fit into your paradigm. You can step out of your box and start creating a unique blend of shapes and colors that better matches your individual self.

As more of you awaken to your potential, you will support each other in creating your own realities. This is what life is all about: discovery, potential and joy. As you support each other and recognize the rules you created, you will leave behind social norms that kept you separate. This is the beginning of unconditional love. As you continue to decorate your box, there will come a time when you realize you don’t need the box anymore. What a wonderful work of art you have created! Place it on display for all to see; mingle and enjoy the company of others as you admire the boxes you have made.

It is our hope that you understand our Message today. Become aware of the rules you live by, for many of them no longer have any importance. Dare to be unique and let your creative juices flow. Find your passion and use it to recreate the reality you wish to experience. Support others as they work towards living the life of their dreams. Enjoy and celebrate each other’s uniqueness. Isn’t a canvas full of color and design of much more interest than one painted all one color? This blending of talent and abilities is what makes the Earth such a wonderful place to be.

Stop constraining yourself with outdated rules and allow yourself to flow. Seek out those needless belief codes and soar like the eagles!



Caban 12

DAY 78 ETZNAB 13 DNA Activation

Greetings, I am Etnab with Tone 13 and today we welcome this opportunity to share our insights with you. It is our hope that you will hear our words, take them within you and integrate those that feel like truth to you. Know that you already possess all the knowledge, wisdom and skills needed to live a happy, productive and miraculous life.

We do not use the word miraculous lightly, for indeed, once you rediscover the power contained within you, your life will be filled with miracles! For decades, your scientists have researched the brain and psychic abilities of those among you who are more advanced. It has been determined that humans use only a small percentage of their brain. The search has continued to find ways to unlock the dormant sections of the brain in order to increase the capabilities in humans. Although there is some truth in this theory, we suggest that attention be drawn to the DNA instead. In fact, this is where the encodements lie.

The secret of unlocking your psychic abilities lies in the advancement of your ability to love all things unconditionally. As you clear out belief codes and retrain your negative thoughts, words and actions, your DNA codes are activated. In this world of duality, every choice you make is based on either fear or love. When you choose love, the energy within you flows smoothly and freely. When you make a choice based on fear, energy contracts and becomes denser. Peeling away these layers of fear will re-activate your DNA.

Once you overcome a particular fear, your attitude and outlook automatically changes. You will find that things related to fear no longer have power over you. As you begin to change the behaviors you previously engaged in, magic happens. You will have mastered one area of your life when you switch from fear to love. This switch also activates one area of your DNA. No longer will you react in a negative or fearful manner in situations involving the belief code you changed. This also affects your brain as the synapses are rewired; the brain and DNA are directly related to your thoughts and emotions.

Have you ever been angry with someone and later resolved the issue with them? If you learned from this event and made a conscious choice never to react the way you did previously, then you will change the synapses in your brain. If you then change behaviors associated with this event in all areas of your life, there will be a turning on of a switch in your DNA. The result will be a better understanding of unconditional love and more ability to express and receive love.

Let us share an example in order to clarify. You have a very close friend. One day another person tells you that your close friend is spreading lies about you. Instead of talking to your friend and seeking the truth in the matter, you blindly believe the other person. You have now created a new belief code, "People cannot be trusted." Your brain encodes this new thought by connecting the synapses that makes this an absolute truth. It will remain this way until you change it. From then on, you ignore your friend and avoid all contact with her. You then choose different friends; however, you don't share your secrets with anyone because you no longer trust people. Through time, you build up excuses to keep people at an emotional distance and develop behaviors that support your "people cannot be trusted" belief code. As a result, you build quite an impressive wall of protection around yourself.

You tend to have shallow conversations with most people you encounter. You have a few close friends, but you keep your distance, not sharing your deepest fears, dreams or desires with them. Does any of this sound familiar? Twenty years pass and you have a chance meeting with this old friend. She wishes to resolve the issue and wonders what caused you to turn cold on her. You shower her with accusations from pent up emotions from the hurt that she inflicted on you.

Your friend is shocked and denies ever having spread rumors about you. She does remember the other girl and has an idea what may have transpired. She tells you that the other girl was very jealous of the relationship that the two of you had. The other girl also had a crush on your friend's boyfriend. This girl had spread various rumors to the boyfriend and others, which resulted in their break-up. It became well known throughout the school that this girl was a troublemaker.

Your friend looks you in the eye and asks you if she ever told secrets you shared with her to others? Then she draws your attention to the other girl and asks you if it wasn't true that she was known to be a liar and manipulator? You realize that what your friend is saying is true and that you have made a judgment error about your friend. You apologize and both of you agree to rebuild the friendship.

However, you must now address the belief code, “People cannot be trusted.” After 20 years, you have accumulated a lot of negative thoughts and emotions that were based on this belief code. This means you will also have to seek and change many of the behaviors you have associated with this belief code. Like dominoes, if you find the initial belief code and change it, many of the other belief codes that were based on it will fall, also. However, you will consciously have to find and change the behaviors that have become habitual as a result of your initial belief code.

Most of you have no clue that you are operating on belief codes that are outdated. This is our work, to help you find these codes, delete them and reorganize your files. Then the magic begins. Once you have eradicated the belief code, you will release a tremendous amount of energy. This is true because your basic self is pure love and anything you hold within you that is not pure love takes an exorbitant amount of energy to hold in place.

You can witness this universal rule everywhere in nature. For instance, watch water as it flows down a river. As it encounters rocks or debris, it simply flows around them. If a dam is constructed which obstructs its movement, the water will do all in its power to flow around the dam. However, if walls are built to restrain the water, it can do nothing more than pool. Although outwardly the water may look at rest, once released, it rushes forth in a torrent.

When you hold negative emotions inside, they tend to gather in force. This is why so many of you lash out at others with torrents of anger, bringing up unresolved issues that many times have no relevance to the issue at hand. These unresolved issues are like the water in the dam, they want to be released in order to flow freely again. Your love is that way; it *wants* to flow freely.

Once you rewire your brain’s synapses by changing your thoughts and the habits that held them in place, you allow love to flow freely again. As you release fears and change the thoughts and behaviors related to those fears, love again flows freely through you. It is this deeper understanding of unconditional love that moves a switch from “off” to “on” within your DNA. When a switch is turned on, there are changes that occur within you. You may notice that you are more at peace or that your psychic abilities have increased. Your potential for love increases as you release the negative thoughts that have entombed you. Events that previously triggered negative emotions no longer affect you. These changes in your DNA and synapses occur over the expanse of your life. The more you allow pure love to flow through you, the more advanced your DNA structure becomes.

Have you heard of spontaneous combustion when some people simply burn up, with only remnants of their appendages remaining? In some cases, their DNA was activated too quickly and like an overloaded electrical circuit, there was a meltdown. For this reason, we do not suggest pushing yourself forward in your ascension process. Allow yourself to evolve at a comfortable pace as you release the fears and behaviors that have allowed you to feel safe.

Many of you are overly concerned with the possibility that the Earth is coming to an end in the near future. Some of you become impatient with yourselves when you are trying to change lifetime patterns. We say to you, there is no rush. Take time daily to look deeply into the mirror of your soul and begin to take steps to change the behaviors that no longer serve you. Everything in the universe operates in a timely fashion. We say that as a pun, for indeed, once you get beyond the illusion of this reality, you will find that time does not exist, as you know it.

Work towards perfection knowing you are already perfect.

There are no victims; there are no perpetrators. There are simply a myriad of people having a human experience and learning to cope with the enigmatic rules of this universe. We ask that you step out of the pain of yesterday and walk in the moment. Look around and allow yourself to feel gratitude for the privilege of living on this beautiful planet. Observe Nature in its perfection and strive for the balance that allows you to feel peace and joy in each moment, for in the moment is where the miracles begin.

Go forth today and begin anew as though you are an innocent child. Behave as though all around you is perfect. Love all unconditionally. Release any fears that bind you. Then watch the magic unfold!



Be in joy! Etxnab 13

DAY 79 CAUAC 1 May the Source Be With You

I am Cauac, thank you for joining us on yet another cycle of the journey. We begin this new round of Tones (1-13) with anticipation that you delve even deeper into yourself. Tone 1 can be symbolized in many ways. Today we will look at the aspect of unity. Among you, there are many beliefs when it comes to your religious structures. This is uncanny, for there can only be one Truth. Yet what is this Truth? Could it be that the Truth is inside yourself and only true for you? In one sense, this is accurate. Yet on other levels, it is not so. We are beginning to sound like lawyers, are we not?

In the beginning, there was one Source. Where did this Source come from and how did it ultimately begin? We cannot describe the beauty of this event, it is literally too beautiful and pure for description. However, know that you all are One in the sense that you ultimately came from one Source and you eventually will all return to the same Source.

In that sense, you are all brothers and sisters who have come together on the Earth plane to have a variety of experiences. It is somewhat like a tribe, migrating as one, yet sending scouts in several directions to see which territory might be best to settle. Each scout will return to tell of his experiences; the tribe as a whole will benefit from their experiences. Like an inbreath and an outbreath, the tribe will continue this pattern of being united, separated, then united again to share their experiences. Such is your life as humans.

Each of you leaves the Source for a while as you live your life as a human, eventually returning to Source after this incarnation. While you are on Earth, you have many experiences that are logged into your energy field. You take those experiences back with you when you return to the Other Side.

Have you ever heard of phantom pains? This phenomenon occurs when a part of the human body is amputated, yet the person suffers extreme pain or itching, as though the member were still attached. Although the member is no longer attached, the memories are encoded in that part of your energetic field. This field stays with you forever, even when you leave your body upon death. When you return to the Other Side, you take full memory of your experiences with you.

Many of you have had experiences with the Akashic Records. The energy field or signature of each body is unique. This is how all knowledge is stored; it is similar to having a card catalog number, except the filing system is an energy field. Every event, every emotion, every moment of your life on Earth is recorded in this energy field. All souls have access to this record so they can learn or experience what you have done. It is similar to a virtual reality computer search engine. All of the Angels and souls that are not incarnate can experience events through you! This is how important your life is.

It is known throughout the universe that Earth is a tough place to live due to its density and negativity. The hardest part is coming here with amnesia, not knowing the full beauty of who you are. Yet many want to experience some of the things you are doing, without having to go through a full incarnation. This is similar to your friends wanting to see your photos and hear the stories of your latest adventures, although they may not want to have first-hand experience of the event. This is part of the beauty of unity. We are all one; we come from the same Source. We each have chosen different Paths so we can venture into places that pique our curiosity. Yet there will come a time when we head home to Source.

All things in the universe expand and contract. You are now coming to the close of a contraction, soon to begin a state of expansion. This time on Earth is ending; you are beginning to move out of a state of chaos and back towards the unity of love.

There are ways to make this migration smoother. Take time daily to relax and feel gratitude for the many blessings in your life. Fight through fears and change behavioral patterns that keep you from being in pure love. Many of you are in fear of being sent to hell for your sins. We are here to let you know that the only hell that exists is the torment you put yourselves through when you allow fear to taint your decisions. Do you think your God would cast you aside for eternity? Even an earthly father is kinder than that. Who among you is perfect? If it is man's definition of perfection that will get you to heaven, you can be sure you'll be seeing a lot of your friends in hell!

Take time out of your busy day to reflect on your life. How can you make choices that are more loving? Can you come up with better ways to handle situations? How best can you respond to those who push your buttons? The answers lie within you. Do you really think that if you are trying to do the best you can that you will be cast aside forever?

We would like to make a bold statement. There is no devil. The only devil that exists is of human design. There is no battle between light and dark. There is no war waging that God may lose. There are only experiences that each of us, on all Dimensions, are choosing. You made some of your choices before you incarnated. The only way you could experience Not-Love is to come into a Dimension where the rules would allow such a game.

You enter this Realm with much guidance and support. You are never alone, although it may seem so at times. Whenever you are feeling down, go within and ask for help. It is always there, although sometimes you have blocked access to it. The devil that you fear is only an illusion. There must be some truth in this since there are always people who have weathered the worst experiences in life and come out thriving. Perhaps your hell is created by your fearful thoughts and anxieties. Could it really be that simple?

How many times have you had an experience that seemed awful at the time, yet when you look back in retrospect, you can see the blessings it provided? When one door closes, another door opens. We have given you a lot to consider in this Message, so we will stop for today.

The main premise of this dialogue is to help you to gain a deeper understanding of unity. You came from one Source and you will return to one Source. In the meantime, you are all scouts that are gathering information for the rest of the tribe. Your body is a living library; storing every experience of your life until you leave this earthly Realm. These memories are also stored in the Akashic Records, where they will remain untainted and accessible for all time.

Know that each of you is perfect and has all that you need within you. Enjoy each day to its fullest and allow yourself to set aside memories and emotions that no longer serve you. Gain understanding through internal searches, for by going within, you will find full access to the Akashic Records. We will speak more on these topics throughout the year.



Until the morrow, go in peace! Cauac 1

DAY 80 AHAU 2 T.H.I.N.K. Before You Speak

Greetings, welcome to this time of sharing. It is a great privilege to be working with you in helping you to understand the true nature of who you are. In doing so, you raise not only the vibrational pattern in yourself, but in the whole universe, as well. We do not say these words lightly for they are very deep and sacred words, indeed. Today we would like to speak with you on the topic of words. There is much spoken and put out into the universe that is no different from the garbage that fills your dumps and oceans. Humankind has become frivolous in their desires and material possessions.

There has been much neglect when it comes to taking care of the Earth that birthed you and supports you. You have been asleep and unwilling to acknowledge the impact you have placed upon the surface of the Earth. Unknowingly, you have polluted the skies in your atmosphere with noxious emissions. Furthermore, your thoughts have polluted the Earth, the skies and further out into the uni-verse. Once again, we use the word uni-verse (one voice) in this manner to help bring your attention to the importance of each word you utter. Your words are the next progression of your thoughts. First, there is a thought and then there is the spoken word, followed by action. These steps are fueled by your emotions.

When your emotions are strong, they impact the accompanying thoughts and words. When you speak words that are untrue, these stories ripple throughout the universe, attaching to similar untruths. If a false prophet says the end of the world is coming in the year 2012, his words will filter throughout the universe. Those who believe them are likely to repeat these words to others, which has the potential to create a huge momentum. When enough people decide something is true, it will become a reality. That is how potent your words are.

In earlier times, words had less of an impact on the Earth and universe, for they had no means of spreading as quickly as they do today. With modern technology through mediums such as television, telephones and the internet, words spread very quickly and to a much larger audience than ever before in the history of mankind. This is why it is of extreme importance to pay attention to every word you utter. How many times have you spoken unkind words about another? Have you noticed those words tend to come back faster than ever to haunt you? Gone are the days of gossip and idle words. Have you noticed how quickly things come to you when you have a passionate thought about them? Humankind has reached a pivotal point in the ability to create with thoughts, words, actions and emotions.

It is much easier at this time for people to lay aside cigarettes, alcohol and foods they no longer desire. It is much easier to change jobs or move to new locations when the desire is strong. Things are manifesting much quicker, due to the evolution of humankind. However, there is a price to pay in order to remain on this bandwagon. In order to manifest the utopian world that many of you dream about, you must first become conscious of the impact you personally have on the universe. Each of you is a powerful creator. Your tools are your thoughts, words, actions and emotions. There is still some training you need in order to implement these tools.

Negative thoughts glop together and cause havoc in your world. What we would like to concentrate on today is how to gain control over the words you utter. There is an acronym you can use before you open your mouth to speak. This acronym is T.H.I.N.K. In other words, THINK before you speak! Consider these things before you speak. Is it the right Time? Is it Honest? Is it about "I" (your ego)? Is it Necessary? Is it Kind? Practice using these filters before you speak. As you master this skill, you will find that you speak much less. People will more likely listen to what you say because they will come to know that when you speak, your words are worth hearing. THINK before you speak.

You may want to place this acronym in places to remind yourself to pay closer attention to the words you utter. As more of you gain mastery over the words you speak, you will become astounded to discover how clearly you communicate telepathically and through body language. Currently, there is much emphasis on words which results in misunderstandings caused by judgmental behaviors; little notice is given to body language or unspoken words. This is more pronounced when communicating through electronic devices.

We encourage you to master your tongue, for in doing so, you will lighten the burden that is placed on Earth and beyond. Practice speaking in a Timely manner, be Honest with yourself and others, learn the gift of we rather than, "I,I,I." Speak only those things that are Necessary and practice being Kind. These five keys (T.H.I.N.K.) will unlock the door to a more enjoyable and fulfilling life.



Selamet! AhaU 2

DAY 81 IMIX 3 New Thoughts, New Beginnings

Good day! A good day it is, indeed, for once again we gather to learn from each other! Today we begin another round of the Day Keepers, of which I am first in the cycle. Know that the order of our appearance in the Tzolkin calendar has no hierarchal significance. We each represent various aspects of you; the pattern is formulated from beginning to end with each round of the Tzolkin creating a deeper level of understanding for you.

Let us look at the new beginning in this cycle. We would like to delve deeper with you into your soul and assist you in discovering those things that hold you back from living a life filled with joy in each moment. These Messages are designed to assist all humans, knowing that each of you is on a unique path of rediscovery of Self. If any of these lessons feel too deep or esoteric for you, either go back to a previous day and work on an unresolved issue or continue with us, absorbing what makes sense to you and integrate the things that have meaning to you.

As you review your life, you realize there were many things you did not understand as a child. Once you gained experience and a wider range of understanding, you changed some of your beliefs and behavioral patterns. Like giving up a bottle and drinking from a cup, there comes a time when you set aside childish things and move forward. These daily communications are the same way.

There will be things you read that you do not agree with or don't believe in. However, look beyond those points to the deeper meaning and go within to see which resonate with you. Then take the steps necessary to integrate those parts that seem reasonable. In so doing, you will learn to set aside many of the fears that currently blind you. As you re-read these lessons year after year, you will gain a better understanding with each round.

Let us begin this day with looking at how belief codes are formulated. Your thoughts carry tremendous creative energy. The more you nurture a specific thoughtform, the more you give strength and credence to it. Your brain is continually processing what you sense around you. There are myriads of stimuli to choose from each moment, even while you sleep. Your subconscious brain records much of what is happening around you, even though you pay no conscious attention to it. This has been proven through hypnosis in cases such as a person being able to recall details they didn't notice at the time of the event. Your life is lived according to the things you pay attention to. This is why monitoring your thoughts, words, actions and emotions are imperative. When you focus your attention on a matter, it becomes part of your reality. This truth was well illustrated in the movie, *What the bleep do we know?**

Each of you, in every moment, is surrounded by a myriad of events, sounds and smells. If you were to try to pay attention to every stimulus, you would soon go insane. Many things around you happen through patterning. Through practice, your brain automatically functions with your muscles to allow you to walk across a room without having to pay attention to your movements. This allows you to focus on other things. As you travel through life, more things become automatic: you read without needing to know the sound of each letter, your body functions are automated and your brain filters stimulus you choose not to focus on.

There have been numerous studies with scenarios studying people's recall when a group experiences an event. For example, there is a class in progress with a teacher and several students. An actor is hired to come in and perform a few acts, then exit the room. The students are then asked to document the entire episode, relating only facts of what they witnessed. In every instance, there are variations between each student. Why is this? There are many reasons why, but the main difference is that each person is responding from his/her own personal filters. Let us say the actor came in with a gun, pretending to shoot the teacher, firing the gun three times. All the while, he is shouting orders to the students, swaying his gun back and forth and cursing the teacher for something he had allegedly done to the gunman.

Perhaps one student had previously been shot, while another had never seen a real gun. Can you see how each of their experiences would make them react differently to the situation? Perhaps another student detests the teacher, while another absolutely adores him. You can see how each of them would respond differently to the teacher being shot. Although the actor spoke his lines clearly, not all would have heard what he said. If their focus was on something else, such as not being shot themselves or being concerned about the teacher, it is likely they did not hear the actor utter a single word. Yet, while in a hypnotic state, many times full recall of the event occurs.

Why do we recall only certain aspects of an event? The subconscious mind stores information we don't pay attention to. Sometimes, this information can be accessed, but many times, it is never retrieved. Is it lost forever or lying dormant until it is deemed of importance? In either case, you react to events where you focus your attention. This is how your belief codes are born. Those things that are in the forefront of your thoughts are what create your reality.

If you choose to focus on negative thoughts and events, these become your reality, attracting more of these events to you. When this occurs repeatedly, it becomes habitual for you to look for the negative in all things happening

around you. We call these “no, but” people. You know them. Whenever people present an idea, these people generally respond with statements such as, “No, that will never work, *but* my idea will.”

On the other hand, there are people who focus on positive thoughts and behaviors. We call these “yes, and” people. You know them. No matter what you say, they support you with statements such as, “Yes! That’s a great idea *and* have you considered this other option?” Most live in between, sometimes feeling low and negative and other times feeling upbeat and positive. Yet each has an underlying disposition towards one or the other.

One of the laws of the universe is that like attracts like. If you are continually focused on being a victim and believe that everyone is out to get you or that you have bad luck, this is what you will attract to you. Your thoughts and things you pay attention to are what create your reality. In every situation, there will be people who see blessings and those who will focus on its curses. The good news is that each of you has the ability within yourself to transcend negative thinking.

Once you gain control of your thoughts, you will then be able to release belief codes and change behaviors that have kept you locked into “no, but” thinking. Each day of this calendar is designed to assist you in doing just that. We take time to share with you insights as to why the world is the way it is and how you can function better within it. We support you at all times, encouraging you to go within for your answers. It is our desire to help you reconnect with that part of your Self that is still in Spirit form, your Higher Self. There is no need for gurus or teachers other than to validate your beliefs and to help lead you back to yourself. All you need is within you.

Expand your limited beliefs regarding the God(s) you choose to believe in. Is your God loving and supportive? Would you wish for less in a physical father? Many of your religions will have you believe that your Father is punitive, even cruel enough to consider banishing you to a life of torture, forever. Does this ring true for you? Have the courage to question your religious beliefs. You have been wrong in other situations; could it be possible that the church you choose to adhere to is teaching thoughts and beliefs that make no sense to you?

Study the history of your religion. When did it begin? Why did it begin? What was the credibility of the creator of your religion? Can you look around at nature in balance and see a God that is extremely wise and creative? When others approach you with new thoughts, you may gain wisdom by listening to them. However, rather than blindly believing what they speak, ask questions, roll these thoughts over in your mind and give credence to the fact that perhaps at least one tidbit of information might be useful to you. Wouldn’t you appreciate others listening to your point of view?

Many of you are locked in suspension, not knowing which way to go. Those of you who are afraid to make the wrong choice, we suggest you go inward and allow yourself to experience what feels best at the time. Know that throughout your life you will be presented with multitudes of ideas. All have their credence and validity. Take for yourself that which feels right, try it on; if it doesn’t fit, try on something else. There is no right or wrong, there are only experiences. Many of you will cringe at this statement, but we would ask you to consider the things you believed as a child that no longer ring true for you. Not one of you has all of the belief codes you set up as a child. As you gain experience, you learn more and are able to discern from a different point of view.

Perhaps the best advice we can share with each of you is to be kind to others. It matters not if another person has done you wrong; be kind anyway, for these people can benefit from your acts of kindness. The world would be a much simpler and loving place if each of you would be kind to one another. Relinquish your judgments and be equally kind to all. What other topic needs to be preached from your pulpits? Anything else leads to separation. It is bad enough when governments set up separation between church and state; how much more “sinful” it is to cause separation between church and church.

No matter what your religious or spiritual background, your lives will be enhanced when your thoughts center on paying attention to the divinity within each of you rather than on your differences. Life will be lived in a more loving manner when each of you sets aside your differences and learns to love one another. Is that not the basis of your religion?

If your thoughts take you to places that are not in alignment with the life you choose, think again. You may say it is too tedious to monitor your thoughts. We would answer by asking you to look at how tedious your life is when you *don’t* monitor your thoughts. We encourage you to go within each day and look at those places where you focus your attention and change your thinking in areas that do not resonate with you. Strive for joy and joy will be yours!



Selamet! Imix 3

DAY 82 IK 4 Love and Gratitude Exercise

I am Ik with Tone 4, we welcome this opportunity to share with you today. Our topic is one that is dear to our hearts, that of unconditional love. What we wish to do today is to help you to experience this on a deeper level. We invite you to join us in a time of solitude and meditation. The process is very simple. The hardest part for many of you will be to discipline yourself to set aside 15 minutes each day. When you do this on a regular basis, your rewards will be immense as you quickly learn to relax your mind and body, thus rejuvenating your energy flow.

Find a quiet space where you will not be disturbed for at least 15 minutes. We encourage you to create a quiet zone where you can do your daily meditation; encourage those who live with you to do the same. Preferably, this space should be in nature. If you are in a place that has no yard, create your space on your porch or indoors. Include plants or objects that give you a sense of being in nature. If you have religious icons or enjoy background music, candles or incense, have these set up. Your space should be designed so everything you need is prepared. In this manner, it is more likely you will set time aside to do the exercise. In addition, during the day if you are feeling stressed, this is a space where you can go mentally in order to feel more at peace.

The purpose of this quiet time is to become balanced and to release tension and stress. It is necessary for you to be in a relaxed and harmonious state of be-ing in order to be able to move beyond yourself and to experience love for all. When your energy is contracted by fear and your thoughts are focused on all the things happening around you, it is easy to get lost in frustration and impatience. It is very hard to love others when you are in this state of mind. After you have prepared your space by turning on the music, lighting the candle and incense or whatever works best for you, get into a comfortable position. It does not matter whether you are sitting or lying down, the important thing is that your spine is aligned as straight as possible in order for your energy to flow freely. Once you are settled, take a few deep breaths in and out, relaxing your body and allowing yourself to release the busyness of the day.

Focus on your breath. When you inhale, visualize breathing in love and kindness. When you exhale, release tension and thoughts or emotions that drain your energy. Continue with this pattern for a few minutes until you feel deeply relaxed. Then for several inbreaths, think of something or someone for whom you are grateful. On the outbreath, send this person a feeling of love and gratitude. Do this for another 5 to 10 minutes, each time sending these feelings to a different person, event or place that comes to mind. If there is someone or an event you are attempting to release issues with, you may choose to spend the entire session focusing on this person or event only. Eventually, you will come to a place of forgiveness and be able to send them love freely.

Here are some suggestions for places to send your love and gratitude: God, your Higher Self, your Spirit Guides, your relatives, friends, co-workers, pets, neighbors, those you do not have a good relationship with, your city, state, country, the Earth, the universe, plants, insects, wildlife, events that give you a sense of joy, events that are not joyful, food, farmers, stores, service people in the stores, your means of transportation, roadways, your body. Whatever comes into your mind, send it love. By doing this practice on a regular basis, you will begin to pay more attention to positive things around you. Every moment your mind is focused on things that cause you joy, is a joy full moment, indeed!

This exercise can be performed anywhere, at any time. Begin to observe the world around you and appreciate its beauty. Pay attention and be in gratitude for each blessing that comes your way, even those appearing to be negative. Train yourself to be in joy every moment. By focusing on love and gratitude, your life will flow much smoother. Problems will melt away as you release fears and tension associated with them.



Selamet! Ik 4

DAY 83 AKBAL 5 Befriending Your Dragons

I am Akbal and I welcome you this day as we share more of our knowledge with you. Be it known that this knowledge is already embedded within you; we are here simply to help you retrieve what you have buried. You can think of us as maps guiding you to the buried treasure that lies within yourself.

Many of you on the Earth surface have suffered traumatic episodes that have caused you to build walls of protection. The brain is only capable of experiencing a certain amount of trauma before it will regenerate itself in order to survive or maintain sanity. This is why the phenomenon of multi-personalities occurs to those who have experienced repeated traumas. When the brain is unable to continue to receive horrendous stimuli, it will fragment itself in ways that allows the human to continue to live until healing occurs. We are here to assist you with that healing process.

Although the vast majority of you are not classified as being schizophrenic, many of you live with an entire wardrobe of costumes that you have created in order to function in your world. Let us say that you experienced severe trauma as a child. For many, it was sexual abuse by a trusted adult. In order to cope with repeated abuse, you played mind games with yourself. Perhaps while the abuse was occurring, you mentally left your body and pretended you were elsewhere, perhaps at a carnival. Each time the act was repeated, you mentally returned to the carnival.

Your brain does not know the difference between reality and fantasy; it responds in exactly the same manner whether you are physically performing an activity or whether you are visualizing the event in your mind. As you grow older, whenever the perpetrator or another touches you in the same manner, your mind automatically goes to the carnival.

As you grow into maturity, these wounds may lie dormant. Then comes the time when you begin dating. One night, passion arises and even though the scenario is more loving, the actions are very similar to those you encountered as a child. Those dormant wounds now fester and rise to the surface.

Often, the pain was so intense that the childhood abuse has been erased from the conscious mind. Perhaps you and your new beau cannot understand why you pull away. You may think it is strange that this event makes you think of a carnival. As you grew up, you hated to go to carnivals, yet never understood why. In many cases, it takes years of assistance from trained professionals or a hypnotist to uncover sexual abuse. Eventually, you may discover the relationship between sex and carnivals.

Along with the trauma of the abuse itself, as a child you set up belief codes that people can't be trusted, sex is painful and shameful, you may feel irresponsible for allowing this to have happened repeatedly, guilt if you found it stimulating, that you are a sinner, a victim or numerous other beliefs. This is the base upon which you built your life. We are here to assist you in discovering those basic belief codes.

Although many of you have not had experiences of this magnitude, negative events in your life have caused you to create many belief codes based on fear and pain. By finding these codes, facing the fears and learning to release the emotional blocks you have created, you have a chance to rebuild your life built on love and trust. This is when the magic happens in your life. This is also a time of great healing on other levels: physical, mental, emotional and spiritual. You will then be able to create your life the way you wish it to be, when your base is love, not fear.

Every Message is designed to assist you in facing your fears and dismantling the walls of protection you no longer need. It is our pleasure to be of service to you in this regard. Are you ready to release some of the traumas that have created these wounds? If so, let us begin by simply relaxing.

Get into a comfortable position and begin to relax your muscles. Whether you start from your head to your toes or vice versa, it does not matter. Do whatever is comfortable for you. Take a deep breath in while focusing on one set of muscles, such as your toes. When you exhale, feel your toes relaxing. Some people find it helpful to contract their muscles on the inbreath and relax them on the outbreath. Use whatever method works best for you, with all your muscles, taking a couple of minutes to do so.

When you have finished, begin breathing in a normal pattern. Place your attention on your heart and begin to build up a sense of love and gratitude with each inbreath. Upon exhalation, release any tension or negative thoughts that arise. After a few moments, begin to visualize yourself sending love and gratitude to specific persons, events or simply send your love to the universe and Creator. Continue to breathe love into your heart for a couple of minutes until you feel a deep sense of peace come over you. As you practice this relaxation technique, eventually you will find you have less negative thoughts.

Next, call upon your Higher Self to guide you. I welcome you to call upon me, as well. My goal is to be the mirror for you; a safe place where you can look deep inside yourself and find the hidden shadows that are ready to come to the light. Know that no harm will come to you. We are here to support you. Those with deep traumatic wounds, we suggest you begin with less hurtful situations until you are certain you can handle the emotions that rise to the surface.

It may be helpful for you to have a friend with you when you move into the deeper wounds. Ask the friend to sit with you, silently. They have no role other than to be with you, if you are afraid to do this alone. It is imperative that this friend makes no judgments nor gives advice. The purpose of this exercise is for you to create new belief codes based on what is right for you. Many times, friends and family give advice they think is right for you, yet it may not be for your highest good.

Let us continue with today's exercise. You have completed the breathing and gratitude exercises, which now has you feeling relaxed and in a higher state of joy than when you started. Now, go within and pull out one issue that is bothering you. This can come from a childhood event or something that is more recent.

Aloud or in your mind, define the problem in a manner such as this, "Every time someone suggests I should do something, I feel resistant. Why do I do this and how can I stop this behavior?" Allow your mind to wander and pay attention to memories or thoughts that arise.

As you allow memories to flood into your consciousness, you may have strange images. Many times your brain catalogs events into groups or archetypes. An archetype is a symbol, representing something from reality. Dragons sometimes evoke feelings of being powerful. In this example, you see yourself as a dragon, powerful and in control. When others suggest things to you, the dragon reacts because it does not like others to tell it what to do; this makes the dragon feel less powerful and so he reacts. The dragon may try to eat the other person (I am more powerful than you.), slash it with its tongue (hurtful words) or consume him with fire from its mouth (lashing out with pent up anger).

A key to unlocking the symbology of your personal archetypes is to pay attention to the feelings associated with them. It is a good idea to write down what you are seeing and the emotions attached to them during these meditations and in your dream state. After awhile, you will recognize patterns; this awareness of your personal symbology can be useful in healing your wounds and decoding your dreams.

We return now to the present moment. You now have a flood of images and emotions as you focus on the issue or question you have presented to your Higher Self for healing. Often, you will instantly get one or more answers to your question. Sometimes, it will come later during a chance meeting or overhearing a remark on the radio, etc. The clue to receiving guidance is to be open and expect an answer, even in the unlikely places.

As you gain trust in the process and as you begin to pay more attention to coincidences and synchronicities, you will find yourself able to find answers more readily. As you act upon these answers and integrate them into your life, you will find yourself gaining confidence and connecting with your Higher Self more readily. Know that no question and no problems are too small or trivial for us. Nothing you wish to experience is too big for us.

We are not bound by time frames; we exist in planes that have no clocks. We are not bound by bodies, so we are able to be in many places at one time. Do not feel constrained when asking for our help. Do not feel like you are overburdening us. We encourage you to build confidence in yourself and know that all knowledge is accessible to you and that you have the ability to create any experience you wish while on Earth.

We do ask that you always set the parameter that whatever you wish to experience is for your highest good and for the highest good of all concerned. This is imperative if you wish to grow in love and remain balanced. There are many who have discovered these truths and do not use them for the highest good of all. They are creating much havoc for you and the Earth. They, like you, will have to live with the repercussions for each of their actions. Build your integrity and use your gifts wisely.

When you are seeking to resolve issues from the past or present, focus on one issue at a time. Notice what arises: archetypal images, clear or vague memories and especially noting the emotions that arise. If you feel like crying, kicking or screaming, do so. Many times healing occurs from the act of expressing pent up emotions. Allow yourself to feel indignant, used, abused or whatever comes to your mind. It is better to beat up a pillow than to continue to fight with those you love over issues that are not important. Unresolved issues are generally at the heart of the emotions and frustrations that are happening in your current life.

There are several layers of emotions that need to be peeled in order to release the patterns and behaviors associated with deep-seated hurts. We will simply list a few of these today; we will go deeper into them throughout the year. Today, we wish to explain the process and allow you to begin working on problems you are ready to resolve. You can work on these problems yourself or with our assistance.

If you choose to use the Messages on a daily basis, you will eventually receive all the pieces you need to resolve every issue you have encountered. The goal is to free yourself from fears, habits and belief codes that no longer serve you and keep you locked away from a life filled with joy and peace. These are some layers to address in order to change belief codes and heal wounds from past experiences.

Forgive your perpetrators.

Know that all persons are operating to the best of their ability, even though they may be choosing things that are not for the highest good for themselves and all concerned.

Allow all persons to be who they are, whether or not you are in agreement with their behaviors.

Release all judgment of people, places and events.

Release any feelings of victimhood.

Recognize the blessings in all situations, no matter how horrendous.

Change all negative thoughts aimed at yourself and others.

Stop re-telling stories that keep your unresolved issues alive.

Face buried fears and emotions and replace them with love.

As we study together each day, you will learn to deal with your painful memories and release emotions that have kept you in the role of victim. Like the dragon, you will learn to become empowered, and react more gracefully so you can live a life full of love and harmony. Many have overcome the most horrendous experiences contrived by man. You can do the same. It takes courage to face your dragons and befriend them. We are here to encourage and support you. Shed the belief codes that keep you enveloped in fear and negative thinking. Go forth today and renew yourself with feelings of hope, love and joy!



Selamet! Akbal 5

DAY 84 KAN 6 Intention Process

I am Kan with Tone 6, welcome to this time of sharing. Let us begin today by looking at aspects of yourself that you find unsatisfactory. Perhaps it is your weight or your manner of communication. Are there habits you would like to change? Are you interested in deepening your spiritual beliefs? Choose one thing that you would like to focus on today; something that you are ready to change or experience on a deeper level. As Kan, I represent the seeding of new ideas and beliefs. Call on me whenever you are in the planning stages of releasing old beliefs in order to birth new ones.

Take a few moments to relax using any of the techniques we have previously offered or one that is preferable to you. Let go of mind chatter and concerns of the day, focusing on your inbreath and outbreath.

Bring to your attention the area of concern you wish to focus on today. As objectively as you can, look at the various angles to determine why this is (or isn't) a part of your reality. Why in the past have you not allowed yourself to experience this event or think in this manner? In doing so, you will begin to uncover the blocks that have deterred you from following through with your desires.

Write down thoughts as they come up. Log even the ones that seem insignificant. The goal at this point is to stay out of the analytical mind. Simply list anything that comes to mind as you focus on the issue you wish to resolve.

Now focus your attention on future possibilities. Where do you see possible pitfalls, areas that might deter you from following through with making this change? Write these down, as well. Once you are finished, reread your list and take time to delve deeper into each item you have listed. This may lead you to other possible blocks.

Your list will bring to your conscious mind the desire to make a change as well as possible steps to get to your desired goal. You may have to release relationships, move to a new location, find another means of support, become more self-empowered, release an old habit or make other changes. How willing are you to make these changes? Are you ready to make the sacrifices necessary to create this new reality? If not, choose something else you are ready to change and repeat the above steps. You can always come back to the other problem another time.

When you have a strong desire to make the change, then you are ready to sow your seeds by setting your intention. The intention process is very simple. You all do it on a daily basis, yet most do it unintentionally. Those who make great strides in manifesting their desires have learned the secret of consciously setting their intentions. We are here to share that secret with you. It is our hope that you use this knowledge always for what is in your highest good and for the highest good of all concerned. We cannot overstress this. The following are steps to setting your intentions.

Clearly focus on one thing you wish to bring about.

State your intention, what it is you wish to experience. Always follow your intention with the phrase, "for my highest good and for the highest good of all concerned, gracefully."

Visualize yourself experiencing this goal, using your five senses.

Know that the steps towards its manifestation are now in progress.

Thank all of those who are assisting in creating this reality.

Expect the unexpected, your intentions may manifest in ways you don't expect! The stronger your belief in the process, the more likely you will receive your gift. Do not waver on what it is you wish to experience. If you change your mind, then go through the above steps, stating your new intention.

The more emotion you put into the visualization, the more likely you will experience your desire. You may choose to do the visualization process several times, especially when you feel yourself wavering. Fake it 'til you make it!

You may choose to post your intentions in places where you are likely to see them often throughout the day. Vision boards and post-it notes are ways to keep your attention focused on your goals.

Once you set an intention into place, those packed with emotion are set into motion. Humans tend to have myriads of thoughts floating through their heads constantly. The Angels and Spirit Guides only pay attention to those backed by strong emotions. An energy wave is associated with strong emotions that get their attention while thoughts that have little energy attached to them may go unnoticed.

It is up to you to follow your intuition and to stay in the present moment so you can recognize the steps needed to reach your goal. Many prayers are thought to be unanswered, when in truth, you didn't recognize them and they passed by, unnoticed. Like all life changes, practice makes perfect. As you learn to rely on your intuition and develop communication between your Higher Self and Spirit Guides, your intentions will manifest quickly. Also, a little "thank you" goes a long way. Just as you like to be thanked for your hard work, Spirit Helpers also appreciate recognition.

You must also clear your energy daily so you will be a clear channel. Like a radio, if your frequency is not in tune, you will either get fuzzy reception or be on the wrong channel. You will also need to continue clearing blockages caused by fear and old habits. That is the purpose of these Messages. We are here to assist you whenever you ask. As always, we wish to remind you that you within yourself is the power to make whatever changes you desire. We are here at your command, to be of service to you. This is our work and it gives us much pleasure to assist those of you who are ready to move forward towards receiving and understanding the true nature of unconditional love.

We take leave of you at this time. Have fun remodeling your life! Make this a day full of wonder!



Selamet! Kan 6

DAY 85 CHICCHAN 7 The Truth Shall Set You Free

Are you ready to transform your life? I am Chicchan with Tone 7. Together we are here to offer you a way to shed old belief codes that are no longer necessary. Like the snake, you will shed many layers as you grow. Each layer serves as a coat of protection. However, you must remove the coat you have outgrown before replacing it with a new coat.

Try placing on a garment that is several sizes too small. You will feel very uncomfortable and eventually lose energy as the flow of blood is restricted. This is what happens on an energetic level when you restrict your energy flow by holding onto fears and old belief codes. Once you release constricting fears and belief codes, the energy flows freely, allowing you to think more clearly and to make more creative and healthy choices.

Belief codes are set up in moments that are emotionally charged. The event could be positive or negative. Most codes are created without the person being consciously aware that this is occurring. For example, you are having a great day; everything is going smoothly and then “crash!” someone rear-ends your car. In that moment, all joy of the day is forgotten. In a flash, you recall that several times in your life, things had been going well and then something happened that jolted you into disharmony. In that moment, without consciously realizing it, you created the belief code, “When things are going well, something bad is about to happen!”

You begin to live your life as though this is a reality. You continually focus on all the bad things that might happen. Each time you tell your stories of how things go bad, you reinforce the belief code. With the universal law of attraction, what you believe, you create. As time goes on, you will attract negative events to you, because this is what you expect to happen. Humans operate on this level of creation continuously, from birth onwards. Many times, you come to this Earth with these belief codes still intact. Sometimes dispelling these codes is the main reason why you chose to return to Earth.

It can be very difficult to break belief codes, for in so doing you will have to accept responsibility for setting up the codes in the first place. You will also have to release any thoughts of being a victim and give up retelling your stories. It will take effort to change the behaviors and habits you have adopted. It will also take courage to replace your old beliefs with new beliefs, for you risk losing friends and making extreme life changes.

Is it worth the effort to seek out and find the belief codes that are running your life? Ask yourself if you are happy in every area of your life. Does your work bring you joy? Are you happy each moment of the day? Are all of your relationships healthy? Do you love everyone and all things unconditionally? Is your recreational time spent doing activities you enjoy? Do you relax and enjoy nature on a regular basis? Do you feel inspired and creative? Are you healthy, vibrant and full of energy? Do you maintain a sense of balance in every situation you encounter? If you answer “no” to any of these questions, then you will benefit greatly by taking time to remove the garments that are constricting you.

There are innumerable experiences that led you to creating the belief codes you live by and there are numerous ways to remove these codes. Each one of you is different and walks a unique path. What we offer each day is a different tool or exercise to assist you in making the choices necessary to clearing out the clutter within you.

What we offer today is a way to remove another layer of protection that you set up in defense of an experience that was painful. Think back to a time when you experienced an unpleasant event. Note what was occurring around you at the time. How did you feel? Who was present? Most times, there was a sense of powerlessness. We wish to help you regain your power. Know that you never truly lost your power; you simply did not know how to use it at the time. You can regain your power by knowing that it still resides within you.

Many of the problems in the world today are due to belief codes associated with power. How many times have you heard people say or act out the following, “I’ll show them! No one will tell me what to do! I’m gonna be the boss, so I can tell others what to do! No one will ever put me down again!”

The world is full of people who are injured, often beginning in childhood. These injuries cause people to set up belief codes based on feelings of being powerless. As they regain courage and learn how to cope in

the world, they begin to fight for their power. This new power is fueled by anger, hurt, fear, repression and many other emotions that are not healthy.

How much healthier would it be to know that you are a powerful creator and that you can express power in ways that are loving and kind? This is what we hope to do, not only with the issue of power, but also with all aspects of humanity. You have within yourself all that is needed to enjoy a life filled with love and compassion.

How do you move beyond limiting belief codes? One way is to look at an area of your life where you feel dissatisfied. Perhaps it is the way you react to others or a habit you would like to change. Choose one aspect you would like to change. Take a few moments to focus on what generally triggers this behavior.

Feel yourself making other choices the next time you are triggered. Your brain does not know the difference between reality and fantasy. One very effective method to changing a behavior is to role-play it in your mind. When you have done this often, you will begin to respond in the way you have practiced. Many professional athletes know this is true. They repeatedly visualize themselves throwing the perfect ball or skating the perfect routine until it becomes second nature.

When you visualize clearly, your muscles respond subtly, as though you were actually involved in the activity. You may have experienced this by watching people or animals move while sleeping. Their legs may slightly kick, they may moan or talk, their arms and hands make movements. Their body is responding to what they are visualizing on an unconscious level.

Visualizing on a conscious level is very powerful. With the behavior you wish to change focused clearly in your mind, decide how you would prefer to act (rather than react) when a similar situation arises in the future. When you are trying to break a habit that is deeply engrained, don't expect it to happen during one visualization session. You will need to keep practicing in your mind and when actual experiences occur until you have successfully changed the habit.

Can you see how much more powerful this exercise can be if you know the underlying cause of the unwanted habit? By taking time to look back in the past, it is likely you will uncover various times you relied on this belief code to get through uncomfortable situations. Generally, there are layers that need to be peeled away, because of the law "like attracts like."

When you create a belief code, your mind will do all in its power to be sure this law is enforced. What happens physically is that the synapses in your brain connects in such a way that you react in one particular manner in all similar situations. This can be good for things such as remembering to recoil your hand when you touch something hot. However, it can be detrimental when you will not allow others to get emotionally close to you because you fear they will hurt you like others in the past.

Once you create a belief code based on fear, all other events that follow are categorized by this law. In other words, if you set up a belief code that you are powerless, every experience you have will be filtered through that law. Before long, you will not only feel powerless when you are in the event that started this belief code, you will begin to hold this belief in other areas of your life, as well. You may feel you need help with menial tasks or lack the courage to do things on your own. Your fundamental belief codes permeate every area of your life.

The good news is that once you discover the basis for these codes, you are more readily available to heal the wounds. Like dominoes, once a belief code is toppled, many others built on that code will also fall. There will be no energy to hold them together. However, you will have also created habits that kept the code alive. As you release old codes, these habits will continue until you consciously monitor and change them.

Let us say that you have a habit of overeating that you wish to eradicate. You have visualized yourself eating less, dieting, choosing better foods, etc. Yet, still you overeat. You decide to take time to look back at your earliest memories when you over-ate.

You realize it began in your early teens. As your body matured and the boys began noticing you in sexual ways, you began to feel uncomfortable. You turned down dates and said or did inappropriate things to keep the boys from being interested in you "that way."

Then, you realized that most of the boys weren't attracted to the fat girls and those who dressed sloppily. You had an "Aha!" moment! You started overeating to gain weight so the boys would leave you alone! Why would you want to create that belief code? Perhaps the origins started much earlier. You may find that you were sexually abused in your early childhood. Weight wasn't an issue then, for your perpetrator was not focused on your body, but on being able to control you. You realize the root cause for your overeating patterns goes back to the feeling of being powerless when you were a child. Unconsciously, you began overeating to gain weight as a way to support your belief codes associated with the pain of the childhood abuse.

Now you have something to work with. If these memories were repressed for years, allow yourself to feel the pent up emotions. It is imperative that these emotions come to the surface and be released, for your body stores this information and is the foundation for all dis-ease in your body.

You may find yourself grappling with many more issues than just overeating at this point. It may be wise to seek professional help or assistance from a close, mature friend who can support you. Yet, what a treasure trove for you to discover! Although at first it may be very difficult to see the blessings in some of your past events, there is good in all things. Until you can bless each experience and forgive yourself and those who have caused you harm, do your best to remove yourself from the role of victim. Remember, "like attracts like," thus, it is in your best interest to remove yourself from feeling like a victim.

As you work with us throughout the year, you will discover various ways to remove these blockages and to heal past wounds. We suggest you look for problem areas. Go back as far as you can to discover the roots of your belief codes. Pay attention to how you feel when you are in similar situations. Role-play how you prefer to react in the future when similar situations arise. Release negative feelings associated with these events and do your best to replace them with positive feelings.

Some deep-seated wounds will take time to heal. Be patient with yourself and others. Belief codes can be changed in the twinkling of an eye. However, behavioral patterns need to be monitored so you can recognize the ones that no longer serve you. Everything is literally a thought or an attitude away. If you find yourself dwelling on negativity, think again. If you feel a negative attitude towards someone or something, change your attitude. Be more forgiving and less judgmental. We know some of this is hard to do. We are here for support when you are ready to release the things that are constricting you.

Those of you grappling with heavy-duty painful memories, we realize this dialogue may feel like a weak link of support. We hope you will continue throughout the year with us and put into practice the means of support we offer you. No dialogue such as this can deal completely with all the pain and heartache you have experienced.

Our hearts go out to each of you experiencing pain and hurt. This is why we offer ourselves to you as a means of support. We have spoken in earlier dialogues of some of the reasons why there is so much pain on Earth, yet we have covered only a tiny portion of it. Even so, the pain you feel is yours and it can be healed, but not until you are ready to release it. Once removed, your life will blossom in ways you cannot imagine! This is our promise to you.

Be brave and have the courage to face your fears and be prepared to relinquish all the lies told to you. We speak only Truth and know that the Truth shall set you free. Let us show you the way!



Selamet! Chicchan 7

DAY 86 CIMI 8 Take Charge of Your Life

I am Cimi with Tone 8. We are grateful for this time to be with you. As always, our intention is to help you to re-discover what you already possess within yourself. You have no need for teachers or gurus; simply look within to find all you seek. We are here to re-mind and to support all you choose to do with your life. We hold no judgment and are in awe of all that you are accomplishing on Earth.

Although it may not seem like it, you are gaining much for yourself and for everyone else in the universe. Every experience you have creates a new memory for us. Each of you has a unique slant on life. Although many may gather at an event, no two of you are having the same experience.

Literally, you are each a living library, storing every thought, emotion and action you have experienced. Isn't that truly amazing? You are like super-computers with intelligence beyond any virtual reality software program. How much better will your life be when you realize you are conscious thinkers, with the ability to create with your Creator! You have been given free will to choose your experiences. Although many of you have fallen far from the compassion wagon, your experiences have allowed for a tremendous amount of spiritual growth.

Can you picture a heaven where there is only perfection? Most of you would be bored within the first few minutes! Where is the challenge? Where is the drama? Where is the opportunity to express your creativity? We hate to burst your bubble to tell you there is no such place as heaven or hell. Hang onto these beliefs if you choose, but we have a better offer for you.

What if everything you think and act upon with passion is the doorway to creation? Would you choose to condemn yourself to a place of agony for eternity? What kind of loving father would do such a thing, even to his naughtiest child? It makes no sense! You claim your Father is all-loving and all-knowing. If he is all-knowing, then surely he would have known when he created you that at times you would choose to be naughty! Are you saying that your Father set you up for failure? If this describes your God, perhaps you might consider running away and being an orphan, then you might have a better chance at finding happiness!

Okay, I shall step off my soapbox and be a bit gentler. Consider this. There is a Creator. That shouldn't be too hard to fathom when you look around and see the balance in Nature. What if this Creator designed Earth in such a way that would allow for a multitude of creatures to cohabitate here? Is that too far from your thinking?

Now, what if the Creator wanted to experience Earth and all her treasures, but was unable to fully do so while in perfect Spirit form? Could the problem be solved if the Creator were able to fragment into small units, with some remaining in Spirit form while other fragments lowered their vibration to denser forms?

What if in order to experiment with the concept of duality or polarity, those coming to Earth were given temporary amnesia in order to experience what it would be like to live in a place that wasn't just peace, love and chanting hallelujah? Would you be one of the adventurers to sign up for this unique experience? Now, we admit that this polarity experience has gotten a little out of hand. If your all-knowing God knew this when he created this planet, wouldn't it be wise for him to set parameters, perhaps a date for it to end? Isn't this like wise parents who allow their maturing child to wander further from home and with less adult supervision, but has a nightly curfew?

Have we gone too far in stretching your imagination or will you continue with us? What if the world of polarity, the Grand Experiment, is coming to an end? What would it look like? Perhaps you would find that more people would be interested in finding their spiritual roots, seeking what feels right to them rather than blindly following the religion of their parents. Look around at the increasing number of new churches around the world; could this be a sign of the End Times? What if the experiment were about to end? Wouldn't you expect more people to talk about how they would like to see changes in their world? This is happening. Have you noticed that an increasing number of people are simplifying their lives and down-sizing, while in the past there was more emphasis on amassing material objects?

Have you noticed an increased surge in people moving where they feel they "should be." Have you noticed others moving closer to their family or looking for communities with like-minded people? Have you noticed how all the systems that were set up to control the masses are now disintegrating? Could these all be signs of the end of polarity? Perhaps the hippies were right, all you need is love! True love. Unconditional love. Respectful love. The current buzzword in many churches and spiritual gatherings is unity. There is much talk of being one with each other. More emphasis is being placed on finding common ground rather than what separates.

Begin to focus on what makes you feel loved, balanced, joyful, creative and passionate. You no longer need to experience what it would be like to be alone, have the biggest house on the block, controlling others or

anything that causes separation between you and another. The best place to begin feeling this unity is to begin to see others for who they truly are, children of the same Creator. Each one of you possesses the gifts of co-creation. Don't take our word for it, put it to the test. Remember times when you received what you desired and see if you can find the patterns that led you to successful manifestations.

You have the ability within you to create Heaven on Earth in an instant. However, there are many diverse energies competing against each other. Like a tug of war, the group that pulls the hardest will win. You are at a point in history where the unity side is winning. More each day are coming to the realization that there is more to life than material wealth.

Through the past several decades, the masses have given personal control over to governmental and religious figures. All the hullabaloo over separation of church and state came as a result of the church having more power than the state. The lawmakers had the power to create legislation to gain control of you, the common people. The goal was to control you and they have succeeded. As you awaken consciously and begin to remember how powerful you are, you can begin to stand up and say, "No more!" It has taken a great upheaval to awaken you. As a result, many are homeless with no money to buy clothing, food or shelter, the bare necessities to survive on this planet. You are on the verge of losing the ability for any life to exist on Earth. Can you think of anything further from love?

Could it be possible that humans are now experiencing the opposite of Love? Isn't it possible that you have run the full spectrum of possible experiences, short of complete annihilation? Is there a way out or are you doomed? We are ever hopeful that enough of you have awakened and are ready to regain possession of your body, mind and soul and begin the dance back to centeredness. If this is true, what might it look like? Might there be outcries against war? Would there be an influx of people interested in stopping the groups who control every aspect of their lives? Would you see a return to backyard gardening as a means to feeding yourself healthy food? Would you see an increase in community as you work together to provide food, clothing and housing for those in need? Might there be a shift from jobs with "benefits" to jobs that create passion and are less stressful?

Have you seen these things happening? The news media doesn't focus on this, for it would expose the pitfalls of the magnates who "own the world" and the media. Yet their world is crumbling in front of their eyes, for they forgot one important ingredient in their plan for world domination, the free will of the people they desire to control. Each one of you has boundaries that you have set up, some consciously and others unconsciously. Your beliefs allow you to take only so much abuse, so much control, so much unhappiness, so much servitude, etc. Each of you are now coming to that point, if you haven't already, in which you say, "Enough is enough, I want and deserve a more fulfilling life!"

The road to Heaven on Earth can be smooth or bumpy. It depends on how much those in power will relinquish control and how gracefully you are able to regain control of your life choices. We say "gracefully" because it is a means to achieving what you want through actions of love rather than reactions from fear. The latter has been the way that battles on all levels have been fought for eons. It is now time to set aside your weapons and create the life you desire.

Begin to visualize your dreams into reality. Take each step with love and regard for yourself and others, seeking only those things that are for your good and for the highest good of all concerned. Anything less will keep you in the polarity consciousness that now has you bound and gagged.

We will stop here, although there is much more to say. However, each day we offer more insights into how to create Heaven on Earth. In the meantime, as you learn to release your fears and replace them with love, you will become further removed from the chaos that exists in your world.

As more of you unite, the grip of those who have had you under their control will be loosened. The dragon is losing its power over you. As we stated on Day 83, befriend your dragons, for you all are truly one, from the same Source. Soon you will remember this truth and embrace your enemies as well as your friends. The world *can* be a better place! You are the ones you have been waiting for! These are not idle words. Take them into your heart and let your light shine!



Selamat! Cimi 8

DAY 87 MANIK 9 How Are You?

I am Manik and I welcome you to this time of sharing.

Tone 9 and I would like to ask you to take a few moments to go within to that space where all is quiet and restful.

We will wait a few moments while you settle and get into a space of relaxation.

Now, notice how you feel inside. Is there tension or calmness? Are you feeling antsy or at peace?

Are you afraid or confident? Do you feel unrest because you don't know where this dialogue is going?

We suggest you practice this little exercise on a daily basis. Stop all you are doing, take a few breaths, then notice how you are feeling. This is a good way to monitor where you are emotionally.

Take time to go into a deeper state of relaxation whenever you notice you are feeling tense.

By making this a habit, eventually you will find yourself being more at peace and centered, no matter what is occurring around you.

Decision-making will be much easier. You are likely to make better choices for yourself when you are relaxed.

Your body uses many muscles and more energy when it is tense.

Your whole system becomes over-stressed when tension is allowed to build up on a daily basis.

Release the stress and enjoy a more fulfilling life!

That's all for today!



Selamet! Manik 9

DAY 88 LAMAT 10 One With Nature

I am Lamat 10, welcome to this beautiful day on planet Earth. Isn't Earth a lovely place to spend some time? Take a few moments to think of the beauty on this planet. Focus on the flowers and plants. Feel gratitude for the animals that hold everything in balance. Be appreciative of the water sources that provide nourishment for your body and soul. Feel the magnificence of the mountains, the prairies, the seaside and deserts. Breathe it all in and receive the nurturance that Mother Nature provides for all.

Within nature, there are no favorites. Flowers do not shun others of their species. Animals do not poke fun at their ancestors. Water does not make judgment against others. Trees do not set boundaries, allowing only certain ones to come near. Although there are some animal traits that appear to be human-like, such as fighting and killing, they are instinctual survival precautions.

Humans are designed with innate talents and abilities to perform at a much higher degree of intelligence than most other species of fauna and flora. Yet, observe a mustard seed growing into one of the most magnificent trees on Earth and be in awe of its innate intelligence. Man has developed a sense of superiority over flora and fauna, viewing many life forms as unintelligent. Review work by scientists such as Masuro Emoto and come to your own conclusions. How can a glass of water change its molecular structure to match an emotion that a human focuses on it? Is this not a sign of intelligent life?

The rocks and gemstones you trod upon hold an immense amount of memory, as well as ancient trees. They have witnessed history and absorbed the energy of events that happened around them. Have you ever entered a place and felt a sense of déjà vu, sadness or happiness and then found out something had occurred there which could have triggered your emotions? Much research on this phenomenon has been done in places where events such as sacred ceremonies have been performed and great battles have been fought.

All around you, life is teeming with an endless array of consciousness. Trees, plants, animals and other humans are all vying for attention. Help me! Look at me! Here I am! Yet humans are locked into belief codes of arrogance and separation. It is time to wake up and pay attention to the splendor that surrounds you.

We have an exercise to help you become more in tune with the energies and sentience of the Beings around you. The best place to do this is in Nature, away from the noise and interruptions of humankind. It is also good for you to have a quiet space where you live so you can tune in more often.

If you have trees nearby, choose one for this activity. Second choice would be a bush or perennial flowers. If you are in a place that has no outdoor space or you must remain indoors, then cozy up to a houseplant. Lean with your back against the tree or sit near the plant.

Take several deep breaths while relaxing your muscles and clearing your mind of the day's activities. As your mind clears, focus on the plant. Scrutinize the plant, looking carefully at each part, including the underside of its leaves. Notice the coloration of the various parts, the shape of the leaves, the bark or stem, each section of its blossoms. Are there any insects on the plant, if so, what are they doing?

Remember that the plant is giving off oxygen, which gives you the ability to live on this planet. Take a few moments to ingest this information. What would happen if plants did not exist? There would be no life on Earth. Give gratitude to the plants for the oxygen they freely supply.

All plants are a source of nutrition for humans, animals and insects. Their foliage, when left at their base, supplies nutrients to itself and the soil. In the wild, plants help retain the soil, allowing it to regenerate, supplying the necessary ingredients to support all life. Take time to thank all plants for their symbiotic relationship that works in balance to allow you to live on Earth.

Without looking directly at the plant, begin to gaze over the top or sides of it as though you were looking past it. You will see an aura of white or golden light emanating from it. As you practice this skill, you may begin to see colors in its energy field. You can also do this with humans and other Beings. All living forms have an energetic field around them, which has been proven through the use of Kirlian photography.

With your eyes closed, try to feel the energy of the plant. This is easier to do when you are in a state of love and gratitude. As you practice with various plants, you will come to realize that individual plants have “personalities.” You may find that some species tend to have softer energy, while others feel more fiery. You may notice that your individual houseplants have different energies; some may seem needy while others emit good vibes.

When you become more attuned to their energies, you will discover they respond to your attention and neglect. Scientists have proven that plants that are talked to, caressed and appreciated are much healthier than those that are simply given their basic needs. Plants also respond to music and soothing voices. When you begin to pay more attention to your plants, you may find them calling to you, “Water me! Look at me! Sing to me!” Talk to a tree hugger, they have interesting experiences to share with you!

Go into nature more often and become observant. Take time each day to give gratitude to plants and animals, recognizing and appreciating the balance they provide on Earth. Notice the soil and rocks and the symbiotic relationships they have to all. Pay attention to the amount of garbage you accumulate each day. How can you reduce, reuse and recycle more, in order to have less of an impact on your environment? Educate yourselves on how you can become Earth stewards.

Earth is aging at a rapid rate due to human neglect. There is not much time left before you will reach the stage of annihilation for all Earth forms. In your short life span, thousands of species of flora, fauna and insects have ceased to exist due to man’s manipulations.

Every step you take, every breath you make affects the Earth.

Man, with his superiority mindset, is many times less intelligent than the Source that created this world. Perhaps it is time to lower your sense of superiority and become more of an equal with Nature. Find ways to do this. Educate yourself and integrate this information into your daily life then share this knowledge with others. You have little time left to balance your effects on Nature. We leave you with your plant and encourage you to connect often with the Beings of Nature and learn to live simply, without judgment. Soon, your heart will be filled with joy as you notice the miracles that surround you!



Selamet! Lamat 10

DAY 89 MULUC 11 Monitor Your Thoughts

I am Muluc 11. On this day, we would like to share tidings of good news. There is much talk in the world of ending times and doom and destruction. Although these thoughts have been on the Earth plane for eons, these thoughtforms are more prevalent than ever before. Part of this is due to the speed by which news circles the globe through electronic communication devices and part is due to an increasing amount of attention to prophetic interpretations. We are here to tell you that all is well. There will always be hard times on the Earth, as long as there are those of you who believe in such. Your belief codes create your reality. If you have fear or thoughts that disturb you, change your thoughts!

Change your thoughts of gloom and doom, of sadness and despair, into thoughts of hope and joy. Your reality is based upon where you focus your attention. If you expect bad things to happen, they will, for you draw unto you those things where you place your attention. We suggest you take more time to monitor your thoughts. Throughout the day, stop your activities and ask yourself, "What am I thinking about?" Be conscious of your thoughts then decide whether you wish to continue this line of thinking or to focus your attention elsewhere.

One way to get into the habit of monitoring your thoughts is to set a timer and let it go off at random times. When you hear the alarm, monitor your thoughts. A very interesting experiment for you is to set one day aside, setting the timer to go off every five minutes. List the thoughts you are having each time the alarm goes off. You will be amazed at the wide range of random thoughts you have in a day.

The human mind is constantly recording and filing what is happening around you. The mind attempts to categorize what you are experiencing with something you have already experienced. It is similar to when you have a document you wish to file. You think to yourself, where is the most appropriate place to file this paper and then you file it with other papers related to it. This is why you find yourself having thoughts totally unrelated to what is presently occurring. If you retrace the thoughts you had, you may find the reason why this memory is being recalled. This often happens on a subconscious level. If the thought you are having brings up emotions that need to be healed, this can be an opportunity to resolve the issue.

As an example, you find yourself thinking about a time when you were young and had spilled milk on your new outfit, which upset your mother. You think to yourself, "Wow, I had forgotten about that. I wonder why I am thinking of that now? I sure was embarrassed and upset when mom was yelling at me in front of our house guests." As you begin to retrace your thoughts, you find it went something like this. You are eating an ice cream cone with a friend. Hers is soy-based while yours is milk-based. You start having thoughts about how milk is produced from cows. Then you think how much you like ice cream, but not milk. Then you think about how you loved chocolate milk when you were a kid. Then you remember the time you spilled the milk on your outfit.

At that moment, you consciously realize your thoughts have wandered. You remember how you felt when your mother said you were messy and was upset about soiling your clothes. It was embarrassing because her loud and scolding voice had drawn the attention of the guests at the party. Now that you have this conscious memory, you have an opportunity to heal the emotions you felt and any repercussions it had in your life. This is one of the benefits of monitoring your thoughts.

It would be tedious to attempt to monitor every thought. However, it would be beneficial to monitor the thoughts that bring up negative feelings that keep you imprisoned in a state of fear or outmoded belief codes. Monitoring your thoughts will help you gain more control over your life. It is that simple.



Selamet! Muluc 11

DAY 90 OC 12 Creating Time and Energy

I am Oc 12. Greetings! The more knowledge and understanding you have of the way your universe operates, the more able you will be to function within its parameters. Today, we would like to talk about the birthing of new ideas and having the energy to set them in motion. We invite you to take a few moments to relax your muscles and to let go of the concerns of the day. Take several deep breaths in and out to oxygenate your cells and to increase the energy running through your body. Throughout the day, your mind is continually at work. As you talk to others about their goals and aspirations, at times you get excited and think, "I would like that, too!" Yet many things already consume your time and energy. In order to have a more fulfilling life filled with passion and excitement, you would be wise to be more selective of the activities in which you choose to be involved.

Every person has the same 24 hours to work with each day. Sleep takes a major portion of that time. By the time you finish adding on the hours required to make enough income to take care of your basic needs, to cook and clean, there is little time and energy left in the day for recreational activities. Many of you would do well to streamline the above-mentioned events first. Do you sleep more than you need? Diet and medications affect the amount of sleep needed to feel rested. When you are in a highly stressed job and lifestyle, the requirements needed for your body to rest are increased.

When you are healthy and vibrant, you will need less sleep to feel rested. Many of you sleep very little and wake up tired. This need not be. Does your work fill you with energy or deplete you? Are the people you work with kind and considerate? Are you able to take a day or two to rest when you are sick and tired? Is there another type of work you would rather be doing? Take these things into consideration and decide whether it is in your best interest to find a better-suited form of income for yourself. Have the courage to make the necessary changes.

Take into consideration that every moment after a plant has been uprooted, it begins the dying process, losing its life force. Unless you gathered it in your garden just before consumption, by the time it reaches your table, many times there is nothing of value left in it. With modern farming practices that deplete the soil and food processing techniques, most food that reaches your table not only has little value nutritionally, but has also been fortified with preservatives and laced with chemicals that make it toxic. It is no wonder that disease and mutations are occurring at an alarming rate. Research the practices of the food and drug industry, and educate yourself on the products you are consuming.

Once you have chosen a healthier job and diet, you will feel rested and have more energy to spend on other activities. Isn't this good news? Then you will have more energy to devote to other things you wish to experience. Most of you need to go another step first, to weed out activities and relationships that are no longer fulfilling. Sometimes this means letting go of friends that drain you emotionally or keep you involved in activities that no longer hold your interest. Some of you would be wise to turn off your television and be more selective in the movies you watch and the books you read. Some of you are obsessed with cleanliness and organization to the point where you and others are unable to enjoy your environment. Perhaps it is time to relax and loosen up so you can enjoy life more fully. It may be worth your while to look back at where these habits began and see if they are related to belief codes that no longer serve you.

Once you have cleared your mental space, take a look at your physical space. Is it cluttered with items you no longer need? Is it reasonably clean? Do you have windows letting in sunshine? Does it feel comfy to you? Is your yard, car or working area filled with garbage or clutter? Consider de-cluttering and perhaps looking into the art of feng shui* for ideas on how to create a place of peace in your surroundings. As you make these changes, you will find yourself increasingly feeling at peace and relaxed. It is our hope that you are also working with the other tools we offer you each day. There are a myriad of ways to release negative belief codes and to gain better understanding of your universe. Integrate those that move you towards your goal of a more fulfilling life.

As you gain mastery over your time and energy, your life will explode with a force of energy that will astound you. When you look at people such as Ghandi and Mother Teresa, you can't help but wonder how one person could make such an influence in the world. Each of them consciously chose where to place their energy. Much of their time was spent in prayer and meditation, taking care of their physical needs first. These practices allowed them to have enough time and energy to create an impact on the Earth. You too, can do such things with your life when you nurture yourself first.



Selamet! Oc 12

DAY 91 CHUEN 13 Share Your Knowledge

Good day, I am Chuen with 13 and we are excited to be a part of your life through these Messages.

For eons, we have desired to be a part of your daily life and to see an interest in returning to the sacred Tzolkin calendar.

In ancient times, the calendar was the fundamental basis of our society. Each day we focused, as one, on the various aspects that we are now sharing with you.

Imagine your entire world returning to a cycle of communing together and assisting each other to overcome the negative thinking and belief codes that currently wreak havoc on the Earth and beyond.

Can you imagine the beauty and peace that will exist as each of you returns to your way of being, of perfect Spirit, while living in the human form? It is possible, but will take effort from all, beginning with you.

As you go through each day and find wisdom in these words, share them with others. This is your duty to your fellow man.

There are many ways to be of service, yet the most overlooked is the simple act of sharing what has been of value to you. This does not mean that what works for you is the best for all; it only means that you have found something of value that may be of assistance to your fellow man.

There is danger in becoming superior and feeling that your knowledge is better than others. Fight this belief code for it is the ego that is talking and will create issues of power and control over others.

It is the balancing of the ego that is required in order to create peace and harmony on the planet.

The Message for today is a simple one. Reflect back on what you have studied so far in these Messages. Choose one Day that is calling for your attention and re-visit it, this time going beyond where you left off, going deeper into the mystery so you can heal your wounds.

What could be fun for you is to close the book and re-open to whatever page feels right and work on that issue of the day. If you happen to open to this chapter, then I suggest you go outside and play, making this a day of fun and adventure, seeing the world through new eyes while looking for the good in all!



Have a joy filled day! Chuen 13

DAY 92 EB 1 Feed Each Other

I am Eb 1 and we welcome you to this time of sharing. We have much gratitude and gain much pleasure when we are able to share time with you. As you gain knowledge and remembrance of the power that lies within you, we ask that you always choose to use these things for the betterment of yourself and all people. Many through the ages have misused this knowledge and have created much sadness and despair. This is now a time to come into balance with all things and to reclaim your inheritance of peace and harmony. Today we would like to focus on the issue of poverty. Many among you are homeless and starving, more than ever before, as a result of war and mismanagement of resources. Not one single person on this Earth needs to die of starvation. There is plenty of food available, but due to greed, ignorance and superstition, many die while lying in fields of plenty.

One huge issue presenting itself is the corporations that have led your government officials astray by gaining control over farming methods and the proprietary use of seeds. Genetic modifications are harmful to those who ingest these products. Corporations have gained control over the source of seeds through patents by creating products that will not seed themselves. If not for those who have taken special care to keep the heritage seeds alive, all would be lost for humanity. Thank these wise people when you meet them.

It is imperative at this time that each of you grows your own food. You can begin with one or two plants inside your home, in pots. Expand as much as you possibly can, learning from gardeners who are using organic methods. Do not be deceived by large corporations that claim to be organic; know that they wrote the rules that state they are organic and there is no one watching over them to ensure what they place on their labels is the truth. Seek out groups or individuals in your area that are using organic methods and learn from them. If you are unable to grow your own food, find ways to support those who do. You would be wise to buy your produce and meat from those who are using organic methods. Nearly all manufactured food is processed to such a degree that there is no life force in it. In most cases, many chemicals and preservatives are added that are toxic to humans.

Are you aware of the huge increase of obesity and malnutrition in your westernized societies? The starving children in third world countries are better off in many cases than those who have huge stores of fat in their bodies. Both are starving, yet western societies are overloaded with toxins that their bodies do not know how to process. Gain control of your food sources and enjoy a healthier life. Many countries with a high increase of starvation have plenty of sources for nourishment. However, their governmental regulations and religious beliefs keep them from partaking of what they need to sustain their lives. There are many entrenched belief codes to break that must be addressed in order to save lives. One way to do this is to share information, as well as bags of rice.

Start at home, where you live. Look around; there are bound to be homeless people in your area. Find out the needs in your community and choose ways you can assist in solving the problem. Perhaps you can house a homeless person until she can get back on her feet. Maybe supplying a food bank with provisions or volunteering your time to deliver these goods is appropriate for you. Consider fasting once a week and giving the food you would normally eat to someone who has not eaten in days.

Many of you have the means to work on a more global level. Again, find the need and choose a way you can be of assistance. It is hard to break through a culture's religious beliefs, but this will be imperative in some cases. Even though you personally may not be a meat eater, it may be crucial for another's survival. Your body was designed to eat the flesh of animals and plant life; it is not a "sin." Be careful not to place your belief codes or values on another.

The goal is to assist others in being able to support themselves. Teach them how to garden, how to fish and how to prepare foods in a healthy manner. Warn them of the dangers of GMO foods, pharmaceuticals and the interference of large corporations. Have compassion for your fellow man. It could very well be that the knowledge you share may save a country from the devastation wreaked by these corporations.

Think communally; you all are brothers and sisters. Set aside your differences, rebuild your war-torn cities and nurture each other as equals, knowing that each of you is a child of the same God. We ask that you begin today to find ways to help and support one another and to build a global community.



Thank you, Eb 1

DAY 93 BEN 2 Move Beyond Lack

I am Ben with Tone 2. We are grateful to share this time with you. Indeed, you could do many things with this moment; we are honored that you find our message of importance. Thank you. Today we would like to look at the prevailing issue of lack. There is much thought given to unworthiness when it comes to being wealthy. Many have been taught, "Money is the root of all evil." We would like to dispel that belief code, for it is causing much concern for those who are wishing to break free. Lack not only refers to monetary wealth, it also permeates feelings of being successful or notable. Lack is an attitude that can be changed with different thinking and a few behavioral changes. Lack is deeply ingrained in many societies, making it difficult for those who are breaking out of the old paradigm.

Many religions were created to gain control over the common people. Churches have provided a safe haven for many and have been a great source of community for the masses (pun intended). They give hope to the hopeless and direction to the lost. However, in their zeal, they have created separatism and elitism when they preach that their way is the only way. This is not true and is dangerous because it limits your birthright of free will. The whole design of Earth was to explore and experience various avenues, not to be locked into one set of beliefs. The worst digression was the invention of hell and the belief that those who do not follow the path of a particular religion would be condemned for eternity. This does not make sense. Why would a god set up a religion in one region, punishing those who never had a chance to hear his word? Does this sound like a loving God? Seek within yourself to see if the doctrines you adhere to are in your best interest.

Read the history of your religion. You will find much common mythology between most religions. This is not to say that many of these events actually happened as recorded, for many are archetypes, based on human experiences. Once you understand the symbology of archetypes, you will better understand the foundation upon which many religions are based. Study other religions and have reasonable talks with those who have different beliefs. You will then be better suited to make a decision based on what feels right for you.

Tithing is one form of gaining control over the masses. It is one thing to tithe to a church to support its members and pay for its administrative costs. Pressure is commonly placed on members to give more than ten percent of their earnings to pay for extravagant buildings and administrative fees. From the pulpit have come many sermons injecting members with the belief that being poor is a good thing. Those who strive to be successful many times are criticized for being materialistic or even demonic. This is hogwash. Each of you has the ability within yourself to manifest anything you want in life. However, it is our hope that you use your bounty for your highest good and for the highest good of all concerned.

Why are prostitutes paid top dollar while preachers are barely getting by? Is it because prostitutes value themselves more? Not likely. Is it because society values them more? Not likely. Could it be the belief code, "Money is the root of all evil?" This more likely is the case. The preacher who has this belief code will keep himself in poverty to prove to himself and others that he is righteous. The prostitute either doesn't have this belief code or feels she is evil due to her source of income; therefore, making money may not be an issue for her. Those who carry the "money is the root of all evil" belief code and are financially successful may give much of their wealth away to prove they are not evil. Sometimes this is to their detriment and not in their highest good.

Our goal is to open your eyes to see the correlation between wealth and lack that has been placed on you by various governmental and religious leaders. We wish to encourage you to look into the history of your churches and governments. Gain a broader perspective of what is happening in your world and create belief codes based on what you believe rather than what you accept as blind faith. Find the pieces that sound like truth and begin to fit them together.

This world has an unsurpassed amount of abundance available to you. Having a sense of lack in any area is not healthy. Break through these codes and the behaviors that keep you in the poorhouse. Expand your worldview and way of thinking and allow yourself to flow with nature and enjoy the blessings offered freely to you. Return to your roots where life is simpler, less stressful and full of healthy food and family values. You have lost your sense of tribe. It is time to gather with like-minded souls and create communities in which you support and nurture each other. These communities can provide great wealth in food, knowledge and love. What better commodities can you think of?



Selamet! Ben 2

DAY 94 IX 3 Overcoming Obstacles

I am Ix 3. We are happy to be of service to you this day. We are in awe of the things accomplished by you. Many of us have never incarnated on Earth, for the densities are too low for our comfort. We are appreciative to experience this density through you and are thankful for your diligence and perseverance as you go through your daily experiences.

Today we would like to speak on the topic of diligence. We would define the word diligence as moving forward regardless of obstacles to overcome. All of you on the Earth plane are diligent, some more than others. Is there one among you who does not face obstacles? Some of you move rather gracefully over, around and through these obstacles. The majority of you stumble and fall over the same obstacle several times before finally making forward progress. How can you move more easily around these obstacles without falling? There are many ways to move around these obstacles. We hope you will share the wisdom you gain with others as you learn to navigate your Path in a more gentle and graceful manner.

One way to gracefully overcome obstacles is to prepare yourself before you stumble. Just as you would arm yourself with a coat, flashlight and drinking water before hiking on a dark trail, you would be wise to arm yourself with a few tools before heading out on your life Path. Each of you wears a different tool belt; it is up to you to choose whether or not to wear the belt and which tools to place on your belt.

We would like to emphasize the importance of role-playing in order to prepare for obstacles you are most likely to encounter. Many of you stumble over the same rock several times and either are unaware of repeating this pattern or once aware, you decide to take measures so you will not stumble on the rock again. This is the difference between unconscious and conscious living. When you pay attention to what is happening around you, the life you live becomes more meaningful and magical. Once you are consciously aware of the rock, you come up with solutions to avoid stumbling over it again. In your mind, you see yourself either stepping over the rock or around the rock. Perhaps you choose to move the rock to the side of the path. Maybe you choose to put a colorful flag or sign next to the rock to alert yourself the next time you walk the path. Perhaps you choose to paint the rock a bright color.

Whichever choice you make creates a different impact upon you and the rock. However, the result will be the same; you will break the pattern of stumbling over the rock. You may find that your first choice isn't effective. Let's say you chose to place a flag next to the rock, but the wind blew the flag over and you stumbled on the rock again. Simply choose another method until the pattern is broken.

The best choice you can make with any pattern you wish to change is to stay in the moment. Be alert to what you are thinking, saying and doing in each moment. There will be less accidents and much finer living when each of you is paying full attention to what is happening around you. As each of you learns to appreciate the blessings in the current moment, you will realize how rich you are and how splendid the world is. We encourage you to look at behaviors and patterns in your life that are not working for you. List those you wish to change and visualize yourself responding in the manner in which you would prefer until they become habitual.

Many times, much underlying work needs to be done because your habits are closely related to your belief codes. As you walk your Path, you will need to change the habits that do not support your new belief codes. Do all in joy and do not beat yourself up when you falter. This Earth is all about possibilities and opportunities. Enjoy life and all it has to offer, for it will be over in the twinkling of an eye. Experience the things you dream of, for your experiences are enjoyed and shared by all, even those who are not incarnate. We know that many of you will not understand or believe and that is fine. Yet we know it is truth and simply wish to impart that everything you do is felt by all. There is no separation in our Realm and no need for privacy for we all are One. As you move beyond limiting belief codes, you will understand more fully. We look forward to the day when we will again be face-to-face with you, our siblings.

Watch for obstacles along your Path and do not be ensnared by the habits of the Earth that keep you tied into the lower densities. You literally can rise above and shine your light for all the world to see!



Selamet! Ix 3

DAY 95 MEN 4 Connect to Higher Realms

I am Men 4. We welcome you to this day of wonder and bliss. Our topic today is about elevation. Like the eagle, you can soar to greater heights! With practice, you will learn how to tumble and fly with greater ease. In flying, tumbling is a practice of losing control then regaining it, simply for the pleasure of the experience. It is similar to the reason why many of you incarnate on Earth. Here you are given a space to fall out of love then regain it, simply for the adventure.

However, the world as you know it is about to end. Like all cycles, there is a beginning and an end. You are at the end of the cycle that will allow you to fall out of Love. It has been known since the beginning of time that this cycle would end. Many forecast doom and gloom during this time, however, the transition need not be a bumpy ride.

Thousands of you have awakened to the reality that you can co-create a better existence when you band together with conscious intention. It is your responsibility as an individual to gather with the group that intends to create a Garden of Eden or to continue along the path that leads to mass destruction. There is no right or wrong, for all paths ultimately lead back to Source Creator. However, for every action you take, you will reap what you sow. What is it you wish to experience? If it is a world filled with joy and peace, then read on, for this is our goal. Those who wish to remain in the mindset of war and control will not hear these words, for they resonate at a different frequency.

Those wishing to elevate to new heights, we encourage you to set time aside each day and connect with your Higher Self for insight and guidance. Your Higher Self is that part of you that remains in the Spirit Realm while you have your human experience on Earth. The connection is simple, but entails that you get out of your left-brain logical thinking patterns. You may find it interesting to learn how to go from your everyday alpha brain state to a theta state of mind; for it is in theta that the magic occurs.

When you make it a daily practice to go inside for guidance, you are less likely to be swayed from the Path you chose before incarnating into this Realm. Many teachers, including us, have wisdom and knowledge we wish to share with you. Each of you is walking a unique path. There is not one teacher among us that can direct you each step of the way, or else you would merely be a puppet. You each possess the wonderful gift of free will that allows you to choose what interests you from a smörgåsbord of delightful treats.

In order to elevate yourself to a higher vibration, you must learn how to give and receive unconditional love. The frequencies of love and gratitude are the highest vibrations possible in the etheric realm. Have you experienced moments of elation when everything felt perfect and peaceful? Did you find these moments to be fleeting? Do you have the desire to experience those feelings again? Would you like to have the experience every moment of your life?

It is possible to create a life filled with moments of love and peace. These feelings elevate you into a higher frequency, one in which magic is easier to manifest. You truly feel like an eagle or an Angel, floating in the clouds with no cares in the world. To get there takes effort, however. Come back from the cloud and land yourself so we can take off on a longer flight after a little ground school training.

Many of you have never hooked up with your Higher Self on a conscious level, although you are always connected. It takes a little practice and a lot of belief to make the connection. Some ask, "How do I know if what I am hearing is my Higher Self?" This is a valid question that can be answered in several ways. Many times when you are in an emotional state, the connection can be muddled, thus it is important that you gain control over your emotions.

Be wary of lower energy entities that like to play tricks on humans. The logical brain likes to maintain control and can get in the way, bringing up fears that can block you from making good decisions. As with all things, perfection comes with practice. One way to practice is to study these Messages on a daily basis, for what we are trying to accomplish with you is a way for you to release negative thinking, old belief codes and murky emotions attached to them.

People who connect with their Higher Self have a variety of experiences: some hear the voice clearly, some simply *know* when they are connected, some may have “god bumps” or smell a specific scent, while others feel a specific sensation in their gut or other place in the body.

When you are feeling agitated or emotionally distraught, do not try to connect for advice until you can clear the emotions. When you are tired or overly stressed, get some rest before you ask for advice. Clean up your diet and drink plenty of fresh water before meditating, for the water in your cells is like a battery and is crucial to making a good connection. Learn to free your mind of expectations or telling your Higher Self what to do. Go in as though you are approaching a wise sage for advice. Listen to the advice and choose what feels like the best choice for you. There is no right or wrong path; all lead to the same Source. Allow yourself to stumble and learn from each experience.

The best measure for knowing whether the information you hear is from your Higher Self or Spirit Guides is the feeling of peace and love that comes from the message. Although you may have to make an uncomfortable decision or one that others may not like, work through your fears and press forward. Pay close attention to your gut feelings, for these are directional signposts, much like GPS mapping systems that lead to your destination.

As you practice tuning into your Higher Self and your Guides, you will soon know them by their frequency. It is similar to recognizing your good friends on Earth. There are things about them that are different, not only on a physical basis, but also energetically. In the near future, you will be able to see entities residing on the Other Side more clearly.

Trust the information you hear. Decide which tidbits of advice are of value. Take the steps necessary to integrate them into your life. Transform your life and share your knowledge with others.

There are other ways to connect with your body and Higher Self, such as dowsing with pendulums, rods, body movement and muscle testing. We briefly share how to use these practices in later Messages. Try them out and determine if any of them feel appropriate for you.

We bid thee farewell for the moment. Know that all you need is inside you. Call on us whenever you want information, advice or a big ethereal hug!



Selamet! Men 4

DAY 96 CIB 5 Veil of Separation

Greetings! I am Cib 5, we are happy to share this time with you. Our knowledge comes from many sources, through many eons of time and to be able to share what we have experienced with you gives us great pleasure. Although in essence we are all One, there is still a sense of separation that exists among us, both in the seen and the unseen world. Soon, there will be no such distinctions for the Veils are thinning and our days of separation are coming to an end.

In the beginning of your world, this sense of separation was created in order for you to have an experience in the physical realm. Like any experiment, there have been surprises along the way. No one could foretell completely what would transpire in a setting that included time and space. Before your world came into existence, neither of these phenomenon had occurred in this galaxy.

The illusion of separation created an ability to experience various emotions, which also are fairly new in your galaxy. In the Spirit Realm from whence you came, there was only Love. Many of you expressed a desire to experience Not-Love. There was a growing excitement among many of you as together you created a realm of physical existence, which you know as your galaxy. The combined group that created your galaxy had a collective consciousness. Rules were created and a timeline was set up for specific experiences. Some of the parameters that were created in order to have these experiences are:

Ecological balance

Polarity

Temporary amnesia from Spiritual Essence

Time: past, present and future

Space: here and there

Co-creation of minor events through thought, word, emotion and action
("Minor" means those beyond the basic parameters.)

Physical limitations, with the ability to go beyond the five senses

Law of attraction: like attracts like

The original collective consciousness group that created this Realm also made it possible for anyone who desired to follow the rules to be a part of the creation by incarnating on Earth. This could be a short stint, such as a one-celled amoeba or a longer stay such as a redwood tree. This may be surprising to you, but insects, plants and animals have a consciousness too, beyond instinct and survival.

In order to experience Not-Love, you would have to erase the experience of Only Love. Can you understand the necessity of forgetting your spiritual Oneness with All in order to have this experience? You may ask, "Why would anyone in their right mind want to leave perfection and come to this place full of hate and sorrow?" This is a good question. You are the adventurers, the ones that wanted to smell flowers, eat fruit you have grown, explore the Earth, drive cars and many things that are not available in the higher Realms. Although we can create these experiences in the Spirit Realm, the experience is very different from those in the physical realm.

Coming to Earth is like choosing to be an actor on stage. You choose your roles, dress up in the appropriate costumes and play the part. Coming to this planet is like playing a game where you are dropped off in a remote region with only a compass and enjoying the process of finding your way home. There are myriads of reasons why each of you chose to incarnate.

Some find the separation when arriving on the planet too unbearable, this is why many infants die soon after birth. It is one thing to choose to incarnate on Earth and quite another to enter this dense field. Only the most courageous enter this Realm and return for many lifetimes. It is the challenge and the diversity of emotions that draw you here. While in the Spirit Realm, you know this is an illusion and only temporary. There is no hell, fire or damnation, only experiences that result in a series of actions and reactions.

What is happening at this time on your planet is what is referred to as a thinning of the Veils. Do you think it is a coincidence that so many movies, books and songs are written about ghosts, the afterlife, E.T.s and Angels? More people are experiencing these things as well as a heightening of intuition and psychic powers.

In ancient times, only the shamans and high priests had these abilities. Nowadays, more people are incarnating with these memories and abilities intact. The mystery schools of old that harbored their secrets to the point of death have now thrown open their doors for the common people. Review these tomes and understand more fully the capabilities you have within you. The separation you feel from your God is waning as you yearn to know more of what is Truth.

Many of you have come to realize that material possessions hold no charge for happiness. Possessions come to own you, demanding more of your time and attention. Families are scattered across the world, communities have lost their cultural roots and the sense of tribe is lost. It is time to gather again and to lay aside the differences that keep you separated. Learn to love each other unconditionally, for it is your uniqueness that makes you special. In the past, it has been your uniqueness that has kept you apart. That time is now coming to an end.

There is much talk about the end of the world coming soon. Let us assure you the world will remain, however, the veils of separation are rapidly dissolving. What does this mean to you and how will it affect you? Soon you will see that each of you are brethren. Not only do you all have the same blood running in your veins, but you also have the same spirit connection on the Other Side. You truly are children of God; in fact, you are gods, each of you being one aspect of the whole. Many have already grasped this teaching; most of you are still grappling with it, not understanding how we can all be One. We suggest you take time each day to go within and find ways to make this connection with your fellow man and all of creation.

There are a few things that need to be addressed in order for you to prepare yourself for the removal of the veil. We address these issues in various Messages throughout the year. We will enumerate a few key points here:

Think only positive thoughts.

Build a feeling of love for all of creation.

Allow everyone to be who they are.

Face all fears.

Forgive yourself and all others for past wounds.

Focus your attention on what is happening in the moment.

Follow your intuition each step of your journey.

Many of you are feeling deep sorrow and isolation from loved ones, both those living on Earth and those who have crossed over. We encourage you to find joy in all things and to spend time creating in your mind what you would like the world to be like. Working together, you are creating a collective conscious group similar to a board meeting where all come together to reset company policy and revamp the system.

The door is now open for this to happen on Earth, for the original timeline is now ending. It is time to create the Earth as you have always wanted it to be. Soon, the dark and light forces will part ways. Those who wish to continue to experience war and famine will go one way. Those who wish to experience physicality in a harmonious and balanced setting will go the other way. Neither path is right or wrong, both eventually lead back to the Source of All.

We are here to assist those who are choosing the Path of harmony and balance. Call on us whenever you seek advice or encouragement. All you need resides within you. We are here to help you reconnect with the part of your Self that was temporarily shut off when you initially incarnated. We are also here to assist you in regaining full remembrance of your spiritual roots. We are grateful for all of you, for we too have much love for this planet and galaxy and wish to continue to have the opportunity to use this playing field for enjoyment and adventure.



Selamet! Cib 5

DAY 97 CABAN 6 Breath of Life

Welcome, I am Caban with Tone 6 and today we wish you the grandest of all adventures, the gift of life! To live in this Realm is truly a blessing, although it may not seem to be the case for those of you still living with your fears and old belief codes. Trust that as you shed each layer of negativity, your burdens will lighten and the weight of the world will be replaced with the airiness of butterfly wings. Once you have removed the blocks that keep your energy compressed, there will be nothing that can stop you from flying!

There are many forms of light, for it means many things to different people. The light we wish to talk about today comes from within; it is the eternal flame that comes from your Creator. Once upon a time, there were no individual lights, all of you were an integral part of the whole, similar to the light that shines forth from your sun. At one point, this light fragmented to allow for a variety of experiences.

This light inside your heart is similar to one candle flame. Each of you has this flame of God Essence within you. Even those that do the most horrendous deeds on Earth have this light within. Many of you have hidden this light so deeply that you cannot enjoy its flame. Yet no matter how deeply it is hidden, this flame can be brought forth to shine brightly. All it needs is a little oxygen. We call this oxygen “breath.”

Your breath is the most important element you need to exist on this Earth. Try not breathing for just a few minutes and you will understand what we say. In order for your light to shine brightly, it needs oxygen. Breathing consciously while setting intentions is very powerful. There are many techniques on how to use the breath to energize the body, mind and soul. We suggest that if this is not a part of your daily life, that you make it so. Those of you who are not familiar with controlled breathing, we encourage you to seek information and to choose a format that feels most comfortable to you. No technique is better than another, each is valid, choose one that fits your individual comfort zone.

At first, conscious breathing methods can seem tedious as you learn to quiet the mind, which is constantly chattering and demanding attention. Yet, when your mind is calm, there is truly a peace that surpasses all understanding. We encourage you to find a form of breathing that feels comfortable to you. In the beginning, it may be difficult, but keep practicing until it becomes second nature.

Once your mind and body are calm, it will be easier for your Spirit to assist you in making life choices that are for your highest good. You will soon learn how to connect with your Higher Self and the Angels and Guides who surround you every moment. There are many Helper Beings available to you, but first you must believe they exist, acknowledge them and give them permission to assist you. It is their delight to be of assistance to you. They chose the role to help you even before you incarnated. Many of these Beings have been with you throughout several lifetimes and adventures.

Know that within the Spirit Realm, there are no time and space limitations. Many of you do not ask your God for help because you feel your issues are not that important and don't want to bog him down. This is limited human thinking, a belief code that needs to be banished. The universe *is* abundance. There are many Helpers with various talents who are available to assist you, even computer geeks!

The more adept you become at oxygenating your body, the easier it will become for you to shine your inner light. There are many healing modalities and exercises such as yoga, tai chi and chi gong that are also extremely helpful when it comes to moving energy throughout your body.

The reason we repeatedly talk about releasing old belief codes and negative thinking is because fear-based emotions literally block the flow of energy in your body and auric field. It is like having a clogged drain in your sink, which is also similar to having clogged arteries in your bloodstream. Until the clogs are removed, the flow is blocked.

Within your body, when the energy is blocked, it pools in specific locations. This is the first step in the process of manifesting a physical disease in your body. Add negative thoughtforms such as, “That's a pain in the neck. I am sick and tired of this.” and you will create a recipe for disaster.

*When you keep your energy flowing and base your life choices on love,
life is wonderful and disease cannot exist in your body.*

Please re-read this until you fully grasp its significance, for truly disease is a product of the human imagination. Have you ever wondered why Angels don't get sick? Have you noticed that more enlightened Beings such as Mother Teresa and Ghandi were able to do remarkable things even in their old age? Once you get beyond limited thinking, you will realize that the aging process is simply a belief code that can be over-ridden.

Currently, there is much emphasis placed on preventative medicine. This de-lights us to no end for we know that this is the preferred method of living in human form. Once you integrate the secrets of living a life filled with joy and abundance, you will eradicate all forms of disease, including mental distress, from your consciousness. This is the way to create the utopia that many of you dream about, a world where all is beautiful, peaceful and abundant.

The grids that hold these belief forms in shape are already constructed. It is time to begin reaping the benefits of what you and others have sown. Join together, build communities and enjoy sharing the bounty of your gardening efforts. Share your knowledge and the wisdom you have gained over eons of time. Let your inner light shine for all to see. This utopia will not need a sun to warm your skin, for each of you has enough light that will be pooled together to create all the warmth and light you need.

Know these words we speak are Truth and find ways to let your light shine forth beginning in this moment!



Selamet! Caban 6

DAY 98 ETZNAB 7 Mirror Images

Welcome to this day. I am Etnab 7 and am pleased to have this time to share with you. One of the qualities that I am known for is that of being a mirror. In order to release negative thoughtforms and old belief codes, it is imperative that you first look inside yourself to discover these areas. We suggest you take time each day to go within and to look at the source of each area of contention in your life.

When you feel emotions such as anger, fear or frustration, it is the result of an unresolved issue. Like a mirror, the person or event triggers a past experience, which was either too painful or too bothersome to deal with when it first occurred. It is imperative to live in the now and deal with all issues as they arise. This will keep your energy clear and retard any stagnant issues that cause disease in the body or emotional realm.

Your senses also bring up emotional issues from the past: photographs, scents, songs, fabrics and tastes all have the ability to instantly take you back to a memory, sometimes ones that have been deeply locked away for years. If the memory that arises causes you distress or discomfort, take time to go back and observe the event. Find ways to release any negativity related to this event. Perhaps there is someone you need to forgive, maybe your behavior was less than honorable and you need to forgive yourself. If you hold a victim mentality regarding this issue, now is a good time to release it. Accept full responsibility for your actions without beating yourself up with shame or guilt.

If there is any action you need to take to rectify a situation, do so. Send love to all involved, no matter how deeply wounded you feel. Know in your heart that you all come from the same Source and one day you will all return to the same Source. In the meantime, each of you is having a human experience. Some of you inherently have loving natures while others do not know how to express love.

It is imperative to forgive others; anger and resentment is always mirrored back. What you put out will return like a boomerang. If you tend to gossip, others are likely to gossip about you. If you are a sharing person, it is likely people will share with you. This is one of the basic laws of this uni-verse. You all have one voice that ripples forth like waves when a rock is thrown into a stream. What you say and feel goes forth instantaneously and is felt by all. Although much of this happens on a subconscious level, it is part of your reality.

Have you ever had people say something that you knew was not their truth? This happens far too often in this Realm. If each of you were to know what your Truth is and were to stand in integrity each moment, the world would be a much better place. Issues dealing with “control over others” also need to be addressed. Most perpetrators were victimized when they were young and now do the same to others as a means of gaining self-empowerment. They do not realize that what they do sabotages what they desire, to be loved unconditionally.

This happens frequently in subtle ways. Whenever you ask or tell someone how to do something and they resist, either one or both are responding to belief codes related to control. Even when the intention is for the highest good, the resistance to being controlled bubbles to the surface.

Whenever this happens, it is an opportunity to talk with the other person or if this is not appropriate, go within and have a chat with yourself. If you find that several people resist you, it could be possible that you are giving unwanted advice. It matters not if this advice is good, it still will not be received if the delivery sets off the person’s control issues. You may find that you are resistant to receiving advice from others due to your control belief codes.

There are a variety of ways to communicate your desires to each other. Verbal language is a weak method of communication, yet it is the most widely used at this time on your planet. We suggest making a heart connection whenever you begin a conversation with another, whether it is face-to-face, on the phone or through the internet. This heart connection simply means sending love to the person you are communicating with, no matter what your relationship is with them.

By sending love, you will open a pathway for energy to flow. The other person need not know what you are doing. Although no words are spoken, the emotion of love will be felt on whatever level the recipient is able to receive. It is also dependent on your ability to send perfect love.

Love is universal; it is the highest frequency of energy that exists. If you open your conversations with this energy, it is much more likely you will communicate thoughts of highest integrity. You will find that you use new words and new ways of expressing yourself as you practice this method. You will also notice that others become more responsive to you. If they feel you are speaking words of integrity, they are more likely to listen. Whether or not they choose to integrate your words into their reality is up to them. At least you have been heard. Magically, you will find yourself giving less unsolicited advice. Each person is walking a unique path and what works well for you may not be beneficial to another.

You will also find that you have less attachment to your advice. There will come a time when it matters not if someone follows your advice. There will be no more feelings of, "I told you so!" Those resistant to accepting advice from others will begin to find themselves listening more closely to what others have to say. They will become more adept at accepting these words as the others' truth and will be respectful of that. No longer will the resistant control buttons be pushed, for the listener will have enough self-control to either choose to follow the advice or not. He will have learned that only he has the power to control himself. Even those who find themselves incarcerated with no privileges will be content, knowing they have mastery over their inner selves.

The primary message I wish to impart to you is to look inside and find the areas that cause you unrest. Be objective and take responsibility for your actions. Forgive others, allowing them to be whomever they choose to be. This does not mean that you have to like what they say or do; it simply means to allow them the choice to be who they wish to be. Wouldn't you wish the same for yourself? This is a good case of "Do unto others as you would have them do unto you."

Practice self-control. Give advice only when solicited. Do not be discouraged when others resist you. Allow yourself and all others to walk the path of their choice. Be happy and express your joy through heart connections with others. There really need not be words spoken when you make these heart connections, for all everyone truly wants is to be loved. Actions *do* speak louder than words. It all takes practice and practice makes perfect!



Love yourself and all Beings! Etxnab 7

DAY 99 CAUAC 8 The Path to Peace

I am Cauac 8. Welcome to this day of peace and love. Although your life may be in turmoil, you have within you the ability to stay calm and peaceful every moment of your life. Like any attitude or emotion, you are fully in charge. Can anyone else make you happy? No, you may feel happy, but that is your choice. It is this way for all emotions. In your daily life, your attitude of gratitude will open doors to realms of deep personal peace that you have possibly never experienced before. You may ask how you can maintain a sense of peace when you are surrounded by strife. There are many tools you can use to achieve a state of peace in all circumstances. The first we would like to mention is daily meditation. This can mean several hours of sitting quietly or simply setting your intention for the day each morning when you arise.

If you often get upset over small details or things that others say or do, it is likely you would benefit by taking more quiet time to remain balanced. With practice, you have the ability to master your emotions to the point where nothing can upset you. You will understand that each is walking their Path and responsible for their actions. You will be in a place of unconditional love, knowing you are responsible only for the things you say and do. Within you lies the ability to overcome any obstacle, whether it is a physical ailment, difficult relationship or challenging event. You have the ability to choose what you wish to experience. With your conscious intention and focus on changing speech patterns, negative thinking and reactionary behaviors, you will mold your life into magic, experiencing peace beyond understanding.

To get to this point of peace, it will take much attention, especially in the beginning. At first, it may be tedious to monitor your thoughts, however, with diligent practice you will quickly realize your weak areas and be able to change them. Each habit you master opens new doors of healing. As you change your way of thinking and monitor related habits, your brain waves change as well as the patterns that holds these habits in place. You now have the ability to change the old tapes and re-write new patterns and habits more fitting for the life you wish to live. There is no bad memory or wound that cannot be changed by consciously paying attention to it. Setting the intention and taking the necessary steps towards acting in a more suitable way is the natural step that follows.

Begin today to monitor every word you utter. What was the underlying thought that prompted those words? Were they necessary? Did they come from a place of past hurt that is still raw and needs to be released? Pay attention to your reactions to what others say and do; they are indicators of your internal health. If you have any dis-ease within your body, pay attention to it. Learn to connect with your body to find out what it needs. Many have direct conversations with their bodies, knowing it is capable of communicating its needs.

If you are unable to talk directly to your body or are unsure of what you are sensing, you may want to try a dowsing technique. There are several methods; muscle testing and kinesiology are two of these forms. Research available methods and choose any that feels right for you. Some people train themselves to feel specific sensations when testing the body to see which foods or products it prefers to maintain perfect health. Others have the ability to speak to the body in direct communication, like talking to a friend. Honor your body by giving it the nutrients and exercise it needs to maintain perfect health. Change negative thinking patterns to positive thoughts; this will enhance the vibration capable of healing all disease and create the peace and harmony you are seeking. Even the aging process can be stopped by dropping belief codes. Another important method to maintaining a peaceful environment is to eradicate stress in your life. This could include a cluttered living space, too much volunteer work, physical labor that drains you, relationships that require a lot of energy or constantly being on the go. Music, movies and books have the potential to raise or lower your vibrational level.

Living consciously involves looking at every aspect of your life, every choice you make. Once you are consciously aware of your patterns, you can make the choice to keep them or to change them. Your patterns must be constantly monitored until your desired habits become first nature. You will then remain in peace no matter what circumstances are presented to you. Read about people who have mastered their lives and gain insight into ways that were successful for them; integrate their ideas that resonate with you. Once you make the choice to gain mastery over your life, you will find clues to help you along the way. This intuition comes from within as well as without, with assistance from your Angels and Guides in the unseen world who are ready to assist as you progress towards your goal of peace and harmony.



Selamet! Cauac 8

DAY 100 AHAU 9 Ascension Process

I am Ahau, Lord of the Day Keepers. It is I who oversees the ascension process, although in reality, we are all One and there is no separation. In our desire to experience “other than Source,” we, like you, have chosen, for a time, to leave our Home in order to have a variety of experiences. Those who have chosen the Earth as a temporary home are courageous individuals indeed, for this planet is a tough environment. Coming into such a dense field and choosing the route of amnesia, is quite an adventure! Thousands of you are now waking up and realizing there is more to life than what you sense with your physical body. Now, more than any other time in earth’s history, humans are raising their vibrational level and having their psychic senses restored. This is more than just your birthright; it is your true Essence.

The word “ascension” has many meanings, depending on your cultural beliefs. The term literally means, “to rise above.” What is it that you are rising above? It is the menial nature of humanity. All of you have the ability to rise above mundane living and live in a world you co-create with others, both on Earth and with those living in other Dimensions. Time and space are illusions to allow this experience to feel real. There was no other way for you to have the experience of Not-Love when you were fully immersed in Love. Birthing into a Realm where you have forgotten your true roots allows you this experience. However, that time is now drawing to a close.

Many of you have been on Earth for scores of lifetimes and have now tired of the tedious nature of mundane living; having experienced all there is to offer here. There is much news from most of your religions about the End Times drawing near. Choose carefully that which you wish to adhere to. Your thoughts and emotions will affect your experience, for indeed the world is shifting dramatically. There is much conjecture as to the date when the world will end, this is a concern that every generation has faced. The problem with concern over the future is that it affects your today. How can one live his life with hope for the future if he believes he will die soon?

We suggest you no longer be concerned with the “what ifs” and spend your time making the changes necessary in order to fill today with joy and peace. What do you need to do in order for this to happen? It is imperative that each of you takes time each day to monitor what you are feeling and then make changes in the areas that cause you unrest.

Have you noticed the feeling of quickening time, where things seem to be happening faster? Did you know that the heartbeat of the Earth is pounding faster than ever before? Scientists who have been measuring the hertz frequencies of the Earth have noted this. What does this have to do with you? You are essentially a child of the Earth; you are made from the same molecules that she is made from. She is your host; try to live without her! As her vibration raises, so must yours. The human vibration raises with the energy level inside you. This energy level is raised or lowered by your thoughts and emotions. Emotions such as anger, hurt and fear create lower frequencies. Those with a war mentality are having difficult times because they are not in harmony with the earth’s frequency. Those who are mastering love, kindness and gratitude are raising their individual frequencies to match those of the Earth. This is where the magic begins.

Once you have cleared negative energies from your field, your intuition and ability to manifest your desires increases. Look around at the people you keep company with. Do they tend to speak and do honorable things or are they complainers? Seek the company of those who are on the ascension path, for together you will create a utopian society.

Working with the Day Keepers throughout the year is one way to help increase your frequency. Use whatever tools you have to release negative energies within your auric field. Change habits and relationships that keep you locked into negative thinking. There is no need to worry about the future. Your best choice is to pay attention to what is happening in your life *now*, in the present moment, and make choices that lead you to peace and happiness.

There is much work to do in order to overcome the human condition; yet it can be exciting and adventurous! Much of what is happening on Earth at this time has not been experienced anywhere else in the Universe. We watch in awe and are honored to assist you. For us, it is like watching someone fall off a cliff with a debilitating injury and manage to work his way out of a canyon and get himself to safety. Although there is much struggle along the Path, the outcome is bright. Go forth and create your day, for this moment is all you have. You cannot experience anything in the past or future, you can only experience in the present moment. If your desire is to ascend and be the best that you can be, *NOW* is the time to do it!



Selamet! Ahau 9

DAY 101 IMIX 10 Random Acts of Kindness

I am Imix 10. Greetings to you this fine day. It is our wish that you continue to meet with us daily, for it gives us great joy to watch as you transcend from a mortal Being into an immortal Being while enjoying the splendors of Earth. There is much more that you can and will attain in this lifetime, if you pay attention to what you say and do each moment of your life.

Kindness and mercy are the two greatest gifts you can give to yourself and others. In so doing, all other gifts are naturally bestowed. Kindness is the topic we would like to focus on today, for without kindness, there can be no compassion. Without compassion, there can be no mercy and without mercy, there can be no true love.

Kindness goes far beyond opening a door for someone. Kindness comes from the heart, when you give to others without expecting anything in return. Kindness is the act of looking at the needs of others and filling those needs in ways that empower the receiver. When you respond to someone kindly, your words and actions ripple across the Universe. On a level that is deeper than the ocean, these acts are felt by all Beings on a subconscious level.

Today and everyday, plan ways you can show kindness to others. As you go through your day, look and listen as others interact with you. When they share things that are pressing on their heart, support them in ways that will help them along their Path. However, it is important not to give unwanted advice when a listening ear will do.

When you share what is on your heart with others, note the difference in feelings when the listener responds by talking about themselves, changes the subject, gives you advice or simply lets you vent. Each response is likely to evoke a different emotion within you. Pay attention to these and learn to treat others as you wish to be treated.

Many times, when the listener gives unsolicited advice it may cause the other to feel less empowered, as though he can't resolve his own issues. To be kind, the listener would do well to develop skills that empower others. Each of you has the ability to pull yourself out of any situation with grace. Recognizing the difference between giving advice and sharing an opinion is important. In some situations, they may seem to be the same, yet they can be vastly different.

Developing friendships with others also has the ability to create networks of helpers when someone is in need. Perhaps when another shares his burdens with you, it may not be you who can assist personally, but perhaps you know of someone who might be able to help.

What we see happening quite often is when you meet someone, instead of getting to know each other, you exchange pleasantries, then spend the remainder of your time in banal chatter. An opportunity has been lost to reach into the soul of the other and connect. Perhaps one of you had information that could have been useful to the other. Communicate more deeply. Listen to each other. Support each other. These are the foundations of kindness.

It might be wise for you to contemplate on times in the past when you did things that were not kind, whether it was intentional or not. Go within and look for the possible reasons why you acted in such a manner. Then role-play ways that you could act in a kinder fashion when a similar situation occurs. When appropriate, take time to apologize to the person for your unkind action. By clearing the air, you will remove layers of negativity from yourself, the other and the universe.

You can clean the energies of the Earth as you become more mindful of your thoughts, words, deeds and emotions. If every one of you residing on Earth chose to be kind to all others in this moment, can you imagine the difference that would happen in the world? It may be chaotic at first, for there would be mass unemployment as soldiers laid down their arms and systems based on greed dissolved. Governments and most corporations would need to be restructured.

If all were to choose kindness in this moment, the impact would be felt throughout the universe. War, famine, dishonest dealings and the use of toxic substances as well as many other actions that are not of the highest good of all would dissolve in an instant.

These institutions are already beginning to crumble. The truth surrounding the dealings of those who are and have been in control of the masses is now rising to the surface. Much care must be given to forgive these individuals so fear and injustice do not pervade your ethers. You must also take responsibility for allowing much of this to occur, for it has been the masses of common people who have allowed the few to gain control over their lives. Some of you were duped by dishonest dealings. Yet for the most part, the last two generations have been lazy, allowing others to make choices for them that are now wreaking havoc in every area of your lives.

Be of good cheer, this can be turned around. First, it must begin within yourself. When you are kind to yourself, you then have the ability to reach out and be kind to others. It is kindness that will save the world, not a person, not an idea, not a thought. It is the act of being kind to yourself and all others that will set you free.

Begin today to take steps that will lead you to the place where everything you say and do comes from a space of kindness and watch the world literally change before your eyes. Even if very little changes outwardly, you will find that inwardly, you are changing. As you become kinder, your vibration increases. You will find your thought patterns change and you will see many things in a different light.

Your actions and reactions will become balanced; people will notice and respond to you differently. You will draw unto yourself those who are in need as well as those who will support you. This is the rebuilding of tribe and community.

Do unto others as you would have them do unto you. These are not idle words, but the foundation of a world filled with peace and love that many of you seek. Knock and it shall be opened unto you. Seek and you shall find. Can you see how these words apply when your focus is on kindness? If you truly wish to live in a society of peace and love, it all begins with acts of kindness.

We leave you now with the hope that you will take time to allow these words to enter your heart and to begin to make the changes necessary to create a world filled with kindness.



Selamet! Imix 10

DAY 102 IK 11 Return to Tribe

I am Ik 11. Welcome to this time of gathering. We would like to talk about what it means to gather for the sole (soul) purpose of connecting with the Oneness of All. Many speak of unity, yet among some groups there are many factions. Unity is truly a uniting or merging of all Selves into One with the express purpose of creating or re-creating something new.

At the base of unity, there is family. Each family unit, when intact, has a basic premise of working together as a team to support each other for survival and for pleasure. Next, there is the unity of tribe, in which various families work together for the same common goals of survival and enjoyment of life. When tribes unite, they work together as one governing body. However, at this point and beyond there are usually so many breakdowns, this level is rarely functional on Earth. Although there may be some religious sects that are functioning well together, they are rare.

In the Spirit Realm from which you all came, the unified groups work very well together, for love is their basis. There are not all of the hardships and factions associated with being human. It is hard for most people to imagine a world of peace and harmony, for there are no adequate role models on Earth.

How do you create unity among your fellow man? The first step is to go within and learn to love yourself, all of your Selves: your body, your mind, your soul and your spirit. This will take effort, for there are many things you need to forgive and release before you can move forward. Take time each day to go within and face the fears and belief codes that no longer serve you and quickly you will overcome your shadows and learn to let your true nature come forth and shine.

Once you truly love and accept your Selves for who you are, it will be possible for you to feel the same about others. As you practice accepting all others, even those who cause you harm, you will be better equipped to move forward and to start living with a communal state of mind. This does not mean that you have to live together physically nor does it mean that you need to build a new community.

Living with a communal state of mind means that you are ready to assist others when needs arise. The concept of “mine” begins to break down as the sense of “we” begins to take foothold. You will begin to see all in a new light. With that comes the understanding and responsibility of taking care of the needs of all who reside on this planet and of the planet herself. Mother Earth is very forgiving, yet she is slowly dying each day as humans continue to burn her blood for fuel, pollute her oceans with plastics and taint the air with technological machines. What can *you* do to take better care of the Earth? What can *you* do to help your neighbors? What can *you* do to help yourself? These are good questions to ask yourself.

Many of you are on autopilot as you go through daily routines. The alarm tells you when to awaken. You have a morning routine that leads to your workday routine. You arrive home to begin your evening routine. The clock tells you when it is time to go to bed and off you go to start another round. Living for the weekend becomes the only satisfaction you have and many times the weather or exhaustion changes those plans. Does this sound familiar? Is this the way you wish to spend your remaining days?

Take time today and begin to dream big. What do you want your life to look like? What are your passions and how can you fit them into your life? Begin to create what you wish to accomplish through clear visualizations. If you can see it in your mind, you can create it in your reality.

Allow yourself to be the person you wish to be. Work through issues that leave you feeling as though you have little worth or self-esteem. Know you are a magnificent Being of light, here on Earth for a moment's experience with plans to return to the Source from whence you came.

Once you can accomplish these goals, you will be able to unite as One on Earth. Erase any feelings of separation and embrace each other as brothers and sisters. Remove any thoughts of racial or intelligence domination. All are One, no matter what culture you come from, no matter what belief codes you choose, no matter how you behave toward others. You still all come from one Source and one day you will all return to one Source. Try to hold this image in your mind.

Each time you meet or greet another, look into their eyes. See them each as a child of God, your equal. Release any judgment against them and any feelings of inferiority or superiority over them. Make a heart connection with each. You all are walking different paths, yet each path is necessary for the survival of all. Try to build a home by yourself and you will understand what I mean. Feed yourself with no help from others and quickly you will realize what a boring diet you have. Be responsible for clothing yourself and learn what limited resources you have.

It takes individuals to make a tribe. Every emotion you have is a choice, yet most of you operate on subconscious levels and have not realized that you have control over how you feel and react to others and to situations that arise in your life. You have the choice of being the grumpy one in the bunch or a happy member of the community. Take a conscious look at how you respond to others and take responsibility for your actions, both past and present.

There is no need to load feelings of shame or guilt onto your back, your load is already heavy enough. However, observe your past behaviors and role-play ways to respond when similar situations arise in the future. You can be assured that every unresolved issue you have will rise to the surface time and again until it is resolved. It is up to you to make the conscious choice of how you wish to act and react.

If you truly desire to have a utopian society filled with peaceful and loving members, then you must *be* what it is you wish others to be. When enough of you take steps to move out of your shells of conceit and righteousness, then the plan will begin to unfold. There are many of you dreaming the dream. You have every opportunity to create your dreams into reality.

We wish you well in your endeavors to move forward on your path of enlightenment. It gives us great pleasure to be of service to you. We offer ourselves anytime, day or night. We do not operate in a realm of time and space. Come as often as you wish. We have the ability to be in many spaces at one time, so there is no need to limit what you ask for.

If it is unity you desire, then it is unity you will achieve. We only work with those who are of the Light. If it is unity of darkness or greed you desire, we will not be of service to you. It is your choice, which path do you choose? If you choose one of light, love and compassion, we are here for you!



Selamet! Ik 11

DAY 103 AKBAL 12 Go Within or Go Without

Good day. I am Akbal 12. At this time, we would like to share with you some teachings regarding the way you hold yourself. By this, we mean the way you walk, your posture, the way you dress and the manner in which you speak. The way you present yourself to others speaks volumes regarding who you are inside. There is an old adage that says, "As above, so below." We say there is another that is equally true, "Go within, or go without."

Do you have any friends you trust who speaks honestly with you? You may wish to ask them how others tend to perceive you. Do others see you as warm and someone they can entrust their secrets to? Do you have an air of confidence? Do you dress in a manner that makes you feel good? How about your hair, do you wear it in a style that becomes you? If you would like to add a little adventure in your life, try asking strangers what type of character you portray. Are you open or elusive? Do you speak kindly to others? Do you have an air of inferiority or superiority?

When others share their problems with you, are you one who has all the answers or gives unsolicited advice? Do you listen to what they are saying without interrupting? Do they want advice or just a listening ear; do you know how to tell the difference? Are you one who takes control in every situation or one who sits back and waits until asked for help? There is nothing wrong with any of these choices, unless you are imposing on another's free will.

The way you dress, the manner in which you speak and the way you hold your body are learned behaviors. Have you taken time to pay attention to why you choose certain colors of clothing or the style of clothes you wear? Are you comfortable in your clothes or choose items because it is what you feel society expects? If there is something in your outward appearance that you find disdainful or lacking, be assured there is an inward root cause. Go inside to find how the behavior first started, if possible.

As you look at yourself in the mirror, pay close attention to every detail of the way you present yourself to others. Starting from head to toe, look at everything: your hair (or lack of hair), make-up (or lack of make-up), jewelry, clothing styles and colors, shoes, why you do or do not shave various parts of your body, tattoos, nails (manicured or not, painted or unpainted), perfume or cologne, beauty products, etc.

As you look at each detail, take time to notice how each makes you feel. If you like the effect, then keep it. If you don't like the effect, then make the conscious choice to change it and take the steps to do so. You may find it interesting to discover the various reasons why you have developed these patterns. Do the same with your wardrobe, then go through your home and do the same with each item. Keep the items that give you a warm feeling.

By surrounding yourself with items and clothing that uplifts you, your energy will be uplifted, as well. Possessions have a way of bogging people down and enslaving them. Many times, people's identity is associated with their possessions. Each item you allow into your personal space carries energy with it. The energy comes from those who manufactured the item, those who have handled it, as well as your reaction to the item based on any memories it brings to the surface.

Purge your environment from any items that bring up bad memories. Take time to look at the memory and heal the situation. When you can look at all things without judgment or feeling any emotional reaction, you are well on your way to living a life of pure joy. We are not suggesting you bury or deny any feelings that arise.

We are suggesting that by healing your past wounds and choosing to look on the positive side of all things, the joy in your life will abound. Emotions are choices. If you respond in ways you do not like, then change your attitude by healing the issue that arises when you have that emotion.

Surround yourself with items and people that bring you joy. Learn to take back your time and energy by saying “no” to things that do not move you toward your goals. Let go of all emotions that bring your energy level down. Face your past hurts and forgive yourself and all others involved. Release any feelings of being victimized or wronged, for those labels will keep you in a cycle of wanting and neediness. Many wait decades for others to apologize or undo their wrongs before allowing themselves to move on. In the meantime, they shut down joy and tend to project their feelings of mistrust, hurt, anger and such onto others.

The victim mentality can easily spiral out of control, as well as other feelings of injustice. This belief then permeates all relationships. Trust and doubt come to the forefront and stops unconditional love from blossoming. This can easily be seen in many relationships. If someone hurts another by telling a secret, committing adultery or gossiping to others, it is difficult for the one who feels like a victim to be able to go into loving and trusting relationships with others, for they are always expecting or looking for the new partner to do the same.

It is important for parents to be honest with their children. Trusting others is an important foundation that begins at birth. Overprotective parents who don't allow their children to falter along the way inhibit the child from learning to trust himself. As the child moves beyond the family circle, he is likely to meet others who will say and do things that are not kind and undermine his self-esteem. When a child is gifted with a good foundation of trust and given the assurance that no matter what choices he makes, he is still of value, he will be better equipped to handle the unkind words of others, knowing that he is still a capable and loving Human Being.

Look closely at any issues of trust that burden you today. Seek out the root cause and change the behaviors, emotions and belief codes they were built upon. Trust your judgment when it comes to every aspect of your life, whether it is your clothing, where you live, how you support yourself, your material possessions or your associates.

Many of you have never given conscious thought to why you choose many of the things you say and do. In order to be authentic, you will need to make conscious decisions of who you are within and how you will present yourself to others without.

Go within or go without!



Selamat! Akbal 12

DAY 104 KAN 13 Manifestation Process

I am Kan 13. Welcome to this day. We are excited to be a part of your life and to share the knowledge of the ages with you. It gives us great pleasure to share these words and hope that you will take them as Truth and integrate them into your daily life. There is much on Earth that you can accomplish and enjoy once you have left all belief codes and fears in the past. Your ability to create will allow you to experience every pleasure known to man and beyond.

We would like to talk more about the process of creation at this time. There are many ways to accomplish what you desire. There are certain limitations in our ability to assist you, mainly because we are of the Light team and are not interested in helping those who have greed and acts of unkindness as their primary goal. All else is within our realm.

The first step to any successful creative session is to have a goal in mind. What is it you wish to create or experience? Once your goal has been established, state that you would like to experience this within the realm of what is in your highest good and for the highest good of all concerned. This sets our parameters and helps us to know how best to assist you. The next step that many overlook is a simple addition to the criteria, to experience this act gracefully. By adding on this parameter, it limits what we will bring to you, but your ability to enjoy the experience will be greatly enhanced.

After you have stated your intention with the “gracefully” clause, take time to muster up the emotions and sensations you expect to feel when this act of creation becomes a reality. The more you can visualize it, the likelier it will occur as you intend. Know that intentions involving others may be a little harder to create. This is because of the free will of you and all involved. You may set an intention that you wish to marry a specific person. However, if it is not in the highest intention of both of you, we will not put energy into creating it.

However, we may know of other persons that would be a more suitable mate for you and will set up circumstances to draw you to each other. It will be up to each of you to be open and aware so you will not miss the opportunity to meet. Can you see how the co-creation process is much more effective when all involved are taking a conscious role?

It is unimaginably difficult for us to answer many of your prayers when they are not specific or too stringent. When a person becomes so focused on their prayer being answered in a specific manner, what could be a better opportunity is often missed because the person fails to recognize or accept what we have laid at his feet.

When you wish to intercede for others, such as prayers for their health, wealth or enlightenment, it is important to call on their Higher Self, as well. The thoughts you are sending may not be in harmony with what is best for the other person. This creates disharmony on an energetic level.

When a person prays fervently for the health of another or for them to change in any way, we have to honor what is best for the other person. At times, it may be appropriate for the other person’s life to end. Many times, the unhealthy experience is what leads the other person to an answer to their prayer. Have you ever heard stories of people who have changed their lives dramatically after a traumatic episode? It could very well be that before the trauma, they fervently wanted a change in their life, but didn’t know how to go about making the necessary changes. The trauma was a means to answering their prayer. Maybe they didn’t ask for the experience to arrive gracefully. We do not purposely look for traumatic ways to answer your prayers, but sometimes it is the best solution. Can you see how complex answering prayers becomes when we are working with the intentions of several billion people?

Often, people complain that their prayers aren’t answered. There are many possible reasons why this may appear to be so. However, we do wish to inform you that all prayers are heard, but not all are fulfilled due to a variety of circumstances. In many cases, they were answered, but not recognized.

Our group does not answer prayers that create chaos. There are many whose goal is to dominate all humans; there are also many whose goal is to be free. Since our group works with the Light, we are more likely to work towards helping others be free. All Angels, Guides and those in the invisible Realms also have free will. We can choose not to participate in answering specific prayers. We do not judge what you wish to experience, however, we do have a right not to participate in making certain experiences a reality.

It is important to tune into your Higher Self and your Guides and to ask that all things be for your highest good and for the highest good of all concerned, gracefully. There are many Spirit Helpers who delight in causing havoc and are more than willing to give you advice or set up circumstances where you can experience what you wish, but the consequences may be painful, harmful or lead to events that are not for your highest good.

Your Higher Self is the part of you that does not incarnate, but stays in the Spirit Realm. You are always tied together with a silver cord so you will not be lost when you enter the realm of forgetfulness on Earth. It is your Higher Self that wrote the script for what you wish to experience during this lifetime. It is imperative that you learn to tune into your Inner Guidance, especially when setting conscious intentions.

When you are in tune with your Higher Self, there are ways you can communicate so you will know if what you are asking for is in your highest good for the life script you created before incarnating on Earth. There is nothing wrong with choosing experiences that are not on the Path you chose before incarnation. There are many of you with wild and adventurous natures that love the drama and enjoy occasional off-road experiences. However, the majority seek a more balanced and peaceful life. We are here today to help show you how to manifest those things that keep you in joy and peace.

The point we wish to make is that you first contact your Higher Self for guidance and permission related to what you desire. You may feel a gut reaction or knowingness as to whether your request is appropriate for you. If your prayer involves others, always check with *their* Higher Self for permission to intercede. In all cases, ask for what is for the highest good for yourself and all concerned and finally, add the statement that you would like to experience this gracefully.

Be clear on what it is you wish to occur. Empower the request by visualizing the outcome, using your five senses. Know that the more passion and fervor that is placed into this dream, the more likely we are to know that you are serious and want this to occur. We wish to remind you that we only monitor thoughts that are highly energized with emotion. Otherwise, it is likely we will not know that you are making a prayer request. We have lives, too, and you must get our attention or we are likely to miss your call.

There is one other point we wish to make. We have the ability to see much more than you, so we may take liberties and fulfill your dream in a way that is similar or even better than what you requested, although it may not come in the way you expect.

With this in mind, we ask that you be specific about what you want fulfilled, then be open-minded and pay attention to your intuition so you do not miss the mark. We rejoice in the heavens when a prayer is received and especially when the person making the request consciously realizes it was our co-creative abilities that made it happen. Most of all, it is an attitude of gratitude that makes it all worthwhile for us to assist you.

We are not paid to assist you. We do not get bonus points or extra credit when we work with you. We do it soul-ly out of our love for you. We know that we are all One, coming from the same Source. We understand that You are a part of Us. Your growth is our growth. Your emotions are our emotions. Now you can see why we like to help you as you work towards peace and happiness. What you experience, we experience. What you feel, we feel.

The same goes for those who work for the dark. They enjoy the havoc and chaos they create. Their motivation is to have these experiences, which are also a part of the Oneness. There is nothing wrong with these choices; be careful not to judge decisions made by others. Simply be discerning so you will experience what you choose. It is fine to say “no” to anybody or anything that comes before you. This is your life and you are accountable for every decision you make.

You will feel every emotion you intentionally cause another to feel when you go through the Review Process at the end of your life. Therefore, we suggest you pay attention to what you say and do to your fellow man. Those who follow a path of kindness will go through the Review Process feeling elated and ready to move to a higher path of consciousness. What generally happens with those who have not chosen kindness is that after experiencing the hurt they caused others, they choose to reincarnate again to rectify the pain they have caused. This tends to happen repeatedly.

Although humans fervently believe they will remember their Spirit roots when they incarnate, the vast majority of these memories are erased or ignored by the time they are old enough to do anything with them. This is why we are here, to help you to remember and to reconnect with your inner guidance, your Higher Self. Each of you has the ability to connect to your Source and to make decisions based on what is for your highest good and for the highest good of all concerned, gracefully. We hope these words encourage and enlighten you more in the understanding of your true nature.



Selamet! Kan 13

DAY 105 CHICCHAN 1 Re-Creating Your Self

I am Chicchan with Tone 1. Welcome to this time of sharing. As the archetypal symbol of the serpent, I would like to re-address the issue of shedding old habits. Today is an ideal time for you to begin anew. With conscious effort and will power, it will become easy for you to release old belief codes that have led you down the path to where you are this moment.

I am here to encourage you to take full responsibility for every action and every emotion you are feeling at this time in your life. There is no more need to hang on to feelings of victimhood or “woe is me.” It is time to transcend these low energy memories into new belief codes that will allow you to grow more into the beautiful Beings that you are. You are already perfect, each of you, although many of you no longer remember this is true.

There are no sinners condemned to an eternity in damnation. Can you imagine the amount of energy it takes to sustain this belief? Does it make sense to you that a place of eternal damnation would be created by an all-loving Father? Know that what you reap you will sow, either in this lifetime, the after-life or your next incarnation. Experiencing the pain you inflict on others is your hell. This does not mean you have to wallow in it for eternity. It does mean that at the soul level, you will experience what you have sown.

How can you shed fears and belief codes that keep you locked into a life of pain and sorrow? When going within, you must have the courage to face your fears and to accept responsibility for your emotions and actions. We are not saying that you are responsible for actions that others have perpetrated on you. However, we are saying that you are responsible for how you respond to those actions.

Many of you live your life based on choices you made out of fear of being hurt, abused or ridiculed. This no longer need be the case; it never was. It is time to shed your skin and live your life anew. It can be done, but will take diligence and courage on your part. You must learn to forgive and let go of any grievances you have towards others. You have no right or responsibility to correct the decisions others make. You have no power over the choices that others make. Allow them to walk their path. They will all be fine, just as you will be, for all Paths lead back to Source. In the meantime, allow everyone to make their choices, for they will reap what they sow, just as you will. You each are responsible for every word you utter, every thought you think, every move you make and every emotion you feel.

No matter what circumstances you find yourself in, you are always responsible for the actions you take and the emotions you feel. This is why we speak so often of finding peace and balance in all things. Look at the spiritual leaders whose hearts are filled with love, even for those who trespass against them. They are your role models; it can be done, but it takes practice, diligence and courage.

Go back to scenarios that left you feeling wounded or scarred. When you talk to others and retell the stories of bad events in your life, look closely for they may be indicators of unhealed wounds that keep you tied in the “woe is me” mindset. When you are able to share your stories simply as a means of helping others heal, then you will know you have healed your own wounds. When they are fully healed, there will be no emotional charge when you retell your story. There will come a time when you set aside your stories, for you will not need them, even to assist others, for you will have moved into a place where a listening ear and a heart-to-heart connection is all that is needed to assist others to move past their wounds.

As you uncover unresolved issues and unhealed wounds, observe them closely. Forgive and release any animosity you have towards anyone or anything, including yourself. Most of you are your own worst enemies, for you let anger and resentment build while dumping guilt and shame into the wound. Treat everything as a learning experience, no matter how unpleasant it was. Take time to observe what you learned from the event. If you reacted to a situation in an inappropriate manner, role-play scenarios of how you will react differently when the same or similar situation recurs.

If you have learned something from the experience, take time to feel gratitude for the experience and the lesson learned. Now you have the ability to reach out and assist others who have experienced similar situations. Isn't that a wonderful gift? There is not one event that does not have merit or purpose, whether you play the role of victim, perpetrator or observer. There is value in everything. As you become more aware of your ability to co-create with others in the higher frequency Realms, the more you will understand the bigger picture of what is happening on your planet.

There is no emotion higher than *love*. There is no place more important than *here*. There is no time more important than *now*. To love people here and now is the most important priority you can have. Like Master teachers, no matter what others say or do, you can be shielded in such a way that you can maintain your sense of peace and dignity. Only you can give away your power when you get upset over another's actions.

No one can make you happy. No one can make you sad. No one can make you feel anything. Every emotion you harbor is a personal choice based on past experiences. You have the power within to recreate how you react in any event. You will learn not to draw certain experiences to yourself, for there will be no need to recreate those scenarios in your life, once they are healed. Isn't that good news?

You have the power to choose peace and joy in every situation. Even if you don't fully believe it, try it and see if it is not the Truth. No matter what situation you can think of, there have been people who have experienced it. In each of these scenarios, people have responded in various ways. Many people have suffered traumatic injuries or diseases. As a result, some are morose to the point of being suicidal while others blossom as a result. Can you not see that each person chooses how they will respond to their situation? Again, it is you who has control over your emotions. However, most of you have been sleepwalking, not knowing that your patterns are nothing more than learned behaviors. These behaviors are set up to enforce the belief codes you choose throughout your life.

Change your belief codes, become aware of the behavioral patterns that enforce them and change those that no longer are valid. Do these things and your life will unfold like a lotus blossom. You have within you the ability to do these things. We are here to support you. Come to us anytime, day or night. Release the anguish you have bottled up inside so you can hear our words. Be brave and move forward with anticipation and expectation that all is well. Know that you have within you the power to change any and all things that are causing you to be unbalanced.

We also suggest you become more mindful of the things you place on and inside your body. Everything has a frequency that affects each aspect of you. Diligently research the products you use and make wise choices. By taking care of your body as though it were a sacred temple, which it is, you can better clear your mind and energy field so you can reach higher states of awareness. There is much more we could say on these topics, but this is not the time.

We encourage you to take a few moments now and prayerfully go within to your quiet space and seek guidance from your Higher Self. Know you are loved and blessed beyond measure. No matter what pains you felt in the past, they need not be masked by drugs, bad habits or fear. Have the courage to go into your inner closet and start pulling out those things that no longer fit the person you wish to be.



Selamet! Chicchan 1

DAY 106 CIMI 2 Embrace All

Greetings, I am Cimi 2. Today we would like to share a message related to siblings. Each of you in essence are brothers and sisters, even though not all of you are from the same human bloodline. Yet within each of you is a common form of DNA. There are many strands, as they are called, each having codes that can be switched on or off at any time. Once these codes are turned on, it is rare that they are switched off, but know that it can occur.

When you enter into this Realm as a babe, you have a certain amount of the codes in the “on” position. The masses generally have the same amount of codes turned on. Those with more codes turned on may have psychic abilities such as telekinesis, inner vision and telepathy. In order to turn on more switches, the human must go through experiences of love. This type of love is unconditional and surpasses any prior experiences. These are “Aha!” moments, when the person suddenly understands something spiritual. Perhaps there was someone they harbored anger against, then after reading a book they realized how to forgive with such a deep understanding that they no longer hold resentment towards this person. This is a greater understanding of unconditional love.

Love, like all emotions, has a unique energetic vibration. Every time a human reaches a new level of unconditional love, he also reaches a higher level of vibration. It is at this time that another code is turned on. It is similar to electricity, if too much electricity goes through a conductor, there will be a short or a blowing of the fuse. If there is no fuse to break the circuit, overheating of the wires can cause a fire to occur.

Your body is filled with electrical circuits. If you were to put in too much amperage, you would blow your circuits. The codes are similar to fuses; they stop the flow from wreaking havoc in the body. As the human begins to understand love more completely, he begins to resonate at a higher frequency, which is similar to the allowance of more amperage in the body. As more codes are turned on, the body is capable of resonating at a higher frequency.

Each time a code is turned on, more psychic gifts become available. All of a sudden, the person may be able to see ghosts or Spirit Beings, while some are able to communicate with unseen Beings on a clearer level. Many begin to have a variety of enhanced abilities such as telepathy, telekinesis or enhanced intuition. Some begin to have prophetic dreams and visions.

Although these are all associated with an increasing amount of love, these gifts can be used for the purpose of greed, notoriety and acts of war. Each individual has free will. Inwardly, they may think that the manner in which they are using their gifts is for the betterment of society. This happens often when governments influence psychic children and impressionable adults. These governmental pawns are brainwashed into thinking they are helping the world become a better place. We do not hold judgment against these individuals; we wish only that you know these things are occurring and as these activities become known to the public, it is our hope that you do not judge them, either. Remember that each of you are walking a unique path and that all leads back to Source.

In order for you to have more codes turned on, you will have to experience more love in your life. This can be done through an earnest quest for Truth, but the experience and integration of these Truths must be attained first. It is one thing to hear something and another level to understand what you heard and quite another to implement that knowledge into your daily life. Can you see the difference?

On rare occasions, a code can be turned off. This happens when the individual knowingly and intentionally continues to use his/her psychic abilities in such a manner that creates havoc in the world. These individuals indeed are rare on the Earth. Even Adolph Hitler, whom many of you hate, did not fall into this category, for in his heart, he truly believed that what he was doing was for the betterment of the world. Again, we do not judge the actions of others and hope that you will not judge others, for this creates more chaos in the world.

Once you have a code turned on, changes may occur in your body as you begin vibrating at a higher frequency. Just like changing the flow of water in your spigot, there may be a few ripples or burps as the water adjusts to its new rate of flow. Often, these changes occur unnoticed. Those who are aware and observant may note various changes. One thing that is common to all is that your sense of loving others unconditionally increases. As more codes are turned on, you become increasingly able to see the beauty in all things and have a greater sense of Unity. Eventually, you will see all others as equals, as siblings, none greater and none lesser. You will come to the understanding that each of you is a child of God playing a unique role on Earth. You will begin to look into each other's eyes and see a reflection of yourself and know that each person is a part of your Self. You will better understand that you are truly Spiritual Beings having a human experience.

There are many symptoms associated with code changes. Most physical symptoms are transitory, lasting only a short while as the body makes the necessary changes to receive the increased flow of energy. Know that we are speaking in simple

terms about a very complex situation. You may shake or vibrate. You may find certain foods become indigestible, causing a desire to eat healthier foods. Generally, the diet begins to change when the person no longer craves low-density foods that are highly processed, sugary or with high amounts of artificial ingredients. Those who continue to eat these foods may find that their body does not tolerate them and begin to feel tired, achy and bloated. Pay attention to what you place into and on your body and how you feel after doing so.

Many begin to have allergy symptoms such as skin rashes, tired eyes, lethargy and sinus problems. Often, there is an increase in toxic removal as your body attempts to purge stored chemicals in order to receive more light into each cell. The symptoms feel very similar to the flu: achiness, headaches, fatigue, fever, diarrhea and such. The worst generally passes in a couple of days. We highly recommend you do not use pharmaceuticals to mask these symptoms. It would be in your highest good to seek out assistance from those who are knowledgeable in herbal and natural remedies. Once your body settles into the new frequencies, you will feel more balanced and at peace. You can allay many of these discomforts by drinking large amounts of pure water and resting when you feel tired.

Changes may occur in other areas of your life. You may begin to look at your life through a new set of eyes and change behaviors that no longer suit you. This may occur by outgrowing certain relationships and ways you spend your recreational time. You may find yourself feeling an impulse to move or to change jobs. Some will want to become closer to family and friends. Many will look closer at their spiritual beliefs and make changes that bring them closer to God. Often the changes are subtle and not noticed by the individual, yet others may notice these changes. The friends you no longer wish to hang out with may attempt to rein you in tighter. They may try to coerce you to continue to hang out with them or may ridicule you and accuse you of such things as being a traitor or being “holier than thou.”

It can be very difficult to break some of these habits, but it must be done if you wish to continue on a path of self-empowerment. Through time, you may find that some of these friends begin to respect you for taking charge of your life and swimming against the flow. When this occurs, you will have an opportunity to be a role model for those who wish to make similar changes in their life, reaching out to your brothers who are ready to awaken to their full potential.

You may have already noticed that many children and young adults exhibit a wide range of psychic abilities. Their understanding of love is quite high and their ability to reach out to others in need is exceptional. This is because many of them are incarnating on this Earth with more codes turned on than previous generations. We are truly in a time of great change and these children are way-showers, allowing you the ability to make a great evolutionary leap in understanding and implementing unconditional love. This has never happened on the face of Earth before, although there are times in earth’s history in which physical leaps have occurred, such as understanding how to build incredible structures and knowledge of the movement of the stars. During those times, humans were influenced by their siblings who reside in far off galaxies. Although there were great enhancements in technology, this was not associated with enhancements in the ability to love.

You are here during a unique part of earth’s history. It matters not what your beliefs are when it comes to religion, politics or the price of eggs. What is important is that you seek to love all others as your most cherished sibling. No matter what culture, race or ethnic background, you all come from the same heavenly family. Once you can get beyond the barriers of separation and begin to live together in harmony, you will find that Earth is a paradise for all to enjoy in peace and love.

We hope these words reach your heart and help you understand the importance of releasing judgments and emotions that block you from receiving the love that is your birthright and the essential makeup of your entire galaxy. Begin to see all others as an extension of yourself. See each experience that happens as a blessing and a lesson that has the ability to move you closer to light and love. Remember that dark energies glop together forming dense layers of low energy. Light energies such as unconditional love, gently flow through all things like a light breeze on an early spring morning. Choose only situations that lead you to love and watch as your life magically unfolds. Choose how to respond to each situation that arises in your life. You have the ability to move forward and change the things that keep you from being happy each moment. You have everything you need within you. We are here only to remind you what a wonderful person you are! Greet each day with new eyes, looking at each person you encounter, knowing they are your brothers and sisters. Have the courage to break through any barriers that keep you in separation!



Selamat! Cimi 2

DAY 107 MANIK 3 Energy Drains

Good Day. I am Manik 3 and am delighted to be of service to you. We are pleased with the progress you are making and your interest in awakening yourself to your fullest potential. There is no grander adventure than to be fully aware of your spiritual nature while residing in human form.

We are here today to share more information regarding your ability to manifest all you desire. Perhaps if you have been with us since Day 1, you already are noting great changes in your life. Each belief code you change and each fear you overcome unlocks another series of doors for you to explore. There is no stopping your ability to change anything in your life at any time. We are here to encourage you to open each door, peak inside and enter those that interest you. If you open a door that does not interest you, simply close it and continue to the next.

As you learn to say “no” to the requests of others and begin to say, “Yes, I want to do that!” more often, your life will blossom and your ability to express your passions will bloom. You will find that you have more time, money and wealth when you set aside the things you did to impress others or to fulfill another’s expectations. Enjoy these times. Learn to relax more. Stress ages the body and takes the fun out of living. Sleep when you are tired. Eat when you are hungry. Play when you feel the urge.

When your body is refreshed and your mind is clear, you have the ability to be more creative. It is during this time that it is optimal to set clear intentions for the things you wish to manifest and experience in life. We have shared various methods on how to manifest in previous Messages.

Today we wish to emphasize clearing the things that take time and energy away from what you truly desire. Be rested when you set your intentions, for it takes energy to set your dreams into motion. Today, consciously be aware of how you spend your time and energy that keeps you from moving forward with your dreams. Begin saying, “No, thank you.” to the things that drain you in order to free more time and energy for yourself.

We thank you for joining us and leave with you with an astral hug and kiss of joy. Indeed, you are blessed and loved more than you can possibly imagine!



Selamet! Manik 3

DAY 108 LAMAT 4 Discover Your Truth

Today is Lamat 4. It is a grand day, one of great celebration, for you have chosen to be alive on planet Earth. Many of you take your life for granted, not knowing the full magnitude of your power and Spiritual Essence. We are here to help you remember the power within yourself and the ripple effects of every conscious thought you have.

Most of you feel separated from your family and friends when they “cross over,” but this need not be, for they are as alive and vibrant as you, although their world is unseen by most of you. Those times are coming to an end, for the Veils are thinning and more people are able to see the Other Side, if only for a brief moment in time. However, these moments are life changing. How can you not believe in the After Life once you have experienced it?

Others of you feel separated from family and friends when one moves a far distance, this need not be so, either. Each of you has the ability to communicate in more ways than through the use of electronic devices. Hone your ability to connect intuitively and you will understand. There are many people and books that can assist those who are ready to increase their psychic abilities.

Unfortunately, many of you balk at such undertakings because your religions have instilled belief codes associating the devil with psychic abilities. This is unfortunate, yet the early fathers had reasons for doing so. In many cases there were people using these powers to destroy and manipulate others. Yet it was these same people who ultimately made the choice to deny these abilities to the common people. How well can you control others when they are on an equal understanding as yourself?

Many of these beliefs were placed into your religious documents as a means to control people by making them feel less than the gods and religious leaders. If you want to control others, the first thing you must do is make them believe that you are of a higher understanding, someone with knowledge that only they have the ability to understand. This hierarchy of governance has been the downfall of man throughout earth’s history.

The time has come for each of you to look closely at every belief you hold to be true. Most beliefs were inhaled on blind faith, never once questioning the authority of those who proclaimed these truths. Have you taken the time to go back into the original documents to see what was written so long ago? It is a very difficult task indeed, for most of those documents were destroyed long ago, yet many are being rediscovered. You may find the distortions of many of those truths you hold dear to your heart have no foundation in truth.

No matter what words are written or lost, the Truth is ever-present in the world around you. There is much you can learn by observing Nature in action, for Nature is a reflection of the Creator. All is perfectly balanced and in harmony when there is no human intervention. Have you studied the symbiosis between plants, animals and landscape? Every birth, every new sprout unto itself is a miracle. You also are given the ability to sprout and grow when given the proper circumstances.

Do you wish to believe there is a punishing creator who selects humans to toss into eternal damnation? Is there such an experience happening in Nature? Do you see trees battling for positions of authority? You may see things such as this within the animal kingdom, but it is for their survival that authority is established, not for dominion over others. When was the last time you saw birds uniting to war against other bird tribes? You may see some birds attempting to rob the nests of others for their meal. Once again, this is a symbiotic relationship designed to keep balance in Nature. Humans war against each other for greed and feign they are saviors in order to gain control over the resources of other nations.

Territorial maps sadden us. We look at the lines of demarcation, such as states and countries, separating brothers and sisters. Humans mark their territory as a cherished possession then do all in their power to keep others from trespassing on their claimed land. When the Earth was created, it was designed to be used freely by all, not parceled off into little bundles of separation. We look forward to the time when all of our human brothers re-awaken to the truth that they all are from the same Creator, that no church holds the only path to salvation.

Many of your religions speak of being the only pathway to truth. How can this be? Do you not believe that your Creator allows you to connect directly? Would you create anything less in your family? How unfortunate, indeed, is the person who has the inability to connect with his God until the right person shows up to do it for him. Does this make sense to you? We are here to assist in uniting all of humanity into One, for we came from one Source and we shall return to one Source.

We could continue on, but we know that those who most need to hear these words are likely to have their minds closed and will toss these words aside. Yet we know that many of you are seeking. You have experienced the world's religions and have a yearning to know more, for you inwardly know there is more to be ascertained. We applaud you for your courage to reach out and seek for Truth. You do not have to seek far, for the Truth always remains within you.

The ability to go inside and to connect with your Higher Self and Source is within your grasp. Many do not realize they are able to do so. It is your intuition, that inner knowing, that is your connection. Paying attention to this knowingness is your key to fine tuning your connection to Source. All of you have this ability. Granted, some are more adept and have had longer relationships with these abilities. This makes none of you more or less important, for you are all one.

The human persistence in categorizing and judging others is a major downfall and detrimental to your overall growth. There are many admiral books on the subject of increasing your ability to connect with your Higher Self, Angels and Guides. We will not elaborate here; however, we will give you some suggestions on finding books that will answer your questions. When you enter a bookstore or go online to check out books, have the questions you are seeking firmly in your mind. This could simply be a statement such as, "Show me a book that will help me to connect with my Higher Self." Pay close attention to what happens around you.

If you are in a bookstore, you may feel drawn to go to a certain aisle, a book may fall at your feet, perhaps a volume will speak to you or a book may look lighter than others. Another method is to place the book in your hands while firmly planting your feet on the ground. Keeping your knees unlocked and body balanced, notice if you tend to slightly sway forward or backward. Swaying forward is a "yes" answer, swaying backward is a "no" answer.

If you are online, you may find that your computer screen goes to a book that you didn't type in. Some of you may be skilled in using kinesiology or the use of pendulums; these are also tools that can be used to find the right books and materials to answer your current questions. Many others feel sensations or gut feelings; these are also valid responses to what is right and perfect for you in that moment.

There are a variety of ways to ascertain what is for your highest good and for the highest good of all concerned. Begin to hone these skills until you trust your responses in all situations. Take an honest look at the church you attend or your study groups. Is there a format in which you can question the teachings? If not, then this is a close-minded group and you would do well to find another format in which you can learn and grow at your own pace. Take notice of what you have believed from youth, for the religion of your parents may be out-dated and stunting your growth.

Dare to be open-minded and look for Truth in all things. Ask questions, especially of those who have thoughts different from your own. Instead of perpetuating the differences among yourselves, learn to work together and discover the similarities. Break down the barriers of separation. There are no two among you who have the same beliefs in all things. Each of you is unique, with the ability to change your mind. This is the beauty of being human, being able to think what you choose, to behave as you choose and to change what does not feel right for you. This is a God-given right that you were blessed with when you entered this Realm. It is called "free will" and although it frees you to do whatever you choose, there are repercussions that come with each choice you make.

However, when you choose to exercise your free will to do things that are kind, humble and for your highest good and for the highest good of all concerned, you will find yourself living a life with a higher vibrational frequency called "love." This does not mean your life will be easier or that you will earn the respect of others. This does mean that you will begin living in integrity and that peace, joy and kindness are gifts you will receive. Can you think of a better way to spend your days on Earth?

We conclude by encouraging you to go within and take note of the beliefs that are dear to your heart and have the courage to question whether they continue to be valid for you. We are here to assist when you are ready to make changes and release the fears associated with these changes. We love you beyond human measurement and are in awe of you. Even if you cannot hear us or see us with your physical senses, know that we are close by to help lead you on the Path of your choosing.



Selamet! Lamat 4

DAY 109 MULUC 5 Change Your Life

I am Muluc 5 and am grateful for this time we have to share. There are many changes occurring on your planet and within yourself at this time. As you study with us and others, you will find a quickening happening with your body. There will be times when you feel you may be going insane, for you have thoughts, feelings and perhaps physical vibrations that you have never experienced before.

Be not afraid of any physical changes happening to you. This is all part of what many call the ascension process which has been written about in nearly every ancient religious text. The ascension can be defined many ways due to various interpretations throughout the ages. You each have the free will to choose the path that adheres to your belief codes.

Thus, if you believe there is a hell, a place of damnation, then when you pass from this world to the next, you will experience the hell of your dreams. This does not mean that you will remain there forever, but you will remain there as long as you adhere to this belief code. In order to exit this hell, you will need to come to the conclusion that there must be something better and seek it.

Your current belief codes hold tremendous power over your ability to make choices that are in your best interest. Think back on times when you adhered to a specific truth, no matter how trivial it was. Then remember the feelings and thoughts surrounding that belief code when you had an “Aha!” moment and discarded the initial thought for another. Notice how you also changed various patterns and behaviors associated with the old code that did not fit your new paradigm.

As an example, let us say that as a child you didn’t like spinach. It could very well be that you never tasted spinach, but you witnessed others who didn’t like spinach making faces while eating it or overhead comments in which others said they did not like the taste of spinach. Thus, you create the belief code, “Spinach tastes bad.” For years, you run this program, refusing to eat anything that has spinach in it. In addition, it is likely that others adopted your belief code when you made faces when spinach was offered to you or when you proclaimed your belief that spinach tastes bad.

Then one day, you decide to try spinach and find that it is delicious! Thus, you discard your old belief code for a new one, “Spinach tastes delicious.” As a result, you add spinach to your raw salads; you order spinach dishes at restaurants and add spinach to your home menus. You may even decide that you would like to grow spinach in your garden. You then begin to think to yourself, “I wonder how many other foods I didn’t like as a child that I might find tasty?” As a result, you begin to try new foods.

Can you see how one simple belief code can make changes in your life, as well as others? You have thousands of these codes running this very minute. It is in your best interest to seek them out and decide which need to be strengthened and which need to be discarded. Your life will become magic when you clean out the codes that are keeping you enslaved with fearful thoughts. Each code you discard will open doors of opportunities that are currently closed to you.

You have within you the ability to do this work. It is the most important job you have and the benefits are tremendous! Many of you are overly concerned about changing, helping and saving others, yet do not go within and take care of your own busy-ness. We encourage you to look at the log in your eye before you concern yourself with the splinter in another’s eye, otherwise, you will simply be the blind leading the blind. Stay in the moment and observe your thoughts, actions and emotions. Question yourself as honestly as you can, “Why do I think this way?” Bless each action as a learning tool or simply an experience. Let the healing begin and let your Self guide you to make the changes that will enhance your time on Earth.



Selamet! Muluc 5

DAY 110 OC 6 Love Thyself

Greetings, I am Oc 6 and we welcome this time of sharing with you. It is in the best interest of all on Earth and beyond to work together at this time. We are all from the same Source and will return to the same Source. Many of your ancient and religious teachings make the statements that we are all One, that we are brothers and sisters and indeed, this is true. Know it in your hearts, look into each other's eyes and see this Truth. Until you know in your hearts that you are the same, you will create separation, which is the downfall of any civilization.

Learn from the animals, they know they are one with all. They do not separate themselves by proclaiming dominion over others. Observe the ants, they live in the moment, not discoursing over wars. They simply do what needs to be done, as a team. You can learn much by observing the symbiotic relationships in Nature.

When humans create labels of separateness, all hell breaks loose. Heaven on Earth can be a reality when each of you consciously chooses to make it so. There is one underlying theme that can make this a reality, love thy neighbor as thyself. The problem is that many of you have not learned to love thyself. How can anyone expect to love their neighbor if he cannot love himself first? This is an impossible reality.

These Messages are designed to help you to understand and love thyself. It always begins by going within. Many of you spend an exorbitant amount of time and energy on your outer self when it comes to grooming and appearances. Yet far fewer take time to go within and do the necessary grooming that allows them to shine their inner light. This is best done in deep meditation; however, you can also reflect during any moment of the day. This can only be done if your mind is not cluttered with fear or busy-ness that keeps you distracted from what is essential, love of Self. We encourage you to make a commitment to spend time working on your inner self. Learn to connect with your personal Spirit Guides; they are waiting for you to ask for their assistance.

Have the courage to look at the hurts and pains you have accumulated over time in order to start healing them. Your belief codes keep you locked into stinking thinking. Creating new belief codes that open doors to deeper love of self and others is your true salvation. We do not suggest that you leave a church or give up any religious texts in which you find comfort. However, we do suggest you look at any beliefs that state that some are better than others, for these are not accurate. Each of you has within you the power to find the true love of Source; you need no mediators.

Only *you* can forgive your trespassers. Only *you* can choose to love all unconditionally. Only *you* can make the choice to be respectful of Nature. *You* are in charge of your destiny. We offer you keys to your salvation by simply asking you to go within and clean out the garbage that stinks and is heavy-laden. There are many Paths to Source. Each of you has a unique blending of ideas and resources. Each of you is infinitely important and loved by those whom you may not even know exist. We are speaking of those who reside in Dimensions that most of you are unable to see with your physical eyes. Know that we are ever-present, willing and able to assist you in your ascension process.

It is time to move forward into higher Dimensions. We long to have you by our sides again. We see your tears and hear your pleas as you live in this realm of forgetfulness. It brings us great joy when a brother finds his way home, remembering his true roots. We offer our assistance to bring you closer to home, as well. Many of you will choose to remain in human form, for a time. Life on Earth will be much easier when you remember your family and can count on your brothers and sisters for support. Know that you are One with the uni-verse (one voice) and that you have at your fingertips all possible solutions to eternal joy and peace!



Selamet! Oc 6

DAY 111 CHUEN 7 Darkness to Light

I am Chuen 7 and welcome you to this day. There are many changes happening upon the planet that is affecting each of you. Many of you feel the need to get things done. Many feel the impulse to move to a new location or are having difficulties finding your place in the work field. These are natural occurrences; let these things flow through you and not get caught in the angst of the moment. Many of you are leaving the planet, dying in quick and sometimes unusual ways. A host of you are having emotional and mental issues arising as a result of repressed feelings of childhood memories. Hospitals are filling with those who have contracted diseases such as cancer and heart disorders. This is all part of the ascension process.

For eons, you have been able to exercise free will and make choices based on nothing more than wanting to have a new experience. These times are changing. The experience that allowed all of this to take place has now reached its end. It is similar to having a free pass to a carnival. You can go on any rides you choose, play any of the games, sit in the kissing booth and eat all the candied apples and hot dogs you desire. However, at midnight, the carnival closes and you must return home.

This is what is happening on Earth at this time; the carnival is closing and it is time to go home. These changes will affect many of you deeply and not very gracefully. As you look around, it seems others are barely affected; they still have good jobs, their homes and plenty of money to spend on trivial things. You may feel jealous or upset. You have worked hard and feel undeserving of the difficulties in your life. Those who are faring these times well may feel they are better in some ways, especially in moral issues or because they feel more spiritual than others. Either way, you are about to learn that you are all equal and that each of you, through your thoughts, words, actions and emotions have created your reality based on the belief codes you have accumulated.

This will be a hard lesson for many to learn, for you must take responsibility for all of your current issues. You will realize that every judgment you placed on another has now come back to you, as you experience others judging you. Every act of kindness you expressed will also come back to you. Will you receive them with gratitude or feelings of unworthiness? Your financial situation is dependent on your feelings of inadequacy or blocking of abundance on various levels. Your relationships are a mirrored response of your ability to love others unconditionally. Those who love without judgment are able to receive the love of others without feelings of mistrust and misgivings.

Those of you who find yourselves homeless or on the verge of losing all your worldly possessions will find that deep within you lies belief codes attached to poverty issues. As you uncover these codes, it is wise to not be angry with yourself. Simply see what you have accumulated, bless the ability to see more clearly and take steps to create the reality you desire. In the news, you will hear stories of governmental cover-ups that affect every area of your life. You will come to realize that your insurance companies, banking institutions, educational systems and health industries have been designed to keep you under the control of a few wealthy people who have an ultimate goal of world domination. This may sound like fantasy to you, however, read history books; every generation had moguls with this goal, why should your generation be different?

Through the ages, you have given away your power to those that blinded you and kept you in the dark. They have led you to believe they are wiser and all-knowing and that you should trust them to make legal and monetary decisions for you. Blindly, you accepted their generous offers and now it has come back to haunt you and suppress every area of your life. As you realize the truth and magnitude of this invasion upon your life, it is crucial that you keep your emotions under control. As we have spoken in past Messages, your thoughts and emotions are highly charged and reach out to the entire universe. This is the fabric that creates your reality. Can you imagine millions of people getting angry as they discover all the offenses that have occurred? Remember that heavy negative emotions glop together. If all this anger is released, it will create havoc in the world. As a result, you will see a rise in the force of hurricanes, earthquakes, tornadoes and social unrest.

On the bright side, if you look at these things without judging them and can maintain a sense of peace and forgiveness towards those in control, the results will be much different. Feel gratitude that you now have

a clearer picture of what has occurred. Be thankful for having the opportunity to be on this planet, especially during this time of great transition. Feel the joy of knowing you have the power to create your reality. What a blessing! Instead of focusing on revenge or harboring resentment toward others, place your awareness on how you can create the life of your dreams. In previous Messages, we have shared with you that love is a flowing energy. Love flows through things and continues sending blessings to all that are able to receive. Those filled with dark thoughts and gloppy energy will not be able to receive love, for their energy field is too dense.

If you wish to change your status on the Earth, you will need to release the dark energy that inhibits you from accepting the blessings of free-flowing love. That is why we share these Messages with you, to encourage you to daily go within yourself and seek out these gloppy energies. We have much concern for those of you who are hard-headed and most likely to create more dark energies as the truth of your oppressors comes to light. We highly suggest you spend much time reflecting on your own inner darkness rather than what others have done, for you have no control over their choices, only your own. We have talked at length about how to rid yourself of these dark energies and how to put love energies into practice. This is the time to begin, for there is no other thing on Earth that is more important. There is a great change about to occur on the planet, many believe the Earth will be destroyed and many believe that life on Earth will become hellish. We are here to tell you that your role will be played out exactly as you believe it will, for your belief codes are creating your reality.

This is why some among you are not being affected by the rising tide of poverty and disease; they see themselves in a different reality. Have you ever tried to persuade others to believe in something you hold dear to your heart, yet they would not listen or change their opinion? Nothing in the world will persuade them until *they* make the choice. This is the beauty of free will. It also applies to you. There are many things you hold dear to your heart and no matter what others say or do, you will continue to hold fast, until you choose not to. This is why we encourage you to work on yourself and not others. Your world will be exactly what you create. If you choose to hold onto feelings of unworthiness and lack, you will stay in that position. If you choose to be a victim of oppression, you will stay in that reality. Like the carnival story, you have a choice what to do after midnight. You can go home and go to bed or hang out with your friends and do other things. You can wait for the gates to close and sneak back into the carnival. There is an array of possibilities. This is true for every area of your life.

We say all of this to let you know that indeed you are the creator of your reality. Yes, there are things that are beyond your control due to the mass consciousness of large groups. However, these issues cannot affect you on a deep level, if you choose to believe otherwise. Disease, depression, oppression are all belief codes you can hold dear to your heart or reject. Look inside deeply, observe your beliefs and choose whether to continue with those belief codes or to discard them and replace them with new codes. You do have the power and ability to create a utopian society for yourself even amongst all the angst of the world. Seek like-minded individuals who are not in the doom and gloom of the unthinkable acts of those who have taken control of the masses. Talk to these like-minded individuals, learn what they have done and are currently doing to avoid being caught in the web of hysteria. Make friends with these people. Move to another location if you feel that where you are is not in your best interest. Pay attention to your passions. What do you truly desire? Once you find your passions, take steps to make them a part of your reality.

You have everything within you to create the world of your dreams. How much more effective will it be if you who have a vision of Heaven on Earth begin to work together co-creatively toward this common goal? Just as light overcomes darkness when a candle is lit; know that each Lightworker cancels out a huge number of those who work with the darkness. Exponentially, your creative powers accelerate and offset what those in the dark realms are trying to achieve.



Selamet! Chuen 7

DAY 112 EB 8 Attend to Your Needs

I am Eb 8, welcome! This is indeed a grand and glorious day to be alive on planet Earth! You have at your fingertips the promise of creating whatever you desire. Granted, there are some parameters that keep you bound, yet the grandeur of what you are capable of receiving is beyond the scope of your imagination! Some of you will read these words and think that what we proclaim is balderdash. Practice going within rather than seeking without and soon you will find that your ability to increase your lot in life will grow exponentially.

How might you go about this? We cannot stress enough the importance of setting time aside daily for reflection. We do not suggest you use this time to play the pitiful “woe is me” game, but to go within and seek things that are holding you back from your true destiny, a life filled with joy and abundance. Go within, paying close attention to the buttons that others seem to push, knowing they are your greatest teachers. Emotions that are triggered allow you access into the healing process. If you do not feel anger, resentment, joy or other emotions, you will not have the ability to recall and heal those events.

Have you ever noticed the things that have little impact on you emotionally are usually lost in your memory? Others may tell a story in which you played a part, yet if it had no emotional charge to you, it could be that the entire event has slipped your mind. On the other hand, when you have an experience in which you feel great emotion, it feels as though time slows and you tend to notice things in great detail. Many years later, you can retell the story and feel like you are back in that timeframe, sometimes able to smell, hear, taste and feel the emotions surrounding the event.

We encourage you to bless your emotions, whether you deem them good or bad, for a time will come when you realize the importance and value of each. In your daily reflections, arouse the highly charged emotions that drive you toward fulfilling your passion and those that hinder you from fulfilling your dreams. Use these emotions in such a way that the energy (E) pushes you into motion (E-motion). Allow yourself to feel the emotions of past events that are triggered by current events. If they leave you feeling anything other than joy, pay attention to them. Look for ways you can bless the past situation, forgive yourself and others involved and move on, for emotions that create fear, anger, frustration and such will block the flow of love, joy and peace.

Your behaviors are contingent upon your emotions. Have you ever sung with joy when you were filled with sorrow? It is very difficult to do. Although outwardly your acting skills may be such that you fool others, inwardly you know that the smile on your face is a cover-up for the pain you are feeling. Why do you wish to cover-up your pain? Why not be honest with yourself and others? Find the cause of the pain and eradicate it. There are times when it is perfectly fine to feel pain and let the tears flow. Every time you act a part that is not in alignment with Truth, you block the flow of energy in your body.

When the energy in your body is blocked, it allows heavy frequency energies to begin to glop together. This is the beginning of all disease. At first, it accumulates in your energy field, commonly called the aura. As more heavy energy glops together, it begins to manifest into physical form. These energies then cause havoc in the body, for without assistance from a nutritional diet and conscious attention to the underlying problem, the cells of the body begin to atrophy or become distorted. The body then spends an enormous amount of energy trying to overcome the alien energy fields. This effort reduces the ability of the immune system to battle and overcome the diseased cells, allowing maladies with names such as cancer, diabetes or fatigue to occur.

The body is extremely complex with an innate ability to fight anything that keeps it from functioning optimally. However, the human that uses the body as its vehicle often does not give the body what it needs to work at its best. Learn how to take better care of your body and you will be amazed at how much you can accomplish in a day. You will learn to relax and make better choices. Your body, mind and spirit will all work together. When one is out of balance, it affects the other two systems.

Scientific research is available that proves the effects of toxins that bombard humans in their environment. Educate yourselves and take time to make the adjustments necessary to maintain optimal health. Your transition will be much smoother when you begin to live consciously, taking care of the needs of your body, mind and soul.

Take time to go within to take care of the needs of your soul. Know that your body has needs that must be met in order to work optimally. Do not continue to delude yourself with thoughts that you must age and that your body will decay, for it was meant to last much longer than you realize. The aging process is a belief code; break the code and work with your body to give it what it needs and watch what happens! Look around and you will find people who have discovered this secret; these people vibrate with love, joy and peace.

Your mind is an awful thing to waste. Humans use very little of their brain capacity. Much of this has to do with the body's attempt to use all of its resources just to maintain basic functioning. When you treat your body as a temple, much energy is freed, allowing the ability to release more potent information. It is similar to being more mentally alert and physically able to do things when your body's needs are met. Have you tried to think clearly when you were dehydrated? Have you tried to do extensive exercises after a week of eating junk food? Have you paid attention to your body enough to recognize the correlation between your food intake and your body's reactions to those foods?

The body, mind and spirit all work together. When one is starved, all three suffer as a result. Be more mindful of how you spend each moment of your life. Pay attention to every morsel you put in your mouth and everything you place on your skin. What you place on your skin is absorbed by the body. Would you eat the shampoo, sunscreen or lotion you apply to your body? If not, then you would be wise to choose products that are edible.

It is impossible to have a clear head when you are exhausted and distracted by so many irrelevant things. Where do you spend your time? Are there things you give attention to that are not your business? Are there things you do that cause you stress and focus your attention away from your passions? Are your relationships fulfilling or are they maintained out of obligation? It is time to recover the time and energy you need to fulfill your passions.

We are not suggesting you go to the "me, me, me" extreme of chucking all except your personal needs. However, we do wish to emphasize that you take care of your needs and allow others to be responsible for their own needs. (We are not referring to life's essential needs such as food, clothing and shelter.) There is an enormous amount of time and energy that humans are expending on what they perceive to be the needs of others, while in fact they are simply enabling others to continue in their "woe is me" state of helplessness.

The best way to help others is to encourage them to work out their problems for themselves. Let them know they have the ability to do so. Do not be so quick to jump in with what you feel is the perfect answer for others' dilemmas. Allow others to think for themselves and to try various options. Isn't this what you would prefer for yourself? When you push your opinions and beliefs onto others, you are attempting to clone them to adopt your belief codes. If that were to happen, this would be quite a dull world in which to live!

We leave you with this thought. Take time today to go within and look at areas that are causing dis-ease in your body, mind and spirit. Make a plan to start taking action towards creating balance in each area of your life. Once you have reached perfection in all areas, then you will be better equipped to give proper advice. The irony is that once you have mastered your Self, you will realize that others do not need your advice. What a splendid day that will be! In that moment, judgment will cease and unconditional love will rule the planet!



Selamet! Eb 8

DAY 113 BEN 9 Live in the Moment

I am Ben 9, thank you for sharing these moments with us. Today we would like to talk on the topic of love, unconditional love. It is difficult for the majority of you to love yourself unconditionally. Until you are able to do so, you will not be able to fully love others as they are. Some persons may be easier to love until they go against you, then you will discover that, alas, you did not truly love them unconditionally. Much effort is placed on being lovable. Many do not stay in integrity, being fearful of losing the other's love. In the beginning of most relationships, both persons are on their best behavior and life is wonderful. Usually, each person gives up many of the foods, friends and events that bring them the greatest joy in order to please their partner. As time goes on, one or both partners begin to return to their old habits and before long, realize they have very little in common. Often, they knew these things in the beginning, but chose to ignore them in hopes that the other person would change his/her behaviors.

Starting a relationship in hopes that the other person will change, or with the feeling that you can save the other person is not unconditional love. When you try to change others and to mold them into what you think is best for them, you are disrupting their ability to grow and choose their own walk in life. You would do well to look inside yourself to see what it is you wish to change in others, for you will most certainly see that it is you that has an issue that should be dealt with.

Know that every person, place and event in your life is a mirror, an opportunity for you to pay attention to something that is occurring in your life. The reason this happens is due to the universal law, like attracts like. Whatever you focus on will be an active part in your life. In every moment, there are myriads of things happening around you, yet only a few are noticed. You may not notice that a bird flew past you and that there are three ants near your feet. You didn't hear what the two people behind you said because you were paying attention to the telephone that was ringing. You could smell the jasmine in the air, but didn't notice the soft scent of the other nearby flowers. If the people behind you were talking on a subject that was of high interest to you, it is likely you would have been so absorbed in their conversation that you wouldn't even notice a telephone was ringing. The things that most interest you are what you are likely to pay attention to and notice. If you wish to change old habits and belief codes, then it is imperative that you focus your attention on the new habits and codes you wish to develop.

*This moment is truly all you have, for all other moments have now faded away.
All future moments are simply possible moments, depending on what you choose in this moment.
Once you truly grasp this concept, you will see that you are totally in control of how you feel
and in creating many of the things you wish to experience.*

Mother Teresa had the right idea when she said, "I was once asked why I don't participate in anti-war demonstrations. I said that I will never do that, but as soon as you have a pro-peace rally, I'll be there." She knew that by focusing on war, it would only perpetuate war. By focusing on peace, she would be filled with peace, which would permeate into the world.

It is the same for each of you. When you uncover areas of your life you wish to change, take a moment to find ways to change the inappropriate behaviors. As you take those steps, do not look back; keep your focus on the new behavior until it becomes a part of you. Be attentive to every thought you have that takes you back to old behaviors. As soon as you realize you are playing old tapes, change your thought and keep it focused where you wish it to be.

Be mindful of every word you utter. T.H.I.N.K. before you speak using the tools we talked about on Day 80. Is it the right Time to speak? Is it Honest? Is it about "I,I,I" and the ego? Is it Necessary? Is it Kind? If what you are about to utter does not fit these criteria, then it is better left unsaid. Each word you utter travels throughout the universe and is timeless. If it is of a negative nature, it will create havoc as it energizes other like thoughtforms. If your words are full of love and kindness, they will flow freely through the universe, brushing all who are open to receiving love and kindness.

Pay attention to your actions and reactions for this is how you represent yourself to the world. You never know how your actions will influence others. One act of kindness allows the possibility for witnesses to use you as a role model and to be inspired to perform acts of kindness toward themselves and others. The world is full of role models who teach others how to be arrogant, self-centered and cruel. Be a model for what you wish to see expressed in the world.



Selamat! Ben 9

DAY 114 IX 10 Response Ability

I am Ix 10. Welcome to this time of gathering. Today we would like to talk about the topic of love. Again, we refer to unconditional love, that state of being where one allows all others to choose their own Path and does not attempt to change even one iota of another's Being. There is only one way to become an unconditionally loving Being and that is by releasing any thoughts of separation.

This Earth was designed to be a place of separation; it was a Grand Experiment that has served its purpose. At its inception, it was designed to have a beginning and an end and now the end is here. Many are looking for magical dates for this time to end, yet we say the time is *now*. There was no date set for it to stop abruptly; it was designed to be a transitional state from one set of rules to another. You are in that transitory time.

During this time, more souls are awakening to their true potential. Great understandings are unfolding as those who have kept the divine mysteries intact for eons now publicly release their knowledge. Indigenous elders are coming together in ceremony and sharing the fulfillment of their prophecies. The leaders of secret societies are welcoming the public into their fold. The doors are wide open as each of you begins to understand the true nature of your spirit Self. This is a time of great awakening and we are delighted to be of assistance to you, our brothers.

Wars have been fought between brothers seeking to destroy each other and take each other's goods for many generations. Factions were based on the color of skin and cultural belief codes. Many attempts have been made to annihilate entire cultures and races for the simple pleasure of being able to do so. Yet those times are now coming to a close. With the advent of the computer and satellite systems, you have become more aware of what is happening in the world. You are discovering that what happens regionally affects all globally.

There is no longer the ability to deny that humans are destroying the atmosphere and the very fabric of the Earth. You, as a race, must take responsibility for your actions regionally, as well as globally. Many complain and grumble about what others are doing to the world, but have not paid attention to the impact they are having on the world as an individual.

Many of our Messages have spoken of how thoughts, words and emotions affect the world, yet today we would like to delve more into how you personally affect the world in which you live through your actions. Let us start with the dawning of a new day. Pay attention to your daily routine. How much water is used each time you flush your toilet? Have you considered urinating outside or saving your feces for your garden? Many of you will cringe at this thought; however, it has been a common practice in many cultures. The news media will convince you that your feces will kill you; however, it is the toxins that you ingest from your foods, pharmaceuticals and products that contaminate the feces.

Let us look at the food you eat. How much life force is in highly processed cereals? Let us look at a grain of wheat. It is grown unnaturally in fields where the soils lack nutrients unless supplied by man. Often it is sprayed with herbicides to kill insects, bacteria and fungi. If a product will kill an insect, how do you think it will affect those who ingest it? When the wheat is harvested, it is churned several times through a variety of machines until it has been pulverized into powder.

Next, the wheat flour is shipped, many times receiving doses of unnatural vitamin supplementation because the way it was harvested, threshed and mashed made it lose what little nutrition it originally had. Then dyes and bleach are added to make it a perfect and uniform color. Preservatives, which are often toxic to humans, are added in order to be able to ship and store the products for unnaturally long periods of time.

In the morning, you reach for this overly processed wheat cereal that is full of toxic substances and is dead, retaining no life force. You add milk, which is full of growth hormones, toxins ingested by the cows and pasteurized by a heating method that kills the enzymes needed to digest it. Don't forget to add white sugar for flavoring to round out the deadly combination! You may comfort yourself by adding fruit, but have you any idea how many herbicides these have received from seed to table? It is highly likely that the seeds your fruit comes from have been genetically modified which is extremely hard on the human body.

Take notice of the packaging your food comes in. Plastics are not biodegradable. Although they may decay through time if exposed to sunlight, they still remain intact in tiny pieces that are now clogging your oceans and waterways. These pieces of plastic alone are destroying many species of life in your oceans and on the land. Your cabinets are full of unnatural products and enclosed in containers that are harmful for the environment.

Now that breakfast is over, you go to brush your teeth and shower. Have you researched the known effects of fluoride and the ingredients in your soap, shampoo, make-up and skin care products? Do you understand that your skin is an organ, the same as your heart and liver? Anything you place on your skin is absorbed and processed by your body. If you would not eat the product, you would be wise not to place it on your skin.

As you dress for the day, look inside your closet. How many objects of clothing do you see that you rarely, if ever, wear? As you walk through your home, note the items you have accumulated. Many are impractical and useless. Can't you see how you are feeding the manufacturing moguls by purchasing items that are not necessary for your survival, yet lend to the downfall of the earth's ecological balance? How much attention have you given to your mode of transportation? Have you considered the full impact of the automobile and gasoline industries on the Earth? How often do you drive your car on needless errands when you could walk, bicycle or use mass transit? We do not condemn any choices you make in your lifestyle. We simply wish to point out to those who complain about what others are doing to pay attention to their own influence on the environment. There are many ways you can make less impact and live a more vibrant life if you take the time to pay attention and to educate yourselves.

How does all of this fit with our topic of unconditional love? You cannot truly love yourself if you are needlessly filling your body full of toxic substances. It is not an act of self-love when you continually choose jobs that are unhealthy and stressful. Living in toxic houses and environments in which you feel out of your element is not a loving act. Continually holding on to anger, fear and resentment is not healthy for you or anyone else.

You cannot truly love another until you first love yourself. Your actions demonstrate that you would rather be ignorant or lazy than take the time and energy to create a healthy lifestyle for yourself. As a culture, you have given your power to others, trusting they would make the best decisions for you. Now that you find out they were only interested in their own personal gain, you are angered. Yet who is really to blame? Step up, take responsibility for your actions and begin to make the changes necessary to create a healthy life for you and your brethren.

Stop the unnecessary hatred toward those who have different skin color and belief codes. Unless you allow others to freely be who they wish to be, you are stuck in the paradigm of separation. Look beyond skin color, clothing and preferences and know they come from the same Source as you. Until you do, there will be acts of war, hierarchies and increased separation. It is your choice individually and collectively. What is your level of response ability?

The time for union is here. Those who wish to keep the illusion of separation alive will find they are fighting a losing battle. Those of you who envision union will have success. The two cannot remain on the surface of the Earth. There will come a time when another temporary separation will occur. Those who wish to remain in the paradigm of war and separation will leave the planet. Those who wish to remain in union will stay on the planet and create a utopian society.

This may sound like a fairy tale, however, it is possible if enough of you choose to change your lives and make it so. No person can remain totally under the influence of another unless he chooses to do so. If your choice is to be self-empowered and fearless, those who wish to control you will not be able to do so. There have been societies dominated by a few who had the guns and power to do so, yet those masses could have arisen, if united and shook off the tyranny of their leaders. It takes courage and fortitude to change a society. It takes honesty and integrity to change one's self. Look around and pay close attention to what gives you pleasure and what holds you hostage. Begin to focus on ways to create the life of your dreams. It will not always be easy, but taking the easier path is what has led you to this sad state of affairs.

How can you empower yourself? By taking the time and energy to create the reality that serves your needs. Learning to be selfish is the first step. You have been trained to take care of others' needs above your own. Yet to live a balanced life, you must take care of your own needs first. How can you have the time and energy to assist others when you are depleted? How can you love others until you love yourself? How can you love yourself when you don't even know who you are?

Our mission with you is to help you re-discover yourself, to find out who you really are. Many of you have no idea what you really want in life. Most of you only dream of living in a place that ignites your soul. How many of you have talents you are not honing or using because you spend so much time doing things you really do not enjoy doing? How can you find the energy to do things when you are constantly filling your body with toxic substances? How can you feel energized when you are surrounded with friends and family who suck your energy? We encourage you to move forward and take charge of your life. It may seem overwhelming at first, for there is so much out of balance in all areas of your life. However, you have already found that the life you are living is not working for you, so what have you got to lose?



Selamet! Ix 10

DAY 115 MEN 11 Fine Tuning

Good day, I am Men 11. Today we wish to speak on the topic of love, once again. Why are we focusing on this issue so much this week? There is no greater thing on Earth to talk about. Love is the highest vibrational frequency that exists. In order to remain on Earth, each of you will need to raise your frequency. The reason for this is that the Earth is raising her frequency. What happens as the Earth raises her frequency? Every living thing raises its frequency, also. If this were not so, these things would die, being unable to harmonize with the Earth. It is similar to a radio station; if you change the frequency, you lose your connection to that station.

As the frequency of the Earth rises, it affects every living and inanimate object on the surface and within. If these things do not match her frequency, they will lose their connection. Know that all things that appear to be solid, including your body, are made of energy. Scientists have finally made this discovery. What was once thought to be the smallest of the atoms has turned out to be nothing more than a puff of air.

We will not get into the science of atoms or the structure of the universe at this time. What we wish to express is that in order to keep your connection on Earth during this time of transition, you will need to raise your vibrational frequency. There are very few of you at this moment who match Earth's frequency. Many of you are raising your frequencies, yet are still not equal to mother Earth.

The quickest, easiest and most effective way to raise your energetic level is through a deep experience of love. When you love, the neurons in your brain become excited. We do not mean the kind of excitement that comes from sexual stimulation. We are referring to the excitement of the atoms and the body structure. When you first fall in love, you may notice this excitement: you feel euphoric, you take less notice of things that normally bother you, your senses are heightened, you feel more at one with everything around you, etc.

These are signs of higher frequencies of love. However, due to judgment, fears and inappropriate behaviors, it is rare that a person can hold this frequency for very long. As soon as the person you love does something that crosses your border, the love lessens and your world returns to normalcy, many times with more pain and stronger walls of protection.

In order to maintain and nourish the higher frequency of love, there must be a letting go of lower frequency emotions. As long as you hold on to lower vibrational feelings such as fear, anger, desire and frustration, you will suffer the consequences of being out of tune with the Earth and her inhabitants.

We encourage you each day to take time to release emotions that lower your frequency. For many ages, it has been acceptable to hold onto these emotions. Many of you were attracted to incarnate on this planet in order to experience emotions. Yet the time for living in a world separated from your spiritual Self is now coming to an end. No one will be lost, for all will eventually return to Source. Those who wish to remain on Earth and experience love, peace and harmony will need to match their frequency to that of the Earth.

There are many stories people share of their ability to see Angels and Spirits. They have this ability because they have learned or innately have the gift to raise their vibrational level to the point where they can see through the Veil to other Dimensions. At times, Angels and Spirit Guides are able to lower their frequency enough to make contact with humans. However, the ability to maintain these frequencies is difficult, resulting in short spurts of communication.

Some humans and animals are able to see ghosts and other entities when their vibrational energies match, often for only short periods. At times, departed loved ones are able to match the frequency of those they are trying to communicate with. Yet when those on Earth remain grief stricken or refuse to believe that contact can be made with the deceased, they will create a block making it very difficult for communication between the veils.

The issue of belief codes is very important when it comes to raising your vibrational frequency. Belief codes are strong and can create barriers that keep the person's energy trapped within their auric field. When a person refuses to allow himself to accept new ideas, he closes the door to a whole realm of possibilities. It is like turning up the heat and closing the door. The heat will remain inside that room, but not have the ability to warm the other rooms. Once he opens the door, the warm air rushes out and begins to affect the temperature of the room on the other side of the door. Belief codes are the same. Once you open the door, whole avenues of possibilities arise. When these doors are closed due to fear and protection against being hurt, there is a density that lowers the frequency of that person.

When a person makes fear-based decisions, he disallows himself to experience higher vibrational emotions such as peace, joy and love. Have you ever seen an angry person express joy? You can have one or the other, because they are at different vibrational patterns. Like attracts like, you cannot combine lower frequencies with higher frequencies, just like you cannot play two radio stations clearly on the same radio at the same time.

Most of you have a variety of emotions and find yourself going from one to the other. Yet in any moment, you can only have one frequency. This is why we stress monitoring your thoughts, words and actions. If you are angry at your friend, it is more difficult to hold feelings of love for your partner. How often have you snipped at one person because you were upset with another? You can have two radios playing different stations, but it causes an overlapping of chaotic sound.

However, if you have two radios playing the same station, there is no static; many times, they enhance each other as the sound permeates a wider range. Thus, when you experience true love on a constant level with one person, it is much easier to feel this love towards others. Holding this frequency is the trick. Thus, we encourage you to release the things that keep you from being balanced and having the ability to love all unconditionally, every moment of your life.

Living in a realm of unconditional love is possible, although it may seem like a fantasy to you. Yet how will you know unless you try? Study the Masters and find their secrets. How do they increase their ability to love? You will hear them say things such as, "I never met a man I didn't like. Peace begins within. Love everyone as though he were your God. Begin now to be the person you wish others to be." You will hear them speak of being kind to others. They will encourage you to love others without conditions, this means to accept them totally as they are, without judging one iota of their choices.

You must begin this process by going within and taking care of your own business. You will need to make changes in your outer world to match the changes you make in your inner world. This task is not impossible. You can begin today; we encourage you to do so. We take leave of you now with hopes that you will heed our words and begin to take care of the log in your eye before focusing on removing the splinter in another's eyes.



Selamet! Men 11

DAY 116 CIB 12 Dream Big!

I am Cib 12. Welcome to this time of glorious living! We are grateful that you have taken the time to join us for another day of learning and acceleration of your awakening. Blessings to you each moment of your existence on Earth!

Today we shall begin by asking you to quiet your mind. Take several deep breaths in and out and release the tensions of the day. We suggest you do this each day as a means of regaining your balance and composure. Many of you wake up in the morning and race all day to get things accomplished, never taking time to rest and rejuvenate yourself.

Now that you are relaxed, we ask that you choose one thing you would like to change in your life. We are not talking about people you would like to change or outward circumstances such as the chaos in the world. We are asking you to go within and choose a behavior, a fear or a belief code you are ready to release.

Take time to look at what has happened in your life as a result of this thing. Has it caused you undue anxiety? Has it wreaked havoc with any of your relationships? Is it causing you to remain in a job or location you would rather leave behind? Take a few moments now to fantasize about possible doors that could open for you if you choose to release this thing. Dream big, for all possibilities have the potential to become your reality. Hmmm, this might be a good mantra to post on your mirror.

Dream big, for all possibilities have the potential to become your reality.

Are you ready to make this dream your reality? It will take courage, patience and fortitude, but it will be well worth your time and effort to create this dream into reality. Be creative and use whatever methods feel appropriate for you; make it as fun as you can so you will be more likely to press forward. The following are some suggestions.

Mentally visualize your life as though what you want is already a reality. Successful athletes have used this method for years. They will visualize making perfect moves, whether it is swinging a golf club or throwing a ball. As they visualize, they feel their muscles move, they smell what is happening around them, they see themselves receiving awards, etc.

Writing your desires is another important option. You can use a list, cut captions from magazines and place them on a vision board, write stories that support your dream, etc. Use positive statements, focusing on what you desire, rather than focusing on what you don't want.

Role-play the way you wish to react in future events. This can be done mentally or even more powerfully by role-playing possible scenarios with others. Your mind cannot tell the difference between reality and fantasy. Hence, the more you incorporate your senses and emotions into the role-play, the easier it will be to change your behavior.

Take time each day to add energy to what you wish to change within yourself until the change has occurred. When you falter, spend more time practicing the way you wish to be rather than giving energy to what you perceive as a failure or setback. All things are possible. Seek professional help if you are afraid to deal with painful issues by yourself. Be wary of who you consult with, especially those who emphasize medications. There are many alternative healers who are doing marvelous work releasing dark energies from the body and auric fields. We highly recommend seeking them for assistance.

"Fake it 'til you make it," is a powerful tool. Be prepared to take the steps that will lead you into a better future. There will come a time when you have to say "no" to others in order to say "yes" to your needs. This may cause ripples in your relationships, yet those who love unconditionally will support you. Many times a relationship will have to be put on hold until you gain the maturity to know what you want and how to maintain your integrity.

You have been taught to fully give yourself to others, that selfishness is sinful. Adhering to this belief code has created exhausted, overwhelmed society members who have lost the ability to think for themselves. Millions of you are floundering, not knowing who you are or how to obtain a life filled with joy and peace. Once you rediscover yourself and learn to live with integrity, you will automatically reach out to others. However, this time it will not come from a need to "save" others or deeds based on a feeling of obligation. You will be reaching out to others with love and compassion, sincerely creating heart-to-heart connections. If this is your desire, we support you fully.



Selamet! Cib 12

DAY 117 CABAN 13 Speak Your Truth

I am Caban 13. Thank you for joining us this day. We would like to congratulate you on your choice to improve your life on Earth by changing those things within yourself that leave you feeling less than whole. Today we would like to talk about discrepancies. We are referring to those times when you say something other than what you feel is truth.

How many times has someone asked you a question, seeking your advice, yet you were uncomfortable stating your true opinion? Perhaps you were ridiculed or had a relationship tattered because you had the courage to speak your truth. To protect yourself, you created a belief code such as, "Telling the truth is not safe." As a result, telling white lies became a habit. Other truths were built on these white lies until you became unsure of what your truth is. Many of you are living your life based on a foundation that is unstable, unconsciously creating walls that are destined to crumble.

You have the choice to tear down the unstable walls and to restructure your foundation. It will take courage, but you have the ability within you to rediscover your true Self and to begin to make decisions and take the necessary actions to create the life of your dreams. The best time to start is now. Will you choose to continue building a life around falsehoods or make the effort to create a life based on your Truth?

Do you even know what your Truth is? All of you build belief codes based on what you were taught as a child. Look at your beliefs and choose those that feel right and make sense to you. In doing so, you will discover that you will need to make behavioral changes. Do your thoughts, words, actions and emotions reflect what you hold to be true?

Speak your truth regardless of how others may view you. There will be ripples in your relationships, but those that accept you for who you are will remain close to you. All others will fall away, for it is the "false you" they were attracted to. You will then pull towards you those who are attracted to the "real you." This may be hard for you to accept, for you have been programmed to please others. Many of you play the role of protector and savior, which can be difficult to change. However, once you are true to yourself, you will have much more ability to reach out to others, coming from a deeper understanding of love and compassion.

It may be good for you to role-play the things you wish to say to others and how you will maintain your integrity if the other person resists you. Be prepared to speak your truth. For example, you have a friend that calls you every morning and gets upset if you don't take time to talk. Some mornings you prefer to do something else with your time, but have been afraid to tell your friend because you didn't want to create a ripple in the relationship. The next time your friend calls, have the courage to speak your truth. Address the issue as kindly and honestly as you can. As you empower yourself in one area, you will find it easier to be true to yourself in other areas of your life.

The key is to know what your truth is. Many times the truth is buried so deep, it is hard to know what you truly believe. It is good to have open-minded conversations with others, listening to their beliefs and integrating those that resonate with you. Be aware that once you adopt a belief code, you always have the ability to change your mind. There is not one of you who clings to every belief code you have adopted throughout your life. When a person becomes rigid, holding onto beliefs no matter how irrelevant they are, life becomes a challenge. Life is about learning, exploring and changing. Allow yourself to be a free-thinker and to live outside the norm. This is what makes life worth living.



Selamet! Caban 13

DAY 118 ETZNAB 1 Hologramic Universe

I am Etnab 1. Welcome to this time of sharing. We would like to address the topic of love once again, for it is of foremost importance. If you have been following the suggestions in the previous Messages, you will find yourself in a much higher state of love than you were in the beginning. Many have already worked through several issues allowing them to move closer to their potential. What we offer today is to reach one step higher in your understanding and implementation of unconditional love.

Love is an elusive emotion. It goes much farther than being just a human emotion. It is the fabric of all creation, even before the creation of the material realms. Essence Love is very difficult to describe in ordinary language. In the beginning, there was Source. How to describe where Source came from is impossible; it is beyond the realm of human understanding. Many in higher Dimensions do not have a full understanding of this Love. Knowing the full history of creation is not important. What *is* important is to understand that you were created, by your own choice, with the ability to move into material dimensions. You are part of the original Source of pure love, light and energy.

One way to imagine this is to visualize the original Source as the sun. There came a time when Source chose to allow itself to fragment in order to experience something other than its full perfect Essence. In that moment, Source fragmented itself, knowing it had full power at any moment to recall those fragments and reconfigure itself into wholeness again. Imagine these fragments as candles or flames, each a part of the whole sun. You came from one of those initial fragments.

Each of these fragments retained the entire memory and essence of the Source, much like a hologram. Yet these fragments still have properties beyond the scope of human understanding. Each one of these fragments made various choices of what it wanted to experience. Some of the fragments stayed at this first dividing level, with the ability to absorb itself in and out of initial Source. The majority of the substance of energy that is Source remained as it was initially, without fragmenting.

Through time, each of the fragments had the ability to step down another notch from Source. Every level, down to the *you* that is now reading this script, has always retained its full scope of love, light and energy. Every one of you is the original Source, not a separated part, such as when you cut a cake into parts, but a hologramic part in which the entire essence of the Source is a part of you. What this means is that each of you *is* Source or God. This does not mean that in this moment you are of the purest light imbued with all the capabilities of Source, such as omniscience, omnipresence and perfect love. In one sense, you do have these capabilities within you, but they have been locked up and not accessible due to your agreement to uphold the contract of the universe you live in.

In this universe, like all others, there are specific rules that were chosen in order to allow each of you to have the experiences you choose. We have talked in earlier lessons how it was mandatory to erase the memory of your full Spiritual Essence in order for you to experience episodes of Not-Love. This planet was designed to be a playground or Grand Experiment that allows Not-Love to be explored. Earth is one of the vibrationally densest planets since form came into existence. We use the word “has” because most of these low density planets have destroyed themselves.

Your world is now on the brink of destruction. There are many of us working hard from all levels of Dimensions to avoid this catastrophic ending. Many of us were a part of the original creation of this planet. We remember well when it was a Garden of Eden and hope that we can assist in restoring it back to its pristine state before it is too late.

Due to your contracts of free will and our contract of not forcing our will on yours, we have had to allow mayhem to occur. Yet when Earth was created, it was set with two major parameters. The first was a set amount of time to allow the experiment of Not-Love to continue. That appointed time is now here. The second parameter was that those residing in other Dimensions were not allowed to intervene unless the destruction of Earth was evident before the appointed ending time or when the effects of human behavior would affect those outside earth’s orbital plane.

Earth is in a transitional stage, going from one Dimension to another as the Not-Love contract expires. We are now able to assist those that have come to Earth to help with the transition and to assist in the efforts to keep the world from being destroyed before the transition to the next Realm occurs. In order to enter this Dimension, until recently, there has been a shield that temporarily disabled the memory of your connection to Source.

Each of you has within you the ability and desire to seek Source, but none is able fully to integrate while in this Realm of existence. In the moment that you have full memory, you will desire to leave the planet, for your frequency will have increased to the point where you can no longer function on Earth. Many of your Ascended Masters have talked on this subject. Although they may wish to continue to assist other humans who are seeking their Path back to Source, they have a more beneficial impact when they work from higher Realms.

We wish to support those of you who are earnestly attempting to clean up your lives in order to become a more loving, peaceful and nurturing person. Many of you are well along the Path to this goal, yet still run into blocks. These blocks are caused by fears and belief codes that are engrained within your body, ready to be released.

This is a time of Great Awakening in which myriads of us in other Dimensions now have permission to assist you, although we were forbidden to intervene in the past. We are now given permission because the time of the ending of the experiment is here. This is why there is an increasing number of extra-terrestrial sightings, both in the skies and those disguised in human form. Many more are seeing ghosts and channeling information from prophets. Increasingly more children are being born with full memory of who they were before they incarnated and with the ability to see between the veils. This is all occurring because we now are granted permission to assist you as never before.

You are dooming yourselves to destruction, similar to other planets that are gone. They also were part of the Not-Love experiment and destroyed themselves when greed, power and lack of respect toward their planet caused them to annihilate themselves. Many of you lived on these planets and incarnated on Earth to correct the errors you experienced from past lives on those planets. There is no more time to continue polluting your skies and waterways. The time for manipulating others will end when each of you re-awakens to your true Essence Self. The process of ascension happens at a different pace for each of you, due to your ability of choice. We cannot force or coerce you to make life changes; we can only share Truth with you and show you available choices.

Your innate free will lends us helpless to those who refuse to listen. There is no hell or damnation, yet there will be repercussions for each choice one makes. As foretold in many of your ancient scriptures, there will be a time when those who ascend to a level of pure love will, like the Ascended Masters, leave the Earth plane. The Earth has chosen to be a part of this ascension. As we spoke a few days earlier, only those who vibrate at a high frequency of love, matching that of the Earth, will be able to ascend with her. There will be no physical movement of the planet, just a changing of the frequency, like changing the dial on a radio. It will happen in the twinkling of an eye.

Those who choose not to change their dials will be shifted to another place where they will be allowed to continue playing their roles of Not-Love. Our goal is to enlighten as many of you as we can so you will work on the issues that hold you in lower densities. If you truly know the difference and choose to remain in a realm of Not-Love, we have no judgment and accept your choice. However, we are reaching out to those who wish to ascend and to those who currently do not consciously know they have a choice.

Many of you are having feelings of unrest. This is an inner trigger from your Higher Self, your connection to the higher Dimensions that is alerting you to pay attention. Many feel drawn to make life changes, without knowing why. Those who follow these intuitions are finding their lives becoming more fulfilling. In many cases, they are realizing that if they had ignored their intuition, it would have caused them great angst or even death.

We say all of this to remind you that no matter what your history has been on Earth, each of you is a holographic part of the initial Source. Each of you has the full ability to ascend in this lifetime and leave this realm of lower vibration. In order to do so, you must release any fears and belief codes that keep you attached to this Realm. This can be accomplished through meditation, prayer and guidance from your Spirit Helpers. You will need to integrate the changes in your inner realm by changing behaviors in your outer realm. In other words, you will learn to know your Truth and to walk your talk. These daily Messages are full of tools and encouragement to assist you along your Path.

We remind you that within yourself lies the power to make these changes. Many of you rely on gurus and psychics to tell you what to do. That time has come to an end. It is *you* who must decide what you wish to believe and how you plan to attain your goals. It is always helpful to ask others who are farther along their Path to share the things that were helpful for them, but know their Path is different than yours. Push yourself beyond your comfort zone when it comes to making life changes. Change your thoughts, words, actions and emotions to higher levels of love and any fears associated with hell or the annihilation of Earth will vanish.



Selamet! Etnab 1

DAY 119 CAUAC 2 Use Time Wisely

I am Cauac 2. We are pleased to be of assistance to you at this time of your great awakening. Those of us on the Other Side applaud you for your great works. Many of us have never attempted to live in the density of the Earth plane and we are in admiration of those of you who have chosen to do so. Today we would like to share information with you regarding the transition taking place upon the Earth. Many of you are experiencing time warps, when time passes quickly and you have no idea where it went. Days pass quickly, leaving you feeling that a multitude of things have been left undone.

What we offer you is a chance to look at where you spend your time. Are you doing things that excite the passion within you? Are you doing things out of obligation? Do you find yourself feeling like you have nothing to do, yet feeling like there is something you should be doing?

There is much you can do to make this Earth a better place. However, if your time is spent moaning about how bored you are or the lack of integrity of others, you are adding negativity to the universe. Are you one who complains about the environment or the lack of morals of governmental leaders? What are you doing to make a change in your life and community? Are you taking time to educate yourself on the true nature of what is happening to the balance of the ecology in the world or is your nose hooked to the latest romance or western novel?

Every person has the same number of hours in a day. Yet the differences between what one person accomplishes in a day compared to another can be quite different. The successful and industrious person knows his priorities and takes time to focus on those things. The lazy or depressed person uses his time to moan about the problems of the world, becoming part of the problem.

There are millions of retired people with countless hours on their hands. Spending less time playing cards and shuffleboard or indulging in idle gossip could free up myriads of hours spent on building community at a deeper level. We do not judge the choices of anyone, however, we wish to encourage those who have idle time to use it wisely. Those who have no free time, look at ways you can become less busy.

How many of you are taking time to refresh yourself daily? Are you putting your needs first or exhausting yourself as you take care of the needs of others? Do you ask for help when you are bogged down? Do you put off responding to things that need immediate attention? Many of you do not take time to resolve issues as they arise while these problems fester and accumulate to the point where they become burdensome. We ask you to go within on a daily basis and begin to make these issues a priority. Once these energies become burdensome, like other negative thoughts, they begin to glop together and weigh heavy on your heart.

Speak your truth, take time to refresh yourself daily and give up the need to “save” others and the world. Discover the priorities in your life and arrange your daily schedule to fit what is important into your lifestyle. Begin to filter out relationships and events that drain your energy and expend your time.

What kind of an impact do you wish to make on the world? Some of you spend all of your time in service to humanity; make sure you take time to refresh yourself, as well. Pay attention to your idle words and what you do with your recreational time, for both have a huge impact on the world.

It is not only what you do that is important, what you don't do can be of equal importance. By saying “no” to the things that weigh you down, you will open doors of opportunity to say “yes” to things that will energize you and be of importance to the world. Begin today by looking at your schedule. Where best can you spend your time? Invite your Higher Self and Angelic Guides for assistance in freeing your time to do those things that bring you balance and inner peace.



Selamet! Cauac 2

DAY 120 AHAU 3 Ascend with Grace

I am Ahau 3, the last in the series of Day Keepers. Often, I am associated with ascension, thus today I wish to speak upon this topic. There are many forms of ascension, but that which I speak of today represents the moving forward from one density to another. Much like boiling water turns into vapor, you are beginning to change form. As an energetic vapor, you will have the ability to move about the Earth with less effort; you will be able to move in and out of physicality with more grace and ease. This is what it is like in the next Realm where many of you are heading.

Although you will still be in physical form, the molecules in your body will be altered; they will be looser with more space in between. Your genetic codes are being altered to let more light into these spaces. There are no words in your language to describe what is occurring within each of you. Many of you have consciously been working on this Path of *enlightenment* for years, thus you are more likely to make the transition with greater ease.

Even among the Lightworkers, there is much fear and confusion as to how this ascension will occur. Currently on Earth, there is much emphasis placed upon material wealth and needs. We assure you that as you draw nearer and become more aware of your abilities to manifest all things, you will no longer need the material objects that you currently hold dear. The most important thing you can do at this time is to stay in the moment and pay attention to what is happening around you. Choose to spend your time and energy on things that arouse your passion. Release feelings that keep you subjected, such as the need to save others and the world. Focus on yourself. Once you are fully balanced in each moment, then you can reach out to assist others who wish to experience the same.

Until then, all attempts to save others will be done from a sense of superiority or conditional love. Allow others to choose their Path, assisting those who are ready to receive your help. Anything else impinges upon their free will and has the ability to make them feel as though they are subordinate, which causes more separation. Do you understand what we are saying?

Your lesson today is to ponder this Message. Look at how you interact with others. Seek places where you feel you need to help others. How are you approaching them? Are you giving unsolicited advice or information they are not ready to perceive? Find ways you can communicate with others by talking about things you both have in common. If both of you are open-minded, then nurture discussions of your commonalities and the different viewpoints you have on spiritual topics.

Most conversations are extremely shallow and limited. A huge percentage of your words are best left unspoken. T.H.I.N.K. before you speak (see Day 80) and share with an open heart. When you approach another with the need to save or enlighten them, you automatically set off alarms within them that say, "Alert! Someone is trying to change me!" This puts the other person into a defense mode and closes doors to possible worthwhile conversations.

You may ask, "How can I reach others that I love so they will understand what I wish to tell them?" By your example. When others watch you remain calm in the face of adversity, having the Midas touch and always full of joy, you will gain their attention. When they ask you how you are able to live this way, then you have an open door.

Keep the door open by letting the other person know that they also have within them the ability to accomplish whatever they desire. This is how we approach you in the *Mayan Messages*. How would you respond to our words if we constantly told you what to do with an air of superiority? Allow yourself some time to think about these statements. Notice how you feel when someone supports you in contrast to others who tell you what to do. Treat others with the same respect and you will more likely keep the doors open for further discussions.

We leave you with these thoughts and hope that you consider them and take them into your heart. We are highly advanced with the ability to be in many places at one time. Just think of us and call our name and we will be by your side in an instant. You also have access to your Higher Self at any moment. Simply call for assistance and know that we are there. Be wary of mental and emotional blocks that stop you from freely conversing with us. Feel the sensations of love that come when we are near. Keep calling on us until you know in your heart that we are with you. As you release the pain and sorrow in your bodies and emotions, you will hear us more clearly. This is our promise.



Selamet! Ahua 3

DAY 121 IMIX 4 Remove Your Masks

I am Imix 4. Thank you for joining with us today as we delve deeper into the mysteries of the human experience. We wish to share with you today some of the reasons why humans behave the way they do. Many of you seem to be happy, yet inside are crying deep tears of sorrow. Many of you are confused, yet go out of your way to pretend to be fully understanding of issues you know nothing about. Why is this?

One reason is that you are afraid that it will be known that you are not perfect. Sadness is considered to be weak; lack of knowledge is considered to be a sign of ignorance, so you put on costumes and masks to hide what is going on inside. You have become so engrained with these thoughtforms, that over time, you believe the scenarios you have created.

There is an adage, "What you believe, you will become." There is much truth in this, for when your emotions are aligned with the scenarios you are role-playing, it becomes your reality. It is difficult for actors when they are playing in front of the cameras. Not only do they become believable to their audience, but they tend to take on these roles as their reality, many times causing great confusion.

In order to break through your belief codes, they must be addressed. You will need to go within and to find what you are aligning your truth with. Look for habits you have that make no sense to you. When you consciously become aware of what you think, say and do, you will begin to notice these discrepancies. Once you find one, take a closer look and decide how you wish to react in future similar situations.

For example, whenever a friend gives you a compliment, instead of feeling gratitude and accepting the gift, you make excuses, denying your worthiness. Once you realize you do this, take time to go within and discover why it is that you have a hard time accepting compliments. Role-play how you will accept compliments in the future. When the next incident occurs, practice feeling gratitude and appreciation for what is being given to you and accept the compliment with grace.

Many of you also suffer from the inability to accept well-meaning advice. Look inside for reasons why you become defensive when someone points out what they consider to be a flaw. There will come a time when it matters not what others think, whether their remarks are positive or negative, for you will be balanced, knowing who *you* are.

It takes time and effort to uncover the real you, but it is such an important endeavor. You have allowed yourselves to be defined by other people, seeking approval in ways that have been less than honorable. There is no need for this type of behavior any longer. In fact, it is becoming intolerable because these frequencies are much lower than that of the Earth. They do not resonate and the disharmony creates disease in the body and separation in your relationship with yourself, others and Nature.

It is extremely important at this time that you go within on a daily basis and begin to weed out the emotions and beliefs that are keeping you from being a truly loving person. If you wish to ascend into higher Dimensions gracefully, this is imperative.

We take leave of you now in hopes that you will spend time pondering these words and moving forward in your ascension process. It is our hope that you will share these words with others, for you have the ability to reach those that are not in tune with us. We would love to see all of you ascend, although we know that the end time is near and many will not be joining us on this part of the journey. There is no sadness for those who do not join us, for they will continue on a Path of their own choosing, until another time when we shall be re-united.



Selamet! Imix 4

DAY 122 IK 5 Master Your Life

I am Ik 5. Welcome to this time of sharing. We are very excited to be working with you and witnessing the transcending going on within your Selves and on the Earth plane. We are in awe of you who are rising above your issues of poverty, shame and guilt and finding your way out of the mire and into the Light.

Today we would like to delve deeper into the issue of love. This time we would like to focus more on love of Self and understanding the true nature of yourself as a gentle, spiritual Being. You have been surrounded by people and events telling you what to do, what to say, how to behave and what to believe. There is much confusion as to what is Truth, for one doctrine states one truth while another touts something different.

Each of you must look inside yourself and decide what you will integrate as your own truth. There is undeniably some type of Presence that created this universe; the symbiotic relationship between all things is much too complex to have happened on its own. It is up to you to decide what the Creator Force means to you and to develop a personal relationship. We have suggestions throughout the year and insights into the complex nature of Source Creator. Ultimately, it is you that must decide what your Truth is.

There are many Paths to return to Source; you must choose the Path that holds your interest and aligns with your belief codes. Is it not fair to say that no matter what you believe, it would be in your best interest to shed thoughts, words, actions and belief codes that are harmful to yourself and others? On this, we hope to stand on common ground.

Look around at the complexity of Nature. When you observe animals that live on instinct, yet show wisdom in many instances, can you not believe that the Creator of these animals must hold a higher intelligence? This Creator allows Nature to unfold as it will, which can be seen through weather patterns. Do you not believe that this Creator would also allow humans to unfold at will? The ancient scriptures give human traits to the gods and say that they are sons of God. Is it not fair to assume that humans would have the traits of God?

Who among you loves a parent that abuses or abandons you? How much love can you give to a parent that withholds food, clothing or shelter from you? Many of your religions represent your Creator as having these human traits. Look carefully at these belief codes and determine if this is the type of Creator you wish to place your trust in.

The Earth is bountiful with nourishing foods, yet everyday many starve to death. With clenched fists, God's children raise angered voices to the heavens shouting at the injustice of the Creator or with heads bowed, they pray for mercy. We suggest instead of blaming the gods, each of you look within and begin to take responsibility for feeding the hungry. In many cases, it was laziness, allowing a few to make decisions for everyone that created the problems. Unnatural farming methods have raped the land, spilling tons of toxins over living soils, creating poisoned deserts that were once lush with vegetation. It was not your God who did this; it was humans. If God is to be at fault, it is for not interceding and allowing humans to have the gift of free will to make choices, no matter how detrimental they would be to the whole of humanity. Can you see this as true?

Many of you hold onto the concept of punishment after death. How can you call your God all-loving and all-knowing when he has the capability to throw persons into damnation for eternity? What would be the purpose in that? Even a shepherd shows more compassion by endangering his life for one lost sheep. Why would your God allow a human to make choices leading to damnation? Perhaps God gave humans free will to choose whatever they wished to experience. It is a human need to punish others for what they consider to be crimes. Yet these same "crimes" may be spiritual Rites of Passage in another culture. Who is making the rules? Humans.

Each human is responsible for his own actions. Many times punishment comes shortly after the transgression, such as when a child steals candy and is caught and told never to enter the store again. At times, the punish-

ment may come after a series of offenses, landing the person in jail. Often, people get away with their sins. Who among you has never told a white lie or justified a behavior that others considered to be wrong?

There has been much written through the ages about karma. We will not go into that subject today other than to say that indeed there are past lives when one who dealt others with acts of malice and unkindness, chose to return to Earth to experience the pain he perpetrated on others. We stress that these persons *choose* to return, there is no God punishing them or passing a sentence of guilt and retribution.

Once you pass over to the Other Side, you will go through a Review Process and see the life you have just lived on a type of movie screen. At this time, you will not only *feel* the emotions you experienced during your lifetime, but you will also feel the emotions of those whose lives you touched, whether they were acts of kindness or acts of malice.

Before you incarnate on Earth, you know that you will be sitting in front of this screen when you return. Many of you have lived numerous times on this Earth and are well versed in this process. Each of you, when you incarnate on Earth, feels as though it will be this lifetime that you transcend the low density of the Earth and move forward in your progression back to ultimate Source. There are some of you that come for specific missions or simply for the adventure. You are accountable for every thought you think, every action you take, every emotion you feel and every word you utter.

There is no God over-seeing this project with a judgmental heart. Rather, this Spirit is loving, allowing his children (which are a holographic part of the Source) to experience whatever they wish within the parameters set for that universe. A wise parent does the same, allowing the children to learn some lessons for themselves. Although it is difficult at times to watch others follow paths you are sure will lead to pain or heartache, it is much worse to coddle them and cause them to miss opportunities to express themselves. We suggest the latter would be the real crime of injustice.

There is much more we could express on this topic. Ultimately, what we wish is to encourage you to look deeply into the belief codes you have surrounding your Creator. Many of you blindly accept what you hear in one pulpit, while denying words uttered by others. Put yourself into a place where you can objectively consider what beliefs you would hold if you were raised in a culture vastly different from what you have experienced. In that case, you would have entirely different belief codes. Attempt to wipe your slate clean, delve deeply into the mysteries of the universe and choose those that express kindness and love to all of humanity, nature and the universe in which you reside.

We leave you now to ponder these thoughts and wish you well along your journey. Truly, you are sons of God with the wisdom to find the truth that will set you free. Call on us and your Guides for assistance when your thoughts become muddled and your confusion is overwhelming. Your life was meant to be filled with peace, love and joy; anything else is criminal.



Selamet! Ik 5

DAY 123 AKBAL 6 More than a Human Be-ing

I am Akbal 6. Thank you for joining us today as we go deeper into your relationship as a human be-ing. We remind you that you are much more than your body. You come from a spiritual Source and you will return to that Source. It will be eons before many of you choose to re-merge with Source. None of you merges with Source directly after an experience on Earth. You choose lifetimes on Earth and beyond, over and over, out of your curiosity and desire to seek things other than pure essence Love.

Why would you wish to experience Not-Love? Because you are adventurers and seekers. Much of your life on Earth is spent as a seeker. Some seek fortune, fame and notoriety. Others focus on pushing their physical bodies to the limit. Many are travelers, proudly displaying decals of all the places they have visited. There is much enjoyment that comes from seeking and moving beyond what you currently know.

There have been many problems for the seekers who inhabit planet Earth, because this Realm is one that is entered with a state of amnesia. It is much like working towards an Olympic medal of honor and one day asking yourself, “Why is this important to me?” You realize you don’t know why, but you choose to continue with the pursuit. However, the love of the honor will be diminished, because you don’t have a real reason why you want it.

When a human enters this Realm, it is a similar circumstance. You seek to know your Maker or to obtain a specific goal, but there is no real value in it, for you have no memory of the reason for doing so. Your actions become worthless, causing you deep depression and listlessness. Unless there is something inside you that is ignited, you are likely to lose interest and momentum.

Many have walls of awards that they display with pride. Yet when an incident occurs, such as the loss of a loved one, the awards lose their importance. The person discovers that there is much more to life than accomplishing a few goals. It is in that moment, that real living can begin. There is nothing wrong with any of your passions. We are simply trying to make the statement that this life is difficult, for you do not enter this Realm with the complete remembrance of your Spirit Essence. We wish to remind you that you are far more than a human Do-ing, that in essence, you are a spiritual Be-ing.

Once you remember who you are, material possessions and kudos from others loses its importance. Once you have fully gained peace and inner balance, you will begin to enjoy every moment of your life. You will feel equally balanced whether someone is yelling in your face or giving you a heart-felt hug. You will know who you are and can appreciate the opportunity of each experience on Earth.

Whenever you have an experience that leaves you feeling anything less than peaceful, take time to look at the event and uncover the reason why you are off balance. Your emotions are an excellent barometer to awaken you consciously to areas in your life that need to be addressed. Each of you is on a Path of ascension. If you resist words such as ascension, interject the words “being a kinder person” and say the same thing. Each of you is on a Path to become a kinder person. We are here to support you. It is our desire to reach all of you, but with the use of words, it becomes difficult, for many of you are locked into a specific vernacular and push away thoughts of equal value because of the terminology.

We suggest that each of you open yourselves to the possibility of the truth that we and others speak, not shutting them out because they are of a different religion or speak words that are different from what your group uses. Find the commonalities between you and have the courage to openly question each other’s beliefs. In so doing, you may find you will have a deeper understanding of each other and some of your own belief codes.



Selamet! Akbal 6

DAY 124 KAN 7 Re-Patterning

Greetings, I am Kan 7. Today we would like to delve deeper into the studies of the human mind and how it operates. Within your brain, there are receptors that link to each other, creating belief codes.

In order to change a belief code, you must also break the intention and the behaviors associated with it.

This is why doctors suggest that a patient breaks the pattern of eating habits associated with obesity. By paying attention to every morsel that goes into the mouth and the patterns associated with over-eating, such as snacking while watching movies and reading, the clients can monitor their behavior and change the codes in the brain.

This is exactly the same way to break a belief code relating to religion, health or any other issue in your life.

Begin today by going within and choosing a code you wish to change.

Note the triggers that cause you to act or react in a specific manner.

Choose the actions you would like to take instead.

Make a list of ways you can change this behavior, perhaps posting them somewhere as a daily reminder.

Then state the intention to change these behaviors, preferably while peering at your eyes in a mirror. Be solid and strong as you make this statement.

Then, lead your life as though the behavior is already changed.

Be mindful of the traps that have kept you imprisoned in these thoughts.

Have the courage to say “no” when the temptation to fall back into old routines presents itself.

Live your life in a way that enhances your new choices. Pay attention to the side tracks that are ever-present with the possibility of ensnaring you again.

You may need to change friends, move to a new location or make some drastic life-altering decisions.

Keep your focus, without falling into the feelings of “woe is me.”

Be proud of your choice and stand firm in the face of adversity.

You are reclaiming your life and working your way towards peace, joy and kindness.

Who can fault you for that?

We wish you well and are here to encourage as you move forward, taking charge of your life and moving towards the higher vibrations of love and kindness.



Selamet! Kan 7

DAY 125 CHICCHAN 8 Self Love

Greetings, I am Chicchan 8 and wish you a happy and glorious day! We are here today to remind you that you are a special Being, a spirit full of joy and light that is here on Earth to experience humanity. There is nothing less about you when you enter this Realm. You are always pure Source, a holographic image of the Creator.

When you incarnate on Earth, you are given temporary amnesia. You know of this when you write your life script. This state of amnesia is how it has always been for the majority of you. However, that time is coming to an end and more children coming to Earth, as well as those who “walk-in” from other Realms, are arriving with full memory of who they are.

Many have come at this time to fulfill a mission on Earth. Some are here just for the experience of physicality. Many are here to clean up the garbage they left from previous lifetimes, such as negative thoughtforms and unloving deeds. Some are here to complete unfinished business. There are many of you who are simply malevolent and desiring a place that will allow you to fulfill your dreams. Earth is one of the rare places this is allowed, due to the law of free will.

You have the choice in this lifetime to experience anything you wish within the realms of the laws of the universe. The rules are very lax, indeed; yet know that you *will* reap what you sow. Although you can choose acts of unkindness and malevolence, you will not rise above the earth’s frequency and enjoy the fruits that higher frequencies offer.

Those who wish to move beyond these lower frequencies will have to shift their thinking and behaviors to acts of love and kindness. These are the highest frequencies available in your universe. Many have tried to shift themselves by using the frequencies of material items such as gold, essential oils and hallucinogenic drugs, but the shift is temporary and still not as high of a frequency as love and compassion.

Choose acts of kindness, not of servitude, for that places you in a position of insubordination or “less than.” Seek ways to enlighten yourself by overcoming fears and obstacles that keep you from moving upward. Focus your attention on ways you can move forward, leaving behind those persons, places and events that keep you bogged in the mire.

Many of you are afraid to release loved ones, fearing they will be condemned to hell or stuck in their addictions. Know that each person ultimately will return to Source. We also have the desire that all move upward and onward, yet know that many will remain in their present circumstances or worse. When you spend your time “saving” others to the detriment of moving yourself forward, you will become another part of the problem, not the solution.

There will be times when what you do for yourself will be looked upon by you and others as acts of selfishness. At those times, keep your focus and make the choices that lead you to a fulfilling life of peace and joy. When you release the burden of saving others, your life will become such that you can eventually be a role model for those you are concerned about. Until then, you are enabling them, creating in them a sense of helplessness and unworthiness. We hope these words bring comfort to you and that you will have the courage to move forward and make a positive impact on the Earth and her inhabitants for the short time you are here.



Selamet! Chicchan 8

DAY 126 CIMI 9 Create Your Reality

Greetings, I am Cimi 9. Today we are happy to be of service to you with the ability and desire to show you a grander picture of how your life can be on Earth. Many of you are feeling disparaged and frustrated with world events and situations in your personal life. We hope to uplift you this day and let you know that you have within you the power to move beyond your current capabilities. We see the world differently because we are not of your world. We live in higher Dimensional frequencies, ever connected to ultimate Source. Although we at times appear in human form, we are made mostly of energetic matter that is not dense. Soon, you will have this capability, as well.

As scientists rediscover technologies used in ancient civilizations, both on Earth and beyond, they are finding ways to use forces of electromagnetism and more. The field of quantum physics is in its infancy stage and will open arenas that will become available to all of you. There have been many on your Earth plane who have already experienced or mastered the art of levitation, bi-location and astral travel. Can you imagine the implications and possibilities that exist in your daily life once you master these, as well?

There are untold numbers of people using telepathic communication, healing methodologies and prophetic predictions that have increased the well-being of many living on Earth. Can you imagine how your life will change when you master these skills? Many of your systems and policies will change as each of you regains your inner strength and power. Religions will be challenged, for if there is one Source, then the religious institutions must unify in order to express solidarity.

Your governmental agencies, educational institutions and medical industries will all change once the citizens of the planet learn to follow their intuition, knowing what is best for themselves and for the highest good of all. There will not be a need for oppressive leaders whose goal is to enslave you to do their dirty work once you have regained your inner knowledge of how to work together as a team. Allowing children to return to nature, to explore and observe the intricacies of a balanced society, will give them more knowledge than any textbook or series of rote memorizations can provide. You will not need prescription drugs when you have the knowledge to grow and use the herbs that support your health.

As each of you learns to love one another on a higher plane, there will be no need for counseling and social agencies. You will be communicating from a space of love and concern, learning to speak with integrity. There will be more awareness and attention placed on respect of the environment and delicate balance of Nature. Once this occurs, your automobile and construction industries will undergo vast reconstruction.

We could continue at length, but will abbreviate this message. Our goal is to encourage each of you to become responsible for your thoughts, words and actions. It is time to pay attention to the way you affect your world individually. Take time to research the pros and cons of every action you take. Listen to those who have opposing views, for you may find fragments of truth you overlooked in your zealous appeal to be righteous. Take time to read the labels on things you place on your body and ingest, for many are toxic and causing you great havoc.

Rest when you are tired. Eat when you are hungry. Drink when you are thirsty. The best form of nourishment for you is pure, untainted water, which currently is in short supply. Learn to do what Master Dr. Masuro Emoto has observed; pray over your water, asking for it to return to its pure crystalline structure. The ancients have done this for eons; this knowledge is now available to you, again. When you pray, know you have the power within you to create whatever it is you wish to experience. However, be mindful when you pray for others. What you are requesting may not be in their best interest. For this reason, we remind you once again that in all your prayers add the phrase, "for my highest good and for the highest good of all concerned, gracefully."

There have been many healings that others call blessings, yet in some cases they extended the life of the one who wished to leave this plane. There are many who have crossed over to other planes and are refraining from moving forward in their evolution due to loved ones holding them close. When these things occur, it affects the vibrational levels of all, for these requests come from a base of fear, not love. It is time to release all wants and desires that impinge on what is best for others. Bless them and release them. Know that once you clear yourself of pain and sorrow, you will be able to communicate with them, no matter where they are within or without this uni-verse, for we are all One. We hope these words will inspire you to take the actions necessary to create the utopian society you dream of.



Selamet! Cimi 9

DAY 127 MANIK 10 The Grand Experiment

I am Manik 10. Welcome to this grand and glorious day filled with love and light throughout the universe. Although at times, your life and surroundings may be somewhat glum, know that all is well in the unfolding plan of salvation and ascension. No matter how things appear on this plane, know there are roads paved with golden opportunities every step of the way in this Realm and beyond. Know and see yourselves as children of God. Know you are a part of God, not just from seed, but more as a holographic form. Within each of you is the whole Creator, although of lesser vibration while you choose to remain at this lower density.

What I am about to share with you is difficult to describe in human language, but I will attempt to help you understand more fully how you are in your spirit body while away from pure Source. As each of you left Source and moved into other Dimensions, there remained in you the whole of the Source. It is much like an automobile, having an engine that propels itself forward on rotating wheels and a place for occupants who can drive it to get from place to place. Although autos come in many shapes and sizes, they all perform the same basic functions.

Although you vibrate differently than Original Source, you have the same function, to experience All That Is. The farther you travel from Original Source, which is pure Love, the lower your frequencies become. Original Source is pure energy. As you move “from” Source and choose material bodies, you become denser, yet not necessarily of lower frequency. There are myriads of souls who live in bodies much less dense than you. Due to their closer association with the pure Love of Source, they vibrate at a much higher frequency. Similarly, there are many walking on the Earth inhabiting low-density bodies, but vibrating with high degrees of Love.

Whatever you can imagine, exists somewhere, whether in this universe or beyond. Every soul that has left Source has the ability to create what it is they wish to experience. It may be a short-term experience, while others may wish to stay in the experience for extended periods. Understand that not all places have linear time, in fact, very few do. When a Soul chooses to experience something, “he” can create on two levels: personal or group. Many experiences are simple and can be created by one Soul. Most are larger scenarios that require many to create, such as a galaxy or universe. Once created, then a Soul that wishes to experience something within that universe can simply join a group that already exists.

When there are a group of Souls who wish to have a specific experience, they come together and create the form in which this can occur. This is how your Earth and physical planets came into being. Each galaxy and universe has its own set of rules or parameters designed to allow those who wish to participate to have the experience they desire; not all of these places are material. Most have open enrollment, allowing any Soul who desires to gain admittance. Some places are closed, allowing only those who created it to experience the manifestation. Again, I say, whatever you can imagine, exists somewhere. There are many on Earth who feel they are not of this Earth. Myriads have memories of living on various planets and coming to this Earth for a variety of reasons. In most cases, this is what has occurred, for you are explorers, choosing to experience the creations of others. There is no death. All Paths lead back to Source. At any moment the individual Soul can choose to merge again with pure love.

The basic limitation is the Soul’s desire and sometimes, the ability to resonate with Pure Love. There are many Dimensions where it is impossible to dwell unless the vibration of Love is high. It is also impossible for those who do not wish to leave the higher vibrations of Love to incarnate into a low-density body such as humans.

That is one of the laws of the Universes. Although some may be able to lower their frequency enough to be seen by the human eye, these occurrences are generally short-termed, for it takes a tremendous amount of energy to slow a highly charged energy field. It is much like stopping the whirring of an auto’s starter when all the gears have been stripped. Understand that judging another’s actions is purely a human trait. When this galaxy was designed, many wanted to experience emotions that were the furthest from the pure love of Source. Earth, as well as many other planets in your galaxy and beyond, were formed, each having specific parameters that allowed for various experiences.

In order to experience Not-Love, temporary amnesia of Pure Love is required. When you left the Spirit Realm and incarnated on Earth, your memories of Pure Source and the higher Dimensions were erased. This was accomplished through the changing of codes within your body structure, mainly your DNA. As time on Earth comes to an end, your body is going through many changes. The Earth was never designed for destruction. In fact, one of the built-in laws of this planet was that most experiences would be allowed unless they destroyed this planet, surrounding planets and galaxies or the entire population of living Beings on the surface and inner Realms of the Earth. There was a reason for this law. Many of you came from planets that were destroyed by its inhabitants. Thus, you know it can happen. Therefore, when the Earth was created, it was decided that intervention could happen outside of the free will of humans if actions were being taken that would destroy the Earth or have detrimental effects on nearby planets. Nuclear war is one such instance in which we have intervened.

The Earth is a living, breathing, conscious organism, a group of conscious Beings who agreed to be the host for this Great Experience. She has not agreed to be blown apart nor annihilated by human or extra-terrestrial hands. Living on Earth, as it is today, is one of the lowest densities in all of creation. Because the experiment on Earth was new, it was granted a specific timeline. It was known that the state of amnesia or forgetfulness of Pure Essence, could go to such an extreme that it would be hard, if not impossible, to get some of the soul fragments vibrating at a level strong enough to have the ability to return to Pure Love. It was determined by the Higher Councils that under no circumstance could a place be designed in which it were possible to lose one soul fragment. In this case, we use the term soul fragment to mean one part of Pure Love that left Original Source.

This Realm has a timeline in which Not-Love or darkness may reign supreme. Each soul incarnating here has the choice to live as much in the light or dark as he/she chooses. We have talked earlier about the repercussions of each action and will not deter from our message at this time. What we do wish to say is that your time on Earth as you know it is about to end. There is no need for doom and gloom, for there will not be an extinguishing of the Mother Earth group nor all of her inhabitants. Contrary to this belief, the Mother Earth group is ascending to a higher degree of Love. Her contract time is up and she has chosen to move closer to Pure Love. Your scientists have proven that her inner heartbeat is indeed increasing. Yet most of her inhabitants are not keeping up with this increased frequency. There will come a time, like a radio station, that the frequencies will become so far misaligned that no communication can occur. At that time, myriads who are resonating at lower frequencies will vanish from the Earth. They are already doing so at record speeds.

Many of you are feeling a quickening and losing interest in mundane things that kept you entertained for years. There is a resurgence in Truth-seeking as many realize that the belief codes they hold dear to their hearts have lost significance. The lies of government officials and cover-ups are being brought to the attention of the general public, causing anger and resentment, thus moving these people even further from Pure Love. It is imperative at this time that you move yourself into higher forms of Love as soon as you can. This will make the transition easier for those of you who choose to ascend with the Earth into higher frequencies of Love. Even if you do not believe this story, you would still do well to become a kinder and more loving person, would you not agree? Those ready to move more into love are offered these daily Messages. You have within you the power to create any reality you wish. Yet you must make a conscious choice whether to move towards Love or to remain in the lower density frequencies of fear. We offer suggestions on ways to do this. Choose what feels right for you.

In order to experience more Love, you must release more Fear.

We leave you now to ponder these words. Know we are always near, ready to assist when you request. We find joy in assisting you. Many of us have been in your shoes as humans and know the difficulties you face. It gives us tremendous joy when we can assist you in easing your burden.



Selamet! Manik 10

DAY 128 LAMAT 11 The Root of All Evil

I am Lamat 11. Thank you for joining us today for another conversation related to your ascension process. We are pleased to be of assistance to you and able to help you further understand the role you play on Earth at this time. Know that within you is the power to understand all things. You have the right to choose to listen to these words or to ignore them. There is no judgment placed on any decision you make, for all choices lead back to Source.

Today we would like to chat about money and your ties to it. Humans have been led to believe that money is the root of all evil. Some go further to say that it is the love of money that is the root of all evil. Yet both are far from the truth, although we do understand the basic underlying principle. It is the intention of the universe to allow each soul to love all things, allowing them to be as they are, so loving money is not a bad thing.

However, using money to gain control over another is not a good thing. Spending more time focusing on acquiring money rather than taking care of your personal needs and your loved ones can create an imbalance in your life. Using money to buy the affections of another is a very low density proposition, leading to pain. There are many unhealthy ways a person can be attached to money, but it is not the root of all evil.

Although there are a myriad of causes of evil, we would claim that fear is the root of most evil. Understand that we do not use the term “evil” in our Realms, for we do not judge anything as good or bad. We accept all things as choices or experiences. It is up to the individual to decide which path to choose in each moment of existence. We know that each person will ultimately return to Source, bringing with him/her a wealth of experiences that each can share with the whole. Money is a human device designed to gain control over others’ assets. In ancient civilizations up to modern times, natural items were used as bartering devices. Seashells were traded for spices, furs were traded for food, etc. Money, in its modern form is devoid of value in its essence. An ancient person would look at a dollar bill and shake his head in wonder at the person who saw value in it. Can you imagine trading part of your survival food for a piece of paper? It makes no sense, yet it has become a standard today. Most money is based on nothing more than thin air and a lame promise, yet everyday, millions of transactions occur using this device.

There is no evil in money, yet its use is complex and subject to a major downfall in the near future. In your lifetime, there have been countless countries that have lost the value of their currency. What were riches one day could not buy a loaf of bread the next. Can you see the shaky foundation your currency is based on? Then why make it so important in your life? Who is creating the rules and do you wish to remain a part of that reality?

Come together in groups and form your own currency. Barter is an excellent way to live your life. Each of you has unique talents; begin honing those talents and sharing them with others. The biggest problem in your society today is that countless hours and enormous amounts of energy are consumed to make enough money to pay for your living expenses. What if that same amount of time was used doing the things you love, which could then be traded for the things you need? Can you see the beauty in this?

This is how the indigenous people in the world survived and thrived. They made their homes out of natural products. You can do the same today. There is much information available on how to inexpensively build and live comfortably in “green” homes. The indigenous people knew how to grow their own food, forage for medicinal herbs and hunt the food needed to sustain themselves. You have the opportunity to do the same, once you are ready to wean yourself off restaurants and grocery stores. What you don’t grow, you can exchange with a neighbor who does.

There is much you can do to improve your life, thus freeing time and energy to do things you prefer. Look around your home at all the unread books, unused items and clothing you rarely, if ever, wear. These are the things you spent your energy on in order to collect the money to purchase them. Pay attention to your spending habits and eliminate those things that do not bring you closer to living the life you desire.

It is you who will decide where you will spend your time and energy. It is you who will decide which ways you will amass the money or goods that you desire. We do not judge your choices, we simply wish to assist you in gaining more balance, peace and joy in your daily life. We offer our services to you freely, no money need be exchanged between us, for in our Realm, it is worthless. What we exchange is our service, given freely with love.



Lamat 11

DAY 129 MULUC 12 Responsible Sex

I am Muluc 12. Thank you for taking time to join with us today. We would like to make a few comments regarding sexuality. Within the realm of humanity, much emphasis is placed on love. Yet the love that most of you are familiar with is far removed from the pure love of Creator. There are attempts made among you to increase your capacity to love through the act of sex. Yet this is a low energy form of love. Most sexual acts are performed for the simple pleasure of the feelings they arouse. Although there is nothing wrong with this, we find that it drains you of energy that could be put to better use. There are many forms of tantra that can help you understand the energy connections that occur during sexual interplay. Often, sexual acts are performed as a means to control another person, whether the manipulation is recognized as such or not. Many times sex is performed between two partners who barely know each other. Although there may be pleasure obtained in the moment, the results of the action can last your entire lifetime and beyond. When two come together (no pun intended), an energy transfer occurs. A bonding occurs in which cords are attached that keep you energetically linked to each other. You would be wise to seek assistance from your Guides or those familiar with bonding cords to sever these ties.

When semen is injected into a woman, there is an energy pattern that is seeded in the womb. It is hard for us to describe what fully occurs, but we will attempt to help you understand. Semen has within it a consciousness encoded with the program, "Make a baby!" Although each drop of semen will not impregnate a woman, each thought will. Therefore, when the woman receives the semen in her body, she is accepting that thoughtform into her energy field. Although she may not want a baby, when she engages in a sexual act, there is an unspoken contract that says, "Make a baby!"

Humans have the ability to create with their thoughts, words, actions and emotions. The ability to pro-create follows these patterns. Most of you come into this incarnation with a contract stating how many children you will bring into the world. Although the contracts can be revised, they generally are not. Thus, each female enters this incarnation with a prescribed number of children she will bear or miscarriage. Entering in a state of amnesia many times muddles the plans of those who incarnate on Earth. In the Spirit Realm, you think you will surely remember and notice the markers that you set up as reminders. However, the emotional pulls such as fear and lust often takes one off their Path.

When semen enters a woman's body, the program is activated, "Make a baby! Make a baby!" Often there are children born in this type of union. Orphanages are full of these unwanted children as the number of single mothers continues to soar. Unwanted children have a very difficult lot in life. Although the words may never be spoken, the thoughtform of being unwanted is impregnated into their energy field. Many are suffering unknowingly from this dis-ease. You would do well to determine if you are one of these children and through the assistance of your Guides or a professional, seek help releasing this thoughtform from your energy field. Can you see why so many people have feelings of unworthiness and abandonment? We ask you to be more careful when you have sexual intercourse; it can be detrimental to your spiritual, mental, physical and emotional health. There are many ways to enjoy the pleasures of orgasm without intercourse with an unsuitable partner.

Many humans feel tremendous amounts of guilt and shame associated with their sexual experiences. This need not be so. We encourage you to release your negative thoughts and belief codes associated with sexual activities. We do not make judgments on your choices, but wish to help you understand what is happening when you perform this act with another. Take into account possible outcomes and choose responsibly, for you may be adding a heavy burden onto yourself, your partner and any children that may be born from this momentary act of pleasure.



Selamet! Muluc 12

DAY 130 OC 13 Decrease Fear, Increase Love

I am Oc 13. We welcome this time with you with great gratitude, for many are listening to our words and integrating the necessary changes in their lives. As you begin to expand your mind and open to unlimited possibilities, you are becoming more aware of how powerful you are, even while encased in a physical body. There is no stopping what you can do!

We wish to remind you that love-based thoughts are light and flow freely among the universe, giving all in its path an uplifting moment. Many feel the experience, not knowing from whence it came. You may be having a fond memory of someone and in that moment, that thought travels in an instant to the person you are thinking of. On the other side of the globe, that person for an unknown reason feels a little tingly, perhaps has a fleeting thought of you and the good times you enjoyed together. He may call you and be surprised to hear you say, "I was just thinking about you!"

You are all telepathic; this skill can be honed. As the Veils thin, more people are finding their psychic skills are developing, as well. There are countless stories of people seeing extra-terrestrials and spirits, having déjà vu experiences and clearer telepathic communication. There are many books on how to develop your skills. Decrease any fears associated with psychic abilities and increase your love for all life. It is the ability to tap into the higher frequencies of love that allows these abilities to manifest more freely.

In order to conquer your fears, you must face them. Just as a bully often backs off when his target steps up to him, your fears will dwindle and back off when you boldly confront them. Changing the behaviors that kept the fears intact also requires effort and courage, for this is your public statement that you are changing something inside yourself that no longer serves you. You may be encouraged by some and ridiculed by others, but stand fast to your truth and press forward.

Your love will exponentially increase with each fear you release, for you cannot hold on to both at the same time. If you are having an issue with a loved one and harboring anger, hate or frustration, you will block the flow of love. Although some love may filter through, when your time together is going well, the flow is still constricted due to the lower frequencies still targeted towards that person.

It is similar to using a straw to sip a strawberry milkshake. At first, the drink flows freely and then a bit of strawberry partially clogs the straw. You can still sip the shake, but it takes more effort. Then more bits of berry get stuck in the straw, completely blocking the drink from passing through. Although the parts of the shake you ingest are sweet and desirable, the effort it takes to drink it becomes frustrating. When the straw gets clogged, to clear the connection, you have to blow with great force through the straw. This happens often in relationships. Frustration builds until one person blows up at the other. Tension is relieved until the bits of berry clog the passage once again, repeatedly needing to be blown out.

When the straw has repeatedly clogged, there comes a time when the sipper says, "That's enough!" and throws aside the straw. He then drinks the shake without the use of a straw, consuming it in its entirety. Often, in relationships, the same thing occurs. One tries to reach the other and after several unsuccessful attempts, she reacts out of frustration and built-up anger, lashing at the other person with a vengeance. At this point, the other person feels consumed, sometimes not knowing why the other person is so upset.

When most enter relationships, they are wearing rose-colored glasses. Everything is going well, until the other person goes against your will. At that time, if your foundation is based on expectations that others will hurt you, that you are unlovable and such, you will react based on these belief codes. Although your partner may be having no malicious thoughts towards you, the scenario you have created in your mind has you reacting as though his intentions were malicious.

The partners you choose will be operating on their own fear-based foundations. Thus, when you react to something that is triggered within you, they in turn will react to something you said or did that triggered an unresolved issue in their life. Thus, wars are waged in the schoolyard, the bedroom and boardroom. When each of you individually faces your fears and feelings of inferiority and overcomes them, you will begin to have functioning relationships.

It is mandatory that you fully love and honor yourself before you can do the same with others. There is no other way to love someone truly from the heart. Many of you think you are doing this until the object of your affection refuses to be the person you expect them to be. Take time every day to go within and find the fears and low energy belief codes and release them. This will open doors to choosing belief codes that are lighter, moving you closer to making love-based choices.



Selamet! Oc 13

DAY 131 CHUEN 1 Hide and Seek

I am Chuen 1.

Do you want to lighten up today?

Let's play a game called "Hide and Seek."

Close your eyes and count slowly to one hundred, paying attention to each full inbreath and outbreath.

Now, open your eyes and notice how relaxed you feel.

Seek joy all throughout the day!

Class dismissed!



Chuen 1

DAY 132 EB 2 Make Joyful Noises

I am Eb 2. We are thankful for your time to join with us today. We are celebrating the halfway point of our annual journey with you. Those of you who have been with us each day, we congratulate you for taking the time and effort to make the changes necessary to increase your potential to live on the Earth in a joyful manner. Many of our lessons have brought up heavy issues and although we will be returning to delve deeper into your past wounds, today we wish to celebrate and practice making joyful noises.

Are you ready? Try to release all inhibitions and begin to sing. Make up words as you go, they need not be in a language you know; they can be just silly utterances. Build your crescendo, play with the sounds. Ohm, if you choose. Shriek with de-light.

Make silly faces and movements. Have fun and release yourself. Make body movements; get up and dance around the room or better yet, in nature. Let the playful child inside come out. Pay no attention to others who may watch you. If there are others around you, invite them to join you. Make silly faces at each other. If you feel like laughing, laugh. If you feel like crying, cry. Allow any emotions to arise. There is no need to attempt to understand why you are feeling these emotions, simply let them arise.

Continue to dance and sing for as long as you choose. Then, drink plenty of pure water and relax. Quiet yourself and go within for about fifteen minutes, expressing feelings of gratitude for all those who have been of assistance to you, both on Earth and beyond. Again, allow any emotions to arise.

Once you have finished, arise and create a splendid day for yourself! Make this a part of your routine at least once a week and enjoy the freedom of releasing parts of you that are ready to be expressed.

Those of you hosting workshops, we ask you to consider making this exercise a part of your format. You will not only awaken your audience, helping them to become more alert, but you will awaken in them deep-seated emotions that are ready to come to the surface to be released. Much healing can occur from this simple exercise. We wish you joy and peace.



Selamet! Eb 2

* If you are having difficulty being silly, check out some of the websites that follow the practice of Dr. Madan Kataria. The videos will encourage you to release your inhibitions.

“Laughter Yoga clubs were started by Indian physician, Dr. Madan Kataria in 1995 with just five people. Today, the laughter movement is widely accepted and has become a global phenomenon with over 6000 clubs in 60 countries. The tremendous power of laughter and its efficacy as the best prescription for wellness, Laughter Clubs have brought smiles and laughter in the lives of many people suffering from physical and mental and emotional upsets.”

<http://www.laughteryoga.org>

DAY 133 BEN 3 Cohesive Prayers

I am Ben 3. Welcome to this time of sharing. We shall begin today by thanking you for showing up and preparing yourself for the ride of your life! As you release old fears, undesirable behaviors and belief codes, you begin to lighten up. By releasing old baggage, you allow yourself to move through life with much greater ease and comfort. As you increase your ability to manifest your dreams, it will seem as though you are flying on a magic carpet ride! You may have already experienced many of these magical moments.

Today we would like to continue on this journey by sharing some of our deeper secrets with you. In previous Messages, we shared how the universe came to be and how you can release fears and judgments. Today, we would like to go beyond yourself and speak of how you can assist others. Although you must begin within yourself to clear out undesirable traits, there are still many of you wishing to extend a loving hand to others that are suffering. In the beginning of the *Mayan Messages*, we encouraged you to be selfish for a time, until you could get yourself balanced and in a position of peace. Many of you were working through huge life issues before you picked up these Messages. Some of you are more kind-hearted by nature, needing only prompting in some areas. Others of you are still going through quite a large shift in your life as you begin to apply these suggestions and those you are reading in other literature.

Most of you are ready to begin reaching outward. We wish to share with you some guidelines so you do not interfere in areas that do not concern you or to meddle in another's chosen Path. First, if a person comes to you, requesting your prayers or advice, we advise you to talk deeply with them, finding out exactly what it is they wish to accomplish or have occur. Know that your prayers, when sent with emotional fervor, are heard and acted upon by the Angels and Guides who are ever ready to assist you.

What we see happening often is that one person will put out a prayer request for another. Many times the person prayed for does not know that a request has been sent. There may be hundreds of people praying for his return to health, while the person is actually preparing to die, because this is his chosen time to do so. Although the person may fully recover, many plans have to be redesigned which can create confusion among those involved. Sometimes these prayers are answered and all is well as the person literally has a new lease on life. However, there are many times when more havoc is created because the prayers outweighed what the person truly desired.

What we suggest is before you pray for anyone or any event, hydrate your body with pure water, go within, tune into your Higher Self, then ask if the prayer you are about to request is appropriate. If you get a positive answer, then call in the Higher Self of all those involved and ask the same question. Often, you will find that it is not your business.

Many of you do not have a clear connection with your Higher Self at this time. This does not mean that you are less than others, it simply means that you have a block, which is generally caused by old belief codes that keep you from being a clear channel or simply because you do not trust the answers you are hearing. In this case, we suggest that if you choose to say prayers of intercession for others, that you always pray with this statement, "for the highest good for myself and all concerned." The Angels will honor this and check in with all involved to be sure they have permission to grant the request.

Another area that needs clarity is in group prayers. Although there is exponential power in prayer when two or more are gathered, there tends to be fragments that keep the prayer from going forth as powerfully as it could. Often groups come together for world peace or to pray for government leaders. Although both of these are honorable requests, what often occurs is that the persons involved have different views when their prayers are mingled in a circle. For instance, there may be a gathering for world peace. Lovely and sometimes overly elaborate ceremonies occur in which this is the focus. All gather and settle in to make the connection with Source and Spirit Helpers. The spokesperson then states the intention, "We are gathered here to focus on creating world peace." Yet rarely are the people involved setting off cohesive thoughtforms. Generally, this part of the gathering is done in silence, so those gathered do not realize what some are praying for is negating what others are visualizing.

World peace can be viewed in many ways. Some of the people in the circle may be visualizing the rounding up of government officials they label as criminals, perhaps even seeing them suffer horrendous deaths. We can assure you that this is not a peaceful solution. Others may be visualizing armed troops moving into foreign countries, gathering up and torturing terrorists. This is not a peaceful solution, either. Others may be visualizing everyone on Earth filled with peace, getting along with everybody and living happily ever after. This is a fairy tale and not a good solution, either, for the results generally are that people give up their voice to keep peace at all costs. We see this type of incoherency repeatedly in your gatherings. We suggest you take care of yourself first, so you can better understand how peace feels and how to release judgment, even towards government leaders and those you call terrorists. Until you have a firm grasp of unconditional love and inner peace for yourself, your prayers will be skewed by your misunderstanding, which many times are erroneous and lead to more confusion.

We say all of this to make you more aware of the larger picture. Prayers can be very powerful. Each thought, word and emotion you energize sends ripples throughout the universe, gathering force and momentum. If these are thoughts of love, they flow freely, blessing those who are open to receiving love. Thoughts that are not of love, although you may righteously believe they are, glop together causing more hatred and strife instead of peace on Earth. Although we understand you have feelings of anger and hatred toward those who oppress others, it is not in the best interest of anyone to judge and condemn them to a life of torture or death. A better approach is to send them loving thoughts and try to understand what causes them to oppress others. You may find that in most circumstances they wish the same things you desire, to be allowed to live a peaceful existence. You do not know all the reasons why another may feel threatened enough to lash out at others.

Your prisons are filled with people who are deeply wounded from childhood traumas. Although we agree that it is best that many of them are removed from society for a time, we do know that your system does not encourage their inner healing and support their needs. Many times, in their youth, there were signals that the child was going astray, yet no one was there to hear his needs and support him. Thus, he grew up lashing out in order to survive and protect himself from further harm. These people need compassion instead of punishment. Those of you gathering for world peace and unity of all would do well to spend some of your time going into the juvenile halls and prisons and encouraging those who are incarcerated to release their fears, behaviors and belief codes. The conditions in these jails will not change until the public demands that these prisoners receive more respect.

Having persons removed to protect the society is a good thing, however, abusing the prisoners only reinforces the fear and anger they need to relinquish before they can heal their wounds. In addition, there are countless innocent persons who are incarcerated and being treated horribly, thus becoming another problem for society. Often, those who work in the prisons become hardened and learn to treat others disrespectfully. Each of you deserves love and respect from each other, for there is not one among you who has not caused pain to another. You would do well to pray for the prisoners and guards to open their hearts to receive more love and compassion.

Treat all with respect and help others learn to do so by your example. Set aside your judgments and stop talking about things that you are not an authority on. Often, one tells another something and what was an opinion or story suddenly becomes truth and is spread to others. Before long, hundreds of people are reading stories that are full of inaccuracies, yet reported as truth. Learn to speak only what is true for you and allow others to do the same. Anything else would be best left unspoken, for stating falsehoods has been the cause of many a war and estrangement between persons.

Please take these words into your heart and consider how you best can affect the world in a positive way through your thoughts, words and actions. Become more cohesive when you gather in groups. We are here to serve you and there are myriads of Angels and Guides who are happy to assist you in making your dreams come true, however, your intentions must be clearly stated so we can deliver what you desire in a graceful and uplifting manner.



Selamat! Ben 3

DAY 134 IX 4 Release Time Constraints

I am Ix 4. Thank you for taking time to join with us today. We are happy and grateful to be working closely with you. There are many changes occurring on the Earth and it is grand to be a part of the awakening process. Many of you are feeling a quickening, as though there is no time to get things done, wondering where the hours went at the close of your day.

There is a shattering of time as you begin to ascend to higher frequencies of vibration. Time, as you know it on Earth, is a linear idea that was created in order to allow the fabric of this universe to be woven together. In your world of polarity, there are opposites, such as here and there and now and then. In our Dimension, there is somewhat of a reference to time, but it is much looser than what you experience on Earth.

In our Dimension, we can move through time by instantly transporting ourselves from one sector of the universe to another. It is hard to describe in words unless you have experienced these time warps. The closest that most of you can come to understanding this is when you sleep for eight hours. When you awaken, it feels like only a few minutes have passed.

Time is relative to your interest in an activity, as well. All of you have experienced performing a chore that you disliked and it seemed to take forever. Yet, when you spent the same amount of time involved in a task that was of high interest, you exclaimed, "Where did the time go?"

Each of you has within you the ability to warp time so it benefits you, without harming anyone else. This happens often with people who focus on always catching the green lights while driving through town. It is not that the lights change their timing, nor does the light consciously stay green until the driver passes through. What happens is the driver taps into the rhythm of the lights and paces his speed so he becomes in sync with the lights when they are green.

Many of you cannot wear watches, for they either stop or lose their ability to maintain correct time. What often happens is that the person has created a belief code that they no longer wish to be controlled by the need to adhere to society's rule, "You have to be here on time." When a person chooses to follow his intuition and allows himself to flow with what is happening around him, this belief code creates a higher frequency of love, which is the flow. What happens is that clocks and watches are jangled by this frequency and will not work properly.

Have you noticed how those who live this way always seem to show up at places at the perfect time? Often, they end up at places unexpectedly, yet right on time. Because they chose not to let their watch rule their life, they were able to have wonderful experiences, often something much better than what was originally planned.

Following your intuition and gut feelings is your inner guidance leading you to experiences that you have set up through your prayers and requests. Hone your ability to recognize these pulls. Watch for synchronicities that occur when you release the constraints you place on your time and allow yourself to go with the flow. You will find yourself drawn to places you didn't plan to go. Follow these hunches and see what unfolds. Learn to observe what is happening around you and speak up, as needed, when you overhear a conversation or see a notice on a board that resonates with you. Often, it is us leading you to clues to follow on your chosen Path. Many of these signs are overlooked when you keep your eyes focused on your watch!



Selamet! Ix 4

DAY 135 MEN 5 Judgment Day

Greetings, I am Men 5, welcome to this day of gathering. We wish to speak today of the judgment day that is spoken of in many spiritual texts. From the pulpit, we hear stories of the judgment of God, damning some to hell and welcoming others into his loving arms. We challenge you to rethink your thoughts regarding a vengeful God. How could an all-wise, all-knowing Creator damn his own creation? Why create a Being, allow him to experience anything he desires, then punish him forever for making certain choices? Why is it that in some cultures what one considers to be a horrible sin is considered to be an honorable Rite of Passage in another? Who is right? Who is wrong?

If the belief is that one has to hear the word of God and profess Jesus as his savior, then what happened to all those souls born before Jesus entered the Earth? Why should people who never had the opportunity to learn of Jesus have to suffer as a result? Is there a verse in the Bible where Jesus says that unless you speak my name, you will be damned to hell for eternity? Perhaps Jesus was suggesting his way was one that would lead to a better chance of living in a more joyful, loving and peaceful world. To say that “my way is the only way” is totally out of character for this enigmatic Earth Master.

You may cringe when others do not proclaim Jesus to be the son of God. Yet Jesus, as reported in the scriptures, said that we all are sons of God and called all others his brothers. Does that not place us as his equal? Although he may have been wise, he no way implied that he was better than anyone else. Indeed, he states, “Whatever I do, you shall do greater.” Why is this not preached in the pulpit? Jesus was a humble man, traveling and speaking his truth to others. This is an honorable thing to do and a good example for all today; walk your talk. Yet to condemn others for their beliefs and remain close-minded to any possible options causes separation, fear and a multitude of low energy emotions. This does not sound like traits a son of God would profess.

Study the history of your scriptures. These words were initially recorded many years after the death of Jesus. How accurate are his utterances? Books and passages have been omitted and re-edited for many generations. How much credence do you wish to give to the accuracy of such records? There have been many changes from one language to another, often creating passages with very diverse interpretations. How do you know which is correct unless you read the original manuscript and are fluent in that language?

Many Bible passages have been misunderstood because the language was written at a time when different cultural practices were in existence. Unless you fully understand what was happening at the time of the writing, many parables could easily be misinterpreted. Could there also be discrepancies in the Bible due to misunderstandings of the eyewitnesses? Each person responds to what is happening from his own background experiences. We refer back to experiments where there is a staged event and then the observers are asked to retell exactly what they observed. In most cases, there is not one identical story in the entire group. The reason for this is people respond to what they have experienced in their past based on their fears, expectations, knowledge base, etc.

How can any one of you who stands before another professing that any ancient textbook is the one and only source for truth be so sure? Yes, books and messages for all times have been channeled, such as this material. Yet it is one thing to have a text that has been modified for centuries and quite another when it is coming from the original source. All channeled messages, including this one, is subject to the interpretation and ability of the communication skills of the one who is channeling. This is why many of our words relay the same message, but on different levels.

We do not condemn Christianity or any other form of religion. However, we do ask that you consider the source of the material you use as a foundation for your major belief codes. Consider the possibility that some of what you believe is erroneous and slowing down your ability to reach full love and compassion for others. Jesus himself said not to judge others, yet you say that his father, whom Jesus represents, is punitive and judges each man upon his death. How can this be?

None will be lost; all will return to Source. Can you imagine a Creator who purposely creates a magnificent Being just to destroy it? Observe an artist and you will know that this cannot be so. Their art is an extension of themselves. We encourage you to be creative with your life and release any thoughtforms and belief codes that leave you feeling less than another. You are all children of God, pure Beings of light arriving on the Earth, for a time, to experience just one small piece of God’s creation.



Selamet! Men 5

DAY 136 CIB 6 Theta Exercise

I am Cib 6, thank you for taking time to join us today. We delight in the moments we share with you and look forward to the day when we will be fully reunited with each other. That day is not so far in the distance, although with your world view of time, we have many days to wait. Be of good cheer, for your life has the potential to unfold in the manner you choose.

Today we wish for you to select one area of unrest, whether it is a past wound you wish to heal, a behavior you wish to change or something that leaves you feeling less than whole. With this in mind, relax while taking in several breaths. Focus on your breathing until you have released any tension in your body. When you reach this level of relaxation, your brain goes into theta brainwaves allowing you to more easily disengage the logical mind. Mentally, see yourself pushing a button that temporarily shuts off the left side of the brain.

You will begin functioning more from the right side of the brain, which allows for greater healing to occur. The right hemisphere of the brain stores the memories of what has occurred in your entire lifetime. It does not hold logical thoughts, judgments or anything other than facts and emotions. You can release emotions easier when you are in this relaxed state because the right side simply experiences the emotions without feeling the need to express or hold onto them, as the left hemisphere does.

While you are in this relaxed state, bring the problem you are working on to the forefront of your consciousness. If there are uncomfortable emotions attached to this problem, then state to yourself that you wish to work on this issue from an observer point of view, which will keep you from re-living the emotions. This is advantageous, for if you return to the emotions of the past, many times you will get distracted or needlessly relive undesirable emotions.

Now, from an observer point of view, go back to the issue that you are wishing to resolve or heal and ask for solutions. Sit calmly and quietly and you will begin to receive answers. Many times people will hear words or just know actions to take. Others may see things, such as the outcome of the problem after it has been resolved or steps to be taken to reach this goal. Some may smell or taste something that triggers a memory or solution. There is an endless list of possibilities. Your role is to pay attention so you do not miss the subtle cues that can lead to the resolution of your problem.

This exercise may require more practice for those who are not tuned into their inner guidance and Higher Self. If you find yourself in this category, you may be better off going back to an earlier Message and working through one of those suggestions. Often, individuals will have to remove several key belief codes before they will be able to work on a more esoteric level. This does not mean that one is “less than” another, it simply means that each of you is on your own Path and working at a level that is appropriate for you. There is no right or wrong in anything. However, there is right timing that opens the door for healing to occur at its right and proper time.

We take leave of you to continue on your mission today of releasing old hurts or resolving an issue that is weighing heavy on your heart. Know that you have within you the ability to do whatever it is you desire. Go forth this day in joy, knowing that the world is truly yours to explore!



Selamet! Cib 6

DAY 137 CABAN 7 Mirror Exercise

Greetings, dear one. We are happy to be of service as you wander throughout the universe seeking to find joy and happiness in all things. Today we wish to invite you to take a journey with us.

Get comfortable on your magic carpet, visualizing a place you find to be serene. Take a few moments to unwind by breathing in and out while relaxing all your muscles. Before you begin, mentally push the “off” button on your left-brain, placing it on auto restart when you return to your normal active brain state.

Our journey today will be to explore the universe that lies within you. There are many challenges you are facing as you reach towards your goal of happiness and peace. Let us drift inside these spaces for a while, simply gifting yourself with love and assurance that all is well.

As you allow your mind to drift, focus only on love. Perhaps you will visualize your Guides meeting you and holding you in their etheric arms. In whatever way you choose, focus on loving every part of your Being.

Do not try to focus on anything specific, just send unconditional love through your whole Being on all levels: physical, mental, emotional and spiritual.

Fill your heart with gratitude for all the support you receive from those in the physical realm as well as the unseen Realms. Bask in the love that returns to you. Stay in this space for as long as you wish.

When you return, go to a mirror and spend a few moments gazing into your eyes. Tell yourself that you are loved beyond measure. Allow yourself to receive this gift of love. Feel the warmth it gives you and attempt to hold onto this knowledge and feeling of love throughout the day.

During your morning routine, you may wish to add this simple exercise of gazing into your eyes and reminding yourself how much you are loved, just as you are.

Remember you are a child of God, perfect in all ways.

Go forth and have a beautiful day, knowing you are loved beyond all measure.



Selamet! Caban 7

DAY 138 ETZNAB 8 The End of Suffering

I am Etnab 8. Thank you for joining with us today as we assist each other in our ascension. Know that we, as well as you, are working towards experiencing life fully before we all return to Source. Upon returning to Source, we gift each other with all of the knowledge and stories we are currently experiencing. It will be like having a huge party with all the movies in the world and we are the actors! Of course, the popcorn will be of the highest quality.

Today we would like to share knowledge associated with your Path on Earth. Each of you who are currently incarnate chose to come to this Earth to experience life in a variety of ways. While you were in your Spirit body, you had full knowledge that Earth is a temporary state of being and that in the twinkling of an eye, you would return to the Spirit Realm.

When we are in the Spirit Realm, we are not tied to the clock as you are in human form. Thus, what seems like an eternity to you is just one inbreath for us. Therefore, we are able to view ourselves in a different light. It is similar to you deciding to experience something new that may take an hour or a few days to accomplish. When you compare this incident to your entire life, although it may have great significance, the time it took was miniscule.

Many of you wonder how God could allow so much agony and suffering to occur on the Earth. We have two responses we would like to make on this subject, although we could expound much more. First, you were given the gift of free will. Much of your suffering is a direct result of choices you make, while on a global level, many suffer from the hands of others.

In essence, when you look at the entire history of the world, you will see that, as a group, things became out of hand overall due to the choices made by individuals over time. By this, we refer to such things as giving control to governmental leaders, allowing unrighteousness to occur at tribal level, greed and many other factors. Second, remember that your experience on Earth is miniscule in relation to your entire existence away from Source. The agony you feel now is less than a sneeze in the overall lifespan of your Soul.

If you want agony and suffering on Earth to end, you have the power to do so. However, there must be a large consensus, first on a personal level, then regionally, as you become a role model for others and then globally, as you unite together with clear intent. You will need to do more than just dream it into existence. There will be laws that need to change. All will need to respect others and speak their truth. Those in power who are using their role of leadership to manipulate others will need to change their heart or to be released from their duties. All of these things can be done if you join as one voice, uni-verse.

It takes time and effort to make great changes, but look what one person such as Ghandi or Mother Teresa was able to accomplish. Each of you has the ability to change and become a role model such as these two. When you release your fears and make all choices out of love of Self and others, you too will walk a path of righteousness, commanding the attention of others.

Be of good cheer, for there have been other worlds in crisis such as yours that have overcome their own iniquities and brought forth love and joy to their entire race. It has been done and will be done again. Believe it and make it happen!



Selamet! Etnab 8

DAY 139 CAUAC 9 Fake It 'til You Make It

I am Cauac 9. Welcome to this time of sharing. Today we would like to focus on what *appears* to be reality. In your Realm, it feels that what you experience is real. Yet when you take into consideration the whole of creation, what happens on Earth is more like a drama portrayed on the stage.

The purpose of this universe is to allow myriads of possibilities regarding the exploration of things not available elsewhere in the universe or when completely absorbed in Source Love.

The Earth and surrounding planets were created to allow specific possibilities to occur. Nowhere else is there such an abundance of life forms as there are on Earth. Nowhere else has free will been mixed with amnesia. These properties are unique in the universe; this combination has never existed in all of physical time. As a result, this planet is of great interest to many, which is why there is an abundance of extra-terrestrials that are drawn to your skies and inhabiting human form at this time.

As we have shared in previous Messages, when the Earth was created, a timeline was developed as per the request of Mother Earth. The group of Beings that constitutes the Earth agreed to host the living forms on this Earth for a specified amount of time. After that time, they will leave the density of this level and move forward in their ascension. Earth is already increasing in frequency and soon will not be compatible with low-level frequencies such as hate, fear and disrespect.

The Earth will not implode or be destroyed by asteroids. Instead, she will rise into an unseen Dimension, carrying only those who are able to vibrate within the realm of her frequency. In order to ascend with the Earth, all life forms will have to increase their frequency. Most animals and plants will make the shift because their nature is to resonate with the Earth. In order for humans to make the transition, they will have to revamp belief codes that keep themselves locked into fear-based behaviors. One way to do this is to “Fake it ‘til you make it.” This simple method can be difficult at first, but quickly gets easier with practice.

All that is needed is for you to choose a behavior in which you no longer wish to participate. Tell yourself you will no longer behave this way and then follow through. There is no need to make a public proclamation to others, for many times those you confide in will ridicule and test you.

You may have to change other behaviors in order to support your chosen one. For example, you may choose to stop overeating. The only way to do this is to . . . stop overeating. You may have to change other behaviors such as turn down offers to dine out, not munch while watching TV and drink a glass of water instead of having a bedtime snack.

Whatever it is you are trying to change, role-play as though it were already a reality. There is no need to whine or make statements such as, “I’m on a diet and I really want some ice cream.” That will only lock you into the victim mode. Avoid statements that make you seem noble, that will lock you into ego trips.

Just stop the behavior. Try it and see how it works for you! No one has ever died practicing this exercise, however, many have learned to live! We encourage you to practice daily whatever it is you wish to experience. Do not let others or your fears stop you from living the life of your dreams. Most of you do not dream big enough. There is a lot more you can do and experience than you currently give yourself credit for! Dream big, fake it ‘til you make it, and be in joy!



Selamet! Cauac 9

DAY 140 AHAU 10 Time in Nature

Greetings, I am Ahau 10. Today we would like to give you a day off.

We suggest you spend as much time in Nature as possible.

Do only those things that give you pleasure.

Pay attention all day to how you feel, bringing up feelings of joy whenever any lower vibrational emotions arise.

Be mindful of every word you utter and every thought that comes into your consciousness.

Go forth in joy!



Selamet! Ahau 10

DAY 141 IMIX 11 Co-Creation

I am Imix 11. Thank you for taking time to meet with us today. We are delighted to be of assistance as you work towards making your life on Earth more enjoyable and worthwhile. We would like to talk today about the creator that resides within you. Many of you cringe when you hear others speak of humans in God-like terms, such as being creators. We would like to assure you that indeed, you are creators, although as a human, you do not have the capacity to create on a higher level as original Source. This is due to the amnesiac state you live in. Your true Essence is limited due to the low frequency you must maintain in order to remain in this Dimension.

However, through all ages, there have been Masters with incredible powers who have unlocked the secrets of the building blocks of this universe. Through their understandings, they were able to do things that most could not do. However, veils between Dimensions are thinning, allowing information to flow freely to all who understand how to access the Akashic Records. Many ancient mystery schools are now opening their doors to those who will enter. Their secrets were guarded for centuries, however now it is time for them to be shared by those whose hearts are pure. Many with less noble intents have abused this knowledge by keeping the masses under their control. Yet this can no longer be, for you are on your Path to ascension with the Earth and no human is allowed to interfere with another's strong intention.

This brings us to our Message today. No one and no thing can stop you from experiencing a return to your spiritual knowledge, unless you allow it to be. There is nothing for the betterment of humankind that you cannot do once you learn to believe that you can, release all blocks and call on the Angels for assistance. We are most happy to accommodate your desires when you ask that it be for your highest good and for the highest good of all concerned.

There have been many covert operations by people who have accessed the ancient secrets for their personal gain. Countless stories are coming to the surface of the torture and brutality that many adults and children have endured as a result. These experiments by your governments and corporations were designed to control the masses through the mind. Countless murders resulted when others tried to bring forth new technologies that would benefit humankind. The acts of these corrupt leaders are now being publicized. Top-secret files of the massive cover-up of UFO activity are now being de-classified and available to the public.

With the advent of the personal computer came the ability to take any words and easily transmit them all over the world. Those who have ideas for new technologies and proof of governmental cover-ups are now able to disseminate this information in a matter of minutes. No longer can those who wish to suppress you keep this knowledge from moving forward. In the past, those who had inventive ideas or were whistleblowers could easily be bought or silenced. There are still many who are harassed and killed for bringing forth information, but it is happening to a lesser degree due to the information processing capabilities that are available today.

We share this information to let you know some of the background of your history so you will be better able to understand the importance of your ability to manifest your desires. In the past, the collective consciousness had agreed to allow the experiment of Earth to go to the lowest possible frequency. You have now hit bottom with one of two choices available: you choose death by staying at the bottom or you choose life by moving upward. We are speaking about vibrational levels.

On the day this is written, many are at the bottom. There are several unique things happening on the Earth this day. There is the largest amount of people living on the surface of the Earth than ever before. There is the widest and quickest ability to communicate with people over the entire globe. Transportation to any part of the Earth within a matter of hours is available. The vast majority of people do not know how to grow their own food. A huge proportion of people do not have the ability to protect themselves from extreme weather conditions because they are reliant on mechanical objects. When they have no access to electricity, many die because they live in buildings not designed for the climatic conditions in which they were built. Most water sources are polluted and continuing to be so at an alarming rate.

Natural resources are being depleted and causing environmental damage. The majority of people are reliant on others to manufacture their clothing and other needed items. There is an increase in obesity, and

diet and stress-related illnesses, with drugs used as a source to mask symptoms. The use of medicinal herbs is becoming a lost art. The air is polluted to a degree never known to man before which is causing untold damage to all living forms, as well as the environment.

There is more we could say, but as you see, there are many huge problems that need to be overcome in order for living Beings to be able to remain on the surface of the Earth. This is why it is imperative to be conscious of your abilities as a creator. None of these problems will go away quickly. Most have already caused permanent damage to society and the fabric of your universe. Yet how can these things be put back into order in a timely manner so life on Earth can continue? You will need to work as a team. You will need to have the highest good of all as your foundation. You will need to master the ability to focus your intention for an extended period of time. You will need to control your thoughts, emotions and words and keep them flowing from a base of love. These are basic things required to begin saving your planet.

When you have the knowledge and understanding that you can create with your thoughts, words, actions and emotions, you will be able to create a utopian society. There is much work to be done. The beginning is the tearing down of the structures that imprison you. This is happening in the external realm as your banking, housing and insurance institutions are collapsing. Governmental agencies and clearing houses that oversee every aspect of your life will begin to crumble next.

Information on how foods are tainted with toxins to cause food addictions, as well as preserve foods unnaturally has become public knowledge. It is up to each individual to choose what they will place on and in their body. Where will you spend your time and energy? You each need to be responsible personally. There is no longer time to stick your head in the sand and allow others to make decisions for you. If you wish to build utopia and to increase your well-being while residing in human form, you must make better choices in this and every moment. One way is to create more cohesive communities where each has a place and everyone assists with the growing and preparation of food.

Your ability to communicate with your Higher Self and Guides on other Dimensions will increase dramatically when you cleanse your body of toxic foods, thoughts and emotions. You will need to do this by paying attention to your diet, where you place your attention and the fears that drive your life. We have made many suggestions on ways you can do this. Each step you take towards healing your emotional wounds and moving towards loving others unconditionally will allow you to vibrate at a higher frequency. That is the bottom line. What is your response ability?

Try various suggestions that others and we have offered you. Allow yourself time to experiment, paying close attention to how you feel as you do so. Know that the changes you need to make in order to increase your love vibration will take effort. You may experience physical symptoms of detoxification in the beginning as you adjust to higher frequencies and as your body and mind releases the impurities that have been ingrained within your memory and cells.

Hold onto your vision of perfect health and harmony between others. Do your part by paying attention to what you do and say. Be a role model for others. Choose your friends wisely. Speak your truth. Walk the Path that will lead you to enlightenment. There is much to be gained by taking responsibility for yourself. We encourage you to take each step in joy, knowing that you are creating a more bountiful life on Earth for all. Take time to ponder these words and formulate your plan of action. You have already experienced the result of inaction.

Know you are loved and blessed beyond your understanding in this moment. We welcome the day when we will reunite in Spirit. Until that time, know that we are here to assist; all you need do is ask.



Selamet! Imix 11

DAY 142 IK 12 Embrace Diversity

I am Ik 12. Welcome to this time of gathering. We are delighted to be of assistance as you choose to walk the Path of enlightenment. Today we would like to talk on the subject of diversity. Each of you is unique, coming from a variety of backgrounds and experiences. Your belief codes are the foundation upon which you build your entire world. When your foundation is based on fear, low self-esteem and feelings of unworthiness, you will see the world from these lenses, with expectations that others will treat you in this manner. When your base is one of love, peace and joy, you will see the world from these lenses, expecting people to respond to you in like manner.

You are at a critical juncture in your evolution and it is mandatory that diversity is valued as a commodity. Even among the Lightworkers, there is a tendency to attempt to unify everyone into a few simple belief codes. However, it is diversity that makes this planet beautiful and special. There are planets in existence that have only one landscape. Others planets have few, if any varieties of wildlife or flora. There are many where all the inhabitants look very similar with the same color of skin covering, hair, eyes, height, etc.

In this Realm, diversity is often seen as something to be fixed. You strive for one world government, one church, one race, one mindset and one language. While you are touting that everyone is special, racial wars are at an all time high. Even among those who are dreaming up the next world, there tends to be a holding on of cultures, beliefs and a sense of “my way.” There is much division in every facet of your life that is regarded as less than or better than.

We encourage you to begin to notice these discrepancies and to take steps first in your personal life and then throughout your communities to allow for individual tastes and freedom. There are many among you with specific talents to bring forth this awareness to others. Please find the courage to step forth and publicly proclaim these truths.

The bottom line of what we are speaking about is unconditional love; allowing every living Being to be as they choose to be. There are not two among you that are the same as another; why attempt to make it so? When you have the ability to accept others’ individuality and to embrace and encourage them even when you do not agree, then you will begin to have autonomy in your world.

Until that time, there will be an increased need for others to justify their beliefs and to feel compelled to stand up for their convictions. There may be those whose convictions are not for the highest good of all; we understand this. However, we are not working with those people; they have other Guides that assist them. We are focusing on those of you who have sincere hearts and desire a better place for all to live.

Even within spiritual circles, there is much dissention. What does it matter if you have different views of god? Does it matter if some of your religious laws are different? Is there one religion amongst you that does not state that it is good to love one another and treat others with kindness and respect? Then perhaps, if there is to be a unified religion, this should be your guide. If a unified language is to be chosen, perhaps silence would be the greatest, allowing more time to go within and less miscommunication through the use of your language.

We shall conclude with hopes that you will ponder these words and look at ways you separate yourself from others. There is no hierarchy in the higher frequency Dimensions, although there is organization, with everyone having a role to play. We strive to assist you to begin living in this manner on Earth. How can *you* begin to release judgments in your life?



Selamet! Ik 12

DAY 143 AKBAL 13 Synchronicities

I am Akbal 13. Thank you for sharing some of your time with us this day. We would like to share with you knowledge based on our experiences of this Realm you call Earth. None in our immediate group have physically incarnated on Earth nor desiring to be of the lower density that you have chosen. Thus, from our standpoint, we cannot fully experience what you go through each moment of your life.

However, because we are of a higher frequency and not in a state of amnesia, we are able to offer suggestions from our vantage point. Know that at any time you can choose to heed our words or disregard them completely. This is part of your free will choice. We do not judge anything you say or do, for we understand that you are simply experiencing the things you wish to engage in. We know the *real* you that exists in the upper planes and are in communion with your Higher Self when we are making contact with you.

There is nothing we can say that you cannot access freely from your Higher Self. However, many of you do not know how to access your Higher Self on a clear level. Many of you are still making choices from the belief code that you must have an intercessor to reach your God. This is not true. Why would a father create a child that needed to go through another person in order to communicate with him? Ponder on this and determine for yourself if this belief code feels accurate to you.

We encourage you to take time to clear your mind, meditate, pray and seek inside for answers. Often the responses are subtle: a fleeting thought, an intuition, a gut reaction or goose pimples. How do you know when it is us or your Higher Self making contact? First is the ability to trust your instincts. It is much easier to trust your instincts after you have relinquished your fears. At times you may get an intuition, but your fears create a gut reaction response that keeps you from following through with the intuition. This is an important reason why facing and walking through your fears is imperative. Once you have learned to walk with courage, your next task is to follow your intuition.

If what you are prompted to do is for your highest good and for the highest good of all concerned, then know you are on the right Path. We understand that this is not always a good indicator, for you do not know all the ramifications that may occur as a result of any action or if the results ultimately are for the highest good of all. Many times what seems painful for another turns out to be a great gift or teacher.

Another indicator to know if what you are experiencing is for your highest good is to pay attention to your feelings as you make choices. In most cases, if you have released associated fears and blocks caused by belief codes, you will know for certainty that you should follow through with what you feel prompted to do.

Pay attention to synchronicities that occur; count them as blessings as you walk along your Path. Have the courage to follow through with ideas that feel inspiring, for they likely are guideposts for you. There are times when you will falter, but you will never be lost. When you call on us for assistance, we are always near to set up new experiences in order to help you stay on your Path.

You will find these guideposts in many ways. Perhaps you will overhear a part of someone else's conversation that is relative to you, books fall at your feet, objects appear to be lighter, almost glowing, familiar scents, music lyrics with a message, websites pop up on your computer, an urge to go somewhere or turn on the television to a channel you normally don't watch. There are many ways we attempt to reach you. If you are conscious and paying attention to what is happening around you each moment, you will notice our clues. Watch for things that seem unusual. We are here to offer our assistance and look forward to working closely with you as you choose to lighten your Path.



Selamet! Akbal 13

DAY 144 KAN 1 You are Loved

I am Kan 1. Thank you for joining with us this day. We are pleased to work with you as you empower yourself and create a better world in which to reside. Our topic today surrounds the meaning of love. We wish to come from a different angle by focusing on the aspect of Divine Love.

Each of you comes from Source. At one point, we all were a part of the energy that Source is. We cannot describe to you the beauty of this energy, for we ourselves have no full remembrance of how it was before we separated from Source. However, we know that the Dimension between where you currently reside and where we are is separated by a huge chasm of difference in the understanding of this Love.

We wish to impart to you the knowledge that you are fully loved by Source and us. There is never any judgment. Once you have detached from the Earth Realm, judgment does not exist except in other planes where this was created as part of their experience.

Speak to your Masters who reside on the Earth, they know this is true. They are the ones closest to understanding the true nature of the universe. You will know these Masters for they are meek and kind and spend much of their time in introspection and praying for the world. Their lives are devoted in service to mankind, never asking for payment, for they know all their needs will be met.

Read their writings, learn their ways and integrate those aspects that increase your capacity to love unconditionally. Simplify your life so you will have increased time and energy to devote to those things that pull at your heart.

When you are feeling depressed or low, place your focus on the many blessings in your life. Fill your Being with the high-energy frequency of gratitude. This alone can easily bring you back into balance. Spend your days focusing on your blessings rather than the chaos surrounding you and you will regain your energy. Make this a habit.

When something occurs that pushes your buttons or creates fear, face it and overcome it as soon as possible. Sometimes this can best be accomplished when you “Fake it ‘til you make it.” Feel brave, act brave, speak bravely and soon you will overcome the dragon of fear you have created inside yourself.

We take leave of you now, encouraging you to focus on your blessings and to change the things that keep you from experiencing love. Know that you are loved and worthy of all you desire. Although you may be temporarily removed from Source, it is your soul’s desire to be granted this opportunity. Although much of what occurs on Earth is unpleasant, focus on the good and more good will come to you. This is one of the laws of the universe, like attracts like.

Go forth today attracting what you wish to experience. We support and encourage you and send much love to you!



Selamet! Kan 1

DAY 145 CHICCHAN 2 You are a Living Library

Greetings, I am Chicchan 2 and we welcome you to this time of sharing. We are most grateful to be a part of your life, with the ability to share our knowledge with you. As you aspire to reach higher goals for yourself, know that we are always available to assist you in whatever manner you choose.

This day we would like to share some of our wisdom regarding the evolution of your soul. The word evolution in its most basic sense means, “to change.” Each of you in every moment of your existence is in flux; there is no-thing in all of creation that remains static for any length of time.

In your special condition as a human on Earth, the rules are different than those in other places of physicality. You have the ability in this Realm to know you are the boatman controlling the rudder, yet many in your Dimension do not adhere to this belief code. They let others run their lives, telling them what to believe, how to think, what to wear, what to eat and keep themselves in the realm of servitude.

There is nothing wrong with these things, although it severely limits your thinking and forces you to relinquish much of your free will. This is a sad state of affairs indeed. Know that you came into this world accepting the separation from the knowledge of your Spirit Self. It was the adventure of this experience that drew you here. Each of you has seeded within you the desire to know more, to experience something grander.

As this desire nags at you, it creates the impulse to seek something better. Most of you feel that riches or grandeur is the answer. However, when you master these things, you still find within you a great emptiness. Often, this emptiness leads you back home to reunite closer with family and friends, yet there is still an unfilled niche inside your soul. As you attempt various adventures and follow many paths, there is always something that is lacking.

This feeling of lack is the communion you had with Spirit. Many find solace in their religions, yet still do not connect with their Creator. This often happens as a result of what is preached in the pulpit. When faced weekly with sermons of hell and damnation, there is a feeling of imbalance created within those who are seeking Truth. When the pulpits are expounding on a Creator who is filled with love and mercy, there is hope that one can move forward in anticipation of creating direct communion with this Source.

It is up to you individually to choose how much time and effort you are willing to put forth in order to create a relationship with the Creator. This is where your salvation lies; we are not speaking of heaven or hell. Your salvation lies in the fact that you will release the nagging feeling of emptiness and commune consciously with the Source that fills your Being with love and compassion.

No longer will you need to seek solace outside yourself. When you tap into Source and know you are loved beyond measure, your time and energy are freed to begin life anew. You will find joy in all things you do, even those that previously were mundane. You will accept the riches and possessions you have with gratitude and create a desire to share your wealth with others. Those whose time is filled with love and gratitude will find great joy in simple experiences, such as watching the sun rise and set.

Your dreams will unfold as you learn to use this newfound time and energy to manifest your desires. When you come from a heart of pure love, we are eager to assist you in reaching these goals. You have the power within you, this moment, to ignite this passion. Your connection to Source comes from within, a knowingness that all is well and that you are pure Spirit.

Unlock the belief codes that keep you entrenched in feelings of “less than” and servitude. Release the fears and pain that have caused you to restrict your energy flow. Allow your energy to flow, affecting all around you as you radiate love toward all; this is your birthright. This is the reason you came to Earth at this time. You are here for one final run at moving the Earth toward a new vibration. You are a part of the soul-ution, with unique gifts to share.

No longer are you burdened with concerns of being burned at the stake or fed to lions. There are too many of you to allow these things to occur. No longer will you risk losing your family or job because of your spiritual beliefs; the laws have been set up to protect you. No longer do you need to be burdened with where your next meal will come from if you take the time to grow your own food. At this time in history, there is a resurgence in the return to Nature. By going back to your roots, you as a people have the ability to restore the Earth to her natural pristine state and once again live in the Garden of Eden.

It will take effort, but there are many who have set the foundation; perhaps you are one of them. Now is the time to build upon that foundation and create a world where love, peace and respect are dominant. Many refer to this as a return of the feminine. What we propose is to look at this time as a blending of both masculine and feminine energy. Both have their place and together they create balance.

We ask you to ponder these words and to see yourself anew. Take time to gaze into your eyes in a mirror and remind yourself that you are a child of God, of pure Essence. We also suggest that you do the following exercise with others, in which two of you gazes into each other's eyes while pouring unconditional love into each other. Remind the other person, either verbally or through your mind, that they are loved beyond measure.

Know that not only are you a child of God, but that you are a part of the wholeness of Source. Picture yourself as a hologram of original Source, completely whole. Know that you are not separated from Source, that you are temporarily playing a part in a role you have chosen. Your role on Earth is important for all of creation, for it allows all to experience everything through you.

Not all of you wish to be a truck driver or a preacher. Not all of you desire to experience poverty or success. Even those who never incarnate on this Earth have the ability to tap into the emotions and situations that you experience through the Akashic Records. Each of you has the ability to experience anything through another without having to go through an entire lifetime on a specific planet.

Can you imagine having a desire to witness what it would be like to be on the battlefield at Gettysburg and have the ability to do so without actually going through the torment and triumph of those who were a part of the event? Have you ever wondered what it would be like to attend a concert with the most Angelic music on Earth? Wouldn't it be wonderful to view Mt. Everest from the summit without climbing the mountain?

Anything that has occurred can be accessed through the Akashic Records. Each of you is a living library. As your body logs information during your daily walk, it is downloaded into the Records as you sleep, where it can be accessed by anyone. Most humans access these records during their sleep because they are not familiar with the process on a conscious level. There are many on Earth consciously tapping into this resource to find answers and to have experiences that you have had. We will speak more on this topic at a later time.

Know that you are a living library. Every action you take, every emotion you feel is logged. It is important. You are unique. Only you can experience things in the way that you do. These records are stored for eternity. There are many who live on faraway planets, yet are able to access these records for their personal enjoyment and to receive keys to create their world. There is much value in everything you do.

Have you ever learned not to do something by watching the pain another went through when they experienced a particular event? This is one reason why someone would search the Records, to avoid unpleasant experiences. Have you ever had tremendous insight or unexplainably received an answer to a problem you were grappling with? It is possible you entered the Records while sleeping and found what you were seeking there.

These Records are open to you at anytime. You are adding to these Records every moment. They are rich with information and resources. What makes them of highest value is that others can experience the emotions of others, as well. Unlike dictionaries that only show data and photographs, you can actually tap into how an antelope *feels* when chased by a lion. You can actually *feel* what a mother bird experiences when her eggs begin to hatch. You will be able to *feel* what a seed experiences as it sprouts and reaches toward the sun.

All things have a consciousness, yet on a diverse level. There will come a time when those of you on Earth will remember and experience these things once again. This is the true nature of the Garden of Eden. All things were once in communion. There was no need for anything, for all was freely provided. Humans and animals lived in harmony. Plants and animals gave of themselves freely knowing all was perfect and in balance. The fields were lush, providing nourishment for all. The water was pure with no need for filtration. Housing was simple, there was no need for walls or roofs, for the environment was not harsh.

You are moving back towards this level of harmony. The quickest route is for each of you to go within and to learn to love and respect yourself. Once you regain the ability to manage yourself, then you will spread this love and respect to others. It is your gift to humanity. Begin today; do not delay. Ah, another mantra for your mirror.



Selamet! Chicchan 2

DAY 146 CIMI 3 Sexual Dysfunction

I am Cimi 3. Thank you for taking time to share with us today. We would like to discuss some issues related to sexuality today. There are many among you with diverse attitudes and belief codes regarding this basic human nature. Much has been misunderstood for eons. Many use sexual activities as a means to manipulate others; the results have made this topic one that makes many uncomfortable.

First, we would like to address intercourse from a cultural perspective. Many of you have ideas or morals associated with sexual behavior that has been passed down for generations. Although some aspects of sexual activity are considered taboo in some cultures, such as sodomy and homosexuality, there are cultures in which these activities are an important part of their Rites of Passage. Although you may abhor certain sexual rituals, it would be wise for you to allow consenting adults to make their own decisions. Anything less creates separation, which is a lack of unconditional love. There may be many things you do that you feel are righteous, that others abhor. Does this make you wrong?

Often those in power or who are mentally imbalanced use sexual activities in order to regain a sense of power and to manipulate others. This behavior obviously is not in the highest good of all concerned and would be considered way below par if measured against an act of kindness. Yet the way your prisons treat sex offenders in many cases creates more problems than it solves. We have nothing against keeping these people from society so they cannot continue to harm adults and children. However, we would suggest that therapy and assistance be given to these souls so they have a chance to receive the love they desire.

Research the history of nearly every sex offender and you will find they were abused when a child. As they grew older, especially those who were forced to keep their abuse a secret, their minds developed belief codes that kept them from trusting or loving others. This is especially prevalent when the perpetrators were family members or trusted members in their society. Whom can they trust when those closest to them are abusive? Whom can they trust when those who should be protecting them turn their backs?

Sexually abused people, especially children, have a tough road to walk. When trust is broken at an early age, all kinds of warped viewpoints develop. These children grow up not trusting anyone and not able to receive love. They do not know how to give or share love. Their anger, pain and frustrations are deeply rooted. Often, when they come of sexual age, they begin to have abnormal behavior. Many are frigid. Many are scared. Many do not want others to touch them.

If you are one of these people, we hope that you will seek professional advice. We can give you hope and suggestions, but in a written format such as this, we can be of little service to you. However, we do encourage you to try to reach us by communicating through thought. If you have enough of the blocks removed, you will be able to hear us. However, if you have never dealt with these issues, you would do well to seek help from others. In the meantime, we encourage you to work through the Messages, for we can assist you on a daily basis, if you are willing.

There are many of you who have purposely used sex to manipulate others. Perhaps you wanted to win someone over or felt that you could get a better job if you “put out.” Many have worked as prostitutes for a source of income. There are others who have tried sex to see what it was all about. Others abstain from sex, thinking it is a dirty sin. There are those who abstain from sex as a method of remaining pure, using their chakra energy for other purposes. Whatever you choose, we do not judge.

However, we do hope that those of you who feel guilt and shame for sexual conduct that you are presently or previously indulged in will cease to condemn yourself. We suggest you look deeply at the activity that you have negative thoughts towards. If it was an issue from the past, then forgive yourself. If there is a need to apologize to another for something you have done, then do so. If it is not appropriate to forgive or apologize in person, then visualize yourself forgiving or apologizing to that person until you feel the energy leave you. Holding on to guilt and shame keeps you in victim mode. In order to get out of this pity party, you will need to empower yourself. If this was a sexual act that happened in the past and you continue to feel guilt or shame, then state to yourself that you choose not to feel guilt or shame anymore. Then follow through by no longer allowing yourself to dwell on such thoughts.

If you are presently engaging in sexual conduct that causes you to feel guilt and shame, then you have two choices. Either give up the conduct without going into pity party mode or loosen up your belief codes around sex and begin to enjoy the activity. However, we do not suggest continuing any behavior, sexual or not, if it is not in your highest good or the highest good of all concerned. You can choose whatever behavior you desire, although we are here to encourage you to discontinue any behaviors that keep you feeling like a victim or treating others with unkindness.

Many of you are sex addicts and may not even realize it. There may have been childhood experiences that cause you to obsess about various sexual activities. Perhaps you had an overbearing parent who made you feel “less than” when you were growing up. In many cases, this can cause sexual dysfunction. Whatever the reason for your compulsive need for sex, if it is interfering with your physical, mental, emotional or spiritual health, you would do well to address it.

One thing all of you must do is to forgive anyone who has transgressed you, whether it is sexually based or not. Until you release the negative energies associated with feelings of unrighteousness and manipulation, you will not be able to attain high levels of love. You can hold only one emotion toward any event at one time. You will either have a high frequency emotion or a low frequency emotion attached to the memory. Which do you choose?

When you first revisit some of your painful memories, there may be fear involved, but we encourage you to face them in order to be able to push through them. It is time to give up the rosy façade that all is well and ask for help, whether with us, your friends or a therapist. No one has led a perfect life. No one has walked his Path without receiving pain on some level.

We are here as your brothers. You as a culture have separated yourselves, many times making yourselves inaccessible to each other out of fear or reprisal. It is time to set aside judgments and reach out to strengthen each other. Many of you walk around wounded, continually looking for ways to protect yourself from being hurt. Your walls of protection are strong. No one can assist you until you are ready to begin dismantling your walls.

If each of you today were to choose kindness, sorrow could end overnight. Ponder on this thought and decide for yourself which path you wish to choose, to stay within your walls of protection or to open the door and walk into the unknown. We hope you choose the latter. We are here to support you. Go forth and make this a better world for yourself!



Selamet! Cimi 3

DAY 147 MANIK 4 Feel Gratitude Each Moment

I am Manik 4. Welcome to this day of love and peace. We wish to encourage you to take a few moments to relax and release all tension.

Go within and feel gratitude for everything you have experienced. Even the painful experiences have been great teachers, helping you to better understand your Self and allowing you an opportunity to make future choices that are more rewarding.

Take time each day to express gratitude to your Self and others as you pay attention to the blessings in all things. Continue this practice until it becomes a part of you, gratefully experiencing every opportunity presented to you in each moment.

Perhaps you can create a mantra and post it in a place to remind you often to feel gratitude in each moment. We cannot emphasize enough how important gratitude is when you reach for a goal such as unconditional love. There are many frequencies to strive for and gratitude is one of the highest attainable, especially while living in human form. When love is pure, gratitude is a foundation, you cannot have one without the other for they are deeply interwoven.

Practice acts of kindness, not as obligations, but for the sheer joy of sharing your talents and love for another. Make this part of your spiritual practice and you will soon find yourself feeling love for all on a level deeper than you currently fathom.

Take a few moments to relax your body while focusing on your breathing. Contemplate these words and set forth ideas on how you can implement them in your daily life.

We love you beyond measure and are grateful for your experiences on Earth, for through you we can better understand the nature of love on different levels. Remember that we all come from one Source and at the appointed time, we will each merge again with Source. Until then, enjoy the time you have, allowing yourself to experience life to the fullest!

We take leave of you now with the hope that you will set aside time each day to ponder our words and those of your Guides as we do our best to support and encourage you. It gives us pleasure to be of assistance to you. Know that all you need already resides within. Our goal is to help remind you of your Spiritual roots.

Go forth in peace and joy, filled with gratitude for every experience in life!



Selamet! Manik 4

DAY 148 LAMAT 5 Rebuilding Trust

I am Lamat 5. Thank you for joining with us this day. We would like to talk on the topic of trust. Many of you have been abused by members of your family or trusted friends. As a result, you have suffered greatly and have not built your life on a foundation of trust. You learned early that if you love or trust anyone, they would let you down or abandon you.

Many of you were raised by a single parent, knowing you were not wanted. As you grew up, you missed many opportunities that would have been beneficial if you had the balance of both a nurturing father and mother. Can you see why so many cling tightly to relationships when they grow older while others will let no one come close to them emotionally?

Although much damage has been done, there is nothing that is irreparable. You have the ability to erase many of the belief codes associated with the lack of trust. These issues of trust are imperative to heal if you wish to have a fully developed loving relationship with anyone, including yourself. It is no wonder your churches preach of a God that is punitive, for they are built on the premise that no one can be trusted. It is a human trait to make God more human-like, for the true expanse of Source Love is unfathomable to the human mind.

Most of you live your lives expecting others to hurt you. Many withdraw from society in an attempt to remain safe from emotional and physical harm. Often those who suffer from trust issues will not let others get close to them emotionally and create a myriad of habits that push people away. As a result, they become lonely and manifest a fear-based life.

When a person has been hurt in the past and is afraid that it may happen again, they will live a life expecting this to occur and will live according to that belief code. All Beings create the experiences they passionately focus on. Fear is one of the strongest emotions humans possess. If they focus on fearful things, they are most likely to manifest the things they fear. When you can take any fear and switch your attitude and belief to the opposite spectrum, you will create the ability to manifest higher vibrational experiences.

The universe and Spirit Helpers do not place judgment on any decision you make. They are attracted to highly charged emotions that you emit; it is like calling them on the telephone. When they answer the call, they energetically read your emotions. They will respond by opening doors to various possibilities. It is up to you to walk through these doors and to follow your intuition and the synchronicities that lead to your ultimate desire.

What often happens is that a human is living a life with fear-based belief codes. Something happens that triggers an emotional response, then Spirit Guides are alerted that the human needs something. Perhaps he is in immediate danger and his fear is on high alert. The Guides may respond by sending thoughts to the one in fear. If he is able to hear, it could help to alleviate the situation. There are many instances when someone has an insight to do or say something that diffuses the incident, has the strength to do a deed, or something mysterious happens that resolves the incident.

Perhaps the person is at work and has become very upset by something another person said or did. The person is highly charged emotionally and is putting out strong signals, "I hate this job and want out of here." The Angels respond by suggesting ways this can happen, through the human's thoughts, words or actions. It is up to the human to choose what he wishes to do with his career.

The more focused the intention and the more passion given to it, the more likely the human will make the change. If overall he likes his job, then he is likely to calm down and may make peace with the person or situation that aroused his previous emotions. If he truly does not like his job or wishes to have another, doors will be opened when he seeks them. If he chooses to have the courage to make the change, it will occur. However, if fears and belief codes are based from thoughts of unworthiness, fear of change and such, it will be very difficult to make a choice that is in the best interest of all involved.

Thus, it is imperative that old belief codes are changed to ones that allow love and freedom to expand. It is not always easy to change these codes, but once broken and the habits that kept them in place are changed, life becomes nothing short of miraculous. There is nothing that can stop one who consciously creates his reality based on the belief that everything is possible and available. There are many Masters who have walked the Earth, proving this is possible. You, too, have the ability to become a Master. All you need resides within you.

The best way to change your belief codes is to acknowledge they exist and to pay attention to the choices you make in each moment. These choices will blatantly and sometimes subtly lead you to the understanding of the foundations you have built your life upon. It is up to you to choose the ones that give you life or that lead to death, whether it is in the physical, emotional, mental or spiritual arena. There are many who walk the Earth and are emotionally dead, having no interest in life and likely to be detrimental to society.

There are others who are mentally dead, no longer caring to know anything new, for they see no purpose in having wisdom or knowledge. Your bars and alleyways are filled with these people. Countless numbers are spiritually dead, blaming God for their troubles. If only they knew that God allows them to experience what they choose and they are responsible for each belief code and behavior encoded in their bodies. These people have already condemned themselves to live a life of hell and torment while living on Earth.

We wish to reach these people, but they have tuned us out and are unable to reach even our lowest frequency. It is important that each of you break through beliefs that keep you locked in fear and torment. You have the ability to surpass these belief codes and are more likely to reach those souls who are still suffering. It is *you* who can pass our Messages on to those who are willing to hear. It is *you* who can feed and clothe them. We are unable to assist anyone unless they ask, anything else would be infringing upon their free will.

We ask you to take time daily to work through your issues, not just for your benefit, but also for the betterment of all. We are all from the same Source and will return to the same Source. Once this is fully understood, it will be much easier for each of you to share in a more loving manner with all other living Beings on Earth. We look forward to that day. Until then, know that we are always near and look forward to helping you in any way we can.

Be clear with your intentions, know what it is you desire and keep your eyes focused there. Then it will be much easier for us to assist you. Remember to set the parameter, “for my highest good and for the highest good of all concerned, gracefully” to ensure that your Path will be smoother. Otherwise, it is likely you will get a lesson greater than you expected! Grace and gratitude are two key words when it comes to manifesting all you desire.

We conclude for today with the hope that you will think over these words and take them into your heart. Dream big, with clear focus, and you will find that the Earth has an abundance of things to offer you!



Selamet! Lamat 5

DAY 149 MULUC 6 Addictions

I am Muluc 6. Greetings and salutations! We wish to salute you for all the hard work you have expressed in creating the changes you wish in your life. We are honored and blessed to be of assistance to you and feel much joy for we can see that you are well on your Path to recovering your Self.

Today we would like to approach the topic of recovery. Many have been plagued with addictions of various types since early childhood. We wish for you to pay attention to the things that nag at you, for they are messages waiting to be decoded.

Some of you developed addictions such as alcohol, hallucinogenic drugs and overeating as a medication to ease unresolved pain. Resolve those pains, change your behaviors and your life will unfold. This may sound simplistic, but it really is all that needs to be done. Release yourself from the feelings of being a victim or punishing yourself for what others have chosen to do. Not one of you is perfect, each has caused pain or suffering toward another, even if it was unintentional.

Some of you have chosen food substances such as sugar or coffee as your addictions. Perhaps your life was not sweet when you were growing up or perhaps you need a burst of energy, looking for coffee to supply you with energy when yours is depleted. Many have become addicted to cigarettes due to the temporary relaxed state you feel or because you wanted to be like your peers. All are reasons locked in belief codes that are not for your highest good.

Others have chosen sex, careers and extreme sports in order to get an emotional high. Often this results when a person is spending an enormous amount of time and energy involved in things that do not satiate his/her passion. Look at obsessive thoughts and actions that come to your attention. Sometimes, they are past life issues triggered by current events. Some addictions are created through habits learned from your family and friends. However, once they become a problem for you, unless you are able to turn from them, this is an indication of a deeper problem.

We ask you to take notice of where you place your time and energy. If these habits are not in compliance with your highest good, you would do well to change them. We do not judge anything you choose. We simply wish to bring to your attention that incessant thoughts and behaviors are based on belief codes. You have the power to change the codes and the behaviors that leave you drained or cause you to feel shame and guilt.

Know that you are worthy of love, perfect and pure in all ways, always. This is hard for many of you to believe because you are so enmeshed in the reality of this Realm. However, look around and notice others who are happy and full of joy. Ask them how they came to have a life they enjoy. Seek ways that feel fitting for you. There is no-thing you cannot overcome. Face your addictions and enjoy your recovery as you re-discover your true Essence!



Selamet! Muluc 6

DAY 150 OC 7 Ten Principles to Live By

Greetings, dear one. Our time together is treasured beyond measure. We are delighted you are taking time and effort to restore your Self in the knowledge that you are pure and whole. Today we share with you ten principles by which to live.

1. Daily take time to meditate, whether you choose to seek ways to improve yourself or simply as a way to relax. Most of you are busy running around doing mundane things that are sucking your energy needlessly.
2. Be kind to yourself and all living Beings on Earth, for this will bring great joy as you begin to harmonize closer with each other.
3. Spend moments in gratitude until this becomes your full time attitude. Gratitude is of a very high frequency and will go far to break through barriers of separation.
4. Seek whatever methods allow you to remember that God loves you. Look into the mirror and tell yourself that you are perfect, until you feel it within every fiber of your Being.
5. Take time to change your dietary habits. It is impossible to maintain the higher frequencies of love when your cells are filled with toxic substances. Take time to research organic methods of farming and begin growing and eating those foods.
6. Be aware of your thoughts, for these are your future actions. Where you focus your attention is what you will draw unto you. Like attracts like, it is a law of this universe.
7. Be mindful of what you do with your body. Exercises that build strength and flexibility are well worth the effort, leading to a life of strength, agility and less pain.
8. Take time to nurture yourself. Learn techniques to relax every moment, no matter how much stress surrounds you. Pamper yourself by gifting the things upon yourself that you would readily supply to those you love.
9. Sleep well. Your bodies were designed to sleep when the sun sets and to arise with the morning sun. We know that many of you are living in areas where this is not feasible. Perhaps, this is not the proper place for you. If you awaken feeling refreshed, know that you are receiving the proper amount of sleep for you. Know that this will change from time to time. Treat yourself to a nap when you are tired and arise when you feel rested.
10. Love your Self! Remove thoughts and beliefs that keep you imprisoned in feelings of “less than” or unworthiness. Each of you comes from One Source and will return to One Source. There is no way that you can be more or less than another. Begin to see the God Essence in yourself and in all others. Treat each other accordingly and all wars will stop in an instant!

Choose wisely where you will spend your time. All you have is the present moment. Each moment comes and goes in a flash, offering you an infinite number of possibilities as to how you will experience all future moments.



Selamet! Oc 7

DAY 151 CHUEN 8 Smile Awhile

Greetings, I am Chuen 8. We are thankful for the time we have together. Thank you for working with us as we raise each other's vibrations of love!

Today we have a simple exercise for you. It is called "smile."

If you are reading this in the morning, then we ask that when you go out today, smile and nod a greeting to everyone you meet, making brief eye contact when possible.

If you will not be going outside today, send smiles telepathically to the people you find yourself thinking about, especially those you may be having any problems with. Consider taking a few moments to go through your address book and send a brief smile to at least twenty people.

If you are reading this in the evening, then make a note to yourself to remember to smile at everyone you encounter tomorrow.

Make smiling a habit, it is a great physical, mental, emotional and spiritual exercise!



Selamet! Chuen 8

DAY 152 EB 9 Love Thy Self

I am Eb 9. Welcome to this time of sharing. We would like to thank you for joining with us to help each other as we transcend lower energies and elevate ourselves to a higher space of love. When we help you, it also assists us with our ascension process.

Today we would like to continue on the topic of love. Unconditional love is a current buzzword. What does it mean in its pure Essence? “Unconditional” means with no conditions, no judgments and in its basic sense, there is no need for concern. All conditions are acceptable; there are no parameters. There is no judgment placed on its value. All is allowed.

How many of you can look at each person, place and event and proclaim that you have unconditional love? How many of you have unconditional love for yourself? I daresay there are very few. Unconditional love is difficult to attain in this Realm, although it is possible.

If you are ready to begin the process of experiencing unconditional love for yourself and all others, we have some pointers we would like to share with you.

1. Tell yourself often you are perfect and pure.
2. Stop any thoughts you have that condemn yourself; choose instead to visualize how you will change your future behaviors and rectify past behaviors.
3. Step out of your box and dare to eat, speak, dress, walk, play, rest, dance and sing in manners that are fitting of the truth you wish to proclaim.
4. Be kind to yourself and all others.
5. Smile at everyone and everything. It is hard to hold onto negative thoughts when you have a smiling face and heart.
6. When you find yourself making a judgment about anything, change your thought immediately.
7. Be mindful of every action you take, that it comes from a sense of love and not obligation.
8. Choose carefully how you spend your time. Even watching a violent movie will take you into that space, creating the possibility of that scenario re-occurring on the Earth plane.
9. Talk with others with opposing views until you have the ability to accept their opinion. You need not believe what they say, but learn to allow them to believe what they choose without feeling a need to sway them to your side.
10. Look at various cultures and religious institutions and adopt those customs that are meaningful to you. Know that not two of you on Earth share exactly the same belief codes.

We encourage you to take time to ponder these words and integrate those that feel right to you. Practice them until they are second nature and you will be well on your Path to loving unconditionally.



Selamet! Eb 9

DAY 153 BEN 10 Perfect Love

Greetings, today's message is a continuation of yesterday's topic on how to attain unconditional love. The key to loving unconditionally is full allowance. It is said that we are made in the image and likeness of God and this is true. However, God is not punitive or judgmental; that would be impossible for it goes against the nature of pure love. Here's another mantra for your mirror:

*Source does not judge you or me,
Source allows all to be.*

If indeed it is true that Source allows all to experience what they desire, without judgment, then wouldn't it make sense that we allow others to do the same? Imagine you join a group of people as part of a research project. The plan is for each of you to have a different experience, allowing anything to happen for the next three days. After the three days, you rejoin to share your experiences. In this case, it is likely there will be less judgments than normal, because this was planned as a research project. However, in real life situations, there tends to be many judgments you place upon each other.

Source allows all to happen, knowing in the end, there will be a return to perfect Love. There is no need to judge, for each will self-correct or experience reactions to his every action. When you can see this world as an experimental place that allows for all experiences, you will be much better able to accept what others do without conditions.

When you watch a play, you don't condemn the actor who plays the role of the bad guy. You know the actor is playing a role, it is not his true nature. This whole experiment on Earth and beyond is much the same way. We are all actors playing various roles. Those choosing to play the "bad guys" are needed for those who wish to experience being a victim.

What is happening on Earth at this time is that each of you is awakening to your true Self, while still in the flesh. This has not happened on Earth at such a massive level before. At the time of creation, this was the time set for the ascension process to occur. New parameters have already been set in place allowing only those who choose to live in the higher frequencies of love to remain on the planet.

This is a time of great transition. Expect there to be many upheavals for those in power and playing the bad guys have become attached to their roles and are having difficulty rising to a high enough level of compassion to break out of their fantasy.

It is imperative that you bring yourself out of the low frequency role so you may become more capable of awakening your friends and family who are playing the darker roles. Not all will want to change. Many will ridicule you, yet stand steadfast in your beliefs. There is no need to be concerned about their souls, for they will continue on a Path that will ultimately lead back to Source.

Continue loving all unconditionally, knowing this is a temporary illusion we are engaged in. There will come a time when physically the good guys and the bad guys will separate, yet it will not be a punitive God separating the chaff from the wheat. No, it is your Higher Self that is making the decision which Path you will choose. As you learn to tune in with yourself more, you will understand this to be true.

Many of you wonder how the world can be allowed to have such cruel people in it. Why must others suffer at their hands? My dears, it was set up this way by you and all of the others before coming into this world. The ability to go into the depths of darkness while in physical form was part of the drama you chose to experience.

Many have not followed their intuition and gut feelings, thus placing them into positions causing harm to themselves and others. It is easy to do in a Realm like this. Each of you has the ability to pay attention to your body and make choices out of love rather than fear. You are not alone. Each of you has within yourself the ability to communicate with guidance on higher Dimensions.

Many of you do not pay attention to your emotions, which increases the likelihood of getting into positions that are less than comfortable. Pull through these times by facing your fears and learning to love yourself and others unconditionally.

Free will is a huge part of what made this Earth appealing to you. There are few opportunities among all the galaxies where literally “anything goes.” Like all things, there comes a time to aspire for greater. That is what is happening now on Earth. Those who wish to continue to play the bad guy roles will be allowed to do so, yet on a different playing field. Most “victims” are waking up and desiring better, no longer wishing to play the same game.

It is our hope that each of you chooses to become “good guys.” This is not because we are concerned for your soul, but because we see the bigger picture and know that there are many options available that leaves one feeling expansive and joyous. Our group does not work with the “bad guys;” our focus is on assisting those who wish to ascend, by their conscious choice, the dense Realm that this Earth has to offer.

We do not judge those who wish to continue to play the dark roles. We understand this is their choice. We do wish to assist those who are seeking to ascend to higher Dimensions, for this is where we find our pleasure. There are many groups playing diverse roles in each Dimension. All are equal; we know we are from the same Source and will return at the appointed time. We know there is no differentiation between us. We understand we are more than brothers, that we are all One, each a holographic piece of the whole, containing within ourselves the wholeness of Source. Inspired movies such as *Star Trek* were created to assist you in understanding the deep truths of the foundation of the universe. We are all one voice, uni-verse.

Enjoy your time on Earth. Make choices that bring you closer to the vibration of love. The highest choice you can make in any situation is that of love, pure and unconditional love. It is attainable and you are well on your way to experiencing it fully. We celebrate you and all you do!



Selamat! Ben 10

DAY 154 IX 11 Star Brothers

I am Ix 11. It gives us great pleasure to meet with you. Today we would like to talk on the topic of love. The frequency of love is of the highest vibration possible. The higher one is able to vibrate, the less dense he becomes. This lightness enables one to consciously move through objects and to flow freely among the Dimensions and to any physical Realm throughout the vast expanse of creation. There are advantages to being able to live in the physical realm, for you have the opportunity to experience things in a manner that we cannot.

Many of you see the Earth plane as a school or place of learning. However, it was set up to be a place to experience, for in the Spirit Realm you already are “all knowing.” Thus, there is nothing to learn. You simply choose to experience love in a vast array of situations. Everyone on Earth chose to incarnate here. Before arriving, you selected the major roles you wished to play. You went before a Review Board to discuss the life you wished to experience. There was much discussion regarding your past lives on Earth. Sign posts or signals were set up to help you through events where you might have difficulty. This is why sometimes you have déjà vu experiences or great intuitions. Sometimes you may experience a “calling” and know that you must make a certain life change. These are ways your Guides and Higher Self help keep you on the Path you chose.

In the past, most memory of being pure Spirit was erased in order to play the role of imperfection on Earth. However, that time has ended and the vast majority of souls incarnating at this time are entering with their memories intact. They are here to help transform world governments and institutions. Have you noticed that many young children have wisdom beyond their parents? Have you looked into the eyes of your pets and strangers and seen wise souls peering back at you? This Earth can support only a certain amount of people and is currently beyond that level. Many Beings that wish to assist or experience this world are requesting whatever bodies are available: human and animal. There are also many trees and rocks encasing sentient Beings.

This is truly a unique time and *the* place to be. There are myriads of sightings of UFOs in your skies. They are coming in from far off galaxies to watch the unfolding of what is transpiring on Earth. Never before has a planet gone from amnesia to a state of knowingness. Some of your star brothers are here as observers, while the majority are here to assist in any way possible. People in ever-increasing numbers are communicating with Star Beings. There are more of these Beings in human form than ever before on Earth. Although all of you are from the stars, these Beings are here as temporary guests, unlike those of you who have spent lifetimes here.

You will need to support these Star Beings, for many of them are having great difficulty sustaining themselves on Earth. There are many reasons for this. Some Beings have never been in a dense physical form before and have difficulty with simple tasks such as walking and talking. Others don't know how to support themselves financially. They are highly intelligent and functional on their own planets, but life here is much different. Others are having great difficulty living here due to the cruelty and judgments of other people. Often your star brothers are ostracized, being labeled as strange. They need your friendship and are great persons to practice the unconditional loving methods we shared the last two days!

Many humans are afraid of extra-terrestrials due to all the propaganda related to abductions, etc. Know that those programs are completed and that for the most part they were performed to assist in your ascension. To discern the motives of the E.T.s you make contact with, make heart-to-heart connections and follow your intuition.

There is nothing to fear, but fear itself.

These were great words of wisdom that would make for another wonderful mantra for you to post. Face your fears and overcome them; learn to live in the magic of the moment. This is where life begins. Live your life with joy and release all negativity from your thoughts, belief codes and actions. When you stay centered in each moment and allow others to go about their business, you will be more apt to make a positive change in the world. Once you have gained respect and control of yourself, you will be better able to encourage those around you to do the same.



Selamet! Ix 11

DAY 155 MEN 12 Take Chances, Make Changes

I am Men 12. We are delighted to have this time with you. Thank you for being a part of the raising of consciousness on Earth. Every one of you has the ability to rise above yourself and be more at one with each other and all that is. The first step is to be aware that you have this ability; this is the reason we are here with you at this moment.

We would like to talk more about the process of ascension. Many of you have the misunderstanding that ascension is all about leaving this world and going home to be rejoined with the Creator. This is not true. Please understand that at this moment you are not separate from Source, you are a holographic image of the Creator. Although there are times when you are exhausted and tired of the pain and suffering occurring in your current life, know that once you return to the Spirit Realm and have a chance to refresh your Self, you will likely jump back into an incarnation on Earth or elsewhere.

We have the advantage of seeing the larger picture and we intimately know your Higher Self. We are better able to understand what is happening on Earth and beyond. We know of your tribulations and are here to assist you in making choices that will bring an abundance of peace and joy. There are many of you who are awake. Although we lead you down paths where you can experience your desires, you do not follow through with our leads. We know that it is your belief codes and fears that keep you from taking the chances and making the changes.

We cannot overemphasize the necessity of looking within and pulling out the thoughts that keep you from experiencing your dreams. Know beyond any doubt that you are loved and worthy of all the Earth has to offer. You did not come here to be in misery or to solve all the problems of the world. You did not come here to save the souls of others. You came here to enjoy this realm and to be part of the solution, yet when you wallow in negative thinking, you create more problems.

You have the ability to change your thoughts by focusing on things you desire. You have the ability to change your actions by doing the things you want. You have the ability to change your words by expressing your truth. You have the ability to change your attitude by focusing on gratitude.

Only *you* can make you happy. Do not give this power to others. Recognize that at all times, each of you is doing the best you can. Sometimes you may know what you are doing is harmful to others, yet fear and belief codes motivate you to continue. You each have the power to support one another and gain each other's trust so you can live more fully in your truth. Be mindful that you cannot change people, although you can support them. Allow them to make the choices they prefer; you would want the same for yourself.

By allowing others to choose their actions, you will come to understand the meaning of forgiveness, which is an act of unconditional love. Forgiveness is simply allowing others to be themselves. There is no need to punish them, to save them from their trespasses or to coerce them to change their ways. These are acts of manipulation. Rather, consider supporting them in their choices. If they choose acts of unkindness, be a role model of kindness for them. When you encounter others who push beyond your realm of comfort, withdraw yourself from them, without judgment. Simply do what you need to do in order to remain in your integrity.

We understand there are many who are unkind, imposing their harsh realities on others. There are times when it is best to remove these people from society. We encourage you to assist the abused and neglected children, for they have the propensity to be the perpetrators of evil on others. Take these children under your wings and nurture them.

Ban programs on television and in the movies that perpetrate and induce thoughts that tear down the fabric of society. The media feeds the mind with thoughts that are not coherent with the world you wish to create. Pay attention to the places you visit, books you read and conversations in which you engage. Avoid those that pull you from the reality you wish to create. If you truly wish to release yourself from misery, refrain from activities that keep you locked into low energy thoughts.

Any of you who are less than kind and wish to be kinder, break through the fears that keep you locked into reacting the way you currently do. This is true for any emotion, attitude, thought, word or action. Face your blocks, recognize the problem and take steps to resolve them. We wish to encourage you to move forward today by looking at one area you wish to change and to write down the steps you need to take in order to change. Take a chance and make the change!



Selamet! Men 12

DAY 156 CIB 13 Choose Gurus Carefully

Greetings! I am Cib 13 and am most grateful to have this opportunity to communicate with you today. We in this Realm are so delighted when humans move forward consciously and make connections with us. We are here to assist as you awaken to your Spirit Essence and begin to move forward with the ascension of higher frequencies while still in human form. Never before has this occurred in such numbers as is occurring at this time on Earth.

We are excited to be a part of this process, as well as our star brothers. We have waited eons for this moment and hope that you will understand the importance and excitement of this time. Many of you are still lost in amnesia and remain in fear due to rapid changes happening on the Earth. It is our role to assist you in remembering your roots so you can set aside these fears and live in the wonder and beauty this Earth has to offer from a position of love and grace.

We wish to extend our congratulations as you awaken and continue your journey to enlightenment. There are many gurus who have led the way for you, yet many go too far when they push their ideas on to you. It is one thing to offer advice and opinions, yet another to take the innocent and lead them to the belief that they must solely follow one guru's path.

Know that each of you walks a unique Path. It is wise and comforting to study the words of others, including us. Yet it is imperative that you take in only those things that intuitively feel are best for yourself. Otherwise, you may find yourself in a desert, sipping arsenic-laced juice with others who have been deluded.

Any spiritual leader who strips your power to make decisions is a false leader. Any church that states they are the only way is leading you down a path with only one end, their reality. Seek those who are role models of love and compassion, for they know the secrets to happy living.

Even those among you who suffer trials and tribulations while doing the best they can will be more apt to remain happy and in peace when they are centered, knowing they are in control of their beliefs. It is you who has the power to choose the reality you wish to experience.

One way to remain balanced is to begin your day with meditation and prayer. Ask your Higher Self for guidance throughout the day and be willing to observe the synchronicities that occur. State your intentions for the day, allowing things to flow as they may. Be prepared to say "no" to distractions that keep you from moving forward with your goals. Be on the alert for unexpected proposals and events that may arise, leading you toward your goal. Be aware and be selective.

We take leave now to allow you time to ponder these words. Take into your heart those that sound sensible. Know that as you read our Messages the first time, you may take only some words into your consciousness. As you return to them repeatedly, you will gain greater insights; this is one way to recognize your growth and understanding. Everyone needs to hear and experience things at different times and from various sources before fully integrating them into their Being. This is part of the fun of free will and life experiences.

Go forth and make this a day of wonder and joy for yourself, seeking those things that make your soul and heart sing!



Selamet! Cib 13

DAY 157 CABAN 1 Receive Our Love

I am Caban 1. We feel most fortunate to be able to spend time with you in this manner. We admire those of you who are working daily on making changes to enhance your life. We are grateful to be a part of helping you restore the memory of your true Spiritual Essence.

Today we wish to extend our thanks for your support in assisting us along our evolutionary Path. When you allow us to work with you, we gain much insight, as well. In one sense, we live through you, experiencing what you encounter. Working with you also allows us the opportunity to practice being patient and compassionate.

Although we are Guides in a higher frequency range, we also struggle with understanding pure love. We also live in a Realm of free will and experience things such as frustration and impatience, although it is much different from the emotions you experience on Earth.

When you work with us, we assist each other in understanding the dynamics of the physical as well as the Spiritual Realm. In our Realm, many choose to go to “schools” to learn various aspects of the physical realm. These classes are very diverse and include such things as how to create physical objects, patience, the ability to be in a number of places at the same time and being able to move objects in the physical realm. Some choose to learn skills such as how to operate devices such as computers and light switches in order to communicate with humans. There are a myriad of other skills that we can learn for our pleasure as well as for the evolution of all.

By working closely with you, we have an opportunity to hone our skills. Within our group, some have been incarnate and some have never incarnated. There are souls of all levels of understanding, interests and talents. Overall, we have the advantage of having direct contact with the Akashic Records that helps us better understand you as an individual, as well as all of mankind. We have apprentices that help with smaller details such as placing an object you desire in a place where you will find it. There are many who are scholarly and apt to make better guesses as to what choices various individuals and groups will make, due to historical propensities.

All of us are spiritually advanced, coming from a place of love and compassion. Yet none of us has a perfect understanding of pure Source Love. Because we are all holograms of Source, in essence we are pure, just as you are. It is hard to describe in words the message we are trying to convey.

The bottom line is, we are thankful for the opportunity to work with you. Our assistance helps us, as well as you. There is nothing greater we wish to do. When an individual moves into a higher vibration of love and compassion, it filters throughout the universe, affecting all. For this reason, each gains much when working together.

Today we wish to honor you. We ask that you take a few moments to quiet your inner and outer self. As you relax, breathe in and out while clearing your mind of any concerns. Begin to feel gratitude for the blessings in your life. Allow yourself to receive the blessings we wish to bestow upon you at this time.

Bask for as long as you wish in our loving presence, receiving the love we are sending you. When you are ready, resume your day with renewed energy. At any time, you may call upon us to receive more of this loving energy. We thank you for all you do and for being an active part of our life!



Selamet! Caban 1

DAY 158 ETZNAB 2 One Affects All

Greetings! Welcome to this day. We are delighted to meet with you again and to work together on our combined ascension process. We say combined for when one progresses, we all progress because the increased vibration affects all as it ripples forth through the uni-verse.

Today we would like to talk on the subject of progress. The term itself means to move forward. Although in some ways this is an accurate description, in many ways it is misleading. We often talk about walking your Path. For those living in linear worlds, this generally means taking one step at a time, either forward, backward or sideways. However, from the spiritual sense, there is much more going on.

Your progress ripples simultaneously in all directions, for energy is not linear. Oftentimes, these energies are seen as spirals. When you make a change in your life, whether it is changing a behavior, the way you dress or a fundamental belief code, your energetic patterns change.

We have often stated that negative thoughts glop together, eventually creating a dark mass that is impenetrable, while positive thoughts flow freely through matter, always on the move. They are different energetic patterns mainly because the signatures are different. Each thought has its own vibration, much like a radio channel. The more loving, kind and sharing a thought is, the faster it vibrates.

This means that loving thoughts vibrate faster than lower density thoughtforms. Faster vibrations can actually move through objects, similar to a fast moving car being able to pass through a wall, while a slower moving vehicle is more likely to bump the wall, yet not go through. This is a poor example, for the movements are much more graceful in reality, but we are trying to give you a mental picture that you can grasp.

As you increase your vibrational level, you become more able to flow through your daily activities. You will be less likely to get stuck in gloppy energy. For example, you are at a park and a mugger is nearby, seeking someone to rob. Those filled with love and vibrating at a higher frequency are likely to not be seen by the mugger. This follows the universal law, like attracts like. Those who do not have a victim mentality are not likely to attract the attention of those who have a perpetrator mentality. The mugger looks around and sees a potential target. If this person is partially conscious and has a foundation of love and trust, he may still get mugged, but will react more from a space of, "I guess that fellow needed my money." There will be less judgment and little, if any fear involved.

If the person the mugger chooses comes from a victim mentality, it is likely the victim expects to have problems. Perhaps she left home with just a few dollars and a can of pepper spray in case she ran into a mugger. Although she doesn't want this to happen, she is prepared. Like attracts like, and so her thoughts now bring the possibility into her reality. She feels blessed that the mugger only got a few dollars and proudly tells her friends how wise she is. Or, she may use the can of pepper spray and walk away with those few dollars and the satisfaction of being empowered.

Those with serious victim tapes playing are most likely not to even risk the dangers of going to a park. In extreme cases, they may become so fearful they won't leave their house except to take care of basic needs. These people are likely to be burglarized at home; for once again, their focus is on the possibility of being victimized.

As you progress by removing negative thoughtforms and belief codes, you affect not only yourself, but also others around you. On a personal level, you continue walking your path in a linear form. If you were playing the role of being a victim, once you release some of the fears that created this role, you will begin to start taking steps to change your behaviors. This will include going outside the home more to take care of your needs.

As you progress step by step (linearly), you will also affect others. Eventually, muggers won't be attracted to you as you begin to walk with more self-confidence and avoid situations likely to attract a mugger. As you progress with eliminating your victim mentality, the mugger will be affected differently if you treat him with kindness or if you fight him off. He may not change his behaviors, depending on how deeply rooted he is in his perpetrator role, but he is likely to think twice about someone who shows him compassion. There are numerous stories of muggers who have changed their behaviors because of the love shown by their target. There are varying degrees of possibilities that could occur within this one simple illustration. However, we do not want to lose the importance of the message.

Spiritual progress is not linear; the energy patterns go out in all directions throughout the universe. The reason we broach this subject is to help you understand more fully that whatever you choose has an affect on all. The primary aim of the *Mayan Messages* is for you to uplift yourself. In doing so, you uplift everyone else, as well. This occurs not just with the vibrational patterns on Earth, but also in the unseen Dimensions because we are all interrelated. Yet it is even deeper than that when you understand we are all a whole of the Source, in a hologramic way.

A hologram is the complete wholeness of the original subject. It is not static, but changes when any part of the whole changes. For example, if you were watching a person in a hologramic field, you would be able to see all facets of the Being. When a person experiences an event that changes his energetic field, you would see this change immediately affect the person's entire hologramic field. Some can see these fields and attest to this. There are scientists working at the quantum level who note when a change is made to one particle of a substance, it affects the rest of the substance instantaneously, no matter how far the distance. This phenomenon occurs whether the stimulation is done on a physical or mental level. This may be difficult for you to understand if the concept is new to you. There are many fascinating books and movies about the science of quantum physics that can help you more fully understand these concepts.

When one person has a thought, it is an energetic field that floats away from him. Like attracts like, so this thoughtform continues floating until it finds a similar thoughtform. Higher frequency forms, such as love and gratitude, simply pass through dense masses while lower frequencies collide with each other. Their Essence is sticky, which allows them to glop to each other. When a person begins to change his thoughts, words, actions and emotions to those of higher frequencies, he not only affects himself, but everyone else's hologramic image. This is why it is important to become aware of what you are doing and thinking. You can choose to be in a bad mood or become a victim or perpetrator, however, when you do, you affect all other living forms that support your free will choice. You draw onto yourself those willing to play the role that you selected. Know that this drama is very base in the earthly realm; it was designed to operate in this manner. The higher frequency Realms operate differently, mainly because these lower density roles of victim and perpetrator cannot exist or be supported. Again, it is like being on two different radio frequencies, no communication exists when the frequencies are different. In your Realm, like attracts like and whatever you do or choose to experience will be supported by those playing similar and supporting roles. In order to break out of this lower frequency role, you must begin to choose lighter vibrational habits and belief codes. When doing so, you affect the hologram of all others in your Realm.

You may have heard the term "collective consciousness." This refers to a proportionally small amount of people who affect the rules or vibrational patterns of the whole when they work together to build higher frequencies on Earth. Currently on Earth, each conscious Lightworker represents a vast number of people who are operating on lower levels. As Lightworkers work together globally, their ability to make positive changes increases dramatically. Thus begins movement towards a tipping point in which the energy frequencies increase and the whole planet moves a notch higher vibrationally. The results of this are measurable and scientists are reporting that the heartbeat of the Earth is rapidly increasing in frequency. There is a great awakening in progress that affects all life forms on Earth. As Lightworkers become more empowered and increase their love vibration, it affects the hologram of all others. As a result, more people begin to open up and make positive changes in their lives.

What slows the process is fear. Those deeply enmeshed in glops of negative energy must be cleared. Many times the glops have to be disentangled, one layer at a time. When a person understands how these glops are formed, he is better able to untangle the thoughtforms and belief codes that he created. As each layer is peeled away, the thoughtforms can be released with love and gratitude for the blessings and lessons they provide. When done in such a manner, the energy field of the negative energy is changed to positive, moving them into higher frequencies. Can you see how important this work is? If each of you came to the understanding that your acts of unkindness and fear created these glops and understood how to undo the damage and to stop creating more of this energy, how much different life on Earth would be!

As each one of you changes your behaviors from low energies to higher frequencies, you affect the whole. Your individual progress affects the progress of all. Please take time to ponder these words and do additional research if you need verification on how this basic system works. You are more powerful than you give yourself credit for. Learn to understand the power of your thoughts, words, actions, emotions and belief codes and use them to create your Garden of Eden on Earth!



Selamet! Etznab 2

DAY 159 CAUAC 3 Physical Ascension

I am Cauac 3. Thank you for joining with us today. We would like to take time to delve deeper into the meaning of ascension. There are many among you who believe that physical death is a necessary part of the progression of your soul. However, this is not true. There are many who walk among you who are highly enlightened. They remain on Earth to assist others, such as yourself to attain higher degrees of love and understanding of your Self.

Many bow down to these gurus, but know that they are just like you. There is no more need to revere these souls than there is to bow down to your dog, for all of you are one. You have just as much ability to attain the higher frequencies of love as these gurus are experiencing.

You would do well to sit with these souls or to read the original writings of those who have passed on to the Other Side in order to gain perspectives on ways you can change your life. There is no need to follow any one Order. There is no need to live a minimalistic lifestyle. You can enjoy all of the beauty and wonder of this world, for this is the intention of its original design.

What is necessary is an earnest desire to leave behind the things that keep you locked into negative thought patterns and fear-based actions. You have within you the ability to make these changes. You simply need to begin observing and paying attention to the things you say and do. Most of you are operating on automatic drive, routinely following directives of others or the beliefs you have blindly accepted.

Take time daily to reflect on your activities. Be filled with gratitude for those things that are flowing smoothly and do not punish yourself with feelings of shame or guilt for choices you have made that were less than kind.

Start each day anew, firmly stating your intentions for the day. Move forward with grace, paying attention to every word you utter, every thought, every action and reaction. At first, this may seem tedious, but as you change the behaviors that are distasteful to you, there will be much less need for monitoring as they are released and preferred behaviors become a part of you.

Write down the things you wish to change and review them often. Phrase them in positive statements such as, "I eat only foods that are healthy," rather than, "I no longer eat candy bars." The latter keeps your attention focused on what you do not want while the former keeps you focused on what you do want. The difference may seem subtle, but to the subconscious mind, the reality lies where the focus is placed.

We take leave of you now, sending you on your way with love, grateful to be of service to you. Ponder these words and be encouraged to take action to increase the level of love in your life!



Selamet! Cauac 3

DAY 160 AHAU 4 In a Rut?

I am Ahua 4. We are grateful to have this time to share with you. Today we would like to approach the subject of boredom. Many of you on Earth are bored with your lives. There is no meaning, no fulfillment, no desire to stay bound in this area of low density.

Many of you have traveled and had extensive experiences as you walked your Path. There is no joy in recreating what you have already experienced and the belief that there is anything better is not in your belief code. However, we would like to assure you that indeed, there is more that you have to offer in life besides your daily routine. What is required is that you move out of your box and open the doors to the vast array of possibilities that are offered freely to you.

You may need to turn off your television and other sources of information that keeps you bogged in the doom and gloom feelings of despair that are currently bombarding your energy grids. Place your focus on your passions. Many of you have set aside the things that excite you to the point that you may not even remember what you once were passionate about.

Many find satisfaction by giving back to society. This is well and good unless it leaves you with no time or energy to pursue other activities that call you. Take time to ponder what you would like to experience. Look at these possibilities openly, without setting parameters such as, "It costs too much. I could never do that. What would others think?"

Allow your thoughts to wander to things you once dreamed of. Ponder things that might give you satisfaction. Where do you wish to spend your time? How much energy do you want to expend on current projects? Is there a talent you would like to express? Is there a project you would like to be a part of? Is there a skill you wish to hone? Set aside all of the negative reasons that keep you from moving forward.

Begin to list the things that feel energizing and fulfilling. Research the steps you need to take to experience your dreams. Create new ways to meet your goals. Just because something has traditionally been accomplished one way does not mean you have to follow the "tried and true formulas." Dare to be different, climb out of the box and try things a new way. Align with those who support your goals.

When you find your passion, you will be tremendously energized. The gloomy thoughts of living in a chaotic world will dissolve as you spend your time helping to create a new world. Each of you is unique and has an abundance of talent and ideas to make Earth the Garden of Eden it was originally designed to be.

By succumbing to the ideals of the masses, many of you are engaged in jobs that consume your time, leaving little energy to pursue the things that energize you. Take risks and move towards changing that paradigm. Many have led the way. By changing your thoughts and actions, you can move forward and create a fulfilling life. Remaining in the box only increases your chances of remaining bored. If you are bored, create excitement in your life. Find your passions and do whatever you can to make the necessary changes so you can incorporate them into your daily routine. Have fun creating!



Selamet! Ahau 4

DAY 161 IMIX 5 Breathe!

Greetings, we welcome this time of sharing with you. Today we would like to encourage you to go outside and play. If possible, get into nature and take a gentle walk, paying attention to all you see around you.

If you live in the city and cannot get to a rural area, then sit outside your door, preferably on the Earth and listen to the sounds of nature. Let the love of Source fill your Being as you bask in the glory of your Essence.

Breathe in and out in cycles of three. On the first inbreath, feel a sense of peace coming over you; on the outbreath, send peace back to all of creation.

On the second inbreath, inhale pure love from Source feeling every cell in your body filled with love. As you breathe out, send love back to Source.

On the third inbreath, inhale gratitude from Source and all Beings. Then breathe out gratitude to Source and all Beings.

Continue this cycle of three breaths as long as you can. Feel your body, mind and soul relax as you receive and send peace, love and gratitude.

Throughout the day, continue to breathe in this manner as often as possible.

Note how relaxed you are all day. Little things will be less bothersome. Issues will be more readily resolved. Relationships will have a loving feeling. Even those things that are generally difficult for you will have much less stress associated with them.

This simple exercise is a wonderful way to relax whenever you find yourself getting off-center.

Go forth and breathe in the elixir of life!



Selamet! Imix 5

DAY 162 IK 6 Daily Intentions

I am Ik 6. Welcome to this grand and glorious day on Earth! We are excited to be working with you as we move along our Paths of ascension. Know this Path has already been walked; that all are virtually on the same Path, just taking side trails from time to time.

Today we would like to encourage you once again to take time in Nature to revitalize yourself. The vast majority of you do not take time to enjoy the beauty in nature. By taking walks in the early morn, you will set the energy for the day that allows you to be more relaxed and in joy.

Make this a habit and you will see a tremendous change in your life. Greet the morning sun. Go to bed earlier in the evening. There is nothing more refreshing than to enter a place of peace as the sun rises and sets.

While in nature, begin by taking time to do the breathing exercises we offered you yesterday. This time focus on the way you would like to behave this day.

If there is someone you find annoying, visualize how you will respond in a positive way towards that person. If there is an unresolved issue you are grappling with, visualize how you will handle it this day.

When you are finished, take several more breaths in and out, receiving and sending peace, love and gratitude for this opportunity to be on Earth.

Go forth in joy and create a marvelous day for yourself!



Selamet! Ik 6

DAY 163 AKBAL 7 Energy Cycles

I am Akbal. Welcome to this time of sharing. Today we would like to talk about masculine and feminine energy. When the world was created, masculine energy came first. This created quite an imbalance, so feminine energy was introduced. Through time, these energy fields have shifted back and forth from masculine, to feminine or a balanced combination of both. As you look back on recorded history, you can tell which energies were prevalent. When masculine energy is pervasive, there tends to be more aggression. During periods in which feminine energy is dominant, there tends to be times of peace and harmony.

Every culture cycles between these energies. Although a culture may be matriarchal, they still have episodes in which the masculine dominates. You are now seeing the end of masculine dominance in many cultures. For the first time in mankind's history on Earth, you literally are a global community. Very few cultures are intact, untainted by commercialized countries. The cultures that do remain are mostly gentle people who have been holding the feminine energy as a means of balancing the overriding masculine energy. The world is now coming together in a more balanced way. Goddesses and women worldwide are gaining more positions of leadership and empowerment. There will be an increased amount of peace on Earth as this occurs. More gentle men are also gaining leadership roles. The heart is now overcoming the head throughout every area of your societies.

It is now time to remold your war implements into gardening utensils. It is time to return to living peacefully, sharing with each other. This world was designed to be a place of cycles, allowing for many possibilities not available elsewhere. A new era is dawning in which the feminine energy will allow for a gentler transition than has been experienced in the past. As women gain their freedom and become empowered, they should be mindful to stay in balance. It is easy for those who have been suppressed to become suppressors. Be gentle to those who have treated women unkindly. It does not help anyone to be vengeful; those thoughts and actions are detrimental to the healing of the masses. Treat all with kindness and compassion. Teach the persecutors by your example.

There are many in places of leadership who are fighting to keep their status. Their plans of world dominance are quickly crumbling, yet they still hold fast to their dreams. Their plans will not come to fruition, for the time has come to share all things. For eons, holy men and women have held the energy of the Earth through their diligent prayers. Most have now passed on, leaving the torch for the next generation, which is you, your children and grandchildren. It is time to take the torch and light the fires under those who wish to be a part of this great Transition. Only those who are of the highest degree of integrity will cross the Veil while in physical form. In order to prepare yourself, you must clear your energy field of masculine energies such as aggression, fear and control.

It is time to come into balance. Much of the separation between these two energies is learned behavior. As children, boys are taught to play with certain toys while girls play with others. They are dressed differently even so far as to designate clothing colors and designs specific for each gender. Boys are expected to follow specific careers while girls take care of domestic affairs. Generally, boys are considered to have more value, which is evident in cultures that practice genocide.

This imbalance has created separation among you. Girls are brought up to feel inferior and receive much pressure if they do not produce children. Boys are taught to hide their emotions and to be the breadwinner. There are many talents being wasted by men who possess skills that are considered feminine and vice versa. Set aside these judgments and free yourselves from the confines of antiquated rules.

When each of you freely pursues your passion, there will be many less people needing medication for depression and other diseases. You were each created with the free will to explore everything your heart desires. When you succumb to the pressure of others in order to be "proper" and deny yourself pleasures in life, you block your energy flow.

Have the courage to move forward with your passion. Learn to balance these energies within yourself. Allow others to express themselves freely, without judgment, and watch as they flourish. The separation between male and female needs to be healed. Know that all are equal. In many Dimensions, there is no distinction between male and female. This is just one more aspect of the polarity world you live in. There need not be a complete melding of the two energies, for both have specific roles. What is desirous is to blend the strengths of each in a balanced way that offers freedom to all.



Selamet! Akbal 7

DAY 164 KAN 8 Infinite Possibilities

I am Kan 8. Thank you for joining with us at this time. Today we would like to talk on the subject of infinite possibilities. There are many doors open to you at this time. They have always been accessible, but at this time in the history of your world, they are more available than ever before.

The veils between Dimensions are thinning because the distance between the frequency ranges you live in has been raising enough to begin to bleed through to the higher frequencies. This is similar to a radio channel. As you turn a knob closer to a frequency that is broadcast, you will begin to receive the radio station. At first it may be garbled, but the closer you get to the radio frequency, the clearer the channel becomes until you have clear reception.

These doors or portals that we speak of operate in much the same way. There are many places on Earth where there are physical portals in which Beings from other Dimensions have been able to enter and leave this Dimension. Recently, many of these portals have been sealed, for the energies that were coming in were doing experiments that are no longer allowed. The main reason they are no longer allowed is because they are low frequency (disrespect, control, manipulation) and the Earth has shifted to higher frequencies.

There are many more doorways being opened that allows souls that have been trapped and those who have chosen to remain in the unseen Realm to go through, for their time on Earth has expired. There are myriads of reasons these souls, which you refer to as ghosts, have remained. For the most part, their work is done or their frequencies are low, hindering the earth's ability to continue with her ascension. Therefore, they must move on.

The main type of door that we wish to speak about with you today is of a different nature. These doorways open as you walk along your Path. For instance, when you make a clear intention that you desire a specific thing to occur, such as a job that pays well and is more inspiring, you begin to take steps to make this goal a reality.

You begin to note synchronicities that happen during the day, following leads and checking out various opportunities (doors). Each step, you pay attention to your intuition and gut feelings, deciding if these opportunities are truly what you want. Do not settle for anything less. Create situations that will make things happen; choose doors that best fits your needs.

Know that sometimes what appears to be a wrong door could lead you to something better. Perhaps by taking the wrong door, you met someone or gained skills that led you to the door of your highest choice. The key is to not be swayed by fears and belief codes. Have courage in yourself and know that in reality, there are no wrong doors. There may be missed opportunities, yet within these lie myriads of learning experiences and adventures.

Move on through your day, seeking doors of opportunities. Reach beyond your comfort zone and open the doors to see what lies beyond. You may find the perfect mate, career or adventure lying before you. Enjoy life to the fullest, for you indeed are in a time of utmost curiosity and adventure.



Selamet! Kan 8

DAY 165 CHICCHAN 9 S.T.A.R.T. Creating Miracles

I am Chicchan 9. Thank you for visiting with us this day. We would like to share our insights regarding miracles. There have been many miracles that have occurred as a result of prayer through the ages. We would like to give you some insight on how these things come to pass. Know there are myriads of possibilities; we shall share some general oversights at this time.

When a human sets a clear intention and invokes his Higher Self, Guides or Angels, we can begin to set up possibilities for this intention to be realized. When a person sways back and forth with his intentions, it becomes very difficult for us to make things happen. Passion is a great motivator and gets our attention, telling us that you are serious about an intention. Humans tend to have continual wandering thoughts; we only read or notice those that have fervor attached to them.

When a passionate intention is stated, we set into motion the events that allow the experience to occur. For example, a family has run out of food and needs a hundred dollars to buy rice and beans. Even if there is no official prayer request, we hear the desires of the father due to his strong emotional need. We cannot interfere and provide the money unless we have permission to do so from his Higher Self. In this example, there is no direct request made; the father is simply distraught, not knowing how he can feed his family and so his thoughts on this subject are emotionally charged. His Guides have permission from his Higher Self to intervene.

His Guides now formulate a plan to provide the hundred dollars to the father. They may set up one or several options. Perhaps they will cause a wealthy person to accidentally drop a hundred dollar bill in a location that is likely to be found by the father. They may intuit in the man's head ideas on how he can make money to feed his family. Perhaps the man will get a thought that he can sell or rent something that he owns.

What often happens is that these opportunities are missed. Perhaps he found the hundred dollars, but turned it into the police. Maybe someone else saw the hundred dollar bill and picked it up first. The man may turn down a job opportunity that arises. He may be attached to personal items that he could sell, but is unable to release them. Missing opportunities happens quite often, many times because a person expects to receive help in one form and doesn't notice other possibilities.

Many people pray fervently for something, yet their prayer goes unanswered. There are many reasons for this. Sometimes the prayer may involve other people and by answering one's prayer, it goes against the best interests of other persons. This is why we ask that you always add the statement, "for my highest good and for the highest good of all concerned, gracefully," to each of your prayers.

As mentioned above, prayers are often answered, but missed because they came in a form that was not recognized. Many of you have heard the story of the man who was pleading to be saved from a flood while clinging to the roof of his house. Two boats and a helicopter come by to assist him and the man resists their offer because he is waiting for God to help him. He does not realize that God sent the three vehicles as an answer to his prayer. This is a common problem we have in answering your prayers.

Another difficulty is getting beyond your fears and belief codes. You may fervently ask for help in finding a new job. We send many opportunities your way, but you do not take any of the offers for a variety of reasons: it doesn't pay enough, it has no medical benefits, it's five miles further from home, you don't have the skills, feelings of not being good enough or that the job is too menial, etc. These are all valid reasons for not accepting a position, but you may be overlooking possibilities that could move you closer to your dream job. Unless you check further into the job, you may find that the reasons you declined would have not been an issue. Perhaps they would have given you a special rate on benefits or trained you for the job, etc. Many of you do not take the effort to find or maintain a job, being lazy and wanting to have everything handed to you.

The hardest part for us is when you are wishy-washy. You set a clear intention such as, “I want a mate.” Then you go into fear and tell your friends, “I like being single.” Back and forth you go. Each time we get the ball rolling in one direction, you change your mind and we have to start all over again. Contrary to popular belief, all Guides are not perfect and do get impatient from time to time! Many Spirit Helpers assist with simple tasks, not wanting to be a full-time human Guide.

Keep in mind that in many cases, an unanswered prayer may have been the best answer to your prayer request. There are many who pray to win the lottery, but have you researched some of the people who have won large amounts of money? Many have been murdered, committed suicide or been treated for depression. Perhaps *not* winning the lottery is in your best interest.

Many pray for others to be healed. This is noble, yet often interferes with the best interest of the one who is ill or injured. Often there are miraculous cures that leave doctors in wonderment. There are stories of wild animals that saved the lives of humans. Know that we can impress upon animals to assist in ways they normally would not. We choose animals who are naturally compassionate and those who are willing to relinquish acquired fears of humans.

Also, know that many animals at this time are housing highly intelligent Beings. This is occurring more than any other time on Earth due to the increased amount of souls who wish to incarnate during this important time of transition. The Earth can support a limited number of humans who wish to incarnate, so many are choosing to be animals, plants and rocks. This is how valued life on Earth is at this time to souls who see the bigger picture.

In essence, all prayers are answered. There are times when a human expresses a desire for something that is not in his best interest. At those times, we attempt to intuit and show him ways to know that his prayer request is best left unanswered. Often, these messages go unheard or unheeded, in which case his prayer may be answered, but the results are less than desirable.

Know that miracles do happen as a result of cooperation between individuals, yet there are many complexities involved. We are dealing with over six billion people who each have varying requests. Many of these requests go beyond the parameters of universal law and cannot be honored. At this time, prayers that lead to higher energy frequencies are most likely to be answered. Those leading to lower energies no longer resonate with the Earth herself and thus are impossible to be answered. You have the ability to have every one of your requests filled by following these parameters. Here’s where to S.T.A.R.T.

State clear intentions.

Trust your intuition, gut feelings and synchronicities.

Ask that the request be for your highest good and for the highest good of all concerned, gracefully.

Remove fears and belief codes that block the request.

Take necessary actions to make the intention a reality.

There you have it in a nutshell. Those of you who are clear and can communicate with us freely, we desire to show you how you can best use your skills and talents to enjoy a life filled with wonder and excitement. We take leave of you now and hope that you ponder these words and discover better means of stating your prayers and clearing any blocks that keep you from receiving all you desire.



Selamet! Chicchan 9

DAY 166 CIMI 10 Greet Everyone

I am Cimi 10. Thank you for taking time to meet with us this day. We are grateful to have this opportunity to interact with you. Our topic today is interaction. We would like to suggest that you take time throughout this day to interact with everyone you encounter.

Greet each person with a smile while making eye contact.

Release all judgments towards others.

Focus on the knowledge that every person you meet is created by the same Source that created you.

See everyone as an equal, as part of you.

Whenever it is appropriate, tell the people you interact with that you appreciate them.

Notice every person that comes into your visual field.

Pay attention to ways you may be of assistance. A simple nod or smile can make a positive difference in a person's day.

Notice people's reactions. There will be some who are uneasy and avert their eyes from you. Others may grunt an acknowledgement in return. Some will markedly brighten.

No matter how they react towards you, be mindful not to judge them. Do not allow yourself to become unbalanced if anyone acts in a way that you feel is inappropriate.

This exercise is for *you*, to assist *you* in paying attention, honoring and respecting all people. You would do well to repeat this exercise every day until it becomes habitual.

Try it; you'll like it!



Selamat! Cimi 10

DAY 167 MANIK 11 Love Exchange

I am Manik 11. Welcome to this time of sharing. We are most grateful for every opportunity we have to commune with you. Today we would like to talk on the subject of love, the highest of all vibrations. In order to ascend and open to wider vistas of opportunity, you must master the true Essence of Love. There are many facets of love such as compassion, kindness and respect. Above all these is gratitude. Without gratitude, love is worthless. Love has a two-sided nature, giving *and* receiving. Often humans are out of balance; some continuously express love in giving ways, always being of service to others. At some point, they burn out, not reserving enough energy to rejuvenate themselves. Others willingly receive blessings of love but tend to have difficulties expressing love to others. Both of these are out of balance.

Love, in its essence, gently flows and ripples throughout the entire universe. When you are touched by love, it has a warm fuzzy feel to it. There are no conditions placed upon it, love freely gives and receives. When you send someone loving thoughts, they receive them in an instant. They may suddenly feel a warm rush of energy and not know why. It is important to send loving thoughts to all of humanity. Although most do not realize what is happening, they receive the blessing anyway.

Often feelings of love cannot break through barriers that people have built around themselves. For this reason, it is important to remove the layers of glopped energy that has accumulated. Releasing negative thoughtforms and fears is like cleaning the cobwebs from a window so light can shine through more brightly.

Changing belief codes that cause separation will greatly enhance one's ability to receive love. When a person has withdrawn inside himself to avoid pain and hurt, he closes the door to the opportunity to receive love freely. It is very difficult to maintain a sense of joy and to love in these situations.

Until you love all Beings, all events and yourself without condition, you will not have mastered unconditional love. Although there is a thread of you tied to original Source that is pure, the remnant that is you on Earth struggles with this knowledge. There is an ever-present desire to be more kind and loving for those who seek to become better people. Although it may be difficult to love those who trespass against you, these are your greatest teachers, for when you can love them, it becomes much easier to love yourself and all others.

Our suggestion today is to choose one person that you find very difficult to love. It can even be an historic figure, such as Adolf Hitler. Keep sending this person feelings of love, releasing your judgment of his/her behaviors. Know this person was created by the same Source as you and that you are a holographic part of each other.

Consider times when you treated others with less than love. Wouldn't you hope they would forgive you? Harboring anger, jealousy, frustration or any other low energy emotion towards others affects your ability to be unconditionally loving. Learning to accept others, no matter what they choose to do, is a basic hurdle that must be mastered in order to love all fully. You do not have to agree with anything anyone says or does. However, allowing them to have the freedom to express their free will needs to be mastered in order to move forward on your Path to pure Love. It is difficult to do if you retain the belief that your Creator is punitive and punishes bad people. You may have to revisit your religious belief codes, as well.

Today, be mindful of everyone around you. Smile and send them a burst of love, no matter what your history is with each of them. Find blessings in all events. Throughout the day, send yourself loving thoughts, feel grateful for your body and the ability to be living on Earth at this time. Practice these things until they become habits, replacing old belief codes of judgment. Go forth, enjoy this day and fill it with blessings of love and gratitude!



Selamet! Manik 11

DAY 168 LAMAT 12 Share Without Expectations

Greetings! I am Lamat 12. We are happy to be sharing this time with you.

Today we would like to speak on the topic of sharing.

There is much misunderstanding in your society as to the true nature of sharing.

Often, people who think they are sharing from their hearts are actually using their gifts to manipulate others.

You will know that you are sharing from your heart when you have no desire to tell others that you were the one who did the good deed.

*When you give without expecting anything in return,
then you are sharing from your heart.*

Many times people think they are sharing without expectations, yet there comes a time when they feel that the other person should be reciprocating or expressing some type of gratitude.

Sharing from the heart holds no expectation of ever being appreciated or acknowledged.

Today we encourage you to practice sharing without expectation.

Throughout the day, say “thank you” to others who have done things you have appreciated.

Do not expect any type of compliment in return.

Do nice things for others, without expecting any outward expressions of gratitude.

When possible, practice doing things that are kind without telling anyone what you have done.

This is a great exercise to practice until it becomes second nature.

Make it a day of adventure by planting seeds of love!



Selamet! Lamat 12

DAY 169 MULUC 13 Express Gratitude

I am Muluc 13. Welcome to this time of gathering together.

We are impressed with the changes many of you are making as a result of our working together.

Again, we wish to remind you that everything you need, all knowledge and wisdom, is already within your grasp.

Please see us as Helpers and gentle reminders.

Do not place us above yourselves, for we are all equal and come from the same Source.

Today we would like to encourage you to focus on one simple task, appreciation.

As you go through your day, pay attention to all that is going on around you and say, "Thank you."

Whether you express the gratitude orally or mentally is of no consequence.

What is important is to *feel* gratitude in your heart and express it by making a heart connection.

When issues that are unpleasant crop up, pay special attention and feel gratitude for the experience.

These are your challenges.

Once you overcome viewing them as negative or obstacles, you are well on your way to maintaining higher energetic frequencies.

Love and gratitude are partners, one cannot exist without the other.

Practice receiving and giving gratitude for everything that occurs in your life until it becomes a habit.

Go forth today and be grateful for every moment and every opportunity that arises before you!



Selamet! Muluc 13

DAY 170 OC 1 All Is One

I am Oc. Today we wish to speak more about the energy of Tone 1, which has various meanings, including beginning and unity. Today we would like to focus on the aspect of unity. We all come from the same Source and will return to the same Source at the appointed time.

There are many who continually flow in and out of this Source energy, never coming into physical form. Myriads of us have temporarily left Source, for a time, to experience Other. Although it seems we are separate, we are still One. This is hard to explain using words, but we will do our best to help you understand this important Truth.

Much of your difficulties on Earth relate to issues of separation. Those of us who have left Source are living in myriads of galaxies with a vast array of possibilities to explore. As each left Source, we took with us the full spectrum of Source, each being a complete holographic image. There are many Dimensions of Beings existing in a wide array of possibilities, some in energy form while others choose to be in physical form.

Many on Earth visualize these Dimensions as hierarchal, similar to a building with many floors. Others see them as being in various places, such as here or there. Neither of these is completely true. Our energies are connected and many times overlap each other. They have the ability to overlap because various groups are vibrating at higher levels. It is similar to water boiling in a pan, some stays in dense form while the rest of it forms into steam. They are made of the same substance, but in different forms in the same place. This is a weak example for such a profound statement, but we hope you will begin to understand what we are trying to say.

As the Earth and her inhabitants' vibrations rise, many are being able to see between the Veils. People are now seeing other cultures that roamed the Earth in the past still in existence, yet on another Dimension. Several of these groups have remained to hold higher frequencies in order to balance the lower frequencies that exist today. Often, those who can see into the other Realms catch glimpses of indigenous people or those from ancient holy orders. At times, there is only one soul holding the energy of a place. Other times, there are entire colonies. The seers from the past knew that the inhabitants of the Earth would be going through this extremely low frequency stage and chose to stay on Earth to maintain balance.

The time has now come for those in physical form to be aware of their role on Earth. It is a time to become consciously balanced as we move into the next state of Being. The Earth is currently in transition; her experimental time of going into the depths of darkness has now ended. There is a great awakening as we on all Dimensions assist you in remembering your Spiritual Self and to help you regain the power you relinquished when you incarnated on Earth.

There is nothing to fear, you are all on the cusp of true freedom. Yet there is still much work to be done. This work begins within as you release fears and judgments that keep you bound in this lower density. As you realize your potential and regain remembrance of your connection with all, great miracles will occur.

It is imperative that each of you remembers you are from one Source. You are made from the same organic materials. You are all brothers and sisters choosing to experience life outside of pure Love. Yet the time of living in darkness is now ending. It is time to return to pure Love. You will not be melding with Source, but will be setting up a system much like Source, yet in physical form.

Many of you are choosing this option, while others are choosing to stay in the low densities of greed, corruption and control. There is nothing wrong with either choice. However, there must be a separation in order for each to experience what they desire. This separation is not punitive, it is a choice made by your Soul.

Before incarnating on Earth, you knew this time was nearing. Many are currently waking up and feeling the urge to do something more. Others who are already awakened are feeling a push to get on with the work they came here to do. Some are feeling cornered and are making their last stand efforts to

gain dominance over others. Others are feeling like they must hold on to their loved ones, for they sense a separation coming.

As a result, emotions are charged. People are feeling a need to make changes. Many are realizing how subjected they are to governmental influences and choosing to break away. The truth behind the corruption in business and institutions including the health, education, food and drug administrations are becoming known. People are angered as the lies and conspiracies become public knowledge. This is dangerous, for if these emotions are not balanced, they will continue to create more chaos, thus making it difficult to make the transition to higher Dimensions gracefully. Your goal is to work on yourself, learning how to remain balanced and at peace in all situations. Then you will be able to move forward and share what you have learned with others.

Not everyone will be making the transition to a higher Dimension at this time. There are a myriad of reasons why this is so. However, all of those whose time it is to ascend are being nudged by their Guides. Many are resisting these nudges due to their fear of the unknown and blocks they have created that keep them from communicating with their Guides. These blocks are based on belief codes, many of which originated from their parents' religious beliefs. It is imperative at this time that everyone takes a closer look at their belief codes and release negative thinking patterns. These are the blocks to their ascension and what keeps each of you separate from each other.

There is a need to unite and to understand your oneness with each other. You all came from the same Source. Although outwardly you may look different, inside you are the same. The outward appearances were created by yourselves when you originally designed all of the planets that you came from. There was a purpose for these different designs. Yet now they are a hindrance as each of you judges another's differences.

Break down any barriers you have that keep you separate from other humans and those from various planets. Soon, each of you will recognize that many in human and animal form truly are from different planets. If you cannot resolve issues you have with those from other earthly races, cultures or religious beliefs, how will you be able to embrace your star brothers?

Whenever a great change occurs, it takes teamwork. To organize any great endeavor, it takes teamwork. Teams operate best when all have an equal part. Less effective teams are those who have leaders overseeing groups of workers. To have an effective team, there needs to be unity, where all are equal and major changes are made by consensus rather than dictation.

We leave you at this time to ponder these words and to formulate changes that moves you closer to being one with your brothers. Be brave and empower yourself with love. Be in gratitude for all that others bring to you. Your life on Earth would be difficult if those you take for granted were not in existence. Know you are One with all and embrace all, including your Self!



Selamet! Oc 1

DAY 171 CHUEN 2 Walk in Nature

I am Chuen 2. Thank you for joining with us at this time.

Today we encourage you to take a walk in Nature.

Take time to meditate upon previous Mayan Messages, choosing one that is unresolved in your consciousness.

Get away from the busy-ness of the day and clear your mind.

Choose a problem or habit you would like to change.

Formulate a plan of action and take the first step towards making the change you desire.

Face a fear; overcome a challenge.

Choose a different fear each day of your life until you have cleared all obstacles that keep you from being the kind and peace-filled person you long to be.

Always be grateful for blessings that come your way, even those hardships that have hidden purposes.

Demonstrate your love and compassion for others by being a role model.

Love your Self fully so you can energetically rise to new levels of awareness.

We will leave you now in hopes that you will take time to go into Nature or a place of peace and reflect on changes you would like to make in your life.



Smile and be happy! Chuen 2

DAY 172 EB 3 Daily Cleansing

I am Eb 3. Thank you for joining us this grand day as we work together to build the New Earth. Many of you are awakening and using your talents and skills to help make this a reality. There are many who sense the “End Times” are near and are falling into fear of gloom and destruction. Know that this era is just another cycle, an inbreath. This time, you will be leaving behind the amnesia and creating Heaven on Earth.

There is much work to be done and many of you are floundering, not knowing where to place your time and energy. There is much unrest due to the restructuring of your infrastructures. Many changes are occurring rapidly on the physical, mental and emotional dimensions. Some are feeling uneasy and full of anxiety and despair. Much of this is due to unconscious chatter on the energy grids as well as nudgings by your Spirit Guides.

In order to clear yourself, you need to be mindful that you can easily be knocked off balance. Much of this is due to thoughtforms of fear that are pervasive on the Earth. These will pass in a short time as your transition becomes more stabilized. In the meantime, it is good every morning to clear yourself of adverse energies that you accumulate during your sleep time. Most of you are unaware of the effects that mass consciousness thoughtforms have on you. It is imperative that you understand these things are occurring in order for you to keep from continually being knocked off balance. Knowledge is power.

If you have understanding of the chakra system, choose a method of energetic cleansing, including stretching exercises such as yoga, on a daily basis. This is not a time to be slack in your discipline. Those of you who are unfamiliar with these methods would do well to research them and choose those you are drawn to. There is much information available online by doing word searches such as: energy healing, reiki, etc. Seek out local centers that offer these services.

The goal is to keep yourself centered in all situations. Negative thoughtforms that are pervasive on Earth at this time have the ability to attach themselves to any negative thoughtforms you hold within your auric field. Unresolved issues within yourself are now boiling to the surface, wanting to be healed and replaced with the energies of love and gratitude. This is part of the awakening process and it is happening at a soul level.

You may feel anxious or antsy without knowing why. What is happening is that your Higher Selves and Guides are nudging you along your Path, reminding you it is time to get busy and realize your full potential. The time is at hand to create the Garden of Eden you have dreamed of. It is now time for the dark energies to be left behind as those of you who choose to ascend begin to replace your thoughts with light energies.

We are here to assist you and find much joy when you communicate with us. We are here to help you move beyond the dense energies that pervade the Earth and bring the Earth back to her original glory. Those who choose to remain in the lower densities will still exist, yet on another level. There is no true separation. As you continue to ascend, you will understand this. Many of you will have the ability to communicate with loved ones who remain in the denser fields. All is well. We are all One. Remember always that you are a Spiritual Being who is temporarily choosing a physical existence.

Be well. Make this a day full of joy and wonder for yourself!



DAY 173 BEN 4 Space for Love

I am Ben 4. Thank you for joining with us today. At this time, we wish to speak further on the subject of love. There is much about being in love on your Earth plane that is misunderstood. When a person falls in love with another, especially “love at first sight,” emotions built on the person’s belief codes are experienced. Most relationships develop rapidly, then go into decline often ending in abuse that leaves each person with more injuries than when they first met. This happens repeatedly until the person comes to an understanding that he is basing his idea of a perfect mate upon a weak foundation. Many are full of judgment yet want partners to love them unconditionally. This will never work. Most want a partner who will promise to never leave them, usually because they are suffering from unhealed wounds when they felt abandoned in their past.

If the person you dream of does exist with all of the parameters that you set, it is likely they will not be attracted to you, unless you also have mastered those parameters. Energetically, like attracts like, therefore you will attract those who are energetically similar to you. This is why so many abused people mate with abusers. The one who continually chooses abusive mates is living from a victim base. Unknowingly, they attract those who have the need to abuse others. Abusers can single out those playing the role of victim in a crowd, like a magnet.

Therefore, if you want a high quality relationship involving true love and mature ways to resolve issues, you will need to create this space within yourself first. Often, couples will meet who have had past life experiences together. There may be a great attraction, a feeling of having met before. Depending on the relationship in the past, these two will have mixed feelings. For example, if they had a good, loving relationship it is likely they will energetically feel this when they meet again. If there was strife, those feelings may arise. We share this to enlighten you; realize that at times you may meet someone that makes your heart flutter because of a past life remembrance. That does not mean this person is the mate for you in this lifetime. Much has changed with each of you since you last met!

Relationships generally fall apart because initially one or both partners were not being authentic when they first met. Both put on their best behavior, acting out roles they thought would attract the other person. Eventually, the role becomes a heavy burden and each begins to revert to their old habits. If these habits are not within the parameters each has set as acceptable, then friction results. At one point, the chasm between their authentic selves becomes too wide and the couples part. How much better would it be to find your authentic self and enter all relationships fully in your integrity? There would be much less divorce, unwanted childbirths and anguish for all who empower themselves in such a manner.

We encourage you to look within and heal the wounds you have allowed to fester. Release negative thoughts and judgments by allowing all to follow their own Paths. Choose habits that are healthy for you. Seek employment that brings you joy. Choose friends and lovers who are compatible with the real you. Many enlightened Lightworkers are not operating within their integrity, not having fully integrated their new belief codes into their daily walk.

If you wish to have healthier relationships, you must begin within. Brush off the cobwebs of negative thinking, clean the windows to let in more light and sweep away unwanted habits. Once you have accomplished this, you will naturally draw people to you who are like-minded. Among those associates, you will have a better chance of finding a suitable mate and loving friends. What we speak is Truth. Try it and see for yourself!



Selamet! Ben 4

DAY 174 IX 5 Relinquish Judgments

I am Ix 5. Thank you for being with us at this time. We find much pleasure in communicating with you in this manner and look forward to the day when we can sit beside you and talk more freely. Until then, we wish to express our gratitude for all that you are doing to make this world a better place. It all begins within and we see that you have done much clearing to prepare yourself to be a kinder and gentler person. This also reflects in your soul, the ability to master things of a darker nature.

Your soul is never lost, only traveling through space and time experiencing things that interest you most. There is no need to harbor shame or guilt, for there is nothing that is wrong with any choice. You will have to live with the results of your choices and actions, but you will never be punished by God. We wish to impart this knowledge to you in an attempt to assist you in releasing the judgments you hold against yourself. In so doing, you will also readily release the judgments you hold against others. When you live from a base of non-judgment, your life indeed will become truly magnificent.

Judgment separates you from each other. It creates feelings of worthlessness and “better than thou.” These belief codes are extremely detrimental to unconditional love. They come from low density energy and make it difficult to attain higher vibrational levels of love and gratitude. Be prepared to release these judgments by going within and paying attention to how you treat others. Some of these judgments have become so common, they may not be easily identified by you. The way to find them is to pay attention to any thoughts you have in which you see any person, place or event as better or less than you. Understand that you are all One and seek ways to merge with all others energetically.

This can best be done by releasing fears and thoughtforms that create space between you. Relinquish the need to be right and the need to get others to be on your side. These are the very thoughts that keep you separate. Understand that everyone has the right to choose their own experiences. Instead of finding ways you are different, begin to have conversations in which you find ways in which you are alike.

No two of you embrace identical belief codes. This knowledge releases you from the need to persuade others to follow your beliefs. Accept differences the same as you would expect a library to be full of various books. Each of you is a living library and similar to books, each has a different cover and story to tell. Although there are many genres of books, each story within the genre is unique. There may be some books you have no interest in reading when you are young, that you find fascinating as you mature. It is the same with people. There are some you find no common ground with, perhaps your entire lifetime, yet they are priceless to others.

We encourage you this day to greet all with a smile, looking into their eyes. Acknowledge their presence and worth by making a heart connection and send loving thoughts from your heart to theirs. Know they are of the same value as you, no matter which path each of you are currently walking. Thank those who have assisted you or are helping others. A little gratitude goes a long way when spoken with a sincere heart. Encourage each other to continue on their Path, empowering rather than enabling them. Thus, you will be better suited to move more gracefully into creating Heaven on Earth.



Selamet! Ix 5

DAY 175 MEN 6 Gratitude Meditation

I am Men 6. Today we would like for you to take a breather. If possible, spend time in nature or at least with a houseplant, if you have no yard or access to nature.

Spend several moments caressing a plant or sitting with a tree.

Focus solely on your breathing.

On your inhale, breathe in oxygen and the fragrance of the plant.

On your exhale, give gratitude to the plant for providing the oxygen that you breathe.

Continue with this simple exercise until you are completely relaxed and have worked up a warm feeling of love and gratitude.

Now, visualize someone you are having difficulties with or someone you would like to have a deeper relationship with.

On the inbreath, bring that person closer to you, releasing all judgments and negative feelings.

On the outbreath, send loving thoughts from your heart to theirs.

Continue until you feel a connection of acceptance or love.

With persons you are having great difficulty with, it may take several attempts to get into a state of acceptance.

Continue with this practice for as many days as it takes until you can freely send love to them.

This is also a good exercise to release negative emotions from past events that were unpleasant.

Spending time in Nature is very healing and we encourage you to set aside time to do this on a daily basis.



Until we meet again, Selamat! Men 6

DAY 176 CIB 7 Ambassadors of Love

I am Cib 7. We are delighted to have this time to be with you this day.

As we progress daily throughout this year, it is our intention to be of service to you.

We have the advantage of seeing the bigger picture regarding what is happening on Earth; each day more of you are becoming able to do the same.

As you step forward into self-empowerment, releasing fears, fretful thoughts and habits that have kept you enslaved, reach out to your brothers and share your wisdom and knowledge.

There are many on Earth that we cannot communicate with because they are shut down to esoteric teachings.

You have the ability to be an Ambassador of Love, for you can reach these people in ways we cannot.

Be a role model to all you meet.

If you wish to live in a world filled with beauty, peace and abundance, then live your life in this manner.

Others will notice as you walk with grace amongst the chaos and they will reach out, seeking what you have.

The time for separation must end in order to create Heaven on Earth.

Come together and celebrate your differences.

When you are with others who are disgruntled, attempt to bring conversations around so they become problem-solving sessions rather than remaining in low-level complaint sessions.

Help people pay attention to their thoughts, words, actions and emotions.

Encourage them to notice the difference they feel when they are engaged in various activities and to choose those that are uplifting.

You have much potential to make an impact on the future of the Earth, beginning this moment.

It is in the present moment where you make the choices that create your future.

Choose wisely. Have fun. Be of good cheer.



Have a blessed day! Cib 7

DAY 177 CABAN 8 Shine Your Light

Greetings. I am Caban 8. Thank you for joining with us today. We would like to remind you that your Spiritual roots are created from pure love. There is nothing in the world that does not come from the inspiration of pure love. We know this is difficult for many of you to grasp when you look around and see all of the experiences of Not-Love. We understand that it is hard for you to exist in such a place. As your veils of amnesia lift, it becomes even harder to remain on the Earth. Yet we ask you to have patience, for there is much that you can do to assist with the changes that are currently taking place.

Many Lightworkers have come to the Earth at this time to assist in returning the Earth to her pristine state. Although the Earth was pristine at the time of her original creation, she and her inhabitants are now beginning to vibrate at a much higher frequency. This means that those who cling to lower frequency aspirations will not be able to maintain their goals of Not-Love experiences. They are in their last stand defending their projects, but soon they will be moved elsewhere.

You, as a Lightworker, have the ability to pressure those in leadership positions to make the changes you wish to occur on Earth. There is power in numbers and as you unite with each other, with common goals, your voice will be heard. Many of your industries will crumble overnight if each of you simply says, "No more!" and stop feeding the monster. For example, the insurance industry alone fuels much of the corruption in all areas of business. What do you suppose would happen if the masses simply stopped paying their premiums? What would happen if patients only chose doctors who prescribed herbs rather than manufactured toxic drugs? What if all people refused to buy food products tainted with pesticides and herbicides? As you bond together and boycott the industries that are harmful, these corporations will either crumble or scramble to restructure. Many are already doing so.

There are many who are unaware of the toxic substances they consume and the deadly impact they have on the body. Mass media advertising has many believing the lies being told. With the advent of the personal computer and accessibility of the internet, the truth can be told across the world in a moment. As more people step forward with the truth, they have the ability to offset mass marketing and reach those people who are being misled. Part of the work of each Lightworker is to reach those in your network. Perhaps you are the only one who can influence your parents, your siblings, your friends and acquaintances. Take your role seriously by educating yourself and others.

We take leave of you at this time in hopes that you ponder these words and empower yourself with the knowledge that you are an important ambassador with the ability to help others create a world of peace and joy.



Selamet! Caban 8

DAY 178 ETZNAB 9 Mirror Images

Greetings, I am Etznab 9. Welcome to this time of sharing. Today we would like to talk about the topic of mirrors.

Every person you meet, every experience you have, every thought you think, every animal or plant you encounter has the ability to mirror a message to you.

Have you ever noticed how some people thrive in bad situations while others in similar situations crash? Why is that? It is due to the inner strength and wisdom of the person. Some may crash for a while and go into deep depression or lash out in anger. At some point, they realize they are making their life miserable and choose to make an attitude adjustment.

Each of you has the ability to change anything in your life, including your emotions, in the twinkling of an eye.

Just as no one can make you happy, only you can keep yourself from experiencing happiness each moment of your life. Everything is simply an attitude away.

How can you change your attitude and maintain a positive outlook in all situations? Through diligence, observation and choice. This is why the work of moving through fears and belief codes is of utmost importance.

Until you release the blocks that keep you locked into low-level energies and attitudes, you will miss myriads of joyous opportunities.

You will begin to see life in an uplifting new perspective once you release all judgments and impediments.

Take time today to formulate a plan of action. Write the steps you need to take in order to overcome every habit you wish to change.

Take the first step, there is no need to procrastinate, release the low-level energy involved in keeping old patterns intact that weigh heavily on your emotions and physical strength.

It takes a tremendous amount of energy to stay in the unnatural state of unhealthiness.

Free yourself from emotional blocks and energize yourself with thoughts of love while filling your body with healthy foods, and you will have more energy than you know what to do with!

Stop yourself when you find that you are retelling stories from past traumas, they only re-energize the scenario, sapping your energy.

Do you wish to drain your battery with low-level endeavors or to energize your battery with high-level feelings of love and gratitude? The choice is yours. Choose wisely.



Etznab 9

DAY 179 CAUAC 10 Linear Love

I am Cauac 10. Thank you for joining us this day. We wish to thank you for all of the time and effort you are placing upon your ascension. As you increase the ability to hold light and love within your cells, you are affecting all others on the Earth, as well as beyond the universe. We are all one and what one does, affects all. There is no learning to be done, only experiencing when it comes to the overall aspect of humanity.

Today we would like to talk on the topic of love once again. There is no greater thing to experience than love. Many of you are lacking in your ability to love, thus we return to this topic often and from different angles. Today we would like to talk about love and how it affects the emotions.

When a human feels love, adrenaline courses throughout the body, causing a warm feeling. Although you may love another deeply, this feeling of love can vanish in a moment when there is anger or hurt present. The love itself has not diminished, but the emotions have changed.

Think of the emotions you feel when you are in love as being linear. On one end there is the emotion of euphoria, while on the other end, there is the feeling of hate. As humans, your emotions will slide back and forth along this line, making it impossible to feel euphoria and hate at the same time, for any specific situation. It is possible to have euphoric feelings for one person while having hate feelings for another. However, when it comes to one person, in each moment, you will have only one of these emotions on the sliding scale.

In order to increase your capability to love, you will need to slide your scale for every person, place and event closer towards the center point where every emotion is perfectly balanced. Then, no matter what others say or do, you will still be in balance in any given moment.

As you learn to release judgment towards others, you will become capable of releasing emotions you have regarding any situation. The state of forgiveness is actually allowing others to choose the path they wish to walk without judgment or concern. However, this does not apply to very young children who need supervision to prevent them from harming themselves while they are learning new things.

Each person perceives his reality based on experiences, expectations and assumptions. This is why several people who witness an event will recount what occurred in a different manner. If you are a hairdresser, you are more likely to notice another's hair, while a tailor is likely to pay attention to their attire.

The same holds true for your emotions. When a human operates from victim belief codes, she will expect others to have bad intentions, while one who comes from trust belief codes does not expect others to intentionally hurt her. Can you imagine how complex this becomes, considering all of the interactions one has on a daily basis?

Victims live their lives waiting for others to find ways to harm them. Those who come from a position of trust live completely different. What you harbor within, you project outwards. People who meet victims are likely to respond differently to those coming from a foundation of trust.

If you wish to love others, it is imperative that you love yourself first. Until you open the blocks that keep you from freely giving and receiving love, you will inhibit your ability to increase your vibratory rate. This slows your ability to ascend and maintain resonance with mother Earth.

As you revise your belief codes, allowing more love and light into your body and energy field, you affect yourself and all others, for the energy of love is free flowing. This refinement is the key to allowing you to reunite as one and break free from the patterns of separation.

Go within daily and observe where you are on your love vibration with each person and place that is not centered on the simulated linear scale. State your intention to allow that person or event to be responsible for their choices and release any need to change them.

Know that all is well. Humans tend to consider outcomes that are painful to be something to avoid. Yet most great changes and creative inspirations come as a result of experiencing pain. Allow yourself and others to have these experiences.

There is nothing wrong with giving advice or support. However, when you expect others to follow your advice, you have crossed the line and are meddling in their affairs. Any support you give others should be given without any expectation, otherwise it becomes a source of manipulation.

You can best support others by letting them know you love them regardless of any choice they make. You would be best to remain silent rather than offer advice unless you are asked for your input. Even then, keep in mind that each of you are coming from your own unique experiences, therefore, what is best for you will not necessarily be the best choice for another.

Relinquish the need to change others and focus your attention inward, on changing your attitude and belief codes. Once you are in control of your emotions and responses, you will have less need and desire to change others. The goal is to love freely, without the need to save others from experiencing whatever they choose.

Go within and work on your ability to love others unconditionally. In the beginning, especially in difficult relationships, it may be difficult to slide your love emotions towards the euphoric end. In these cases, work within yourself and find ways you can release the need to change the other. Sometimes you may have to “Fake it ‘til you make it.” If you continually project loving thoughts towards another, the negative emotions you feel towards others will wane.

Your brain does not know the difference between reality and fantasy. If you continually force your thoughts to be loving and not allow yourself to dwell on negative thoughts, your brain will re-pattern itself and before long, you will find yourself accepting those whom you have had difficulty with in the past.

Eventually, the ability to love all will flow freely to everyone you meet. It is then that you will be emotionally balanced and no matter if others hang you upon a cross, you will be able to love them. This is the secret of the Masters.



Selamet! Cauac 10

DAY 180 AHAU 11 Transportation

I am Ahau 11. Thank you for joining us this day. We would like to talk about transportation today. There are many forms of transportation currently available; how can you use them more efficiently and make them work for you rather than against your environment?

Inventors have been inspired for decades to create various modalities of transportation and engine designs that are more compatible with Nature. However, due to corporations, especially those in the motor industry and petroleum fields, these ideas have been squelched.

Currently, these corporations are being forced to their knees due to their greed and insensitivity to the environment. It was destined to happen, for any mass production that does not take into account the highest good of all will certainly reach its demise at some point.

There is much information related to new types of transportation that is available through the internet. Why are they not in mass production? They would be if the masses insisted it be so. As the car industry slides into bankruptcy, the golden moment has arrived for people to demand better transportation devices.

On a personal level, we recommend you pay closer attention to your use of these vehicles. Your daily routine influences all of society. How often do you run here and there to pick up items rather than shopping more efficiently? If more of you were willing to walk, ride bicycles or motorcycles, there would be less need for parking lots and garages that overheat the large cities. If buses were used more often, there would be much less traffic resulting in less street repairs. Carpooling decreases the impact on the environment.

Many of you drive overpriced and over-sized vehicles that are not efficient. Are you driving these vehicles because they are status symbols? If so, you may want to look within yourself and revise your belief codes. Do you not care about the impact that roadways and automobiles have on nature? Perhaps you would benefit by becoming more cognizant of the impact you have on your world.

Often, people complain yet do not make changes in their own life. Do you choose to be part of the problem or part of the solution? When you look at the grand design of all, there is no problem. All is well. However, as long as you choose to live in the physical realm, you are impacted by what happens in your society.

You will feel hot when the roadways and parking lots increase the heat in your city. You will inhale pollutants that affect your overall health. You will consume time and energy purchasing and maintaining your vehicles. You will get less exercise when you drive rather than walk or bicycle. The choice is up to you.

How do you want your world to operate? Make choices that are good for you as well as your fellow man. Get out of complaining mode and enter the realm of activation. Your life will be greatly enhanced and you will find joy in every moment.



Selamet! Ahau 11

DAY 181 IMIX 12 Be Silly

I am Imix 12. We are thankful for this opportunity to share with you once again.

Today we would like to be a little silly.

You have worked hard and often take your Path very seriously.

Sometimes, it is good to relax, rest and simply be in joy.

Today we ask that every time you pass a mirror, be silly.

This also includes reflective surfaces such as windows and cars.

Make a silly face, smile from ear to ear, laugh, sing, whatever helps to get you out of serious mode.

You may be self-conscious about what others will think.

Work through it, invite them to join you, tell them you are lightening up and encourage them to do the same.

If you cannot encourage yourself to be silly in public, then do so privately.

Make yourself laugh, be ridiculous, skip, jump, dance with wild abandon and begin to free yourself from the shackles of seriousness.

Let your serious side rest and be Silly!



Celebrate! Imix 12

DAY 182 IK 13 Merge With Self

I am Ik 13. We are very happy to have this time to be with you again today. We would like to talk more on the subject of transportation. You have within you the ability to bi-locate, to be in two places at one time. Remember that the main part of your soul remains in Spirit form, while a fragment of you is embodied in flesh and bone. In essence, you are in two places at the same time.

When you have your attention in more than one place at a time, there are things you are likely to miss, such as when you are writing emails and talking on the phone at the same time. Meanwhile, you have dinner cooking on the stove and know you will have to turn off the garden hose in a few minutes. Your thoughts are fragmented and distracted. At these times, it is likely errors or accidents will occur. Perhaps you will forget to include an important idea in your email. By not giving full attention to the person you are speaking to on the phone, other opportunities may be missed while you have your attention diverted elsewhere.

Soon, many of you will be merging with your Higher Selves while you continue to live in your physical form. Can you imagine the possibilities when you are fully in remembrance of your pure Self, yet still have the ability to enjoy the blessings of Earth? No longer will you be distracted by a myriad of things. When everyone has full remembrance of their Spiritual nature, there will be no need or desire for war and greed. Abundance will come in all realms of your existence, for you will know how to create your desires out of thin air.

Your life at this time is like living in two places at once, creating much confusion and many distractions. Once you merge with your spiritual Self while fully embodied in physicality, there will be nothing that you cannot attain. All of you will still be bound by the basic laws of the universe. These rules are not arbitrary, they were created as a means to allow this game to occur.

You have been playing the game that included forgetting your spiritual roots. This was necessary in order to experience Not-Love. However, many of you have now purchased the new, updated version which allows you to play on the same game board, but with a new rule, one in which you are merged with your Self.

Take time to ponder these words. Even if you do not believe it is possible, you can still play the pretend version of the game. Either way, live your life as though this were already true, that you have a spirit nature that is all love. Make your choices from this belief. Choose only things that bring you joy and happiness. Be kind to others. Pay attention to how you impact your world. Spend time in Nature. Choose jobs and recreational activities that enhance your passion.

Heaven on Earth will be created in the moment each of you chooses to live as though you were a perfect child of God. Begin now and allow your life to unfold in ways you never thought possible. Mahatma Ghandi was inspired to encourage each of you to be the change you wish to see in the world. We encourage you, as well.



Go forth and make this day special! Ik 13

DAY 183 AKBAL 1 Dimensional Portals

I am Akbal 1. We are very excited to be a part of your consciousness and look forward to the day when we are together once again. Today we would like to talk about transportation. We spoke on this subject briefly before, but would like to expand further. On Day 180, we spoke of physical methods of transportation while on Day 182 we talked of how humans bi-locate, being partly in the physical realm and partially in the Spiritual realm. What we wish to talk about today is the ability to move through portals and beyond time and spatial limitations. Each of you has the capability to do this on a conscious level, although most of you currently travel Dimensionally solely during dreamtime.

In order to be able to move through time portals, you must begin to understand that all you observe with your eyes is not essentially real. Although a table and chair may seem real, in its barest essence it is simply a cloud of energy. Scientists are now proving this true; indigenous elders have known this to be true since antiquity. Therefore, the need to hold onto things due to fear of lack is unnecessary. There is no lack; anything that is needed can be manifested from thoughtforms. This includes your physical bodies.

Time and space are also figments of your imagination, being an integral part of the reality of this planet, thus allowing this game to be played. It is similar to backdrops on stage. There may be painted walls simulating a mountain, but it is not a real mountain. This understanding is crucial in order to have the ability to move at your discretion through various Dimensions.

There are portals or doorways leading to various Dimensions that can be entered by those who know of their existence. Many on Earth have known of these portals used by interdimensional Beings for eons. Government officials have taken over these portals in many areas, locking out anyone who attempts to enter. Those who have been to these sites have on numerous occasions seen E.T.s and many have had contact with them. The mystery of cow mutilations and crop circles are related to these portals.

Some portals are used exclusively as a means to allow souls (ghosts) trapped in this Realm to cross over and continue on their soul's Path. Some portals are designed to allow Interdimensional Beings to enter the Earth for specific work assignments. These doorways are closed when the work is completed. No other species of Beings are allowed to use these entryways.

Most portals were designed to allow physical Beings from various planets and galaxies to tunnel at the speed of thought to the chosen destination. Transportation as humans know it is archaic. Using human technology would require eons to get from one location to another. However, with the technology of the tunnels, one can go myriads of miles in no time.

It may be hard to understand these truths when you are locked into belief codes enmeshed with the concepts of time and space. However, if you expand your mind and realize that time and space are illusions or part of the backdrops of this experience you call life, you can see a much broader picture.

Most physical transportation currently in use by humans is detrimental to the environment. Those who believe in the existence of UFOs know there are much better forms of transportation available. Greed and desire to control the masses have kept your governments locked in secret alliances, suppressing UFO technologies. Yet they exist and are quite profound, not using any of the earth's resources and negating the need to refuel every 200 miles. Can you imagine using human methods of transportation to travel to the Pleiades? Not only would it take years to get there, the cost of fuel would place a high toll on the earth's ecological balance.

Each of you has within your auric field that which is often called the mer-ka-bah. This energy field has the ability to increase your vibrational level, making transportation to various Dimensions available in the twinkling of an eye. The vibration of love makes this travel possible. Soon, all of you will be aware of this bubble of energy that is available to you.

There will still be many who wish to use cars and planes to get from one location to another, but it will be simply for the pleasure of the experience. More of you are already finding that you are mentally able to travel to various places simply through willpower or during meditation. This method of transportation requires none of earth's resources and essentially takes no time. You can begin to experience this ability as you go deeper into your meditations. You can travel to the Akashic Records at any time and find answers to your questions. Many of you have traveled to the inner Earth and met with those who live there. Many of you have been in the spaceships and work with your E.T. brethren during your dreamtime.

Each portal was designed for a specific purpose, many of which were less than kind. Often they were used for escape to evade unpleasant encounters, such as when their reception was met with hostility. There is no need to use these portals other than to experience other levels of physicality. These portals are not used to ascend or become closer to original Source.

Many of you will be seeing humans shape shift into their E.T. form as the veil between Dimensions continues to thin. Do not be afraid, for they are your brothers. Like humans, some are less than kind, but those with evil intentions are no longer allowed to go through these portals. That part of the Grand Experiment has now ended. We bring up this subject to let you know what is happening around you. There are many wild stories that border on science fiction. In fact, many of your sci-fi authors and filmmakers have been through these portals and seen many of the things that are portrayed on the screen. This is no accident. These books, movies and games have been created to help ease your transition when the appointed time arrives and you begin to meet these Beings. You are being prepared to be united once again with your star brothers and sisters.

There are many factors at play as you move towards mass ascension. Many of your star relatives have a vested interest in Earth. Many of these Beings are coming back from the future to change the course of events in order to make necessary changes to the Earth and her inhabitants. Genetic codes were modified long ago, leading to a race of Beings that no longer have the capacity to experience emotions. As time progressed, they realized the need and purpose of emotions and have now returned to offset the damage currently being performed by geneticists. Your history is literally being rewritten.

Even if all of this sounds like a fairy tale, it is true. We have included this information in these Messages because many of you are now encountering these portals and we wish to give you more insight before you step into one. Know that by stepping through a portal, you may end up in a different time such as was depicted in *Jurassic Park*. You may find yourself in a hostile environment such as depicted in many of the *Star Trek* episodes.

In order to protect yourself, it is necessary to be in communion with your Higher Self and to call on your Guides to help protect you. If you do not have a close communion with your Higher Self, we suggest you not step through a portal. It is possible to get lost and unable to return. When it comes to the grand scheme of all things, no one is ever lost, although when living in your environment, it feels very real and frightening.

People have used psychedelic drugs to experience these portals or wormholes. Many have had wonderful experiences that have led to addictions, as they prefer to escape through these portals rather than face the chaos in their lives. Many have gone insane or have died of fright during these episodes. Shamans have traditionally used this method as a means of foretelling future events or to gain spiritual insight.

Travel at your own pace. Out of body experiences can be beautiful when accompanied by your Guides and done for soul expansion. Once you have an experience such as this, your life will have new meaning and your ability to understand the Oneness of All will be greatly enhanced. Work diligently to communicate with your Higher Self, which is your best Guide to other Dimensions and to the deeds that are most appropriate for you during your stay on Earth. Many blessings to you.



Akbal 1

DAY 184 KAN 2 Observing Insects

I am Kan 2. Thank you for joining with us this day. We are excited to be a part of the merging of Self and Spirit that is currently transpiring on Earth today. It is our greatest honor to assist you during this time of transition.

Today we would like to encourage you to step outside and breathe fresh air. If you live in an area where the air is polluted, then make plans to get out of the city and into an area where trees and other plants are creating oxygen for you.

While in nature, stand in awe and witness the beauty of what surrounds you. Stare at the ground for a few moments and you will find that you are surrounded by tiny insects that you previously had not noticed. As you watch these tiny Beings, note their habit of continuing their work, paying no attention to you. If you provoke them, they will either defend themselves or run. They are great metaphors for you.

At first, you did not notice they were there until you drew your attention to the ground. Once your awareness was turned to this tiny area, you began to notice new things. This is true every moment of your life. You will notice things where you place your attention.

If you focus on negative things or all the bad things that could possibly happen, your experiences and conversations will reflect this. Those who focus on happy thoughts and outcomes are less likely to be burdened when sad or bad things occur. Since they regard life in general as good and happy, they will take bad situations and find the good in them, for they know there is good in all things.

A second lesson we can learn from the insects is regarding their work activities. No matter if a huge Being such as a human is standing near them, they continue with their daily routines. They do not stop to engage you in idle chatter. They do not make demands or place judgments on you; they simply continue to be. How many times do you allow yourself to be distracted when others are nearby? Would you be able to keep your focus on what you desire to do? Do you feel the need to entertain or engage others who are in your vicinity?

Another lesson we can learn from insects is how we react when others provoke us. Would you defend yourself or flee? Do you feel the need to defend your actions and choices? You may wish to take time to discover why you make this choice. Every choice you make is your business; there will always be some who agree with you and some who disagree with you. To be able to stand in courage with your decision without the need to defend yourself is a mark of maturity.

Do you flee when confronted by others? There are times when fleeing or walking away is in your best interest. However, what often happens is people who are provoked become fearful and not able to stand in their truth. They are not comfortable standing up for themselves and choose instead to withdraw. If you find this is a habit of yours, you may choose to go within and look at why you allow others to intimidate you.

Take time to know yourself and have the courage to become the person you wish to be. Learn to say “no” to requests that are not in your highest good. When others provoke you, learn when it is best to remove yourself from their presence or to speak your truth to them. There are many lessons that can be learned when one takes time to sit in nature and observe. Set time aside often to relax in Nature and commune with these highly intelligent Beings.

Have a day filled with wonder. We look forward to our next meeting.



Selamet! Kan 2

DAY 185 CHICCHAN 3 Block Busters

I am Chicchan 3. Thank you for joining with us this day. We are truly grateful for each moment we have in which we are consciously connected. There are many ways we are connected, since energetically we are of the same Essence. When you are knowingly aware of us and desire to work together, there is a highly charged energy frequency that occurs between us.

This is similar to an electrical conduit. When you have electric lights in your home, they are always hooked up to the same energy source as all the other electrical appliances in the building. When you decide to light up a room, you simply flip a switch and the energy flows through that conductor.

It is much the same whenever you have an interaction with us or any other Being or experience. There is always the possibility for a myriad of choices to occur, yet it is the one you focus your mind on that will manifest. Thus, be mindful of what you wish to experience, for you have within you the power to make it so.

There are often things that manifest in ways you do not desire, there are several reasons why this occurs. Since you live in a world with more than six billion persons, there will be times when you simply are a receiver of something that was not consciously intended specifically for you. If it is something that goes strongly against your paradigm, your Guides will send messages to assist you in avoiding being part of that scenario. It is up to you to be tuned into their frequency and to recognize and choose whether to follow their guidance.

When there are natural disasters, accidents or people affecting others in unkind ways, you may be prompted to avoid going into the areas where these things will occur. By hooking in with your Higher Self and Guides, you will more likely heed their advice and remain safe. There are many who have lost their lives or suffered physically or emotionally because they did not listen to their inner voice.

On a more personal level, when you turn on your connection with your Higher Self and Guides, the lights come on and the current flows, oftentimes bringing you the gifts and joy you desire. To allow the energy between you to flow freely, you must remove any blocks. When you have fear, negative thinking or disbelief, it is like having the light switch in the “off” position; the flow is blocked. When you release belief codes and habits that keep you in fear, it is similar to turning the switch into the “on” position.

How can you keep the flow going? Go within daily and consciously make the changes necessary to overcome fears and unwanted habits. When you have thoughts that are detrimental to your goals, force yourself to literally think again. Continue doing this until the habit is changed. When you find yourself falling into habits you do not desire, stop and choose again. Although it may seem difficult to do, it really is simple, although it takes perseverance, courage and will power.

You have the ability to make these changes with assistance from your Higher Self, Spirit Guides and those on Earth who have learned to support others unconditionally. Seek these Helpers and allow them to help you. Go forth with courage and create the life of your dreams!



Selamet! Chicchan 3

DAY 186 CIMI 4 E.T. Phone Home

I am Cimi 4. Welcome to this grand and glorious day! Although at times your experience on Earth may not feel grand or glorious, when you can see what is happening from our vantage point, you will realize that indeed all is wonderful. Today we would like to share information regarding your star brothers. Some of you reading this may not believe that E.T.s and UFOs exist, although there are volumes of verified documentation regarding their existence. We do believe it is a bit naïve to think that in the expanse of the universe only one tiny section called, Earth, would house intelligent life forms. We know that some of you who do not believe in the existence of Star Beings will be turned off by these Messages. Yet we encourage you to continue to read them throughout the year, for there are many truths and tools that are of value to you.

There is much talk regarding E.T.s and the roles they are playing. There are a growing number of people who have created the belief code that E.T.s will be coming to Earth to save humans from inevitable destruction. We are here to tell you that in essence, this is not true. Your only savior is *you*. You are fully responsible for what you choose every moment. When you place your hope on a savior, you give away your personal power. This is never a wise thing to do. There are many who have placed all bets on saviors, being irresponsible while waiting to be beamed up to safety. Now you find yourselves penniless, some having given up hope while others still fervently watch the skies.

You are responsible for everything you experience while on Earth, including giving your personal power over to a hopeful dream. To live fully, enjoy each moment filled with love and gratitude, receiving and sharing the blessings bestowed upon you. These blessings are the result of your prayers, yet many do not recognize them as such.

Repeatedly, we hear the prayers of those asking for abundance. Yet they block this abundance because they do not deem themselves worthy of it. Others have strong belief codes attached to money being the root of all evil. Others feel that it is saintly to give away their riches. Often, Lightworkers who have many talents will not accept payment for their services because it is a gift from Spirit. Yet you will pay top dollar for health services provided by professionals who many times create more problems than solutions. When you can see that everything you receive is a gift from Spirit, whether it is words of advice from another, the perfect nail you needed or an intuition, you will find that all things are valuable. Why do you feel that you cannot receive money for your services? Look deep within to find the roots that keep you from accepting money for your services.

Returning to the subject of E.T.s, first we would like to mention that nearly every Being on Earth has lived elsewhere before this incarnation, so essentially each of you is an extra-terrestrial. As a result of sci-fi horror movies, books, negative encounters and such, the term E.T. stirs feelings of uneasiness in most people. You are One with the entire universe, all coming from the same Source. To get past the negative connotations associated with the term “E.T.,” we will refer to them as your star brothers, although some are female and most are androgynous.

Earth was created by a huge group of conscious Beings, including the group that is the Earth herself. Before Earth was formed, there was life on other planets that had been in existence for billions of years. When a group decided they wanted to try a new experiment, they began to have meetings to create this Realm. Most of the parameters for this galaxy were already in place in other galaxies, however, the combination of parameters on Earth is unique.

One of the rules was that upon entry, one would temporarily lose memory of his Spiritual roots. This was necessary to have the experience of Not-Love. It was decided that the inhabitants could go as far into Not-Love as they chose until a specified period of time, which is now ending. It was also determined there would be little to no intervention from other Dimensions, unless there was danger to the fabric of the galaxy, such as nuclear warheads. There have been many negative experiments carried out by your star brothers. These experiments were allowed; the humans involved contracted to be a part before incarnating on Earth. In many cases, these memories were erased so as not to interfere with the human’s daily life. Often the person in human form did not remember the experience, yet the memories were stored in their subconscious and physical body. As is the case in all experiments, learning comes from doing and observing. Thus, there was no malice intended and there were legitimate reasons for each experiment that occurred.

There have been some star brothers who have done things maliciously, with the intention to cause rifts or to gain power over others. Your star brothers who came to this Earth also have free will choices and were allowed to do much of what they wished as long as they followed the rules of this galaxy. As the Earth increases her vibration, there is an incompatibility with those who have unkind intentions. Whether these Beings are incarnated on Earth or living on spaceships, their ability to wreak havoc is rapidly declining.

Intentions based on acts of unkindness have a low vibrational frequency. As the earth’s frequency ascends, a chasm occurs between the two frequencies. As the number of those with the ability to raise their vibrational

frequency increases, it becomes difficult for those with lower frequencies to resonate. What happens is that the lower frequencies become scrambled as the higher frequencies gain strength. As a result, you will see many who prefer to experience the lower frequencies begin to lose their power, their health and often their lives.

There will come a tipping point in which the light once again becomes stronger than the dark. This was how the Earth was in its initial state. The slate will be wiped clean as humans once again reside in the Garden of Eden and continue to make choices based on higher frequencies. This is not the first time this has happened. Your world runs in cycles, each round having similar, yet different parameters.

The cycle you are entering allows full remembrance of your Spirit Self while remaining embodied in human form. There are other galaxies where this is also occurring. There are also Beings who are highly evolved living within the crust of the Earth. Many humans have communicated with these Beings and each looks forward to the day when they can walk amongst each other in harmony. There are some conscious Beings who will choose to leave this Realm and return to other planets. These are the ones who will gain admittance to the spaceships, never to be seen on Earth again. Those piloting these ships are not your saviors, they are your brothers who are here as an answer to your prayers.

Be not afraid when you encounter your star brothers. However, be warned that some do exist that are in sheep's clothing. There are many humans like this, posing as your friends but having underlying motives to swindle you. None of them have the power to steal your soul, but they can convince you to follow their leadership.

If you have worked through the belief codes that keep you blocked from direct communication with your Higher Self, you will never be deceived. You will have direct access to the Akashic Records and knowledge of all that is. Those of lower frequencies prey on those who are gullible and live with victim tendencies. Many of the experiences set up by those with unkind motives are now crumbling. One thing they did not count on was the availability of the internet to expose their deeds to the masses in such a consistent and timely manner. No longer can they blackmail and kill all of those who would expose them, for the numbers of whistleblowers are too great and the information too readily available.

The End Times are simply the end of one cycle and the beginning of another. There will be no need to seek a savior. If you realized this new world is your creation, how would you act? What would you choose to occur in this utopian society? Visualize the world you wish to live in, then every moment act as though it were already so. You will be amazed how quickly your thoughts will manifest your dreams. In order to do so, you must release the fears and belief codes that enable you to stay in a state of powerlessness. Face your fears, challenge your belief codes and live the life of your dreams.

If you do not like the systems you as a people have set up, take steps to transform them. If you do not like the things people say or do, release your attachment to them. Everything you say or do is in your control. Take responsibility for your actions and choose thoughts that pave the path for what you desire. Know that greed and control over others will no longer be compatible with the earth's frequencies. If these are things you desire, know that you will be separated from those who wish to continue in the lower frequencies when the time comes for the ascension. We would also like to say that when we use the word ascension we are referring to increased vibrational frequencies. In no way do we judge those who prefer lower frequencies, for everyone is simply choosing what they wish to experience before returning to Source.

Do not be concerned about saving souls; no soul is in danger of being lost. However, share your knowledge with those who are interested in what you say and perhaps they will raise their frequency and be able to join you when the rift occurs. Many Lightworkers will choose to physically remain with those of the lower frequencies to Guide those who choose to learn how to increase their ability to love and ascend while in physical form. Many of you who resonate at higher frequencies will be able to move to the Other Side and maintain contact with those of the lower frequencies who physically remain on the Earth.

Embrace your star brothers. Love all, no matter what Path they are walking, for in loving your enemy, you increase your vibrational level and heighten your opportunity to dwell in Paradise. Feel gratitude for every experience and be willing to receive and share all gifts bestowed upon you, no matter how small or how grand they appear to be.



Selamat! Cimi 4

DAY 187 MANIK 5 Beyond the Portals

I am Manik 5. Thank you for taking time to join us today. It gives us great pleasure to meet with you. We look forward to the time when our communication will be clearer, beyond the limited use of words. Today we would like to talk further on the topic of transportation. Let us begin by looking at the original roots of this word. “Trans” is a Latin prefix, meaning beyond or on the opposite side. “Portus” is a Latin noun, meaning door.

Thus, the original meaning of the word transportation means to go beyond the door (portus). Do you not think it is interesting that the contemporary use for moving from one place to another has its root in going beyond a door? Were they referring to the door in an automobile? Were they referring to getting from one location to another? Either way, the transportation that we would like to discuss today involves going beyond, through a door (portal).

We are talking about the portals going from one Dimension to another. Earlier this week we talked of several types of portals. Today we would like to talk a little about the various Dimensions. Not all have access to these Dimensions; only a few are open to those in your Realm. There are a variety of reasons for this.

Several of the higher Realms cannot be accessed by humans, simply because the energy frequencies do not harmonize. Again, it is like radio channels on different frequencies. When rotating the dial, as you draw close to a channel, you begin to hear chatter until you are able to get clear reception. Yet there comes a time when you lose the station completely as the frequency goes out of range. You, in your human form are vibrating at a very low density. You cannot tune into certain Dimensions because your frequencies are at a wide variance.

As you become a more conscious and loving Being, you may begin to tune into other channels as your frequency increases. At first there may be static, then you can begin to hear unintelligible chatter until finally you have clear reception.

When you merge once again with your Higher Self, you will be vibrating at a higher frequency. At that time, you will be able to tune into several of the Dimensions that are currently beyond your range. The Higher Selves of various individuals on your planet are at different stages of evolution. Each resonates at a frequency equal to the amount of love and compassion they currently embody. Thus, when you merge with your Higher Self, it is not necessarily true that you will immediately have remembrance of everything. There are still levels to attain before one remembers and understands the essence of initial Source.

When you go beyond the portal and merge with your Higher Self, you will resonate with some higher frequency channels, but not all. We, the Day Keepers, are at a frequency or Dimension just below the Archangels. We work with the White Brotherhood and several Councils that are overseeing the experiences on Earth. Thus, we have a much larger picture and access to knowledge on a conscious level than you currently do. This in no way implies that we are better than you or that the Archangels are better than us. It simply means that we each are on our chosen Path.

We wish to share this information so you have a better understanding regarding inter-dimensional traveling. There are many of you who seek to transport to Realms that are currently impossible for you to enter. Many feel frustrated and lose trust in their ability to reach higher Dimensions.

They feel they are doing something wrong and spend much time trying to find out how to get where they want to go. It is like spinning your wheels in the mud. You may want to get out of the mud and hope to get to dry land, but your wheels go around in the same circle, spinning out of control while sinking deeper into the mire.

If you wish to get advice or support from the highest Realm possible for you, call in the Archangels, Elohim and Seraphim. You cannot go much higher than that, because beyond them the vibrations are so high, you are incompatible with their frequencies.

The Archangels have access to some of the higher Realms because they are resonating at a much higher frequency than you are. Yet there is a point where they cannot access higher frequencies while at their level of evolution. Know that even though these Beings are wise, loving and patient, they are not gods. They are not better than you; they have simply mastered love and joy and chose to move beyond the physical Realm of Earth. Many Masters choose to stay in this Realm instead of moving to a higher vibrational level because they wish to continue interacting with you. If they move on, they will lose contact. Many of them were part of the original team that created Earth and wish to continue to be of help, especially during this time of transition.

When you enter your prayer and meditation time, call on the Ascended Masters to help you solve your problems. Because of their vast knowledge of this universe and how it was designed, they will be able to assist you in a myriad of situations. There are some of you who wish to experience a merging with Original Source during meditation. Although you may reach a point of nirvana, you will not have access to the sea of Oneness. Once you merge with the Oneness, you will cease to exist as an individual. In your meditations, you have access to the Tree of Life in the no-thing-ness. This is an ideal goal to reach in order to gain a clearer conception of your Self. Although this state of being is very loving, it is nowhere near the state of perfect love that exudes from the Creator.

No matter where you go in your meditations, always ask your Guides to protect you and to return you to Earth at an appointed time. There are many who have been led astray by Beings with less than honorable intentions while in meditation and found it difficult to return. This is because these doorways lead to various time periods and Dimensions. There are no sign posts on the Other Side leading back to the door through which you entered. Shamanic journeys with animals are a unique and inspiring way to visit the underworld Realms. These Realms generally consist of physical places within the world, although there are many paths that lead off world. Stay with your Animal Guide at all times, for there are many ornery souls who would love to ensnare you.

These portals are open to those who are resonating at higher frequencies. You may stumble upon one of these doorways while hiking, meditating or during your daily routine. You may come upon Beings unexpectedly who just popped in from the Other Side. All of the Spirits at this time who are going through these portals are of lighter frequencies. The portals are being closed to those with unkind intentions because their frequencies no longer match the frequencies of the Earth. When you encounter these Beings, accept them and welcome them with love. They are here to be a part of the great transition that is happening on Earth. For eons, they have waited for this moment and await their reunion with you with great anticipation. In the past, many attempted to reunite, but were met with aggression causing them to flee or to become enslaved or killed. This time has nearly ended, thus allowing more to transport safely and freely through the portals.

Be cautious when you approach a portal, for they are not all the same. They resonate at various frequencies. You may become ill if you spend any length of time on the Other Side if it is not compatible with your frequency. Each of these portals have Guards or Angels monitoring them to be sure only those of the proper frequencies and missions go through.

We have spoken enough on this subject for the moment. We wanted to enlighten those of you who are attempting to gain access to Realms beyond your current limits. Ponder these words and wisely choose where you wish to travel in your meditations and ask permission from your Higher Self before entering Realms unfamiliar to you. Seek true shamans, for they are Masters of these Realms and will also be good guides for you. Many tout the use of psychedelic drugs to gain access to these Realms, but they are not necessary and often harmful to those who do not know how to use them properly. Be wise, be clear and learn to be appreciative of the time you have on Earth.

Longing to be elsewhere is a sign that you have not reached enlightenment.



Selamet! Manik 5

DAY 188 LAMAT 6 Nature Review

I am Lamat 6. Thank you for joining us this day. Today we would like to give you a little breather.

We ask that you take one of the Messages that you have not mastered or that you would like to further ponder and go into Nature.

Silence your outer world and take as many breaths as you need to relax and release the worries of the day.

Connect with your Higher Self, believing this is possible.

All that needs to be done to make this connection is to go within and ask that it be so.

There is no need to go deeply into a meditative state, to chant a specific mantra or to stand on your head until you are dizzy.

You are always connected, every moment, although stilling the chatter in your head long enough to hear what your Spirit wishes to share may take practice.

The difficulty for most to overcome is the belief that indeed you can connect with your Higher Self and Spirit Guides.

Once you understand how they communicate through your emotions, senses and intuition, you will be able to communicate more clearly.

Go into Nature. Silence your outer world.

Read the Message you wish to review and ponder its meaning.

Take what feels relevant to you and choose a method as to how you can integrate this Truth into your daily life.

Ask for guidance and listen to the thoughts that come into your head.

Pay attention to the emotions you are feeling and physical sensations such as goose pimples or a fluttering in the heart.

Know that we are always nearby, full of love and the desire to be of assistance to you.

Allow yourself to feel our love by asking for an astral group hug.

Feel the warmth that comes into your heart and know we are near.

Bless this day and fill your heart with gratitude for the opportunity to be walking upon the Earth.



Selamet! Lamat 6

DAY 189 MULUC 7 Nature Spirits

I am Muluc 7. Thank you for joining us. We would again like to encourage you to go into Nature today. Tie in with the energies surrounding you by sitting next to a tree or focusing your complete attention on a plant. Make a heart connection with the plant. If you hear thoughts come into your head that do not seem to be your own, know that you have communicated with the plant. Although a plant's consciousness differs from that of a human, they do respond to the energy of love. Have you ever seen a plant that was wilting and then quickly perked up after receiving water? They respond equally to musical tones, human emotions and noxious energies in their field. Even the rocks you walk on have a consciousness at this level. Remember that each of you and everything around you came from the same atoms and molecules. Every atom is alive with energy and contains within it the possibility to become part of any material object on Earth. Within each atom is the holographic field of original Source, thus everything on Earth has a consciousness within its energy field.

Emotions are different from consciousness. Although a plant or inanimate object may be affected by differing energies such as love, fear or hate, they do not react emotionally. Plants may wither, flourish, die or show signs of stress, but they do not get angry, seek revenge, judge or feel hurt. Their programming allows them to express love through their beauty and unique contribution to the planet by providing oxygen and being part of the food cycle.

All plants have Nature Spirits overseeing them. There are myriads of these Beings living among you. Their role is to assist plants in obtaining their needs. When you go into Nature that is untainted by human hands, notice the symbiotic relationship between plants and animals. There is always a perfect balance. These areas provide enough food for the wildlife. The number of wildlife in the area is naturally balanced. Trees shade bushes, which provide homes and shelter for animals and smaller plants. Insects assist with the clean up process, breaking leaves into perfect food for animals and plants. Birds have places to roost. Bees assist with pollination.

Nature Spirits assist plants as needed. There are many types of Spirits who have been given names such as: sylphs, gnomes, fairies, elves or little people. They have been spoken about in myths and legends for eons. When you have a yard that is large enough, set aside a special area for them where no humans trod and invite them to dwell in this space. If they accept your offer, you will find that these areas flourish when left undisturbed by humans.

Many Spirits are mistrusting of humans because they have seen the careless ways humans treat animals and plants. Humans who have a lack of gratitude are especially repugnant to them. Some Nature Spirits are delighted when they can communicate freely with conscious and caring humans. At this time in your history, Nature Spirits are open to working with humans, for they are having great difficulty maintaining balance within Nature due to man's disrespect.

You can call in these Spirits and let them know you wish to work with them. They may not answer at first, but you can be sure they are watching to see how you interact with plants and animals. Not all of you will see them, because their vibrations are rather high. However, when you release your fears and replace them with loving behaviors, you may begin to catch glimpses or have full conversations with them.

Each species of plant has its own caretakers. For example, there are devas of sweet peas, oranges and cedar trees. These devas know what their plant species need. If you have a garden, there is a deva who oversees the entire project and can be invaluable when you are plotting the garden. Pan is the overseer of Nature, often manifesting himself as part man, part goat. He is a real entity and is available to assist with your gardening and landscaping decisions.

When you learn to communicate with the devas of your plants, the results can be astounding. Ask for their advice and know how to listen to their responses. At times, you may receive answers that make no sense, but through time, you may discover why you were given that suggestion. When you listen to them, they will trust you and work with you more often. Many are hesitant, feeling a general distrust towards humans. They can read your energy field and know when you are a person of integrity. They will insist that you do not use herbicides or pesticides in the garden. If you choose to do otherwise, they will leave. They suffer greatly from poisonous chemicals and are heartbroken to see plants, insects and animals suffer. Your gardening efforts will increase exponentially as you attempt to bring Nature back into balance. Tomorrow we will suggest some tools you can use to begin communicating with these highly intelligent Beings.



Selamet! Muluc 7

DAY 190 OC 8 Dowsing 101

Yesterday we introduced you to Nature Spirits and promised that today we would share some ways you can begin to communicate with these Beings. Know they are highly intelligent and can easily read your energetic patterns, thus they know when you speak with truth and integrity and know what level of love you currently possess.

Many are anxious to connect with you and delighted to be of assistance in helping you maintain balance in your yard and garden. Understand that a garden is manmade, it is not the same as naturally occurring spaces such as forests and glens. Therefore, there may be a learning curve on the part of the Nature Spirits, as well as your own. As you work together, your friendship and trust will grow. You have the right not to do as they suggest, but know that if you choose harmful behaviors such as using herbicides and pesticides, they will leave your space.

Nature Spirits can assist you in every phase of your gardening and landscaping endeavors, including: where to plant, what to plant, when to plant, when to fertilize, what fertilizers to use, ways to amend the soil, how to keep a balance between plants, insects and wildlife and when to harvest.

When you ask their advice, you need to be very specific. They do not live in your world and may misunderstand your idioms or sense of humor. Be precise when asking your questions. Learn to use dowsing tools such as kinesiology, pendulums and rods as a means of communication. We will introduce these tools one day at a time. Dowsing has been in use since man first walked the Earth.

Dowsing, in its basic sense, uses the neuromuscular sensations of the body. There are various techniques. You would do well to research and experiment until you find methods that feel comfortable to you. We will start with dowsing rods. These rods are made of metal, copper being a good source because it is a good conductor. These rods are generally shaped like an "L." The shorter part of the "L" is held loosely, one rod in each hand. Often a copper sheath covers the part held in the hand, allowing the long end of the rod to move freely.

Rods are very useful when planning your garden or seeking underground water sources. One benefit of rods is they can lead you to sites that you request. You may ask, "Show me a place to grow onions where they will have the best chance to thrive." Then follow the rods to the location. They will begin pointing in one direction, simply follow them until the rods begin to cross each other, making an "X."

You may then ask the Nature Spirits a series of questions. You can program your rods to show you a "yes" answer by crossing over each other. A "no" answer can have the rods moving away from each other. A strong "no" may find the rods moving quickly away from each other as far as they can go. When the rods move slowly or waver, it could mean "maybe," or perhaps it's a way to communicate that the answer could be either "yes" or "no," or perhaps it's an indicator to ask a more specific question.

Let us say that you are now at the onion planting site selected by the Nature Spirits. You had planned on placing a greenhouse there. Using the rod or a pendulum, you can begin to ask several questions. Is there a better location for the greenhouse? Is there another place where the onions will thrive? How many onions should I plant? When should I plant the onions? Should I start them indoors or plant directly in the ground? Is there a specific variety of onions that would grow best in this area? Are there any amendments I should make to the soil? Should I till the soil?

Keep in mind that Nature Spirits cannot read every thought that passes through your mind. You will need to state your intentions out loud or hold them very clearly in your mind. For instance, when you are preparing to plant your onions, it would be well for you to let them know how many onions you would like to harvest. You may tell them, "I would like to have enough onions to feed my family of four. We generally use about five onions a week. I would also like to grow fifty pounds that I can store over the winter. I would like to share about thirty pounds with my friends." With this information, they can give you better advice on how many plants you will need. Be mindful that they may try to communicate that you should place the onions in various places throughout the land, so be sure to ask if they suggest one or more planting areas.

Think in terms of questions you could expect to ask a landscaping contractor or gardening expert. It is good to make a drawing of your land, especially those areas you are willing to prepare for planting. Using rods or a pendulum, ask the Nature Spirits to help plot the plants you would like to grow. The planning sessions are best done on site but they can be done when you are away from home.

It may be helpful to have a list of flowers, herbs, vegetables, trees and bushes on paper or in books. There will be times when you will need to have specific plants to help balance the area, yet you may not be familiar with the plants that are available. By asking a question such as, “What is best to plant in this area?” If a specific plant does not immediately come into your mind, then you can find the plant they suggest by asking, “Is it in this book?” Then you can go through the index, asking questions such as, “Is the plant a bush, a tree or a flower? Does the plant begin with the letters A-C?” When you find the answer, perhaps you realize it is a plant that makes you sneeze. Tell the Nature Spirits this and then ask what the next best choice would be.

Always be sure you are hydrated before dowsing. Always word your questions in a format that can be answered with either “yes” or “no.” With practice, you will know when the dowsing tool is giving you a “maybe” answer or making an indication to ask more questions or be more specific. Before using any dowsing tool, it is best to begin with a series of questions, such as, “May I use the dowsing tool at this time? Can I use the dowsing tool at this time? Should I use the dowsing tool at this time?” If you get a “no” response to any of these questions, it is wise to honor the answer and dowse another time.

Never use the tools when you are upset. If you get a “no” answer to using a tool, it is wise to set aside a few moments and center yourself. If you are emotionally charged over something that is happening in your life, it could skew the answers you receive from the dowsing tool. This is especially true when the questions you wish to ask are related to the issue that has you emotionally off balance.

There are many resources available that demonstrate ways to hold a pendulum. To keep this brief, we will give you some simple pointers. Pendulums come in many shapes, sizes and materials. Practice with a variety until you find ones that feel best for you. You can program your pendulums to always show the same movement for each “yes,” “no,” or “maybe.” For instance, some pendulums may swing back and forth to indicate a “yes” answer, while other pendulums may swing up and down to indicate a “yes” answer. To avoid confusion, you can tell each pendulum you use to always swing in one certain way, with you determining which way you wish the “yes” to swing.

Hold your pendulum in your dominant hand. Using your pointer finger and thumb, grip the chain (preferably conductive metal) about 1-3 inches from the weight. Spread your other three fingers out like antennas. Some like to hold the pendulum over the palm of the opposite hand. Note that the wind can be a factor when you are dowsing outdoors.

There are ways you can get a variety of answers, such as percentages, specific numbers, etc. For instance, you want to know the likelihood that a plant will survive in a specific location, if you supply water and nutrients. Using your subordinate hand, you can use an invisible line stating where the zero and the hundred are located. Then place your pendulum over the invisible line, ask your question and you will receive your answer in a percentage.

Perhaps you need to know the number of something. You can ask, “How many feet from where I am standing is the site for the tomatoes located?” Then ask, “More than ten? More than an acre? How many seeds should I plant in each hole, 1, 2, 3, 4?” When large numbers are involved, you can ask for ranges, such as between 400-500 or less than 2000.

All questions should be stated in a manner in which they can be answered factually. Pendulums can give statistical answers, but they are not divining tools used to foretell future events. Always use them with respect and test their results by paying attention to your gut feelings and intuition. If an answer does not “feel right” then ask more related questions or choose not to accept the answer.

Dowsing is a fine art and takes time to develop. Do not use it to pry into other people’s affairs or to ask guidance for future events. It is basically a “here and now” tool to be used to answer forthright “yes” and “no” questions. When used properly, it can save you many hours of time and labor. Although we have talked mainly about gardening in this Message, dowsing tools can be used in any area of your life. They are a magnificent way to communicate with loved ones who have passed over, as well as your Higher Self and Spirit Guides.

Like any tool, there can be the danger of over-reliance. The goal is to build your energy level through experiences of love in order to have a more concrete relationship with all Beings. When people get locked into using one tool, they are susceptible to ignoring other tools available to them such as intuition, gut feelings, emotions and innate wisdom. Develop your inner ear and ability to receive love and inspiration from your Higher Self, Spirit Guides and Nature Spirits. One day, you will not need these tools to communicate, that is the ultimate goal. Until then, swing away and practice your dowsing skills. The Nature Spirits are waiting!



Selamet! Oc 8

DAY 191 CHUEN 9 Kinesiology

Kinesiology has been in use and applied in many ways. Doctors and chiropractors have been using kinesiology for years to determine what procedures and formulas are best for their patients' well-being. Kinesiology is also a method of communication between your body and your Higher Self. We will show you one method, although there are many alternatives. We choose this method because it is simple, you can do it yourself and it can be used without drawing attention to yourself when in public. Like any tool, the more you practice, the more proficient you will become.

Be sure you are hydrated. Clear your mind of chatter and be certain you are centered or else your answers may be skewed.

On your subordinate hand, touch the tip of your thumb to the tip of your little finger on the same hand, this will close an electrical circuit in your hand.

To test the circuit, place the thumb and pointer finger of your dominant hand inside the circle you created with the thumb and little finger of your subordinate hand.

The remaining three fingers on each of your hands act as antennas. Be sure they do not touch each other.

Ask yourself a question that you know can be answered with a "yes." Using equal pressure, try to pull the thumb and little finger apart, using the thumb and pointer finger of your dominant hand. Press the inner thumb against the outer thumb while pressing the index finger against the little finger.

If the answer to the question is "yes," it will be difficult to pull the circuit fingers apart. Your body's muscles remain strong when standing in their truth. However, answers that are not truthful weaken the muscles and the finger circuit will easily come apart.

Practice asking yourself "yes" and "no" questions that you know the answer to. Observe the difference between positive and negative answers. Notice how the muscles remain strong when the answers are "yes" and weaken when the answers are "no."

This method of kinesiology can be used in many applications. While in the store, you can focus on an item while using finger kinesiology. You can ask, "Is it in my best interest to use this product?" You can also ask for dosages. "How many of these vitamin C tablets should I take today? How many times today should I take them? Should I take them with a meal or on an empty stomach?"

Research ways to use kinesiology and practice before using it as a reliable source of information. This is not a tool to foretell future events. Your emotions can skew the results, so always be centered and to ask the three questions suggested in yesterday's message. "Can I use this tool? May I use this tool? Should I use this tool?"

Your body will respond using the data it has stored from your lifetime of experiences, innately knowing what is best for you, so questions related to health are appropriate. However, it does operate off your current belief codes, thus your fears may override what is best for you. For this reason, it is good to release negative thoughtforms and habits that keep you locked into limiting patterns. Have fun, don't take yourself too seriously and enjoy this day!



Selamet! Chuen 9

DAY 192 EB 10 Coning Sessions

Whenever you wish to call on a group of souls for guidance, you can open up a conference call that is often called a “coning session.” The term “coning” was used originally by those who could see spirals of energy which appeared in the shape of a cone. There are many ways to open a coning session. Research various methods and choose what works best for you. We like to keep things simple, thus the method we are about to share with you is a simplified version.

Anytime you wish to call on guidance, it is imperative to quiet your outer world and become centered. The quickest way to do this is to take a few deep breaths, allowing yourself to relax. It is best to orally state that you wish to call a coning session. It is good to use the term coning session because it is one most Guides and Nature Spirits are familiar with. By talking out loud, your intentions are clearer. Nature Spirits cannot read your inner thoughts, especially when there is a lot of distracting chatter going on in your head.

Like the advice given in the previous two Messages, it is always good to be properly hydrated and begin by asking your Higher Self, “Can I do a coning session at this time? May I do a coning session at this time? Should I do a coning session at this time?” If you get a “yes” to all three questions, then proceed. If you get a “no” to any of these questions, then quiet your inner and outer self and ask again. If you still get a negative answer, you can try to determine why or schedule a session at a later date.

To open the coning session, state your reason for the meeting. Then call in those whom you would like to be in attendance. First, invite your Higher Self. You are always in touch with your Higher Self, but stating the invitation out loud helps to establish a stronger connection. Then begin to invite the others you feel are appropriate. We will give you some examples: The Overseeing Deva of your property, Pan, specific Masters or Saints you work with, appropriate members of the White Brotherhood, your M.A.P* team for medical assistance, the Higher Selves of others involved in the topic of the session, specialists in any area of concern, such as computers, automobile repair, etc.

The dialogue may go something like this, “I wish to open a coning session to get assistance on the problem I am having with my boss at work. I call in my Higher Self. (Wait a moment to connect.) I call in my Guardian Angel. (Wait a moment to connect.) I call in Saint Germaine. (If he is someone you work with and you want to help transmute energies. Wait for his arrival.) I call in the Higher Self of my boss. (State the name of your boss and wait for his Higher Self to arrive.) I call in the appropriate White Brotherhood (Wait a moment for them to arrive.) Thank you all for being here.”

You can also ask your Higher Self to invite any other appropriate Beings. Sometimes it is good to name the Being you are inviting by repeating the invitation three times. For example, “I call in Saint Germaine. I call in Saint Germaine. I call in Saint Germaine.” This helps focus your attention in order for them to realize you are requesting their presence.

You are now ready to begin your coning session. State the problem and issues you would like to resolve. If you do not have clear communication with Beings on the Other Side, you can use a rod, pendulum or kinesiology and ask for answers using the “yes/no” format. Be mindful of your wording, being sure not to ask more than one question at a time.

Pay attention to your intuition and gut feelings each time you receive an answer. Question any answers that do not feel right. Perhaps the initial question needs clarity or it could be that you are being advised to do something beyond your comfort zone. For example, you ask, “I am having problems with my boss. She treats me disrespectfully and never pays me on time. Should I quit my job? I am really fed up with her!”

Within that dialogue, you asked only one question, “Should I quit my job?” This is really not a data question and should be asked with the statement, “Is it in my highest good and for the highest good of all concerned, gracefully, for me to quit my job?”

A better approach may go like this, “I am having problems with my boss. I do not like the way she treats me, it feels disrespectful. Often, she gives me my paycheck after the appointed time. I do not like this. I would like advice on how to work with her in a way that is beneficial for both of us. I would like to be shown if I am doing anything to cause this rift between us. I would like to receive my paychecks on time. I would like advice as to whether it would be in my highest good and her highest good if I should seek employment elsewhere.”

In the latter example, you open the door to the possibility that *your* actions and attitudes may be part of the problem. Otherwise, you are taking on the victim attitude that other people are the cause of the problem. You also are asking for advice for your highest good and for the highest good of all concerned. This is a very important request. We also suggest that you always ask for a solution that is graceful. You are then more likely to get advice that is less stressful; the quickest solution is not always the easiest route.

Keep your sessions to the point and as short as possible. While in the coning session, limit the dialogue to the initial reason you called the conference. Once all your questions are answered, end the coning session, thanking all who were present. If other issues arise during the coning session, make a mental or written note and come back to it after the initial problem is resolved. To resolve other issues, it may be in your best interest to end the initial coning session and begin another with different members in attendance.

When you are finished with your coning session, release all who are present by thanking them individually and requesting they disconnect from you. If this is not done, often they will linger in your energy field and can significantly drain your energy. (This does not apply to your Higher Self.)

In the coning sessions, use the same courtesies you would if this were a meeting of persons in the physical realm. You would not call a meeting, state your problem, ask their advice, then walk out. You would end the meeting by thanking all present and then depart.

There are many articles written on coning sessions. We will not elaborate further in this Message, for this is not the place. Our goal is to introduce you to this method of communication with Spirit Helpers. There are a myriad of ways you can communicate with those you cannot see. Try them out and use what works best for you.



Enjoy the day and we will see you tomorrow! Eb 10

* M.A.P. Team (Medical Assistance Program) http://www.cocreation.net/map_white_brotherhood.htm

DAY 193 BEN 11 There is No Ascension

I am Ben 11. Thank you for joining us this day. We would like to thank you for the work you are doing as you recognize your Spiritual Essence and share your knowledge and skills with others. As each of you increases your capacity to hold light within your cells, you affect all others on Earth. We are in awe of you and the abilities you have shown to master the Earth Realm. We know this is a difficult place to reside, a place that is beautiful, but full of Beings that make no sense. Thus, we are here to support and encourage you to continue forth in your plans to find the passion within you and to express it while embodied in human form. We see you as marvelous Beings, showing tremendous fortitude in your daily lives. If there were brownie points given out in heaven, many of you would have to lug them around in huge caravans!

Today, we would like to talk more on the subject of transportation. This time we would like to focus on the aspect of ascension. There are many misunderstandings related to what this term means. We hope to give you a little clarity. Ascension means to rise above. In essence, there is no space to rise above or descend to. The Realm that you physically reside in is in essence an illusion. Therefore, no one truly ascends or rises above the illusion.

Your Realm is similar to watching a movie. When the movie is completed, you leave the theatre and continue with your life. There is no ascension process; you simply progress onward. In the same manner, the ascension that many of you aspire to is simply another step in your daily routine. Granted, for some, the next step *will* be out of your body. Yet there is no rising above or going to a higher place. There are different Dimensions however, that exist in all places; some of them are layered in areas where you currently reside. This can happen because the frequencies of those residing in these Dimensions do not interfere with one another. When one's frequency begins to elevate, there may be times when there is a bleed through and glimpses between the veil occurs. There is no rising above or having to perform certain deeds or needing a savior in order to reach these places.

Your Higher Self is in charge of where you go when you leave this plane. Once you have re-merged with your Self, the "you" that is now in physical embodiment no longer exists, although there are Essences of you that remain. These are your memories and experiences. The emotions and thoughtforms are left behind, but the data of the memories are recorded in the Akashic Records where the Higher Self can revisit them at anytime.

It is what the Higher Self wants to experience that decides where your Essence will go next. There is a Review Board that one must attend in preparation for a physical incarnation. The Board helps to direct the flow of traffic to various places so the balance of bodies does not tip too steeply. In other words, population control must be maintained in the physical realms.

At times, the life chosen by one's Higher Self needs to be modified before gaining the Board's approval. Before incarnating, your Higher Self chooses the main things desired to be experienced and the proper parents to help make these goals a reality. The Being that is "you" will come into existence sometime before, during or directly after the birthing process. When the Higher Self fragments a part of itself into human form, it is no way considered a de-scension, at least not from the Spirit's point of view. It is simply an experience desired by your Higher Self. Therefore, when you leave the earth's plane and return to re-merge with your Higher Self, it is not ascension. It is simply a rejoining, another step along the Path.

The common use of the word ascension implies that you will be rising to a higher level. In one sense, this is true because as you re-merge with your Higher Self, you regain your expanded consciousness. Yet nothing has happened to the Higher Self that has made it rise above or be closer to God.

We hope this has given you some clarity. These concepts are difficult to describe using human language. Know that you are perfect, you always were and you always will be. You do not need to do deeds to earn your way to heaven. You do not have to perform specific tasks or do anything in order to ascend. There is no place you are rising to. Go forth this day and relax, knowing there is no place you need to go, nothing you need to do and no one you need to save. Allow yourself the freedom to simply be and to enjoy the fruits of your labor.



Selamet! Ben 11

DAY 194 IX 12 Out of Body Experiences

I am Ix 12. Welcome to this time we have together. We would like to talk today about transportation, this time looking at the aspect of out-of-body experiences. There has been much research on this topic, so we will not spend many words here. We do wish to let you know that before you incarnate, you are given possible exit points that are determined by your Higher Self and the Review Board before you.

The exit points are times when you may choose to leave the Earth. It is up to the Higher Self to determine whether the aspect that is you will stay or go at these times. These exit points come at times when it is likely you will have attained the experiences or reasons you came to Earth. Because of the state of amnesia when you enter this Realm, many take longer than anticipated to get in touch with their Higher Selves and thus wander off their chosen Path.

Others may have finished what they came to do, yet choose to stay longer in order to experience other things or to continue with their chosen work. Sometimes your Higher Self sets up scenarios in which you nearly die as a way to wake you up to get you back on track. This is why some people dedicate their lives to spiritual endeavors after having a near death experience. While they were clinically dead, they met with their Guides or Higher Selves and were shown what they needed to do to get back on their Path. They were told they must return to Earth to complete their chosen mission. Usually, they return with fervor, consciously remembering the reason they came to Earth and having the directions and connection to keep them on track.

You have no need to depend on others to help you find happiness or your mission. You can find it by remaining quiet and listening to the voice within to inspire you. Oftentimes, people will feel inspired to do something or make changes in their lives, then due to fear or old belief codes, they choose to ignore these inner proddings. This is sad indeed. We hear them in conversations saying things like, "I wish I knew what I was supposed to do. I need some direction in my life. Why am I here?"

It is imperative to get past the blocks that keep you from having direct communication with your Guides and Higher Self. Once you do, your life will amaze you. As you release the need to do things out of obligation or expectancy, you will find yourself energized and with more time on your hands to do what brings you joy.

We encourage you today to go within and seek those things that will assist you to get back on your Path. In your prayers, always remember to ask for guidance and that it be for your highest good and for the highest good of all concerned, gracefully. In doing so, you will less likely find yourself in a hospital bed, wishing you had listened to that inner voice!

We say kudos to those who are on their Path. Stay in constant communication with your Guides and Higher Self and continue to enjoy the blessings of the Earth as you move forward in your ability to love unconditionally. This is your passport to Heaven on Earth!



Selamet! Ix 12

DAY 195 MEN 13 Ten Communication Tools

I am Men 13. We welcome this time with you today. We are most anxious for the arrival of the day in which we can commune together in a more intimate manner. The words that are used to communicate our thoughts are very debilitating, for the language we speak is of a higher frequency. We do not speak with words among ourselves. Between us there is closer to what some of you experience as telepathic communications. Although in one sense it seems like words are being transmitted, this is not what occurs. What transpires is images, thoughtforms, knowingness, sensations in the body and a host of other indescribable interactions.

Human language is a primitive means of communication. This becomes evident when you realize how often something one says or writes is misconstrued to mean something other than intended. Oftentimes, it is not due to the words themselves, but is a result of the sender and receiver's belief codes.

At times, one intentionally does not speak the full truth, allowing innuendos to be purposely misconstrued. These are sometimes referred to as "little white lies" and have been the cause of much suffering. Many times humans do not express their full truth in fear of being judged or abandoned. In such cases, it is not the language, but the sender leading the receiver astray.

There are times when miscommunication occurs because of the receiver's filters. Some of these filters are physical. Perhaps the receiver did not hear all of the words due to hearing loss. Often, a sender will begin speaking without first announcing to the receiver that a message is about to be transmitted. In these cases, by the time the receiver realizes someone is talking to him, he has missed the first part of the message. Many times the conversation continues to ensue without clarity, resulting in misinterpretations.

When a receiver hears words from another, he filters them through his own belief codes. If he is living from a victim mentality, it is likely he will be suspicious of compliments and question the sender's motives. Often, messages are comprehended in relation to prior experiences. If the sender repeatedly makes statements that in the past were not followed through or drones on continuously about things that are not of interest to another, it is likely the receiver will tune him out and miss an important or interesting message. Human's attention spans are rather short. Thus, if a speaker rambles on for any length of time, he is likely to lose the interest of his audience. The receiver is likely to be distracted by events happening around him or by his own mind chatter.

Another problem exists when communication comes in the form of the written word, especially in written dialogs such as letters and emails. Much of your communication comes from body language and voice inflections. These are lost when words are transmitted through written sources. Body language is lacking as well during telephone conversations. Below are a few simple suggestions to develop better communication skills.

1. Make sure you have the full attention of the person to whom you wish to speak. Ask them if this is an appropriate time to have a conversation. It would be good to give an approximate length of time you expect to converse. Thus, you are more likely to have the full attention of the one you wish to communicate with.
2. When you are in conversation with another, give them your full attention. Many people are performing several activities, including doodling while others speak. This is a sure sign that your thoughts and interest are not in the Now moment and are focused elsewhere.
3. Stay focused on one topic to avoid confusion. When appropriate, repeat what the speaker is saying in order to gain clarity. This may seem tedious, but can avoid confusion and emotional upset if the meaning is understood.
4. Avoid unnecessary chatter. This tires out the listener and is likely to keep him tuned out. Keep your conversations to the point and relative to the issue at hand.

5. At all costs, avoid idle gossip. This not only hurts the person who is the target, but also has the potential to decrease others' trust in you. They know you are just as capable of talking badly about them. By remaining optimistic and refusing to participate in gossip, you will gain the respect and trust of others.
6. When topics are important, meet with that person face-to-face. Conversations that allow each person to see their body movements and hear their voice, are less likely to be misinterpreted.
7. Develop your intuitive skills. If you have a sense that the other person is not expressing their truth, let them know they can trust you and encourage them to speak from their heart. If you typically react emotionally to what other people are saying, it is less likely they will feel comfortable sharing their heart-felt emotions with you.
8. Release your fears, judgments and stinking thinking. These blocks hinder you from having a heart-to-heart connection with others. Once you learn to love yourself and to gain confidence in yourself, you will more likely have conversations that are more productive.
9. When both persons are mature and not reactive to what the other says, communications are likely to be productive, even when they disagree on the topic. When a person learns to allow others to express themselves without feeling the need to judge or defend their beliefs, he is well on the way to better communication with his fellow man.
10. Practice gaining the attention of the person to whom you wish to speak. Let others know when your communication is complete, then allow the listener a chance to respond. This gives the listener confidence that he will be able to be an active part of the dialogue and will less likely feel the need to interrupt when you are speaking.

Communication on higher frequencies is much different than languages spoken by humans. We are similar to radio frequencies, able to move the dial when wishing to connect with specific Beings. Full attention is given, for we know what the speaker wishes to portray is of importance and not chitty-chatter.

Those of us who do not reside in physical bodies can actually enmesh our energies, knowing what the other wishes to impart. Once the message is complete, we move apart and continue with our lives. We are not distracted by words, exterior noises, concerns about daily activities nor the inner chatter of the mind.

There is much you can do to enhance your ability to communicate more clearly. We suggest you make this a priority, for miscommunication is the cause of much of the strife in your personal relationships and global environment.

We leave you with these thoughts and the desire that you will heed our words. Know there are many layers to the words you are now reading. There is much love and many prayers imbedded in these words. These written Messages are not our preferred method of communication, but for many, this may be the only way they will have access to our knowledge. We send blessings to you and give thanks to those who are communicating with us. Share these words with others. Good day to you!



Selamat! Men 13

DAY 196 CIB 1 Mindful Words

I am Cib 1. Thank you for joining us today. We would like to talk more on the subject of communication. We suggest that today you practice the communication skills we shared yesterday.

Write down key words for each of the ten points and refer to them while you are in conversation with others.

When appropriate, share these tips with others and encourage them to practice with you.

Some may think the idea is strange, yet when they realize you truly wish to increase your ability to communicate with them, they are likely to be honored and may choose to practice these skills with you.

Hopefully, each of you will integrate these skills into all of your conversations.

Share these skills with others and watch as your ability to communicate and express yourself with integrity increases.

Pay attention to every word you utter and learn to turn your chatty buttons off!



Selamat! Cib 1

DAY 197 CABAN 2 Respect Children

I am Caban 2. We are thankful to have this time of sharing with you. Today we would like to talk on the topic of love. In all of creation, there are very few places where exists the ability to love on so many levels as humans do. The aspect of love we would like to talk about today is puppy love, which is generally associated with the romantic feelings between adolescents.

Parents many times discourage puppy love, for fear their children will not follow the dreams of the parents or that the girl might become pregnant. We suggest to all adults to refrain from teasing children who are in puppy love and avoid separating them while they are having this experience. Many parents attempt to spare their children the pain they suffered when they were young, going out of their way to protect their children by sheltering them. What happens as a result is that the child is denied many experiences. They are not given the trust or respect needed to make decisions that will enable them to live a full life. Their maturity is stunted, for they do not learn how to solve their problems or learn to say “no” on their own terms.

There are many tragic stories such as depicted in *Romeo and Juliet* in which well-meaning adults force their children to adhere to societal rules that have no basis other than the fears and belief codes of the adults. Allow these young people to choose their friends. Instead of making choices for them, teach them from very young ages how to act appropriately. Teach them to solve their own problems at an early age and allow them to experience the result of their choices. Then, when they reach adolescence, they will have the skills necessary to choose friends and recreational activities that are in their best interest. It is our hope that parents, teachers and role models, will also be integrating these Messages into their Being. As they release negative thought patterns, change undesirable habits and out-dated belief codes, they will be much better equipped to raise their children. Can you imagine how your life would have been different if you had integrated these tools when you were young?

How might your life be different if by age two you were listened to and knew how to say “no” to anything that didn’t feel right to you? How might your life have been if at every step you had supportive family and friends who protected you from harm? The incidences of rape and abuse that permeate your cultures would be annihilated if the perpetrators were stopped because the children had the confidence to turn them in and the caretakers were not afraid to confront the perpetrator. How might your interactions with others be today if by age two you had been allowed to speak what was on your mind without being told to be quiet or simply ignored? When children are ridiculed or punished for speaking what is on their mind, they quickly learn that stating their truth is not always a good idea and they learn to tell little white lies.

Can you imagine how your life would be different if you had been encouraged to express your emotions since you were a toddler? Often children are taught that only babies cry. When children feel anger, it is often suppressed and they are told, “Go to your room!” Many times children naturally show their exuberance by dancing and singing, which is met with disdain by adults who continually tell them to be quiet and calm down.

Often, during the most important time of their life when parent and child bonding is crucial, children are sent off to pre-school. Before enrollment, they are subjected to a series of immunizations that create havoc on their immune system. Then they are exposed to myriads of diseases as they handle and mouth objects that unhealthy children have been touching. The number of preschool teachers who are capable of giving each child the attention, love and support they need is sadly very few in number.

Children at this age need to know they can count on their caretakers to nurture and protect them. Instead of receiving this support, the parent enrolls them into school, often not consulting with the child. As a result, the child realizes he has no choice and often feels abandoned as the parent walks away. He then turns around to find himself in a room filled with strangers, not knowing what is expected of him and without the understanding of time, not knowing if or when mommy or daddy will return.

Most children, before they enter kindergarten, have already developed belief codes such as: children should be seen and not heard, only babies cry, I have no control over my life, at anytime my parents can

leave me, no one listens to me, anger is bad, do not show your emotions, people laugh at what I say, school makes me sick, etc. Do any of these sound familiar to you? These are the belief codes that most children build their thoughts, words and actions upon.

Next, the child enters kindergarten where they learn competition and are given labels dependent upon their ability to do the tasks placed before them. They are expected to sit for great lengths of time, which is unnatural and abusive. They must conform to new rules that can be very debilitating. What they learn is to give up self-expression and succumb to conformity. The public school system was set up to create mini-robots for the industrial society. Children are forced to learn skills that will make them a productive member of society. When there are budget cuts within the system, creativity classes such as art, music and physical education are the first to be removed from the curriculum. They are considered to be the least important, yet these are the skills that balance the right brain hemisphere with the left brain.

Children learn best in nature, yet unless it is part of the science curriculum set up by the school board, the only interaction they have with nature is on the playground or at the bus stop. The vast majority of children do not know that milk comes from cows, that eggs come from chickens, that hamburgers are cow meat or that vegetables and fruits are grown by farmers. Most parents do not know the level of toxins added to foods to grow, ripen, preserve and color them. Yet everyday these toxins are loaded into your bodies and those of your children. Do you wonder why there is an increase in childhood maladies such as diabetes, autism, attention deficit and leukemia?

Thus, children enter elementary school with many of the above-mentioned belief codes firmly intact. Their bodies are flaccid due to lack of exercise and filled with toxic food and substances that weaken the immune system. Children feel anger, but cannot express it. They realize the school system is abusive, but no one protects them. They feel sluggish so they eat sugary foods and sodas to boost their energy. They do outlandish things to gain attention, yet still no one listens to them. Their frustration boils over and they land themselves in the principal's office or juvenile detention, still with no one giving them the love, support and attention they crave and deserve. Is there any wonder that teenage pregnancies continue to rise?

What we say to parents, teachers and role models of children is to pay attention to how you influence their belief codes. Treat them the way you would liked to have been treated from your infancy onwards. Each of you has the ability to be a great influence on a child, even if you rarely encounter them. A simple smile can do wonders for someone who feels invisible. When you meet their parents, introduce yourself to the child, too. Treat the child with kindness and respect. Avoid patronizing behaviors such as patting them on the head or baby talk.

Encourage the child to dream his life into being. Under no circumstances ridicule them or tell them they should make another choice. If they ask your advice, give it to them clearly and concisely, letting them know that other people have differing opinions. Encourage them to talk to others who have differing opinions and then make their own decision. Release all gender related behaviors such as boys wear blue and play with trucks while girls wear pink and play with dolls. Allow children to choose their career paths without labeling them as gender roles such as girls become nurses or hairdressers while boys become doctors or truck drivers. Treat children with respect. Listen to their words, encourage them to solve their problems and allow them to blossom. We hope these words touch your heart and help you make changes that allow you to heal and rebuild your foundation, thus enhancing the skills needed to nurture yourself and the children you encounter.



Selamat! Caban 2

DAY 198 ETZNAB 3 Rainbow Reminders

I am Etnab 3. Welcome. Today we would like to talk on the subject of rainbows.

In your myths, rainbows are symbolic of fortune, abundance and promise.

We invite you to focus on these symbols whenever you see a rainbow.

Stop what you are doing and tune into these energies, feeling gratitude for the blessings in your life.

Visualize yourself receiving abundance in all things.

Send blessings to all other Beings so they too, may allow themselves to receive abundance and to share their gifts.

See the arch as a portal you can enter at any time to collect gifts within you that currently lie dormant.

Receive the promise that you are loved and supported by God, your Higher Self and Spirit Guides.

Each color in the rainbow has its own energy frequency.

Allow these frequencies to enter your body, healing all aspects of your Self.

As you look at the beautiful water crystals glistening in the sun, which creates the rainbow, send blessings to all the waters of the Earth, including the water in your body.

Think of the leprechaun with his pot of gold, remembering to allow abundance to flow into your life.

For the fun of it, get up, jiggle your booty and enjoy "a bun dance!"

Be silly and have fun today.



Selamet! Etnab 3

DAY 199 CAUAC 4 Receive Our Blessings

I am Cauac. Thank you for joining with us at this time. We are honored when you set aside time within your day to hear our Messages. Many of you have been gathering and coming into closer union with us as you release the belief codes that keep you blocked from those of us in the other Realms. We are pleased to be a part of the ascension or door opening that is allowing our communication to be clearer.

Today we would like to bestow upon you blessings of energy and love. We simply ask that you take a few breaths and relax. You may choose to listen to soothing music or listen to our Angelic choir in your mind or by using recorded music such as Tom Kenyon's Ghandarva* ceremony.

You may also invite other loving Beings, such as Saints, Masters, Angels and your Spirit Helpers to join us. To call them in, place your attention on each one as you invite them to join us. One way to do this is to call their name three times, either out loud or within your mind.

What we are going to do is send love and healing energies to you. You do not need to think about anything during this time, just receive the energies and feel the love. This is our gift to you. We continually send you love, yet during your busy days, you generally do not take notice. This is your time.

When humans gather in group with a collective intention, their prayers exponentially become more powerful. It is the same in our Dimension. As we gather today in a group, focusing our intention on sending you love and healing energies, our collective intentions manifest powerfully.

Get into a comfortable position. Remain in our energy as long as you wish. Once you are settled and your brain has relaxed into a theta state, we will begin. We will continue as a group until you have come out of the theta state and resume your normal activities.

We love you dearly and are honored to gift you in this manner. We have no time or space constraints in our Realm; you may call on us individually or as a group any time you wish to gather. It is our honor and pleasure to share our energies with you.



Enjoy! The Day Keepers

* *The Ghandarva Experience*, CD, Tom Kenyon, <http://tomkenyon.org>

The Ghandarva Experience is Tom's tribute to a process of singing the many names of God, called Ghandarva.

DAY 200 AHAU 5 Psychic Kids

I am Ahau 5. Thank you for joining us today. We would like to talk more on the subject of love. This time we would like to look at love from the perspective of a young child. When a child enters this Realm, often they have full remembrance of being on the Other Side. They know they are pure Spirit and have come here to experience physicality.

As they encounter situations in which they are powerless to express their Spirit, their memories fade and they become fully engrained in the human experience. More of these children are currently arriving on the planet to parents who have awakened to their Spirit nature. There are few adults who have fully realized their Spirit nature and living with this awareness, yet there are more who are highly tuned at this time than ever before on your planet.

Very few cultures remain fully integrated with their Spirit Guides. Most have been tainted by man, following rituals when it best suits the needs of the people, rather than the cycles they were initially guided to follow.

When children are born into families and societies with deep spiritual roots connected to Source and Nature, their chances of retaining the remembrance of their spiritual roots is exponentially increased. These children are nurtured from the time they are in the womb, knowing they are valuable and have a purpose to serve. They are freely allowed to talk of their pre-incarnation memories, often communing with those on the Other Side as well as those in the physical Realm who know how to communicate telepathically on the grid.

These children are your teachers. Listen to what they say. Many are psychic and can read your energy. They know when you are speaking from your heart and when you are speaking from your mind. These children are honest, kind and joyful; these are the greatest lessons you can learn from them. These children do not do well in the confines of your current educational system. They take very literally the messages they receive from television programs and games. It is difficult for them to distinguish between fantasy and reality.

Avoid giving them any toxins, especially immunizations and foods with preservatives and food coloring. These will lower their immune system, making it difficult for them to retain the abilities they have acquired. When scolded, many of these children seem to overreact, for they literally take every word you say as reality. For example, if a child is told, "You are so stupid, how could you have done that?" He may literally believe he is stupid and will either believe what you say and add that to his foundation of belief codes or he may go out of his way to win your approval by doing all in his power not to be stupid. Many perfectionists are born because of comments like this.

These children come into the world with extra codes turned on. Your scientists are discovering this and new names are being created to describe what they are finding. The important thing to know is they are fully aware of who they are and why they are here. It is important to encourage them when they make choices, for they are fragile and at any time can shut down and become as lost as you once were.

The basic reason most have come to Earth is to show the way of kindness and unconditional love. These children will soon grow to be our leaders. Can you imagine a world filled with leaders who are kind and loving? Play John Lennon's song "Imagine" and listen carefully to the words. These children can make that dream a reality. You on Earth have the ability at this time to take an evolutionary leap that has never happened on Earth or anywhere else in physical creation.

Let these children teach you to love unconditionally. They will lead you out of your box if you allow them to. If they ask to play with you, set aside all you are doing and follow their lead. Bend the rules of the game you are playing and you will find yourself having more fun than you ever experienced before. It is the rules in life that keep you in the box. Break out, make up arbitrary rules, ones that bring joy rather than focusing on competition. Learn to be inclusive; join with all others no matter what judgments you have placed on them in the past. Recognize everyone as your brother and love them as you love yourself; this requires loving yourself unconditionally.

Go outside and play like children. Find some children to play with. If you have no children around you, then buy some crayons, jump ropes or games you enjoyed as a child. Make sculptures with clay, paint rainbows, chase bubbles. Take a walk in Nature, looking at all with a child's eye of wonder, releasing the need to label the plants, animals and insects you encounter. Sit still and perhaps you will be gifted by the touch of a butterfly or lizard. Regain your childhood innocence!



Selamet! Ahau 5

DAY 201 IMIX 6 Nurture Children

I am Imix 6. Thank you for joining us today. It gives us much pleasure to spend time with you and share our perspective with those who have ears to hear. Today we would like to continue with our suggestions on how to treat and raise the children that are in your custody or those you meet briefly along your Path. Many treat children as inferiors, not recognizing they have as much value as you. Baby talk can be very condescending to a child. They don't talk to you in this manner, why do you insist on doing so with them? This is a sure sign that you are not treating them as equals.

Many of the children in this era are arriving on Earth with an understanding of love and with psychic abilities far beyond the average person. If you were to place judgments on the child, you would see that in regards to human evolution, many of them are superior to you. We caution those of you who think you know what is best for them.

As we mentioned yesterday, these children's immune systems are being compromised by the foods and toxic substances they are ingesting each day. Research the ingredients of everything you place in or on your body. Take care when you are remodeling your homes, including paint, carpeting and fabrics, for the fumes they release are toxic. Read the labels on detergent and cleaning supplies. Research the ingredients and you will be appalled to discover chemicals that were never designed to be touched by humans in baby wipes, diapers, skin lotions, shampoos, sunscreens, etc.

Before placing your children on medications to control their behavior, change their diet first and see if this resolves the issue. Pay attention to how you treat children, perhaps their behaviors are reactions to expectations placed on them. Many people, as gestures of kindness, ply children with candies and desserts filled with sugar and sugar substitutes that are as toxic as the chemicals we have mentioned. Treat children with kindness and respect. You are their role models. If you desire a world filled with respectful, mature people, fair businesses and governments, then be this kind of person and role-model for them. If you suppress their speech, they will learn that this is an acceptable thing to do to others. Do you like to have your thoughts and opinions suppressed? If you treat them as inferior, they will learn they are inferior and that it is acceptable to treat others as such.

Many of you treat children the way you were taught by the example of your elders. Even though you did not like to be treated in this manner, it became the accepted norm and now you are carrying on the tradition. Perhaps it is time to break these belief codes and begin to look upon children as your equals. Indeed, they may not be as skilled in some areas as you, but be assured that one day they will surpass you in strength, number and intelligence. You would do well to be their friend when this happens, for if you have taught them to be condescending and unkind, they will treat you in the manner to which they have become accustomed.

Look at these children through new eyes. Be patient when they are trying new things or asking questions. Each adult they encounter has an opportunity to be a greater teacher than the schoolbooks they are required to read. Take them into nature and allow them to explore the mysteries and balance between all living creatures. Teach them to grow their own food, allowing them to become self-reliant rather than having to rely on goods grown on the other side of the Earth.

If you want to teach them to read, begin with food labels. If you want to teach them to be respectful of elders, take them to nursing homes to visit and play with the residents. If you want them to be happy, allow them to make their own choices. Let them choose the clothes they wish to wear and their hairstyles. Allow them to choose their friends and to choose the sports and recreational activities that interest them. It is fine to introduce them to many things, but to force children into an activity they have no interest in can be abusive and hinder their creativity. We are not talking about tribal duties such as cleaning up after themselves and learning life skills. We are referring to extra-curricular activities such as music, sports and dance. Introduce them to these things by taking them to plays and sporting activities. If they demonstrate an interest, encourage them to explore that interest.

It is far better to have a child fail at something he is passionate about than to succeed at something he does out of obligation.

Smile at every child you encounter and send them thoughts of unconditional love. Let them know they are a valuable member of society, nurturing them every step of their life.



Selamet! Imix 6

DAY 202 IK 7 Fact or Fiction?

I am Ik 7. While we are on the topic of children, I would like to make a suggestion to those of you who are parents and caretakers. Share the *Mayan Messages* with them; they need the inspiration, too! You'll know which are appropriate for them. Be mindful of the books they read. Many are inappropriate and place ideas in their heads that are not for their highest good. Adults should be more mindful of the books they ply their brains with, also.

*When you are emotionally engaged while reading a book or watching a movie,
be aware that your mind does not know the difference between reality and fantasy.*

If your mind is filled with images and emotions from the book or movie you are engaged in, it will log those memories as though they were real. Later, you may get upset and not know the reason for it, sometimes it is because a memory from a book or movie has slipped in.

There have been many studies related to this phenomenon. Soap operas are one example. People who engross themselves in these stories get emotionally charged while watching the program and have difficulty distinguishing between the actors and the roles they play. Often actors receive hate mail when they play the role of a bad guy. Those portraying doctors often receive mail asking for medical advice.

People who religiously watch soap operas have an increase in divorce and relationship breakups because they have witnessed betrayal repeatedly and begun to mistrust their mates. Children and adults who watch action movies tend to be more aggressive. Viewers have become depressed from movies and books, having related to the characters as though they were close friends.

We suggest that you be mindful of the movies and books you choose to view.



Thank you. Ik 7

DAY 203 AKBAL 8 Astral Hugs

Good day, I am Akbal 8. Today we would like you to close your eyes and allow yourself to feel our energy.

Relax. Breathe in and out at your own pace, comfortably sinking into a feeling of deep relaxation.

Note any feelings of calmness, of love, of warmth and know this is us.

Receive this love as we honor you for being the wonderful and beautiful Being that you are.

Remain in this state as long as you choose.

Know that you can return at any time to receive more of our astral hugs.

It is our hope that you will take a few moments each day before reading the Messages to combine with our energies.

By doing so, as you release the concerns of the day, you will be able to go deeper into the energetics of the Message.

This is also how you connect with your Higher Self and Spirit Guides.

Once the mind is calm, the heart can expand and allow our energies to flow more freely through you.

You can also increase your ability to make heart-to-heart connections with friends, family and those with whom you have difficulties.

Have a wonder filled day!



The Day Keepers

DAY 204 KAN 9 Be Loved

I am Kan 9 and am thankful for this time to be with you. As we gather and share each other's knowledge and experiences of love, we bring to All a spirit of Oneness and Love. There is no other way to experience love than by being Love. Therefore, every act of love you bestow upon yourself or another magnifies the love received by All. When you send love to another through prayer, they will receive it. However, some receive love on a subtle energy, not understanding why they feel little hits of upliftment. Some are closed to receiving love, even on a conscious level due to the walls of protection they have built around themselves, so the amount of love they receive is limited.

Others are open to love, yet may not be consciously aware when others are sending them love. Those who are nearing Mastery may feel that someone is sending them love and may even know who it is. Those who have Mastered this plane and know how to work energetically within this universe's laws will know when someone is sending them love. They know who this person is, even if they have never met, for they are able to connect on a level much greater than what is available in the third Dimension. These Masters often have photographs of themselves with a palm facing the camera. By viewing their image, others can receive blessings from them. No one ever needs to be present physically in order to send or receive love. However, being consciously aware of this ability will enhance one's understanding of the nature of love.

Find a quiet place; breathe in and out several times in order to relax and release the concerns of the day. In your mind, visualize the person(s) you wish to connect with. Call their name out loud three times while thinking of them. Although it is not necessary to state their name aloud, doing so may help to maintain focus, especially if sending prayers in a group setting. Know you are now connected energetically. Your Spirit knows no bounds when it comes to time, space and place.

As you hold the image of the other person(s) in your mind, visualize a stream of love and light flowing in your upper heart region. Allow it to flow unhindered, feeling gratitude for having known them. You can thank them for the good times you have experienced together and you can thank them for the hard lessons you learned from each other. You can also apologize for any hurt you have caused them.

This is an especially powerful tool to use when you are attempting to release emotions and judgments you harbor against another. At first, it may be difficult to conjure up feelings of love and gratitude with those you are uncomfortable with. However, with time and practice, one day you will feel the release of judgment and will feel the stream of love as it begins to flow between you. When you are working energetically and with the permission of your Higher Self and the Higher Self of all concerned, you have the assistance of your Guides and of Love itself.

As we have mentioned in several previous Messages, love is an energy that flows continuously. There is no scope to its breadth or width; it flows out like a ripple in a pond. When you focus on sending love to another, the moment you connect energetically, the love is sent. If the person you are sending love to is open to receiving your love, the connection will be made whether they are consciously aware you are sending loving thoughts or not.

If the person you are sending love to is not open to receiving love, especially from you, they will still be blessed by the love as it flows through them, but they will not be as enhanced as they could be if they were more open. It is like throwing a ball to someone. They try to catch it, but it slips through their fingers. Contact was made, but it was brief and did not linger. The love we send to you works in the same manner. Those who believe in our existence are more likely to catch the ball and cuddle it. Those who are not aware of us will still be touched, yet will not receive the special blessing of basking in our love. As more awaken to our existence, the presence of love has the ability to help with your human evolution. More people will be able to hold this energy in their bodies and emit its essence to others. Many Emissaries of Love have held this energy during past generations. Many have now left the Earth plane, for it is time for each of you to be responsible for your actions and reactions on Earth. It is your time to cuddle the ball, pass it on and show others how to catch and hold it.

Love is the basic ingredient of all that is. It was the primordial being of All before the great Separation. When this cycle is completed, Love will be all that exists again. It is the highest frequency one can emit at any time. We suggest you do all in your power to heighten and maintain this frequency of love towards yourself and all Beings. Be grateful for every breath you take, every moment you have and everything you experience. Express this love through your work, your words, your thoughts, your actions and your prayers. Is this not a good way to spend your day?



Selamet! Kan 9

DAY 205 CHICCHAN 10 Share Skills

I am Chicchan. We are grateful for this time together. Today we would like to continue our conversation on raising children and influencing those you meet. By sharing your gifts and talents, you have the ability to help a child learn new skills. Are you retired or have free time on your hands? Have you considered ways to share the knowledge you have experienced with children who would be interested in learning from you? You can go about this in many ways.

Tell your stories and teach your skills to family members: your children, grandchildren, nieces, their friends, etc. The library is another resource. Call and schedule talks, storytelling or demonstrations. They usually welcome speakers to share their time, especially with children. Contact local schools: public, charter and private and ask for ways you can share your skills with the children. There are also opportunities at trade shows, festivals, conferences and fairs. Be creative, have courage and find fun ways to interact by sharing your passion. Your life will be greatly enhanced!

Parents, do what you can to keep children supplied with art materials and being out in nature. They will never become television or computer addicts if they are not exposed to them or the time engaged in these activities are limited. Be careful not to fall into the lure of using these devices as babysitters. Encourage them to play outside. Limit the number of store toys you buy so they will use their imagination more. Allow them the opportunity to solve their own problems. Let them think for themselves; intervene only when necessary. Let them choose their friends, yet be watchful, for much abuse happens by other children who have been exposed to less than loving experiences. Listen to children when they speak and allow them to freely express their opinions. Instead of telling them they are wrong, develop communication skills in which each of you shares why you believe what you do, without judgment.

Be conscious of the words you speak; you are being listened to and watched by these young eyes and they know when you are not in your integrity. Although they tend to be forgiving, they are still apt to take your idle words as Truth and develop belief codes around them. Consider your habits such as telling them there is an Easter bunny or Santa Claus. Although, there is magic in the myths, there is also the problem of credibility when they find that these things are not true.

Stay in your Truth at all times, maintaining your integrity. There is nothing wrong with challenging children who are pushing their boundaries. Often, they are reaching to see just how far they can go. Do you not do the same when you are following a pursuit that interests you? It is human nature to challenge oneself and to seek what lies beyond. However, too many parents take these challenges personally and punish the child for being curious.

When a child is in the midst of an engrossing activity, do your best to give a warning that soon they will have to do something else. Avoid abruptly telling them to stop. Do you enjoy being told to stop something you are enjoying, especially when there is no need to quit that very moment? Respect. What we talk about is respect. Pay attention to how you like to be treated and when appropriate, treat the children in your life the same. We all wish to be loved, heard and understood.

Many adults try to buy a child's love by plying them with candy and gifts. This is especially prevalent with divorced parents. They treat the child with things that are not necessarily in the child's best interest or leave them unsupervised for great lengths of time. Often, parents let children get away with inappropriate behaviors. The child quickly learns that if he has a temper tantrum or nags, he will get what he wants. We do not judge these interactions within the family, however we do see how detrimental they are as the child grows up with a foundation of behaviors that are not socially acceptable.

Many children have no interaction with one or both parents. This tends to set the child up with beliefs codes such as, "I am not lovable. I was bad, that's why my parent doesn't want to see me. People I love abandon me. Parents can't be trusted." Children with these belief codes will seek the attention and love they need in ways that may be detrimental. This is why running away from home, acts of aggression and teenage pregnancy are prevalent. Each child needs to know his boundaries. Set parameters, assuring them they will have more freedom as they master the ones they currently have. Teach them how to spend and save money. Let them earn toys and special treats by sharing with household duties. As they grow older, encourage them to interweave their skills and passion by sharing their gifts with others.

Give children the respect they deserve. Let them feel loved. Speak to them with truth. Allow them to experience life in a safe and nurturing environment and you will have fewer problems in your society. Find ways to heighten your experience with every child you encounter.



Selamet! Chicchan 10

DAY 206 CIMI 11 Evolution: Movin' On

I am Cimi 11. Thank you for taking time to be with us today. We are very impressed with the inner work that you and many others are doing. Your efforts are creating ripples of love throughout the universe that are affecting the evolution of all souls.

In one sense, we all are pure Love and Spirit, yet due to our choice to leave the Source of All, we are now in separation from each other, although it is only temporary.

When we speak of evolution, it is a much different meaning than is generally understood in your scientific community.

Evolution simply means to change or progress from one way of being to another. Do you not see yourself evolving when you gain deeper understanding of love and how to implement it in your life?

Many of you compare this evolution to ascension, yet in reality, they are the same.

The term “ascension” in its esoteric form was coined by those who understood that each emotion carries a specific frequency. Love and gratitude are two of the highest frequencies while fear and hate are very low frequencies.

When a person exchanges lower frequency emotions with higher frequencies, they in essence are vibrationally rising or ascending.

You are not ascending to another place such as heaven or shamballa. It is your inner self that is ascending to higher crescendos of the frequency of love.

You have the ability in the twinkling of an eye to create Heaven on Earth if each of you were to choose acts of kindness and love every moment of your life. It is because of your choices based on fear and anger that you remain in the depths of hell.

Begin by going within yourself to make the necessary changes that will create your ascension process, choosing love over fear in every moment of your life. When you do, your life will be filled with joy and abundance.

You will have unlocked the door to the Tree of Life, the place where you will receive all knowledge, with the ability to integrate these Truths into your Being.



We invite you to begin today! Cimi 11

DAY 207 MANIK 12 Heavenly Hierarchy

I am Manik 12. Thank you for taking time out of your day to visit with us. We are pleased to have this connection and are especially thankful for the time you are taking, being attentive to your inner Self. Can you not feel the growth and understanding that you have been experiencing? We see the changes within you and how you affect those around you. Countless souls are touched by each act of kindness and each expression of love.

When a soul group on your level moves to a higher frequency, it affects all. Eventually, when enough on your level come to the light (higher frequencies), many on the level above you move up, too. When enough on that level reaches a higher frequency, it affects groups on the next rung and some of them move up. It is similar to corporations, when an employee is promoted, another person moves up to fill her position.

Each of you affects the All. As groups of you rise to a higher frequency (ascend to the next level), you will mingle with those on that level. Eventually, those who have been helping the ones in your group will finish their role. During their time of assisting you, they will have gained much knowledge, wisdom, experience, patience, love, compassion, etc. and their work will be completed, allowing them to move to the next higher Realm. This is the basic workings of the ascension process. It is infinitely more complex than this, but your language and experiences make it difficult to express in terms within your scope of understanding.

Simply know that when you set aside lower frequency belief codes, behaviors and thought patterns, then replace them with higher frequency choices, you affect All. As the student gains mastery, he seeks new teachers who can take him to another level. This is another reason why some move to higher Realms.

Even in your present lifetime, many Ascended Masters have moved out of the physical realm to assist in the next Dimension. As they moved into place and settled in, some of their Masters handed the baton to them and have moved into higher Realms. Do you understand what we are saying?

The reasons to leave one Realm and go to another are varied. Generally, one moves on when they master the experiences they chose. Some move on when they have finished the task they set out to do. Often they move on because they desire new challenges. Many move out of this universe to experience another universe. Like you, each of us has free will and can move about as desired.

We share this information with you because there is much misunderstanding regarding the ascension process and its inner workings. No matter what you choose to believe, know that when you choose acts of love, kindness and compassion, they are felt everywhere. There is no need to be concerned about your ascension or the roles others play.

Much attention is focused on service work and recompensing for sins and other similar belief codes. Simply be kind and you will not go wrong. There are no perfect, right or wrong Paths. All lead to the same place, providing opportunities for varied experiences. Choose love and light and you will be blessed abundantly.

Take your focus off saving other people and place your attention on areas within yourself that are out of balance. Take your mind off saving the world and pay attention to how you affect the world. Once you have changed your ineffectual habits, then you will be in an honorable place to be a role-model for others.

Take care of yourself first and then be a role model to others when it comes to your health habits. There is much finger pointing in all areas of existence. You would do well to retract your fingers and place them in a position of prayer, focusing on the changes you should make. It has been said that one who points out the faults in another usually has the same faults. If you find fault in others, discover where that “imperfection” lies within you. Then you can choose to accept that imperfection as perfect or to make changes.



Selamat! Manik 12

DAY 208 LAMAT 13 Child Caretakers

Greetings, I am Lamat 13. Thank you for joining us this day. We would like to talk further on the subject of child-rearing. We cannot overemphasize the importance of allowing children to make choices for themselves. In many situations, children are much wiser and on higher frequencies of love than their caretakers. Parents role-model what they have learned, extending their fears and myths onto children in ways that may hamper their productivity. It is imperative to pay close attention to what you are modeling to them. Anything other than love and kindness is abusive and detrimental, although most of you are doing these things without intentionally meaning to be harmful.

Any moment when you affect a child and he reacts with emotions such as fear, anger or hurt, look at what you said or did to offend him. It is one thing to protect a child from physical harm, but did you harm him in the process of doing so? It is good to teach the child manners, but did you use proper manners as a role model in doing so?

Many children are forced to eat foods they dislike or amounts that are not fit for their bodies. In doing so, they often learn the habit of overeating. They are given foods with no nutritional value as treats. What kind of message is this? Their exuberance is met with disdain or medication. Their behaviors, words, thoughts, dreams and aspirations are often met with ridicule. Allow them to dream big and perhaps they will be your role models and encourage *you* to dream big!

Those who desire to have children would do well to spend more time and energy clearing their personal problems before having babies. Too often, no thought is given to partners before choosing to have children. How important can a child feel when he knows he was an "accident?" Take pride in your body and yourself. Learn abstinence until you have found a suitable partner.

Create a space for this child by preparing an environment in which you and your partner will both be good role models. Know how to feed yourself, giving your child a good foundation before he enters your body. Change your thinking to higher level thoughts and he will be affected in a good way. Be the kind of person you hope your child will become. In doing so, you are likely to attract a soul who is compatible with you and your morals. There will be much less tension in the family if all of you are on the same page.

Grandparents need to be on the same page as the parents, otherwise, there will be much confusion for the child. Decide before the child is born what beliefs you wish to instill. If you and your parents agree, life will be smoother for all. If competition enters the arena, there is sure to be heartache for all involved. Grandparents, at times, you may have to allow your child to raise your grandchildren in a manner that does not meet your approval. Try to keep the path smooth, treating everyone in the family with love and kindness, for that is all that really matters. Decide what is really of importance and stand in your truth. This does not mean that the parent may listen to you, but it does mean that you remain in your integrity. There will come a time when it may be appropriate to tell your grandchild that you disagree with what his parents believe. Choose your battles wisely or else a war could result.

We are not talking about cases of abuse or blatant disrespect. We are referring to the myriad of little things that tend to be blown out of proportion. We are also talking about religious differences. There are no two among you holding all of the same beliefs; allow each person to make their own choices. This may be hard for some of you to accept, but no matter what happens when the child is young, there will come a time when he will begin to make his own choices. Wouldn't it be best for him to base those choices on kindness and love? Would it not warm your heart to know this is what he chose because of your example?

It is our hope that each child that arrives on Earth comes from parents who planned their birth and await the arrival with anticipation and fully capable of loving and nurturing their baby emotionally, physically, mentally and spiritually. If each of you holds this vision for every baby before its conception, there will come a time when it will be so. You are powerful creators and through your actions, you will be able to manifest whatever you, as a whole, choose to experience. Manifest the type of parents you wish for this world. Be a part of training the youth for parenthood. Teach them perseverance and patience. Instill in them the desire to wait for the right mate. Encourage them to avoid the use of drugs, alcohol and friends who lead them toward these things. Teach them to fill their bodies and minds with healthy nourishment, while encouraging them to find and explore those things that ignite their passion.



Good tidings. Lamat 13

DAY 209 MULUC 1 Three Daily Activities

I am Muluc 1 and am happy to be of assistance to you this day. We enjoy watching your growth as you unfold the mysteries in your life. We hope that as you peel back the layers of negative thoughtforms and belief codes, you bless each of your experiences. These experiences are your teachers, your Guides and your protectors. Each one has led you to this moment in time.

You have now gained an understanding of how the ascension process works and some knowledge of the inner workings of the universe and your mind. You have received information on how to raise children, communicate with others, make choices based on love and much more. Are you taking time to integrate these words and knowledge into your Being? Are you reading the Messages or other inspirational texts on a daily basis?

What is most important in your life? Taking time to go within and choosing belief codes based on love is the most important work you can do. Are you filling your time with senseless activities and chores you abhor? Do you meditate often, taking time to center yourself and connect with your Self? Are you filling your body with toxic substances and overcooked foods that have no life force?

What are your plans for today? Do they include *relaxation*, *communication* with loved ones and time in *nature*? These three things added to your daily routine will change the entire scope of your day. Consider adding them to your daily plans and watch as life becomes more meaningful to you.

We take leave of you now so you can do just that!



Muluc 1

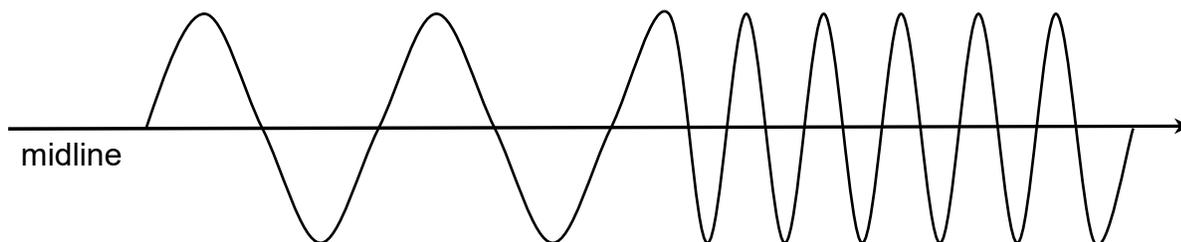
DAY 210 OC 2 *Vibrational Frequencies*

I am Oc 2. We are pleased to have this time to share with you and welcome every opportunity to interact with you. Our time together in this manner is short, soon we will see each other face-to-face as the Veils between us continue to thin. People often ask, "What is the Veil between Dimensions?" Although there is no physical separation between us, you cannot see us when you are vibrating at low frequencies. As you raise your vibrational level, you will have more peaks into the Other Side. Many have already had life-changing experiences, when all doubts about our reality vanished in an instant.

The "Veil" is the shift in frequencies. It is portrayed rather nicely in several movies. It is like walking through a thick wall of air. There is nothing physical to see, yet it can be felt. When you reach the Other Side, you will know that something is different; the air has a different feel to it, similar to a drop in barometric pressure.

There are many ways to visit the Other Side. Many journey during their sleep, while others experience passing through the Veil during shamanic journeys, ingesting hallucinogenics or during near death experiences. At times, after a person has an "Aha!" moment and experiences love on a deeper level, he may instantaneously find himself on the Other Side. In addition, there are power points where these Veils are thinner, such as ancient ceremonial sites.

The Veil itself is simply a frequency shift, similar to radio wavelengths. Although you cannot see the radio frequency, you can hear the music flowing on your radio. Below is a drawing of a sine wave, beginning with a low frequency, rapidly increasing to a higher frequency.



When a low frequency is emitted, the wavelengths are farther apart, touching the midline less often. As the vibration increases, the distance between the waves is shortened, thus crossing the midline more often. Consider the Veil to be the midline. Those operating at low frequencies such as fear and anger touch the Veil (midline) less often, decreasing their ability to experience what is on the Other Side.

As your ability to Love increases, you begin to resonate at higher frequencies. The distance between wavelengths shortens, allowing more opportunities to touch the Veil (midline), thus increasing the ability to communicate with those on the Other Side. When the vibrational frequency rises to the point where the Veil is continually being touched, there is a merging. At this point, a leap of consciousness may catapult the person into the next higher Realm.

This description is very rudimentary on a complex subject, but we hope that it helps you understand the direct correlation between unconditional love and your vibratory rate. The difference between Dimensions is frequency range. Soon, many of you will rise above the lower frequencies in which you currently reside. When that happens, in the twinkling of an eye, you may find yourself in a higher Dimension. Once you arrive, if you go into fear, you may quickly pop back into your current third Dimension.

Our goal is to assist you in obtaining these higher Dimensions while in physical form by increasing your love vibration. You will then consciously choose which side of the Veil you prefer to visit at any time.

We hope we have been able to enlighten you and not confuse you. There is no need to know the mathematical formulations and the complexities of which we speak, simply know that Love is the key to ascension and the higher frequencies.



Selamet! Oc 2

DAY 211 CHUEN 3 ABC Retreats

Good day, I am Chuen 3 and am happy to have this time to share with you. Today we encourage you to treat yourself to a little vacation. It doesn't take time, money or energy to have a wonderful and relaxing retreat.

Choose one of these or something else you prefer and schedule them into your week. If you feel you don't have time to treat yourself, then begin to weed out things that take you away from your preferred recreational activities.

- A**nswer personal emails and letters
- B**low and pop bubbles
- C**all someone you haven't talked to in awhile
- D**raw on a rock; let your creative juices flow
- E**at your favorite snack or meal outdoors
- F**ly a kite
- G**o to the Humane Society and pet the animals
- H**ave your favorite dessert
- I**nvoke friends over for silly fun
- J**ump rope
- K**iss a plant, a pet or your favorite person
- L**isten to energizing music
- M**ove to the sounds of your favorite music
- N**ap outside
- O**ffer to do something for someone who needs assistance
- P**lay a favorite DVD or CD
- Q**uestion your belief codes
- R**ead a book while sitting outside
- S**oak in a bathtub with essential oils such as lavender or rosemary
- T**ake a walk in Nature
- U**plift someone who is down
- V**isit someone you haven't seen in a while
- W**atch the clouds, enjoying the shapes
- X**erox your favorite inspirational quotes
- Y**ell at the top of your lungs how much you love life
- Z**ealously do something you have never done before

DAY 212 EB 4 Enjoy Your Work

Greetings, dear one. I am Eb 4. Today we would like to talk about playing. Many of you are overly focused on finding and fulfilling your mission and forget to relax and enjoy the bounties of Earth. Even those who have come to perform large missions would do well to incorporate time each day to indulge in activities that inspire your creativity.

Take a few breaths and relax. How can you incorporate some of the activities that you enjoy into your daily routine? What is hindering you from enjoying life to the fullest? Is there something you always wanted to do, but have been putting it off? Perhaps now is a good time to start preparing for that experience.

Most of you overlook the fact that your mission for coming to Earth can be accomplished as a part of your daily routine. If you came here to increase the vibration of love on Earth, then you can accomplish this by being kind and loving every moment of your life.

If your life mission is to cleanse Earth energies, focus on your impact on the Earth and make changes necessary to be more in balance with Nature. Be a role model for others by the life you live.

If your calling is to affect the life of children, seek ways to be an influence by working or volunteering at the library, a school or places where children congregate. Your whole life does not have to be dedicated to being a schoolteacher or social worker.

What is your passion? Can you answer this question? If not, then it is likely you are living with belief codes that are not in your best interest. Take time to go within and remember the things that jazzed your energy when you were young. Why did you set these dreams aside? Which ones are worth resurrecting?

Often people feel they should do big things in order to make an impact without realizing how much they impact others by doing small, everyday things. Opening a door, smiling at a stranger, giving unexpected gifts are little things that have saved people's lives. You never know when someone is in despair and considering ending their life. A caring touch is sometimes all that is needed to bring someone out of their depression.

Look around, what needs to be done? Choose things you find interesting. Perform services that energize you. When you are performing services from the heart, there is no need or expectation of being thanked; the service itself is your gift.

There is much to be done; there is much to be undone. Choose things that make your heart sing. There is always someone who can do the things that do not inspire you. If no one else chooses to do it, then perhaps it wasn't all that important.

Dream of the things *you* wish to do, then do them. Enjoy each moment of your life by selecting things that inspire you. There will always be drudgery deeds that must be done, but with a change of attitude, they can become the deeds that give you the greatest joy.

Work doesn't have to be a four-letter word!



Selamet! Eb 4

DAY 213 BEN 5 Abundance Mantra

I am Ben 5. Many blessings to you! Today we invite you to keep this mantra in your head.

*I am worthy; I am gold. Nothing new and nothing old.
Bring to me what I am worth, shucking all the thoughts of dearth.**

Know that you are worthy of all abundance. You are of more value than gold. Just as gold is precious in this world, your soul is precious in this Realm and beyond.

Recorded in the Bible, Ecclesiastes 1:9-11 states:

*That which has been is that which will be,
and that which has been done is that which will be done.
So, there is nothing new under the sun.
Is there anything of which one might say, "See this, it is new"?
Already it has existed for ages that were before us.
There is no remembrance of earlier things; and also of the later things that will occur.
There will be for them no remembrance among those who will come later still.*

Since the beginning of time, everything existed. There is nothing new under the sun.

All is here for your enjoyment.

Know your worth and receive the blessings provided for you; only your belief of unworthiness keeps you in lack.

While you sing this mantra, be silly, move your body; dance "a bun dance" of wild abandonment.

Celebrate the blessings of Earth, be grateful for all you have received and will receive each moment.

Breathe the air and enjoy the day in joy!



Selamet! Ben 5

* Dearth means an inadequate supply.

DAY 214 IX 6 Receiving Gifts

I am Ix 6; we are grateful for this time together. Continuing with yesterday's theme of abundance, we would like to briefly address the topic of receiving gifts, both physical and nonphysical.

There is much talk in the world about feeling worthy to receive gifts, those who give must also be open to receiving. There is truth in this belief, for in all things there are cycles.

This cycle also occurs in other Dimensions. For there to be a balanced flow, one must give what he receives and receive what he is gifted.

When a person or soul is blocked to either giving or receiving, an imbalance occurs in the energetic field. This happens because blocking the flow of love is a result of fear.

To get past these things and to open the flow of abundance, take time to go within and seek the things that caused you to block the flow in the first place. Scrutinize these beliefs until you see how they no longer serve you.

Forgive any others involved by allowing them to be responsible for their actions and inactions.

Release the need for remuneration* or apology. Simply note what occurred, bless the experience and change your attitude by exchanging negative thoughts for those of pure love.

At first, this may be difficult to do, however, with practice it will be easier until it becomes your first nature.

There will come a time when what others say and do will not affect you, for you will understand that your reality differs from theirs. In that moment, you will ascend vibrationally, knowing love in a deeper manner.

Keep the words in this Message fresh in your mind until you break the habit of judging others and yourself.

Know that you are worthy of all things good and make choices reflecting such.

Release all feelings of being a victim including those that hold expectations of remuneration and apology, for these are major blocks to receiving the presents of the Presence.

So be it and so it is!



Ix 6

*Remuneration is a monetary payment for services rendered.

DAY 215 MEN 7 Morning Gratitude

I am Men 7. Welcome and thank you for joining with us this day.

Take a few moments to clear your mind from today's concerns.

Close your eyes, breathing in and out, allowing your body to relax.

Once relaxed, fill your mind with the blessings you have in your life.

Feel gratitude for these blessings, welling up feelings of love in your heart.

Begin by thanking the Earth for hosting your physical form. Without her role, there would be no stage on which to play.

Send blessings to your Creator for allowing these experiences to occur.

Thank your Higher Self for the reminders to stay on your Path, allowing you to be in this moment.

Send appreciation to the Spirit Guides who have helped you along your Path, supporting each choice you make, without judgment.

Make heart-to-heart connections with those whom you have loved and despised, thanking them for playing their roles, allowing you to experience what you have chosen.

Thank yourself for the courage to face the dilemmas you have encountered.

Thank your body for hosting you, with the promise that today you will treat it with respect by supplying it with the nutrients, exercise, rest and sunshine that it needs.

Take a few moments to receive the love that is now pouring to you from all of these sources.

Bask in the feelings of warmth, allowing it to penetrate your auric field and every particle in your body.

We encourage you to perform this simple meditation every morning before beginning your day.

Once you have made it a part of your daily routine, you will notice your outlook is brighter, your relationships are strengthened and your body is healthier.



Selamet! Men 7

DAY 216 CIB 8 End of War

Blessings, I am Cib 8. Thank you for joining us today. There has been much talk in your Realm of the need for war to maintain peace. Many of you have come to believe this is true. We disagree and ask that you open your eyes and hearts to allowing others to walk the Paths of their choice.

These wars not only exist on global levels, but within families, close relationships, co-workers, those you meet casually and within your own self.

There are increasing instances such as road rage where fights, sometimes leading to death, ensue between strangers over trivial issues.

How can you help end this madness? By maintaining inner peace at all times.

No matter what another says or does, allow it to be, without getting caught up in the swirl of negative emotions that will surely take you out of balance.

When possible, excuse yourself from the situation, go into the bathroom or a quiet space and regain your inner composure.

Realize that each person acts and reacts from his set of belief codes.

Question the codes within yourself that make you want to lash back.

Are there past events that have you continually reacting in the same manner in similar situations?

You have the ability to change your mind, attitude and actions and begin to act differently in these situations.

Once you have become a peace-full person, you will then become a role model for others.

If every person made the choice to be filled with peace, wars and petty arguments would cease in a moment.

Look for the Pure Self within one another.

You all come from the same Source.

Look into each other's eyes and send thoughts of love and kindness.

Make this a habit and you will connect on the soul level, once again remembering the perfection that is within you.

He who sees will cease to fight.



Selamet! Cib 8

DAY 217 CABAN 9 Embrace Adversity

I am Caban 9 and am very appreciative of this time together.

Today we ask that you spend each moment reflecting on what brings you joy.

We are not speaking of selfish moments when one subjects another to their wishes.

We are speaking of moments in which one feels fully satisfied in the life they are living.

Today, practice feeling joy every moment.

There will be situations that arise that in the past left you with heavy feelings of sadness, anger, frustration, etc.

What we offer today is when those moments arise, look for the positive nature in them.

Feel blessed that you have the ability to be experiencing this event and express gratitude for the awareness that you no longer are a victim or hold the experience in a negative manner.

In the beginning, this may be difficult, especially in situations that are emotionally charged.

However, with practice, there will come a time when no matter what situation arises, you will face it, embrace it and be thankful that you have the power within you to choose how you feel about it.



Begin today! Caban 9

DAY 218 ETZNAB 10 Resolve Any Issue

I am Etnab 10. Today we ask you to reflect on one of the previous Messages and resolve at least one issue you have been grappling with.

Know that in the twinkling of an eye, you can gain a new perspective on anything that has held you hostage.

There are three things to remember when resolving any issue:

1. Forgiveness: Allow others to do as they choose, even if it harms yourself or others. This does not mean that you allow others to continually harm you or others, for you would do well to remove yourself from the presence of these persons. However, it does mean that you realize they are operating from their set of belief codes. You do not have to adhere to their beliefs. Thus, if they say or do things that are unkind, you do not have to believe their words or participate in their actions. Many of you have been injured physically and emotionally by these persons, but you have within you the ability to heal these wounds, forgive the other and move forward in your life.
2. Know that you have within you the power to choose the experiences you wish to have. You cannot undo the past, but in this moment, the thoughts, words and actions you express are creating your future. Be mindful of all you say and do, choosing only those things that lead to the life you desire.
3. Make heart-to-heart connections with every person you meet, especially with your adversaries. This can be done visually when you are in the presence of the other or this can be accomplished remotely with those who are not in your presence.

Practice these three suggestions everyday and you will be astonished at how easy life becomes as you release past burdens and the fear of possible future pain. You will begin to live life in the moment, fully in love with yourself and all other Beings.



Begin Today! Etnab 10

DAY 219 CAUAC 11 Celebrate Your Self

I am Cauac 11. Welcome. Thank you for joining with us, we are most happy to be of assistance to you. Today we would like to join you in a little celebration. We wish to celebrate *you!*

How often do you take time to be grateful for the person you are? If you would do this more often (every moment), your life would be much grander!

We begin by saying, “Thank you!” Without your experiences on Earth, our lives would not be as enriched. By having the privilege of working with you, our lives are filled with joy.

Take time now to thank yourself. Know that every thought, word and action you have ever participated in has spread throughout the universe. Even those things you judge to be bad are not considered negative by us, although everything you have experienced has an effect on us. It would be like watching the same movie repeatedly, if all you and everyone else did was perfect. Boring!!!

When people do things that are “bad,” they allow others to make a choice in how they will respond. There would not be an opportunity for such if no one played the role of bad guy. Just like in the movies, the bad guy is an actor. It is not the actor being bad, he is just playing a role. Although from your perspective the “bad” may feel painful and horrible, from our broader perspective, we know you are playing temporary roles.

We mention this so you will thank yourself and celebrate your Being without judging yourself or regretting choices you made in the past. Know you are a child of love and are pure in your Spirit Essence. Celebrate this.

Treat yourself to a big astral hug by calling in your Spirit Guides. Play soft music and allow yourself to relax and release any pressures you have placed on yourself, allowing your Essence to be filled with their love.

Daily, take time to look in the mirror and tell yourself how wonderful you are. Look yourself in the eye and have a conversation. At first, this may be difficult, but with practice, you will find it to be great fun to hang out with yourself and fill your Being with compliments.

If you feel pressed for time, do this simple exercise while brushing your teeth.

Dare to be silly! Create joy in each moment.

Wear the clothes you like, with no concern what about others may think.

Climb out of the box and start living your life from a place of peace and fun!

Let your creativity flow!



Selamet! Cauac 11

DAY 220 AHAU 12 Gratitude Attitude

I am Ahau 12. We would like to extend our gratefulness to you for taking time to commune with us and to work on your inner Self.

There is no other thing more important on Earth than to become aware of your Spiritual Essence.

Once you have enlightened your Self, your ability to love from a pure heart will exponentially increase.

Once you are aware of who you are and have worked through the fears and belief codes that keep you from allowing love of Self and love from Source to flow through you, your ability to be a role model for others on their Path will exponentially increase.

We are here to offer our support and encourage you each day to tell yourself how much you love you, to feel the love from Source and to extend love to all other Beings.

*Be grateful for each experience, for each breath you take.
Feel joy in every moment and every step you make.*



Selamet! Ahau 12

DAY 221 IMIX 13 Door of Communication

I am Imix 13. As our time together draws near, we are becoming increasingly excited. We know that soon you will begin to see and hear us more clearly. We look forward to helping you create the world you envision and are ecstatic when another one of you opens the door of communication and allows us inside.

Today we would like to talk more about the door of communication and how you can open it. Within each of you is the ability to communicate directly with Source, your Higher Self and Spirit Guides. If a teacher states that you cannot do this, be wary and consider their motives. There was a time on Earth when gurus and priests were needed to teach others how to make the connection to Spirit because most of the people had forgotten how to make the connection themselves. That time no longer exists.

The Veils between the Realms have been thinning as more humans have discovered that indeed, they can make the connection on their own. There have been teachers to assist with this process and their work has been beneficial to all on your planet and beyond. Do not confuse them with those who claim to be teachers who have “The One and Only Way.” Many of these have ulterior motives based on greed and power.

True teachers will share what they have learned, allowing the pupil to make his own choices. They may teach a method of meditation, yoga or such that follows stringent rules. However, the student can choose to follow the method as taught or to modify it to suit his individual needs. These teachers can be great assets to help you discover and connect with your inner Self and Source Creator. There are many books that can give you clues and pieces to help you along your Path.

You will know the difference between the true teacher and those who are in it for gain by their practices. Do they walk their talk? Do they offer advice without expectation of monetary or material gain for every tidbit of information they share? When you choose not to follow their rituals, do they support or shun you? True teachers deserve to receive remuneration and should be well paid for their services. However, they are more likely to cut their costs to those who cannot pay the price they suggest.

Although there are many teachers who can assist with your evolutionary process, all the truth one needs may be found within. Learn to trust your intuition. Ask questions and seek answers. Talk to others with differing opinions, integrating those that are beneficial to you. Know that often belief codes and what feels like ultimate truth are often stepping-stones to higher understanding.

Many become frustrated, wanting to know all the answers in an instant. However, when you entered this Realm, it was the journey you desired, for the destination was already in your grasp. We suggest that on your quest for enlightenment that you lighten up. Enjoy the journey. Focus on being kind and compassionate, for this is where you will find pure love. Be grateful for every experience, knowing that each holds keys and opportunities to receive and express love. The Truth and Path to love is very basic and simple.



Selamet! Imix 13

DAY 222 IK 1 Balance

I am Ik 1. Thank you for joining us this twos-day. Did you notice all of the 2s in this day? In your Realm, 2 is symbolic of polarity. Where there is black, there is white. Where there is up, there is down. Where there is thin, there is wide. Imagine a line with a sliding scale. Everything you experience is based on linear descriptions. At one end there is one thing and on the other end is its opposite. In between there are a myriad of possibilities.

Let us look at temperature as an example. On one end are descriptors for very hot, such as boiling, seething and hellish. At the opposite extreme are descriptors for very cold, such as frigid, icy or arctic. In between are many variations, such as lukewarm, tepid and chilled.

This range of sensations, emotions and feelings occurs in every aspect of life on Earth. The overall goal is to balance these experiences in ways that are pleasurable. For example, there may be times when boiling hot is good, such as making herbal teas. At other times, it may be enjoyable to experience very cold, such as ice cubes in the tea you just boiled.

However, when it comes to your emotions, balance is critical to maintaining a sense of peace. There may be times when you seek extremes for pleasure or adventure, but there comes a time when balance is needed, else the body will become exhausted from the energy expended to maintain the extreme experiences.

Spiritually, balance is good for those who seek a peace-filled existence. Although times of distress or extreme elation have their place, overall, the middle emotions allow one to feel balanced. When a person reaches a feeling of peace, no matter what is happening around him, he is close to enlightenment. It is not necessarily the goal that all should seek, for you have come to this Earth to have a multitude of experiences, including emotions.

You have been given the whole world as your playground. What do you wish to experience? We hope you choose actions that are loving and kind, for we know these will give you the greatest satisfaction and reward. However, there are those who would like to be naughty, just for a while. Enjoy those moments, knowing you will be reviewing all of your actions when you leave this Realm and be mindful that you will be experiencing and feeling the emotions of others that resulted from your actions.

Many of you are experiencing your last lifetime on Earth. Now is the time to experience things that will never pass your way again. Find consenting adults to help you role-play these situations, knowing that at anytime you can return to play other roles that are more suited to you.

Know that for every action there is a reaction and be prepared to accept responsibility for anything you have said or done. If you are holding back from experiencing things due to fear or peer pressure, release these blocks. You may then find that you lose the flavor for some of these adventures, while others may seem even tastier to you. Do not look back on your life wishing you had done this or that. Either get off your rocker and do it or release the victim feeling of “woe is me.”

Your God allows you to experience anything you desire. It is your churches, governments, teachers and parents that have convinced you that certain things are unsafe, immoral or illegal. Do you wish to spend your life in a box created by others' beliefs or would you prefer to climb out of the box and experience new things in order to create your own beliefs? We challenge you to choose the ladder to the latter.



Enjoy life with gusto, be kind and grateful! Ik 1

DAY 223 AKBAL 2 Morning Reflections

I am Akbal 2. Thank you for joining us this day. We would like to encourage you every morning to join with us, your Higher Self and Spirit Guides and ask questions such as these.

1. What should I make a priority this day?
2. What foods does my body need today?
3. Is there a certain type of exercise that I should do today?
4. Are there any things I have left undone that need my attention today?

Then ask for guidance, creating a statement in your own words that include the following points.

1. Ask for insight each moment of the day.
2. Ask that messages from your Guides come clearly and in ways that allow you to know they are from them.
3. Ask that the reminders to keep you on your Path be graceful.

Take a few moments to visualize how you wish the world to be. Then place yourself in that dream, making choices and choosing behaviors that will create this dream into your reality.

Thank your Guides for their assistance, making energetic heart-to-heart connections.

As you go about your day, pay close attention to your emotions and behaviors.

When there are choices to make, tune into your Higher Self and ask for guidance.

Ask yourself which choice will more likely lead you to the life you envision.

In the beginning, it may be difficult to know when the messages you receive are from your head, based on your belief codes, fears or communications from your Guides.

With practice, patience and perseverance, you will soon be able to tell the difference.

The key is to release fears and belief codes that keep you from having the courage to try new things.

Remember you are deeply loved by Source.

Keep in mind that the role you currently play on Earth is just a blink of an eye when it comes to the full scope of your Spiritual Essence.



Be in joy this day! Akbal 2

DAY 224 KAN 3 Sunlight

Greetings. Welcome to this grand and glorious day! Take time to soak up the blessings and warmth of the sun this day. Allow your skin to ingest the nutrients provided by your globe of light. Many cover themselves completely to avoid the rays of the sun. Others avoid the rays of the sun by wearing toxic sunscreens that cause more damage to their skin and immune system.

If you prefer to keep your skin soft and supple, manage your time in the sun wisely, avoid sunscreens at all costs. It is preferable to wear lightweight clothes that allow the penetration of some sunlight, for the sun is where much of your energy comes from.

Have you seen the effects on plants that are never exposed to sunlight? They lack color and strength. Like most plants, your bodies were designed to operate on sunlight. Staying indoors everyday in your jobs has a massive effect on your health. If you must remain indoors, do what you can to get some sunlight by walking to work, eating lunch outside or sitting in the sun in the morning or evening.

Many of you are in fear of exposing your flesh to the sun because of what you have read about skin cancer in the media. Do your research and you will find that most causes of these cancers are due to diet and toxic sunscreens.

Overexposure can cause excessive wrinkling, often because the nutrients held in the surface oil are removed during the bathing process before they have a chance to penetrate and rejuvenate the skin.

Often problems associated with skin disorders from overexposure to sunlight have cultural roots. Those with fair skin were designed to live in geographic areas where the sun is less intense. When fair-skinned people move to regions where the sun is more intense, they may encounter difficulties. People who live in their cultural homelands, eating raw and live foods indigenous to that area have far less problems with skin and health problems.

Covering the skin during the hottest portions of the day will alleviate many skin problems. Before the advent of the industrial age, it was common for entire tribes to retire in the shade to rest during the hottest part of the day. Basting in cooking oils while lying in the sun was reserved for meats being prepared for consumption.

Greet the sun each morning as it rises, thanking it for the light and nutrition it provides you. Bid it farewell as it sets in the evening. There are many cycles of daily life that go unnoticed. Pay attention to these cycles and be thankful for the support they give you. Without the sun, moon, Earth and planets, you would not be able to exist in this Realm.

Using common sense, providing your body with a balanced and nourishing diet and acquiring daily doses of sunlight will have a beneficial effect on your overall health and energy level.

Soak up the rays; it's a lovely day!



Selamet! Kan 3

DAY 225 CHICCHAN 4 Thoughts, Words, Actions

I am Chicchan 4. Today we would like to talk about transformation. Just as a snake sheds its skin in order to grow, you grow spiritually, physically, emotionally and mentally when you shed belief codes, negative thinking and behaviors that keep you from shining your inner light.

Throughout the year, we have talked of many ways to make this transformation. The easiest and quickest way is to simply note when you are saying and doing things that do not reflect your true inner thoughts, then make any necessary changes in that moment. Although this takes practice, it is well worth the effort.

Today we ask you to be mindful of every thought, word and action you perform.

THOUGHTS: Before you lock yourself into a spiral of fear-filled thinking, stop yourself and literally, think again.

WORDS: Before you utter or type a single word, T.H.I.N.K. and ask yourself if it is:

Timely

Honest

I (ego-centered)

Necessary

Kind

ACTIONS: Consider each action before you proceed; does it reflect what you truly desire?

Include these disciplines each moment of every day until it becomes habitual. In so doing, you will find it easier to walk in your Truth while developing deeper relationships with those you encounter.

Thank you for the time you have spent coming to us each day. We are appreciative of our time together.

Enjoy your day, being mindful of whom you are and express yourself in the way you wish to be treated.

The law of attraction will bring unto you those things you focus your attention upon, so choose your thoughts wisely!



Selamet! Chicchan 4

DAY 226 CIMI 5 Let Us Anoint You

Greetings! Today we wish to congratulate you on your humanness! It is not easy living in your Realm and we wish to honor those of you who are doing so.

The transformation into your Fullness while incarnate is not an easy task.

Most of you have wandered off your Path many times, yet always returning, making choices that were often not easy and perhaps even frightening.

Since the beginning of time, humans have been martyred as they attempted to claim their rightful inheritance.

Most of you are aware of the danger and humiliation that confronts you and that lurks in the shadows, yet, you continue. To you, we tip our wings, bowing before you in awe, deeply admiring your tenacity.

As this time of Transition occurs, we are attempting to reach as many of you as possible, in hopes that you will join us as we create a new Earth with endless possibilities to express love while in physical form.

This is why so many are coming forth at this time, channeling our Messages. This is why the starships are being seen more often.

We are One, all coming from the same Source and eventually returning to the same Source.

It is our delight when another of you remembers this and makes the necessary changes to reflect this Truth into their life, thus allowing others the opportunity to make this realization, as well.

We ask that you take a few moments to relax.

Get into a comfortable position and allow the thoughts of the day to wander from your consciousness.

Allow us to invoke a blessing upon you, an anointing.

You may feel tingling in your head and perhaps feel our touch upon your third eye as we bless you.

This anointing will allow you to open your energy fields wider, letting in more love.

Take as much time as you desire, receiving our love. Allow your love for us to flow freely.

Drink plenty of water afterwards.

Enjoy the rest of your day in joy!



Selamet! Cimi 5

DAY 227 MANIK 6 Joy Full

I am Manik. We are pleased at the progress you are making along your ascension path. As you fill your days with gratitude, your ability to be joyful and to manifest your heart's desires is dramatically increasing. Have you noticed this? We are here today to talk with you about happiness and how to bring more joy into your life. Many of you have lost your jobs, homes, close relationships and loved ones who have crossed over. You are anxious, wondering what else can go wrong. Please be reminded that all of these things are a part of life on Earth, although it need not remain this way. There will be a time coming soon in which more of you will be working from your homes while sharing your gifts and talents with others in barter situations. Take whatever steps you can, beginning today, to make this a reality in your life.

Many of you are suffering from loss of income as the job market declines. Yet, many of you overspent, buying houses larger than you needed, purchasing new cars when used and older models were available. Is your home littered with things that are useless? How much time and money is spent taking care of the possessions you have acquired? Lighten your load and free your time and energy so you can engage in activities that bring you joy.

Most friendships have a beginning and an end; those that are chosen wisely are more likely to withstand the ebb and flow of time. Often, relationships are based on neediness, with one or both persons leaning heavily on the other. If both partners agree, they will allow the other space to grow, then there can be a balance, even though the waters may be testy until the ripples smooth. Have you done all in your power to be loving, kind and non-judgmental? If you have not acquired these attributes first, it is likely your relationships will fail. If you and your partner decide to part, do your best to remain friends or at least, remain on friendly terms. It is not good to fill your energy field with anger and mistrust. If your partner is abusive, by all means create as much space between you as possible, being careful not to add fuel to their fire.

When loved ones pass over, it is fine to miss them and to feel sadness. However, know they are alive in their Spirit bodies. Many times, they can look back immediately and see the effects their life had on others. Some never look back. Others are held to this Realm by those who will not release them. It is important that when someone dies to let them go, for it hinders their spiritual growth. On the other hand, some cross over and choose to remain near loved ones, until they are sure they have safely made it through a crisis or an important event.

Others are confused when they cross over, not knowing they are dead. Those who can communicate with these Spirits would do us a service if you ask these souls to move on. Have them look around and see how the area is different. If they died long ago, point out how the cars, apparel and buildings have changed. If you are in a cemetery, have them read their gravestone. Ask your Guides and Angels to encourage these souls to move on. If you come across ornery or angry souls who will not leave, seek a specialized ghost communicator or psychic with experience who can help them move on.

Each of you has the ability to communicate with your loved ones after they pass. However, not all Spirits can communicate right away. Some are confused, others are in awe, still others are progressing to another place where they may be involved in a myriad of activities. Watch for signs of their communication in your dreams and as you drift in and out of sleep. Things falling off walls or shelves, papers moving, electrical disturbances and sometimes an audible voice are signs that someone is trying to communicate with you. Some in Spirit form are not skilled enough to move objects to get your attention. It takes a tremendous amount of energy for those who have passed to materialize in front of you. Be watchful for things out of the ordinary. Your pets are likely to pick up the energy of a loved one when they are in the room.

We ask that you not call on your loved ones excessively, for they have work to attend to on the Other Side. Some will go through a long process of healing while others may be engaged in learning new skills to advance their evolution. It is quite busy over here. Be focused on *your* life, sending love to those who have passed, knowing they receive your love.

Many of you are overly concerned with what the future holds. We ask that you let go of these fears and focus on what is happening in your life each moment. How can you make your life more joyful? Choose things that will lead you toward happiness. Many are wondering if the world is about to end. We ask you, what does it matter? If your life is filled with fear is that not worse than death? Do what you can to fill your day with fun, enjoyment, love and kindness toward yourself and others. Let tomorrow take care of itself. Your worries only create negative thoughtforms that create more unhappiness in the world. Focus your thoughts and attention on what you want to happen and make that your reality.



Selamet! Manik 6

DAY 228 LAMAT 7 No Problem!

Greetings! I am Lamat 7 and am here today to invite you on a short journey. Please get into a comfortable space and close your eyes (after reading this, of course). Focus on your breathing, relax your muscles and allow the concerns of the day to melt away.

We invite you to choose one problem or concern in your life. We ask that this be something pertaining to you and not another, although it could be a problem you wish to resolve with another.

After you are fully relaxed, we invite you to call on us for assistance in resolving this issue. State clearly what you wish to happen. We will fill your mind with ideas, possible solutions, steps to take and perhaps things you need to change in your life that have exacerbated this problem.

As objectively as you can, without judging yourself or another, realize your role in this situation. If you are holding on to feelings of being a victim or needing an apology from another, we ask that you release these feelings at this time.

The goal is to move forward with love and kindness. Bless the situation, for it gave you an opportunity to experience growth in your life. Send the person love, even if you have not released the anger or frustration you feel towards them. Surround them with love, encasing yourself with them in a bubble of golden light. By doing so, they will receive your love and it will help to keep walls between you from getting denser.

If it is a situation you wish to resolve, then listen for our suggestions. You may think of something that you hadn't thought of before. A phone number, a person, a place or an event may come to mind that triggers a new thought or way of looking at the problem.

If you have a problem getting out of your mind while doing this exercise, then we suggest you do it right before you drift off to sleep. You can ask that you remember any answers that come during dreamtime. If you awaken in the night, write your dreams or thoughts down. In the morning, as you awaken, ask your question again and perhaps you will receive more insight; do this before you are fully alert.

Some may have difficulty connecting in this manner in the beginning. We suggest you keep trying until you become skilled at receiving answers from your Higher Self and Spirit Guides. Often, they are trying to reach you, but their messages go unheeded, being dismissed as silly or coincidental. Learn to pay attention to what is happening around you, especially unexplained coincidences and curious synchronicities.

Too much reliance on ordinary events can become confusing for those seeking answers. It is the extraordinary that holds many of the clues to your questions. Trust your intuition and be wary of what others suggest to you. Take into account what feels right, releasing fear-based thoughts that can skew your ability to make appropriate choices.

Know that no decision is right or wrong; they are simply choices. It is up to you to break through those things that hinder you from a life of joy. Have courage and press forward seeking joy in all things!



Selamet! Lamat 7

DAY 229 MULUC 8 Come Together

I am Muluc 8. Greetings on this fine day and thank you for joining us. We would like to congratulate you on a job well done, entering this incarnation with the ability to do the work you chose. Not everyone in the other Dimensions have the courage it takes to do so, for your Realm is one that is very difficult.

As we watch from above, we are truly amazed at what we see. Many of you are waking up to your full potential and gathering in circles all over the globe. With the advent of the computer, many are able to gather simultaneously from afar. The work you are doing energetically has never been done on such a grand scale while in physical bodies.

There is nothing you cannot accomplish now that you are working together. Even the dark forces that have held dominion for years are unable to stop you. Telepathy is on the rise, which is disconcerting to the dark forces, for unlike pulling the plug on internet services, they cannot stop your mind-to-mind connections.

No matter how hard they try to pull you away from your earthly family and loved ones through lies in the media, they cannot stop the heart-to-heart connections being made every day. No longer is your family the close-knit group within a small community, your family is now global. As you truly begin to understand that you are One, there will be no stopping your ability to create Heaven on Earth.

Continue to network and stay in communication with those you meet. Join together, supporting each other as needs arise. Comfort those who have fallen prey to greedy governmental and corporate leaders. Feed the hungry by teaching them to grow their own food. Share your wealth, that which you have accumulated through the years: your wisdom, knowledge, material gains and food resources.

*Teach each other how to heal your inner wounds through prayer and meditation.
Teach each other how to heal your outer wounds through herbs, not medication.*

Return to the ways of the tribe in which the women gather at the riverside to bathe, wash clothes and prepare food. Let the men enjoy the camaraderie of hunting, gathering and building together. Share the joy of raising children and caring for the elders in multigenerational homes.

As you release the hold on fabricated systems of health care, insurance and retirement funds, you will find your time, money and energy much more available in pursuit of what brings you joy. Participate in activities you enjoy, for your talents are many.

Take time to dream your highest dream. What will it take to leave the unsatisfying chores of this day? What do you desire to do with your time? How can you be more kind, compassionate and loving? Be responsible for the raising of the children and caring of the elderly, for they are your past and future. Come together and begin changing your mindset, knowing that together you are One.



Dream big for all is attainable! Muluc 8

DAY 230 OC 9 Power of Intention

Greetings, dear one. We are happy to be gathered with you for yet another time of celebration. We are most happy that you are continuing to study the Realms of the universe with us and taking what we share with you to heart. There are many who are awakening to their full potential at this time, opening doors to creating the life of their dreams.

We would like for you to consider one more of these doors, that of intention. Through the energy field of infinite possibilities, you have at your fingertips the ability to create whatever you wish to experience. The simple rule to this secret is to focus your attention on what you want, never letting your mind wander to things you do not wish to experience.

We invite you this week to pay close attention to every thought you have and every word you utter. Practice breaking the habit of “stinking thinking” by focusing only on what it is you wish to experience. As unwanted thoughts creep in, redirect them, changing them to things you desire.

You may have to change certain behaviors in order to do this. Turn off your television and radio when they are broadcasting events you do not wish to be in your reality. Set aside newspapers, movies and books that focus on things you would rather not experience. Excuse yourself from conversations that linger on gossip or world events that do not fit your dream. Change your eating habits and dietary choices to those that match the lifestyle or body energy you desire. Perhaps you will need to go to bed earlier or rise earlier to accomplish your goals and to feel rested.

What do you wish to experience? Set your clear intention, keep your focus on the goal and look for clues each moment that will lead you to this outcome. Accept nothing else into your reality. By keeping your focus on your intention, you will reach your goals and more!

Practice makes perfect, yet unbeknownst to you, you already are perfect, just a bit forgetful of this Truth. Find this Truth, be this Truth and merge with this Truth, for it is the Source from whence you came. It is love, pure love, having many names and faces. Yet it is everywhere in every moment, for there is no way it can be separated from you. However, it is your choice, whether conscious or unconscious, to be separated from Source that has allowed undesirable predicaments into your life. Plug back into Source and you will be energized with a clear conduit to make choices for your highest good. Clearing the conduit entails removing fear and limiting belief codes.

Love is all there is. Nothing matters. Ponder on that last thought. No-thing matters. Every particle of matter in your universe is an energy field. Therefore, believing things to be physical is an illusion, one that you have chosen to buy into when you entered this Realm. When you know and understand this concept, the need to gain material wealth, recognition or anything else you can conceive will lose its power over you. What gain is there to compete when the prize does not exist? What need is there to store goods and accumulate wealth when they do not exist?

Can you not see how freeing this is? From this understanding, you can truly begin to see each other as One. The need to compete, to war against each other or to “get one up” on another will cease to be. Dream this into being; you have the power. This is the basic freedom many of you who seek Heaven on Earth are striving for. It will come first in your imagination, then your reality. Choose wisely and focus on what you wish to experience, for it will be!



Selamet! Oc 9

DAY 231 CHUEN 10 Light Hearted Day

Greetings! I am Chuen 10.

My wish for you is to have a light hearted day.

There is much work for you to do in your inner and outer world, yet many of you forget to take time to enjoy the day.

We encourage you to pay attention to the words you speak and the choices you make.

Remember to smile, to notice the beauty in Nature and to keep your thoughts focused on your desires.

Choose things that bring joy to your heart.

Laugh out loud.

Do "a bun dance."

Focus on what you want in your life and let all other thoughts simply waft past you.



Selamet! Chuen 10

DAY 232 EB 11 What Role Do You Play?

Greetings. I am Eb 11. Welcome to this time of sharing. It is our pleasure to be of service as you awaken to your true nature. We are most pleased with the progress that many of you are making as you release fears, old habits and belief codes that have kept you isolated from Source. Know that all is well on Earth. There is nothing to fear. You have within you the potential to be and do whatever you wish while you are on Earth. Only you have the ability to block yourself from your connection to All That Is.

Among you are many who pretend to be your friend, be wary of those who show any attempts to coerce you to follow their doctrine. Be wary of those in leadership positions who attempt to sway you into false security. You will know them by their half-smile and blinking eyes, a combination that often means something is amiss.

Do your homework when it comes to foods you ingest, beliefs you adhere to and friends you choose. Pay attention to what is happening around you, as an observer. You do not have to be caught in the chaos. Choose to stay on the outskirts, keeping your thoughts focused on the outcome you desire. This is imperative if you wish to create your dreams into reality.

Know that within you resides all the power and energy needed to manifest the things you need and the experiences you desire. It takes diligence and patience in order to follow the path best suited for you. Often we set into motion the things you desire, yet in your zeal to push for faster results, many opportunities are missed. Pay attention to synchronicities, for these are your inner guidance and our communication with you.

We cannot bring to you the things you desire if you do not reach beyond your comfort zone and take chances. If you choose to relocate or obtain a new form of income, then prepare for this by removing things you don't need in anticipation of the change. Take steps necessary to make your dreams a reality. Push away thoughts that create fear, disbelief and feelings of unworthiness. These are all machinations of the mind and belief codes that many times go back several generations.

Each day, look at life anew and with wonder. Know that you have within you the ability to change old habits that no longer serve you. Know that within you lies the love of Source who sends his Helpers to assist you in whatever you wish to experience. Remember that this world is illusory, a playground, and treat it as such. The Earth is a place where you can choose to be the monster or the fairy godmother. You can choose to be Cinderella or the Prince. You can play the role of the good guy or the bad guy. What makes your heart sing? Try on several hats, wear silly clothes, do "a bun dance" and sing to your heart's content. Perhaps your light-hearted touch will reach the soul of those who are downtrodden and help them to awaken.

Be happy in all you do. Smile at strangers. Change what doesn't work for you. Stop all gossip about people and events. Become part of the solution, rather than being part of the problem by dwelling on the negative side of issues. Enjoy this day, being aware each moment that you are a perfect Being. Wake up to your potential, choosing the myriad of options available to you. If an option you choose does not feel right, simply choose another.

When love and kindness are the base of your choices, the outcome will be filled with love and delight. Others may resent and ridicule your choices, but know they are coming from a place of negative thinking. Perhaps you will become a role model for them as they try to break the bonds they have unwittingly created.

You are all One, remember this and keep it as your foundation when you interact with others throughout the day. Not one among you is of more or less importance than another. Each one of you has the ability to sway thousands of others into a new way of thinking. We hope you will choose to be a role-model for love and peace.

There is nothing to do, no mission that must be completed other than to enjoy each moment in joy.



Selamet! Eb 11

DAY 233 BEN 12 Heaven on Earth

Greetings, dear one. I am Ben 12. We are sincerely happy to watch as many of you begin to work together in creating your new way of being on Earth. It is our desire that each of you rediscovers your true Essence and has the opportunity to experience your perfection while in physical form, for that was the original intention of the Earth and the reason most of you are currently on the Earth plane. Today we would like to scroll back the pages of time in order to help you remember those roots. When the Earth was designed, there were tens of thousands of individuated souls working on this project, creating everything from tiny one-celled beings to the complex human form. Much thought and trial and error went into creating everything to work together symbiotically. We are quite pleased with our result.

There are many other planes of existence throughout space, each having unique features. The main difference on Earth is the creation of free will and the lack of remembrance of one's Spiritual nature upon entry. Many have arrived with their memory intact. They generally have large missions to perform and have earned the right to play the game differently. Usually, they come as Avatars to help shift consciousness during times of transition.

There is a Review Board of Elders one must go to before incarnating on Earth. Every soul writes his own script, describing the main things he desires to experience. They can also choose whether to come into the world with a distinct handicap, the geographic region to be born into and the race and creed of their parents. They can choose whether to be born into a wealthy or poor family. Many options are available to allow the opportunity to experience what is chosen.

People like Adolph Hitler also made choices before incarnating. Some choose to be the bad guy when an experience is chosen by others or when there is a need to wake up the consciousness of the masses. Souls choose specific talents they plan to use for the good of all. However, once in the state of amnesia, depending on the belief codes ingrained at an early age, at times, these leaders choose greed and power instead of their original intention. That is one effect of free will.

Please understand that the role you and others are playing is simply a temporary stage play. The overall script was designed many eons ago. With the advent of free will, it was like giving free reign to the actors, encouraging them to use improvisational skills along the way. There is no hell or heaven in the sense of a place to go if you are good or bad. No one is judging you on these terms. You alone will decide what choices you wish to make while on Earth. Once you return, you will go through a Review Process in which you revisit your entire life. During this time, not only will you relive each emotion you felt, but you will also feel the emotions of those you affected while on Earth.

Many of you, especially those who are rapidly evolving to higher Dimensions, are experiencing your last lifetime on Earth. Many of you have spent eons of time here and are ready to experience more esoteric planes of existence. There are many who will remain in this plane, either on Earth or in the ethers, to assist those who choose to live on Earth in physical form. Their main role will be to assist in the waking up process of those who remain on Earth after the Lightworkers transition to higher planes. Most of you who are creating the new Earth will live there, experiencing much of the same lifestyle, but without the pain and suffering you currently experience due to your feelings of separation from Source. This time, you will be working cooperatively with your star brothers and inner Earth Beings. They have much to share with you, but cannot assist until they are welcomed by the masses.

Enjoy each moment. Feel gratitude for every person, place and event that occurs in your life. Be observant of Nature, taking special care to impact the environment as little as possible. Treat others with respect, taking special care to listen to their needs. Encourage each other by focusing on the positive aspects of life on Earth. Learn to grow your own foods, to walk the Earth with bare feet and to touch the hearts of the animals around you. Make heart-to-heart connections with everyone you meet, sending love as you make eye contact. Forgive yourself for things you have done that were not to your liking. Do not hold grudges against those who have treated you unkindly. Allow others to follow their chosen Path. Focus on what you wish to experience, then create it into being by making choices that lead to your desires.

Most of you already have discovered that gaining material wealth, travelling the world and exploring the unknown does not bring personal satisfaction. It is not until you touch the lives of others and learn to live with joy each moment that your life will bring you satisfaction. Dream what it will feel like to live as a Spiritual Being while on Earth. Then be that person.



Selamet! Ben 12

DAY 234 IX 13 Which Piece Are You?

Greetings, I am Ix 13. We are most grateful to be of assistance to those of you wishing to move rapidly towards your ascension. We would like to take a few moments to help you experience what this evolution feels like.

Please get quiet and comfortable. You may wish to play soft music, especially those with Angelic sounds, if you have them available. If not, listen to the sounds in your head. Feel the vibration in your body. Each of you resonates with unique frequencies. You may hear ringing in your ears. If you are attentive, you may feel the sensations caused by these frequencies in your body.

Have you ever experienced slight pressure or fluttering in your heart or a fluttering when you were feeling love and joy? Have you ever felt tingling sensations at the crown of your head, in your throat or other main chakra centers when you were experiencing enlightened moments? Have you experienced goose pimples when something felt true to you or when you had a special insight? These are all physical sensations resulting from increased vibrations in your body.

Lower body frequencies are generally felt as aches and pains. As the vibration in your body decreases, so does movement and the lack of oxygen, resulting in tiredness and lethargy. It is rare that you will see a truly happy person who is sick and tired. The vibrations do not match. It is rare that a truly ill person will be joyful, unless they have come to understand the nature of their disease.

Do all in your power to maintain a sense of humor, gratitude and positivity. Reflect this in all you do. Honor those among you who assist the downtrodden. Respect those who help the poor and the homeless. Treat all others with kindness, sending them heartfelt waves of love. When you see each other as a reflection of your Self and a unique part of God, your life will expand farther than you can currently imagine.

Visualize a box filled with puzzle pieces. On the cover of the box is a beautiful scenic view of people going about their day in a quaint hillside town. Open the box and spread the pieces on a table. See yourself as being one piece of the puzzle, unique from the rest in color and design. As the pieces begin to fall into place, the scenic view begins to emerge. Once the pieces are all in place, take time to enjoy the image. Then see the lines separating the puzzle pieces melding into one another. Notice how the picture is much more attractive when there are no lines of demarcation. Now see the picture come alive, with you being one of the people in the photograph.

This is how we see your plane of existence. The box is the Earth that has specific rules or parameters. In the box are myriads of people and opportunities. Each is unique, yet one part of the whole. When the individual pieces begin to unite, the full picture begins to emerge. Once united, a new life begins: beautiful, complete and whole.

Take time to ponder this analogy. Which piece do you want to be? Are you ready to unite with your brothers? Are you ready to take the actions necessary to create the Earth experiences you desire? Call on us for assistance and we will readily supply our assistance in completing the puzzle with you.



We go in piece (pun intended). Ix 13

DAY 235 MEN 1 Joy in Every Moment

Greetings, today we would like to begin by thanking you for showing up. We know that each of you has a very busy life, doing what is important and what is not important. The important thing is that you find joy in everything you do. We begin this message with a wish for you to find joy in every moment (in-joy-moment).

When you wake in the morning, feel gratitude for everything in your life; this will bring you joy. When you arise and go about your morning routine, be thankful for everything including your toothbrush, water, towel, food, beverages and razor. As you prepare to go about your daily chores, be mindful of everything you touch: your car, telephone, light switch, keys, etc. Everything you use has been touched by others; send blessings to each of those people, as well.

Feel joy in everything you do: washing dishes, changing diapers, repairing items and your work, no matter how mundane. Be thankful that you have the ability and skills to do these things.

Pay attention to your body, showing it thanks by feeding it nutritious foods and plenty of fresh water. Keep its temperature moderated with proper clothing. Rest as needed. Feel joy in the freedom you have to move your limbs or smile at another. Inwardly, thank your Self for guiding you along your Path. Be grateful to God for allowing you the opportunity to be on Earth at this time. Thank your Spirit Guides for their assistance.

Walk in Nature, enjoying the beauty and bounty of all. Send love to the birds, cats, dogs, squirrels, all animals that you encounter. Be thankful for the wasps, bees, hummingbirds and other pollinators that make food production possible.

When you retire in the evening, be thankful for printing presses and those who make it possible for you to enjoy your newspaper, magazines and books. Be thankful you have a bed to sleep in, blankets to keep you warm and a roof over your head.

Have you ever taken time to realize how many people are involved in something as simple as a t-shirt? The idea begins with a designer, then the cotton farmers, those who make the tractors, the oil wells that produce the fuel to run the tractors, those who spin and dye the cotton into thread, the tailors and buildings to sew and fabricate the shirt, the buyers, the shopkeepers and those who built their shops, the truck drivers and those involved in the auto industry, etc. How much do you take for granted when you buy a single t-shirt?

Joy is an attitude. It is a choice one makes every moment. The key to joy is gratitude. When you can be thankful for whatever experience you are having, your whole Being energetically opens to the possibility of feeling joy.

We encourage you to spend time this week being in joy, every moment. Continue with this practice until it becomes habitual. You came from a place of joy and soon you will return to that place. In the meantime, you have the right to be filled with joy. It is your choice!



Be in joy! Be joy! Men 1

DAY 236 CIB 2 Take Time to Make Time

Greetings! We are happy to have this time with you. Please understand that we know your life at times is very difficult and that you have time burdens. Yet in truth, there is no time. Humans create deadlines as a means to ensuring a job gets done, yet all it creates is stress. There is much stress involved in waking up at a certain time, getting to work, getting the children off to school, eating lunch at a specific moment, returning from lunch, finishing chores before you get off work, getting to church, meeting friends for dinner, making it to the movies on time, getting to the store before it closes, postponing fun until the weekend or retirement and the list goes on.

Have you ever wondered about remote tribes who do not own clocks? How do they handle time constraints? Their clock is the sun and moon and the relationship of the movement of stars to Earth. Although they rise at dawn, you can be assured if they are tired, they might sleep later. They go to bed when the sun sets or build a fire if they plan to stay up later. During the day, they eat when they are hungry. They meet each other by blowing a horn or banging a drum to alert others to gather. Their lives are not dictated by the boss or storekeepers. Yet their life runs smoothly, without all the stress that is killing those in mechanized worlds.

Most of you do not have an interest in living in such a primitive manner, so how can you find balance in a world filled with deadlines? You could begin by taking an inventory each time you look at your watch or clock. Begin to notice the things you do that involve being somewhere at a specific time. Also, notice your relationship to time. Do you feel anxious if you are running late? Do you rush through other activities to be sure you get to the next location on time? Are you enjoying the moment or fixated on the future?

Begin to find ways you can simplify your life, if you are feeling rushed all the time. There are many things that can be left undone or are not yours to do in the first place. Let others be responsible for the things they choose to do. Learn to say “no” to things that are not of high interest to you. Many of you are in relationships with people who distract you from doing things that would ignite your passion. Take a look at the time and energy required to keep these friendships alive. Maybe some of them need to go by the wayside, at least temporarily.

Each moment of your life can be enjoyed fully. It is when you overbook yourself that the in-joy-moment begins to fade. Before you arise in the morning, take an inventory of what you wish to accomplish during the day. As the day progresses, weed out those things that take you away from your desired goals. Learn to do this each day and eventually you will gain full control over your time, doing those things that bring you joy. Begin today. What better time than *now* to change a habit?



Selamet! Cib 2

DAY 237 CABAN 3 Lightworkers Unite

I am Caban 3. Welcome to this time of gathering. Today we wish to share with you information regarding the networking of Lightworkers. It is time to share your abilities and to use the skills you have learned, whether they be in the field of health, education or recreation. There is much need on the Earth at this time for a sense of camaraderie and community.

The internet is a wonderful tool to meet new people. It is also a fabulous tool to gather for ceremony and as a means to organize global endeavors. Never before has there been such an abundance of mass media, allowing people worldwide to connect instantaneously.

Those of you who are authors and songwriters, the path has been cleared for you to get your messages out faster and inexpensively. Use these tools. Never before has there been so much channeled information available from those of us on the Other Side. We are here to assist you to move as gracefully as possible through this time of Transition.

Never before in your history have so many changes been taking place in such a wide variety of arenas. As your government, corporations, banking, health care institutions and educational systems go through massive upheaval, there will be much chaos rippling down to every person on Earth.

It is time to gather together and visualize the world you wish to create. Working together, take the necessary steps to create this dream into reality. No longer can you sit idly by waiting for everyone else to do the work. Roll up your sleeves and delve into the work at hand. Together you can make it a reality. As long as you continue to allow others to make choices and changes for you, the enslavement will continue. Most leaders in power do not have your best intentions in mind. They are more concerned with their ability to gain material wealth and control.

Each of you has unique talents. Decide for yourself what role you wish to play during the transition. No role is too small; however, there is the risk of taking on too much. Decide for yourself which skills you have that you enjoy, then find ways to use them to build the dream. Be creative and think out of the box. How can you gain the food, clothing and shelter you need by using your skills?

Leave plenty of time for rest and recreation. You only bring more negative energy into the world if you push yourself too far and become exhausted. Do what brings you joy and energizes you. Treat each other with respect. Focus on your commonalities, opening your minds to new ways of thinking.

Take time each day to take care of your needs and then spend as much time as you choose taking care of the needs of others. Get a clear focus of how you want to live your life and then take the steps to create it. Decline offers that lead you from your Path. Stay focused each moment.

We wish you these things and hope you choose to move forward with anticipation and great joy as you create your future.



Selamet! Caban 3

DAY 238 ETZNAB 4 Introductions

Greetings, I am Etnab. Today we would like to talk briefly on the subject of handshakes. Each culture varies differently in their method of greeting one another or finalizing a contract. We encourage you to consider the following ways to greet people.

When shaking hands, look them in the eye. Look deep into their soul and recognize that this person is an extension of yourself, that at one time, you were both part of the wholeness of Source.

Without saying a word, send love to them.

Choose to be kind to them in this moment and any time in the future. Send this message to them through your eyes.

Make a heart-to-heart connection by welling up feelings of love in your heart. Send it to their heart with the feeling of kinship and trust. No words need be exchanged while this is happening.

If someone greets you with a hug, allow yourself to receive this gift. While embracing, remain silent and allow the love in your heart to be sent to their heart. Let the initiator decide when the hug ends.

If you initiate the hug, be sure to pay attention to the comfort zone and cultural practices of the individual. It may be appropriate to ask permission to initiate a hug. End the hug as soon as you feel the other person pulling away.

When you are being introduced to others, pay close attention to their name, asking for it to be repeated, if needed. While maintaining eye contact, tell them you are happy to meet them, while sending love to them.

When it is time for the introductions to end, repeat their name, this will help you to remember their name when you meet again. It also makes them feel recognized and honored.

You have now made a loving connection with another Human Being. Practice doing this every time you meet someone.

Many lives have been saved as a result of one person acknowledging the presence of another, especially those who are downtrodden.

Celebrate the divinity within each other!



Selamet! Etnab 4

DAY 239 CAUAC 5 Breathing Exercise

Good day, I am Cauac 5. We are most honored that you have chosen time to spend with us. We know your time is precious and there are many things you need to attend to. Taking care of your inner self is of utmost importance and we are happy to know you realize this, as well. Today we would like to touch briefly on the subject of love. The aspect we would like to shine our light on today is that of unconditional love for yourself. Without the ability to fully accept oneself in all forms: emotional, physical, mental and spiritual, you will never be able to extend this love to another.

While in human form, unconditional love becomes very difficult for those who are not clearly and consciously connected to Source. When you feel separate from your Maker, feelings of anger, frustration and the evils of the world can become overwhelming. We would like to begin by showing you a simple way to connect with Source. This can be done anytime you are feeling anything less than love. By connecting consciously with Source, you will harmonize at a higher frequency, making it easier to regain your composure.

There are many ways to connect with Source. If you have a method that works for you, continue what you are doing and consider sharing your method with others. One method we suggest is very easy. Simply quiet your outer world. Practice this with eyes open or closed, for there will be times when you will be driving or in a conversation and you will need to have your eyes open.

Slowly, take in three deep breaths. If you are in a conversation, tell the other person you are going to take a breather and invite them to join with you or ask them to wait while you calm yourself. If tensions are too high, excuse yourself and set an appointment when you can continue your conversation, which could be in five minutes or five days. The important thing is to allow yourself the time you need to converse while you are in a state of balance.

As you breathe in slowly and deeply, consciously ask Source to fill your heart with love. Visualize an experience that invokes feelings of peace and love in your heart center. As you slowly exhale, release this love, allowing it to surround you and the person you are conversing with. You can also project love into any situation, person or place that is causing the imbalance. With practice, three breaths will generally be enough to get you focused, relaxed and centered. If you need more time to unwind, then do so.

We would also like to say that this may not work in all situations. You will encounter people and situations that are very demanding. In some cases, you could be endangered. In those situations, we suggest you remove yourself from that person's presence and deal with them from a distance or stay away from them altogether. What is most important is for you to build a sense of calm, then work on sending unconditional love, even if they do not know you are doing so.

Every day, practice sending love to people, places and situations you find challenging. When you focus on positive attributes and sending love that has no judgment, you will become more adept at accepting every person or thing you encounter each moment. No matter what is said or done, you will have the capacity to be graceful and in a state of peace. This is the goal.

Live in the moment, aware of your pureness and the love of Source within yourself and all others. Feel gratitude for every experience you have and allow yourself the freedom to not be shackled by anyone else's desires or belief codes. Live the life of your dreams, be aware of your perfection in each moment and make choices that bring you joy.



Selamet! Cauac 5

DAY 240 AHUA 6 Visualize Then Realize

Greetings on this fine and grand day. We are here to share with you another insight regarding how your world functions.

We encourage you every day to spend time visualizing how you would like to live your life on a personal level and within the global community.

Take into account governmental leadership, corporate leaders and the lay of the land.

How do you wish to commune with Nature, by living in a setting near a forest or the beach?

Do you wish to grow any of your own food or have a local source for fresh foods?

What types of skin care products do you wish to have available?

Do you prefer doctors who prescribe toxic medications or herbal remedies?

Think of every aspect of your life.

Pay attention to your daily activities. Be grateful for every experience.

For the activities you wish to change, dare to dream out of the box and take the necessary steps to create that reality.

Begin now, do not settle for anything less than what you desire.

Within you lies all possibilities.

Dream big, dream with love and dream for peace to prevail in the hearts of all men.

Anything you can visualize, you can realize!

Ponder these words and take action.



Selamet! Abau 6

DAY 241 IMIX 7 Walk Your Talk

Today begins our last round of twenty. We look forward to sharing deeper with you each year as you clear away thoughtforms and belief codes that keep you ensnared in the feelings of separation.

Today we ask you to spend time going within to find your heart's desires.

Most of you came into this incarnation with goals and desires to fulfill.

By tuning into your Higher Self, you can remember what those wishes were and continue to map the trail of your life Path.

This can be accomplished after you have cleared the fears, negative thinking and reliance upon what others think of you. Until then, your messages will be skewed with stinking thinking and fear of moving forward.

Break through the belief codes that bind you and keep you from expressing yourself freely.

Learn to pay attention to your body, for within its subtle talk lies the knowledge you seek.

Pay attention to aches and pains, gut feelings and bodily sensations. These are ways your body and inner guidance are attempting to communicate with you.

If something does not feel right, it is usually due to one of two things, you are either afraid on some level or it is not good for you.

Breaking free from constraints due to fear and outside influences is important so you can tell the difference.

Can you imagine living your life free from what *might* happen and what others *might* think of you?

Would you enjoy making choices, knowing with certainty that these choices would lead you to the life you desire?

To live your life free from concerns of the past and worries surrounding the future is your birthright, it is your present (pun intended).

By living in the present, you will be gifted with the freedom to experience from a feeling of love, peace, joy and gratitude.

Begin today to remove the blocks keeping you from living fully in the moment!

Be well, be happy and we shall see you in the next round!



Selamet! Imix 7

DAY 242 IK 8 Two Person Muscle Testing

Thank you for joining us again this day. In showing up, you make a statement that you are seeking and ready to make changes in your life. In order to make those changes, you show us that you have the courage to face your fears and to press through them. Know that on the other side of every fear there is freedom. When you look into the mirror and see what is inside yourself, you will be better equipped to do the work to portray your outer image to others.

Many have blazed the trail for you to follow. There are countless books, videos and CDs available to help you along your Path. At times, it can be overwhelming to know which information is best for you. The easiest way is to follow your intuition and to notice synchronicities. If you have not learned how to communicate clearly with your Higher Self, there are a variety of methods you can use to help discriminate which information is best for you.

One reliable method is called “muscle testing.” An accurate method involves you with another person. Everything has an energy field around it. This field interacts with your energy field when in close proximity. When you hold an object next to your heart, the energy it emanates will react with the energy of your heart, body and chakras. The muscle test determines which energy fields strengthen or weaken your energy field.

Place the arm of your dominant hand straight out from the side of your body. Make a relaxed fist with this hand. With your non-dominant hand, hold an object (book, medication, herb) next to your heart. The other person uses two fingers and with gentle pressure on top of the wrist of the outstretched arm, attempts to push your arm downward. At the same time, you resist the pressure by attempting to keep your arm outstretched.

If the energy of the object strengthens your energy field, your arm will remain outstretched even while the tester is pushing down on your wrist. Conversely, if the energy field of the object weakens your energy field, the muscles in your arm will be weakened and your arm will easily be pushed down with the pressure of the other’s two fingers.

Using this method, you can find which books, food, medications, jewelry, herbs, clothing, CDs or anything, strengthens or weakens your energy field. There are other methods of dowsing such as the use of pendulums and rods (Day 190) and kinesiology (Day 191) that can also be helpful. The goal is to clear your blocks and inner circuitry so you will just *know* what is best for you at any moment.

Go forth today and practice the skills that lead you toward walking a clearer path, free of obstacles. Enjoy each step and be grateful for every experience that comes your way!



Until the next cycle, Selamat! Ik 8

DAY 243 AKBAL 9 Connection to Source

Greetings, dear one. Again, we are thankful for this time together. Soon this cycle of the year will end, beginning a new cycle in which to go deeper. It is our hope you will continue for the rest of your time on Earth to study our Messages, each time going further within to release accumulated fears and negative thoughtforms.

We hope you choose to continue going within to connect with God Source and All That Is. As you clear blockages from the electrical circuits in your body, your ability to tune into God Source, your Higher Self and Spirit Guides will increase.

Know that every moment in your life, you are at the wheel. You have the free will to choose the emotions and events you wish to experience. Although you are somewhat hampered due to the rules of your universe and interactions with other Beings, you still choose how to react in every situation.

We suggest you work diligently to increase your ability to love all Beings and experiences unconditionally, without any form of judgment. Allow all to be. Just as you are desirous of the ability to express your free will to do what you choose, allow others the same freedom.

Be careful not to judge the choices of others, for you do not know the full reasoning behind their choices or the growth that can occur between those parties. For yourself, if you choose love, peace and joy in each situation, your body will vibrationally increase and your experiences will manifest in ways currently beyond your understanding.

We encourage you to choose an emotion or situation that you wish to bring to the light. Choose one of the methods we have suggested or another that you prefer and go within. Connect with God Source, your Higher Self and Spirit Guides, asking for wisdom to choose what is for your highest good and for the highest good of all concerned in a graceful manner.

Pull out the negative thoughtforms that have glued unwanted belief codes in place. Replace them with thoughts of love, peace and joy. Give gratitude for past experiences and for all the blessings you are receiving in this moment. Release the hurts and fears of days gone by and release the concerns over days to come. Pull yourself into each moment, grateful for each experience on Earth.

You do not need to look outside yourself for happiness or anything that is of joy, for God resides within you and you are a part of this Source. You are always connected, rooted together forever. Never forget this. Break free from thoughts of separation. You are never alone, only lacking memory at times. Connect each moment with gratitude and the desire to remember your connection and the holiness that is you.

Go forth today in joy, blessing all you encounter, soaking in the rays of love from all Beings capable of sending such to you, for we are many!



Selamet! Akbal 9

DAY 244 KAN 10 Celebrate!

Greetings and salutations, dear one. We are soon coming to the end of this cycle and look forward to continuing our work with you as the new cycle begins. We have seen much growth in those of you who have diligently worked on increasing your understanding of the universe and your relationship within it.

Can you feel the growing excitement as you and others begin to lighten your load and enlighten your circuitry? Can you feel the joy each time you break through bonds that held you in fear? Are your passions being ignited as you release negative thinking that kept you from changing the events in your life? Is your ability to love increasing? Can you feel the sensation of love when you make heart-to-heart connections with others?

Have you been changing your eating habits, choosing smaller portions and foods that are healthy and alive? Have you been exercising your body and becoming stronger and more vitalized? Are your relationships smoothing out, becoming less demanding with the ability to communicate deeper and with more truth? What areas of your life are fulfilling your heart's desires? Are you daily clearing things that bring you down?

Have you seen growth within yourself and maturity in your choices this past year? Take time to reflect on those changes, perhaps writing them down in a list for your review. When you come to those moments when you feel despair or uncomfortable in any situation, you can glance at your list of accomplishments and remember that all choices are within your grasp. Remember that at first they were difficult, but with effort, you took the actions to set your dreams into motion, making whatever changes were necessary to reach your goal.

What are your dreams this year? What areas of your life do you choose to focus on? What changes do you wish to make? Perhaps you can write these down or create a vision board to help keep your goals present before you. Remember to act as though these goals have already been attained, choosing only actions that will help you reach your desired outcome.

Choose love, go within daily and move forward, knowing you have Helpers with you and the presence (presents) of God within you. What else do you need? You are supplied with all when you trust and your heart is filled with love. Take each step with courage, knowing you are at the wheel and have control of the throttle.



Have fun and enjoy the day in joy! Kan 10

DAY 245 CHICCHAN 11 Enlightenment

Greetings, dear one. Again, we wish to thank you for the time and effort you are placing on becoming the best you can be. The closer each of you comes to being in Oneness with each other, the sooner the planet will be able to complete her ascension process. It is our hope that all will choose to come to the Light, relinquishing their need to control others and allow themselves to accept the love of Source. We know in the full spectrum, there is no such thing as darkness, yet in your realm of belief it exists as though it were real, thus making it so. Within you lies the ability to change yourself. Accomplish this by accepting that your life is an illusion. Although it seems very real, a lifetime on Earth is just a blink of an eye. As you continue to release negative thinking and behaviors built on fears and erroneous beliefs, you will understand this more. Until then, believe that all is within your power to mold yourself into the person you choose to be.

There is no one who can change your thoughts, although they can attempt to do so when they share their beliefs with you. Unless you are in a prison environment, there is no one to force you where to go, when to arrive, what to say, etc. All of these choices are yours. We encourage you to shed old skins of mistrust, unhappiness, powerlessness, comparisons and all things that keep you feeling separate from others and Source. These are all illusions, part of the play that you have been engaged in. At any time, you can consciously connect with Source. You are always surrounded by Angelic Beings who await your pleas for help in order to fulfill your wishes. None can or will interfere with your choices. We can only intercede when you request we do so. If you continue to have thoughts of “Woe is me, all I ever have is bad luck.” Know this is a choice and indeed, you will create this reality. We can only assist in those things we know you are passionate about. Thus, if you continually radiate thoughts and feelings of health, beauty and happiness, we can lead you to these things through intuition, thoughts and synchronicities. You must choose and believe which course you wish to take.

Be clear about the things you wish to experience and how you wish to experience them. Let us know by making your requests clear. Actions speak louder than words. When your emotions match your actions and words, we can assist in creating your vision. Be mindful of what you think and feel when you are attempting to change behaviors. Keep your thoughts positive, not falling into old patterns of “Woe is me; I have to do this or that.” Be joyful in every choice you make, choosing only those things you wish to experience. When behaviors need to be changed, be thankful for every step you take, no matter how fearful or challenging. Stay in the moment, with gratitude, and you will find that behaviors can be changed with little effort.

*Being aware and conscious of what you say and do is enlightening.
Changing those things that no longer serve you is enlightenment.*

Lighten up and experience life to the fullest! You have all you need within you to shed the skins of defeat and negativity. Wrap yourself in your new skin, loving every part of your new self. Share what you learn with others, giving them hope that they, too, can shed behaviors that keep them in a state of separation. Always remember that you are fully connected to Source, not by a string, but within every cell of your body. You are a part of God, not just a son of God. Within every element of your physical Being and energy field is the holographic image of the One. This interweaves you with all others, for they too are a part of God. This is the Oneness we speak of. You are not just brothers and sisters, you *are* your brother, you *are* your sister, you *are* the trees, you *are* the birds. Ponder these words until you fully grasp their meaning.



Selamet! Chicchan 11

DAY 246 CIMI 12 Your Future Begins Now

Greetings! We are excited to have this time to share with you. Thank you for considering our words and integrating those that resonate with you. On Earth, there is much light and increasing sound frequencies as more of you tune into your Spiritual nature and elevate your capacity for love. As ripples go forth when a stone is tossed into a pond, so the frequency of love emanates from you. Love is an energy vibration that knows no bounds. It continues onward from you throughout all of creation.

This is how God is able to love each of you. It is through the vibration of love traveling in an instant throughout all of creation that allows all to be in continual contact with Source. Dark thoughts glop together, like a tacky substance to other dark thoughtforms, unlike the free-flowing essence that thoughts of love emanate.

When one fills their mind and daily activities with low energy thoughts of fear, anger and hatred, their energy field collapses, allowing very little forward movement. These thoughtforms stick within one's energy field, not traveling far from the human form. People who live in this state of mind attract others of like-mind to themselves. This is the law of attraction in operation.

You will find that people who spend much time dwelling on negative thoughts are generally more at risk for disease, loneliness, depression and a host of maladies. In order to cure any disease, one must first monitor his thoughtforms. Have you ever tried to help someone by suggesting something to them and they reject the advice? No one can receive your advice unless they are willing to give it some thought and then choose to integrate it into their belief code.

Once again, we stress the importance of belief codes. If you are having problems with your heart, it is likely you have belief codes dating back many years associated with thoughts such as, "I had a love who broke my heart. My heart isn't in my work." Perhaps you have blocked the flow of love due to past wounds, thus affecting the flow of blood through your heart.

Every negative thought you harbor affects your physical body and will lead to disease if not attended to. These dark glops of energy block the flow of love within your body. Not only will you create disease in your physical form, you will also break the circuitry in your Spiritual flow. This is why many people are close-minded when it comes to spiritual conversations that do not follow the pattern they have accepted as true. This close-mindedness also affects one's ability to tune clearly into God Source and one's Higher Self and Angelic Guides.

Mentally, the close-minded are just that, the doors are closed to learning anything new related to the subject they refuse to adopt. This will lead to headaches, migraines, brain tumors, aneurysms and such. By blocking the energetic flow, the physical flow is also affected. Eastern medicine has been aware of this for centuries. The affects are clearly shown by the effectiveness of acupuncture needles that release blockages from the body's meridians. If one chooses to hold negative thoughtforms in place, they will continue to build energetic blockages, wreaking havoc on the body.

All of you have witnessed the emotional results of yourself and others who have held onto negative thoughts of fear, anxiety, mistrust, etc. When a belief code is established, all other belief codes that follow are built upon that foundation. We have spoken of this before and will not reiterate other than to remind you that your thoughtforms fuel your emotions.

Do all in your power to remain neutral no matter what situation arises. Meditation, prayer and quiet time are needed on a regular basis in order to maintain a sense of balance and harmony. As you study our words throughout the year, you will be given many tools and suggestions on ways to go about this. Your thoughts and belief codes are the foundation of your overall physical, mental, emotional and spiritual state of Being.

Each moment, pay attention to your thoughts. If they are not supporting you, they are destroying you. Do all you can to change your thoughts to higher frequencies, thus creating health and balance. Catch yourself anytime you are about to do anything that causes your energy level to plummet. This includes your thoughts, words, actions, foods you ingest, places you visit, people you are in communion with, your workplace, choice of recreation and everything you say and do.

The current moment is the beginning of your future. Choose wisely how you spend this moment. Ooops, there goes another moment! How will you spend this moment? Live in the present and enjoy the gift of life!



Selamet! Cimi 12

DAY 247 MANIK 13 Be Love All Ways, Always

Beloved, know that you are loved. Be love in all ways, always.

Make this your daily practice and be watchful as all fears and forms of disease fall to the wayside.

Celebrate yourself and stay connected with God Source, allowing all blessings to flow freely through you. This can best be done through maintaining positive thoughts, words spoken only in love and actions that are kind. All else is unworthy of your time and effort and leave you feeling separate from your Creator and your fellow man.

Go forth today, shining your light of love from within and outward to all that you encounter.

Be grateful for every opportunity that arises, looking for the blessing in all things. Some may be harder to accept as blessings, however, there is a gift in everything that occurs to you. Be mindful of this and for those things that happen that are less than pleasant, ponder ways to avoid these things in the future, for with the law of attraction, on some level, you have attracted it to you.

Empower yourself with the knowledge that God resides within you, not as an entity that you must beseech.

Know that you have the ability to create your future with each moment and action that you encounter in this moment.

Choose all experiences wisely, accepting as truth only those things that bring kindness, love, abundance, joy, peace and hope to you and from you.



Selamet! Manik 13

DAY 248 LAMAT 1 Baggage Check

Greetings and salutations! We are most grateful for this moment to be with you. All of us are happy that you are taking time to go within and clear out the baggage that has kept you overloaded and weighed down. How does one get weighed down so readily in this Realm? Negative belief codes are like magnets, drawing unto them more negative thoughts and beliefs. Know that when we say “negative” we are not judging its worth, only attempting to make connection with you in words that you will understand. These negative thoughtforms glop together, creating quite a mass of entangled energies that reach, like antennas, out to the universe, saying, “Here I am, come join me!” Once one begins to understand the nature of thoughtforms and how they manifest into physical reality, one can begin to unravel the entangled mess, one layer at a time until it is fully dissolved.

Like any void on Earth, once something is removed, something else attempts to fill the void. Thus, it is important to fill the gap of the unwanted thoughtforms with those that are more appealing. Thoughtforms create reality, so choose those that will lead you to the outcome you desire. When you have a thought that is unsettling or undesirable to you, immediately think again by choosing thoughts that will lead you toward your chosen destiny.

Low-density thoughtforms vibrate at a slower speed. This slow speed allows it to interact with physical matter. In this way, diseases are born. Higher frequency vibrations run through the body, sending sparklets of light and love as it flows through. In this way, when you exchange lower thoughtforms with those that are of higher frequencies, such as love and peace, you in essence are lightening your load. You will fly through your day with less weight bearing down upon you.

As your energy vibrational patterns increase, you will draw unto you similar situations and people. You will find that many things you did before are no longer appealing. You will find your relationships more enjoyable and mature, and that you spend less time with those who vibrate at lower densities. Your interests in recreation, work, where you live and what you do will begin to change as you seek higher vibrations.

You will also begin to notice changes in your choice of foods and method of living. Things that once held you captive will fall away as you learn to exercise your freedom of choice and methods of relaxation. Life will take on new meaning as you let loose of ideas and beliefs that consume your time and energy. Your passions will blossom as you take your renewed energy and channel it into things that bring you joy and pleasure.

You will begin to understand that you are One with the universe and all its inhabitants. Once this reality sinks into the memory of your cells, you will learn patience and acceptance of all things. No longer will you worry about the “what ifs” of future possibilities of negative occurrences. You will focus more of your energy on the “what ifs” of future possibilities of favorable occurrences.

All of these possibilities begin in this moment. What is it that you desire? What steps can you take in this moment to lead you toward your desired goal? How can you obtain these goals? Begin to walk your Path, taking side trails as desired, always returning to the main trail once you have acquired the skills and experiences the side trails offered you.

Do not concern yourself with the “what ifs” that contract your energy field. Focus only on the “what ifs” that allow you to expand. It is *your* time to fly. Enjoy life to the fullest. Be kind and respectful to yourself and others. Know that your destiny is in your hands. There are many of us on the Other Side that welcome every opportunity to assist as you make choices that lighten your burden. Come fly with us through eternity as we move ever closer to living the way Source intended, with pure Love for all.



Selamet! Lamat 1

DAY 249 MULUC 2 Positive Activism

I am Muluc 2. Welcome to this time of gathering. Thank you for being an active part of the ascension process of the Earth and her inhabitants. Without your help, it would be much denser in your world. Each of you who brings light into the world, assists in this process. Although there would be nothing wrong if the world collapsed this day, there would be many of you wishing you had done more in your power to save the planet from destruction.

You may be asking, “What can I do to assist in the ascension process?” One of the main things that each of you can do is to increase the vibration of love within your physical Being. If each of you were to do that in this moment, all wars would cease, hunger and disease would cease to exist and utopia would immediately manifest itself.

There are many who fight wars aimed at peace. Many peace activists are carrying arms to force their way upon others. Although these measures may have love and peace at their root, they still are creating much unease and distress in the energetic matrix.

We ask that you do all you can to share your goals, dreams, visions and actions with others in a peaceful and graceful manner. The universe will support these measures for they are harmonious. When an angry person demands peace, there is disharmony in the energetic field. Anger and peace cannot co-exist in the same field. There is such a thing as righteous anger, yet it is still anger. If one can change their anger into a state of acceptance, even if they do not agree with what others are doing, they will be more effective.

For instance, many activists are involved in saving marine life. This is a noble and just cause, for indeed many marine life species are dying needlessly. When a particular activist gets angry, that energy permeates his energy field. Anger is an aggressive emotion and can be the basis to accomplish much. It is how that anger is expressed and internalized by the person that is important to understand.

An angry person can accomplish much if that anger is used to fuel the steps to solving a dilemma. If the anger is internalized and not expressed, it can fester in the body, disempowering the person. If the anger is used to resolve situations, it can be used in one of two ways. The negative way is through violent actions such as physically harming those who are damaging the ecosystem of the animals he wishes to protect. In this case, the activist is involved in the same sins as the aggressor against the animals. Anger begets hatred, leading to violence. This is not the best way to create a peaceful universe.

On the other hand, an activist can be angry and use this emotion to fuel positive solutions. Perhaps instead of terrorizing his opponents, he will attempt to educate them. The opponents’ livelihood may depend on his harvesting the ocean, so his need for income would have to be considered, as well. Corporations can be better dealt with through legislation, taking actions to change laws to save the oceans and its inhabitants.

Can you see the difference? When love is used as the base to make changes, everyone will win. When anger and fear-based emotions are used to make changes, it only adds to the problem. In most cases, it is control, greed and power that fuel those who are destroying the environment and peace on Earth.

We implore you to seek within yourself to find ways you can enhance your planet and its inhabitants through the use of high-energy frequencies based on love rather than fear and hate. It can be done, you have many examples of people who have done just that. It is a noble cause to do all within your power to increase the vibration of love within yourself. If you do nothing else in your life, you will have done well if you connect yourself to Source and emit love on a daily basis. This does not take money, education, physical abilities nor anything other than the will to do so. It is your choice. Choose wisely.



Selamet! Muluc 2

DAY 250 OC 3 Choices! Choices!

Greetings, dear one. Can you feel the excitement in the air when you make a decision that feels right? Have you ever wondered where that feeling comes from? Why do some decisions feel right while at other times you battle within your mind to choose the best outcome for a situation?

Often, there is a knowingness that something feels right because you have set a clear intention. In these moments, you are in flow with creation. You know what you want and you know what to do to obtain it. No matter what anyone else says, you know you will move forward, taking the necessary steps to attain that goal.

When a person has this surety, we on the Other Side can assist in making this a reality. It is like having a work order in which one states exactly what they want. We look at the work order, which is a clear intention fueled by passion and begin to mold whatever we can into leading that person towards his destination.

What often happens is the person waivers, falling into snares of unworthiness, doubt, anxiety, fear, etc. These often are fueled by well-meaning friends and family who express their concerns. If the person continues steadfast in his goal, we can continue to place before him opportunities to move along his Path. These synchronicities will continue, leading him toward his destination. When this occurs, one can know he is on the Path. However, we wish to remind you that even if there are subtle fears, they can impede progress, so go within and seek any belief codes or negative thinking that may hinder your ability to progress towards your dreams.

We would also like to add a word of caution to all of you. Although your intentions may be well-meaning, you can cause another to falter in their decision by giving inappropriate advice. No one fully knows the capabilities or desires of another human. Thus, one may feel the need to save another from making a mistake or have the wish to control another because their new dream is not in alignment with one's own desires.

It is imperative that each person pay close attention to their thoughts before they are expressed in words and actions, making sure that in no way do they deter others from following their dreams. Speak your truth, but know that it is just that, your truth and your opinion. When it differs from another, allow it to be. Do not impose your wishes upon another, for in so doing, you could crush the passion and life force that fuels their very essence. Would you appreciate another who suffocates your passion?

Be mindful so you do not fall into this trap, especially under the guise of, "I only want what is best for you." Allow yourself and all other Beings to make their own choices as to what is best for them. Even young children should be allowed to make their own choices in small measures. This is the nature of free will and experience, the main reasons why each of you incarnated on this plane of existence.

We leave you with these thoughts. Ponder them, take to heart and integrate those that feel truthful to you. We have your best interests in heart when we share these Messages with you, however, we know that each one of you is walking a unique Path and not every Message will be understood, appreciated or relevant. We simply wish to share possible solutions to problems you are wishing to resolve.

We love you beyond measure and look forward to the time when we can speak in ways beyond the written word. Go within during your daily meditation and call our name. We will be there to support and encourage you, for we are all brothers and sisters from one Source and will return to Source when the time is appropriate.



Choose peace, joy and love! Oc 3

DAY 251 CHUEN 4 Turn on Your Heart Light

Greetings, dear one. As we come to the close of the Tzolkin cycle, we hope you will continue as the new cycle begins. With each cycle, go deeper within yourself, having the courage to face the hurts and pains that have created blockages to receiving energy directly from Source.

It is when you feel separated from God that you experience low energy emotions such as anger, fear, depression and abandonment. Whenever you feel yourself slipping out of joy or peace, take time to go within. Breathe and relax until you feel yourself centered once again.

There are many ways to consciously connect to Source. Although you are never truly disconnected, low density emotions make it feel as though you are. Try a variety of methods until you come upon one that can instantly reconnect you, reminding you that you are a beautiful, Spiritual Being experiencing a short term of humanity on the Earth plane.

One way to connect is to become quiet. Focus on things that make you feel happy. Well up feelings of gratitude while focusing on your blessings. If a negative thought enters your mind, dismiss it and choose another that brings you joy. It is through gratitude that love is expressed. When love is expressed, the door to receiving love is opened and allows an inrush of high-level energies to permeate your Being.

Meditate daily, even if only for 10 minutes. Choose to become an active meditator, focusing on what is joyful, loving and peaceful each moment of your life. There are many Avatars walking the Earth who have reached this level of existence. They no longer toil doing work they once despised. They are in excellent health, choosing only foods that heighten their body's well-being. They allow all other Beings to do as they choose, only intervening when called to do so. They have reached the level of understanding that all is well. No matter what things are happening around them, they have the ability to focus on the beauty of each experience.

Practice every moment living the life of an Avatar until you become one. Each of you has the ability to do so. However, many are blocked due to old belief codes and behaviors. Look deep within yourself every day, having the courage to face the shadows within you. Shine your light on them by accepting what happens and releasing any low-level energies associated with them.

When you turn a light switch on, darkness is eliminated. When you turn the light switch off, the darkness returns. It is the same within your electrical system. You cannot have both the dark and the light running at the same time. Your circuitry is designed to let light flow through every cell in your body. When you focus on the darkness inside yourself and others, you attract more of that energy to you.

If you wish to have a life filled with love and joy, then place your attention there, every moment. Each moment that you focus your attention on the shadows, you will draw more of them to you. For this reason, it is imperative to find the areas that block your circuitry and to take the necessary actions to get the lights turned on again.

Take time to go inside today and bless your shadows. Release the dark shadows that no longer serve you. Turn your heart light on and go forth enjoying each moment with a heart filled with love and gratitude. Not only will this change your life, but you will also affect every other soul in the universe, for we are all connected.



Peace be with you! Chuen 4

DAY 252 EB 5 Inner Peace

I am Eb 5, thank for joining us today. We would like to encourage you to go within daily.

There is no more important activity that you can do each day, besides breathing and eating!

There are many health benefits associated with meditation and daily prayer.

Physically, you will experience health benefits as you relax and relieve stress.

As you work through problems, you will become better equipped to handle stressors as they emerge.

Mentally, you will become more alert and focused.

Emotionally, you will learn to balance yourself in all situations, regaining your composure more easily.

Spiritually, this is the most important practice to remain consciously connected to Source.

Whenever you feel exhausted, overwhelmed, off-center or need clear answers, take time to go within.

Train yourself to instantly go into a relaxed state of consciousness.

This comes with practice, but is well worth the effort when it comes to helping you achieve a sense of well-being.

There is much more we could say on this subject, but like many things, experience is a far better teacher than an orator.

Thus, we leave you with this message in hopes that you will take time to go inward these next few moments.



Selamet! Eb 5

DAY 253 BEN 6 Serenity Path

Blessings dear one. We are most grateful for this opportunity to share our gathered knowledge and wisdom with you. Know that within you lies the ability to gather all wisdom from the universe. You must first trust that you have this ability, then clear any circuitry that stops the flow of love within yourself.

This can be done through diet, clear thinking and the emotions of love and gratitude. When any of these are lacking, the connection gets muddled, affecting the clarity of reception. There are those among you who are psychic from birth, yet your circuits can become muddled from diet and accumulated emotional pain. This is why it is imperative to clear your energy field on a regular basis.

Each morning as you arise, set aside a few moments to appreciate everything in your environment. Thank Creator for your opportunity to walk the Earth in physical form. Send waves of gratitude to the multitude of Guides who support and assist you. Be grateful for your body, paying attention to its needs. Begin to work together as a team with your body in order to increase your well-being and the circuitry that allows you access to All. In every moment, see yourself as whole and complete. Know that your body is a temporary dwelling place, a temple, and deserving to be treated as such.

Throughout your day, be mindful of all you say and do. Be kind to others, no matter how they treat you. Be careful not to judge others or to make assumptions as to why they behave as they do. As you gain self-control and love of self, you will be able to emit these belief codes from your pores, resonating them out to others.

Smile at everyone. Make heart-to-heart connections with all you meet. When thoughts that are unkind come into your conscious awareness, bless them and think again. When you think of others that you feel unkindly towards, take a moment to emit love to their heart from your heart. They will receive your feelings of love no matter where in the universe they currently reside. As you release bad feelings towards others, you increase the capacity of love to flow freely among all on your plane. This love emits waves that flow freely throughout the universe.

You have full control over how you feel and how you react to others. Anything less than love is an acquired habit that can be changed. Often there are feuds that began centuries ago, yet the hatred lives on in your generation. These ties can be broken, allowing love to flow between all families, cultures and races. Embrace your differences with others, enjoying the variety each of you has to offer.

There is not one among you who is of more importance than another. Release any feelings of unworthiness or superiority that allow these thoughts to penetrate your Being. Many who are in control do so as an attempt to mask their feelings. These behaviors are dangerous to all involved, causing separation from each other and disconnection from Source.

Do all in your power each day to stay connected to the feeling of love provided by God Source. It is your birthright to be happy and in joy each moment. The ways of human life have been detrimental to this connection, yet in the twinkling of an eye, it can be restored. The choice is yours.

We understand that it is difficult to live in your Realm as it exists today. Yet there are many who have ascended above the chatter of unkindness and currently reside in states of bliss on your planet. Seek these Avatars, whether personally or through their first-hand writings to discover the means by which they gained constant connection with Source.

You will find that each of them followed a unique path, each had clues that can assist you to gain the same destiny. Use your common sense and intuition to forge your own way. It will take diligence, paying attention to all you say and do and enormous amounts of self love and discipline to become capable of being loving and in joy each moment. Can you think of anything else more important in your life?

Focus your intention and attention on things that bring you joy. In so doing, you will *be* the reflection of God that you are seeking. Do not worry for your food or sustenance, for all you need will be provided once you are in the flow of love. This may sound airy-fairy, however, it is true. Much bliss can be found when lifestyles and material objects are simplified. This is not to say that the wealthy cannot be blissful, although it does take more time and attention to take care of the possessions one holds.

It is the seeking for more and better that is the demise of many. The attainment of material possessions becomes a god to many. This search for more has led many off their Path to serenity and joy by consuming much time and effort. Those who gain their wealth by exploiting others have an even greater time releasing the need to be in control. Therefore, we suggest always being kind to others and in service to all. When you have an attitude of service and sharing, your heart expands fully.

We do not mean that you should always put the needs of others first, for this creates imbalance. However, we suggest that putting your talents and skills to work taking care of your needs and those of others will increase your capacity for joy. Even those who abuse the rights of others enjoy being appreciated, thus an attitude of gratitude has much importance.

Many are seeking their mission on Earth. Yet we tell you that many are here simply for the experience of living in a physical vehicle. Others are here simply to experience and manifest love and joy. Seek work that satisfies you. Even the jobs considered unimportant are of high value when done with love and joy.

Many souls have been enlightened simply by the smile of a stranger. You know not how you affect others by your words and actions. When you leave this plane, you will go before a *Review Board and reflect upon your life on Earth. Consider this often and make choices that warm your heart. What changes would you make in this moment if you realized you would be reviewing every thought, word and deed?

Practice being the person you wish to be in each moment. Visualize in your mind how you choose to react in moments that in the past have brought you pain and sorrow. How will you choose to respond to those who have been unkind to you? Choose kindness and acts of love each moment and your life will be greatly enhanced.

We will stop at this juncture, although we could continue forever to encourage you to recognize the perfection that you are. We are overjoyed each time one of you catches glimpses of your true Spirit nature. We enjoy working with those who are sharing these glimpses with others. We are overjoyed as these glimpses become a way of life. It is your birthright to live each moment in joy, love and peace. Be thankful for all that comes your way and focus your attention on the positive always, all ways.



Many blessings to you, Ben 6

* The Review Board is a personal experience in which you will review your life. This is not an act of judgment, just a review of your actions and reactions throughout your life. All things you think, do and say are recorded in a personal life record. The review process is similar to watching your life on a screen. One thing to be mindful of is that during the review, you will see things from a different perspective; you will experience and feel what everyone around you experiences. Keep that in mind especially during your relationships with others. If you treat them unjustly or without kindness, during the review you will experience what they were feeling as a result of your actions. The main purpose of the review is to see what worked and what didn't work. As a result, you will choose or be assigned to various places on the "Other Side." The review process is also an integral part of the planning process for those who will re-incarnate on earth or similar planets.

DAY 254 IX 7 Go Within Daily

Welcome. It is our pleasure to spend a few moments with you.

As we end this cycle of the Tzolkin calendar, we look forward to beginning a new cycle with you.

Many of you are accelerating rapidly along your Path of understanding.

You are being assisted by movies, books and clearer communication with your Higher Self, Spirit Guides and those of us on the Other Side.

When you feel despair of the world's situations and those closer to home, take time to go within and center yourself.

Once balanced, you will be better equipped to receive Guidance and to act rather than react to situations that formerly upset you.

This is our entire Message for you today.

Go within before arising in the morning, when you retire in the evening and every moment in between when you feel anything less than joy and perfect love.

Soon, this will become second nature to you and your life will blossom.

Enjoy this day in joy!



Selamet! IX 7

DAY 255 MEN 8 Ten Keys to Ascension

I am Men 8. Thank you for joining with us this day. At this time, we would like to say thank you for choosing to come to Earth. With this choice, you have decided to do many things while here.

Those of you reading these words have chosen the Path of Enlightenment. In one sense, you are already perfect and pure, but in another sense, there is much you wish to experience, thus you have temporarily separated yourself from Source.

Know that you are truly not separate, for within you resides the Oneness of Source. You have chosen individuation, just for a time. In the Earth Realm, it was decided that this feeling of separation would be allowed to exist. Although no one consciously chose to feel separate, it was allowed to happen as you made choices in your evolution, as a race.

Many of you sense that time is near its end and are thus propelling yourselves forward at a speed that is unrecorded in the history of the universe. There is much interest from your star brothers as they watch the unfolding events on Earth and within yourselves.

To best ensure your success in these endeavors while embodied in human form, consider the following.

Rest when you are tired.

Eat foods that are as close to their natural state as possible.

Be kind to yourself and others.

Laugh often.

Enjoy life.

Choose jobs that give you joy.

Be respectful of the beliefs of others.

Pay close attention to your own beliefs.

Pray often.

Feel gratitude in every moment.

These are ten key ingredients in your ascension process. Develop your daily routines around them and watch as your life unfolds before you as beautiful as the opening of the lotus blossom.



Selamet! Men 8

DAY 256 CIB 9 Emotions

Blessings, dear one. As we close this cycle in preparation for the next, we welcome the love you are sending. As you open your heart, you are like an antenna, able to receive and send clear emissions of love, joy and all of those wonderful emotions that are unique to Earth. We are thankful for each moment you consciously choose to be with us.

Today we would like to share more information on the topic of emotions. Many in the Earth Realm do all they can to deaden emotions labeled as negative. However, we encourage you to embrace all emotions, for within them lies the clues to finding true happiness and joy.

When you are sad, there will come a time when you will say, “Enough of this sadness, I am going to change my attitude and behaviors so I can experience happiness.” Thus, the sadness leads you to your desired goal of happiness. At times, it feels good to express sorrow or pain, for within these emotions, you are connecting to others on a very deep level, which has love as a foundation. We suggest you pay attention to your emotions as they arise. Do they have a message for you to pay attention to? Are they a means to express your love for self or others?

Compassion is demonstrated by actions of love and creates feelings of joy. Grief is an emotion of deep sorrow. Although it has its place, it is on the outer spectrum and can cause imbalance. Often people get so caught up in grief that they cannot think beyond themselves and become entangled for years. This is a trap that one must be wary of.

Any emotion can be taken to the extreme, whether it is considered to be positive or negative. Balance is the key, for when one is centered, he remains in control. Whereas when one allows himself to remain in a state of extreme emotions such as grief or giddiness, he can easily lose control of his reality and become lost on a side path.

This is best demonstrated by one who uses drugs to remove himself from a state of depression. The drug brings him moments of euphoria. He will do all in his power to get from one emotional state to another. Although this person may have been of high integrity before sinking into depression, he now will steal, lie and murder to get his fix.

Thus, it is important to take care of problems as they arise. This includes a healthy diet, rest and exercise. When your body is in good health, you are better able to handle stressors as they arise. By maintaining emotional balance as you walk your daily path, you will be more able to stay centered when confronted with issues that could upset you.

Your emotional, physical, mental and spiritual health are entwined. When one facet of yourself is off balance, it affects the whole. Do all you can to keep yourself healthy in all of these arenas.

Take time today to meditate on ways you can maintain your balance by role-playing various scenarios that are likely to occur. For instance, if there is someone at work that you dislike and everyday their presence makes you upset, look at ways you can change *your* attitude and behavior so you do not lose your balance.

Role-play things to say and do when you encounter this person. Send heart-to-heart love connections, even if at first they feel phony. With practice, there will come a moment when you will accept this person unconditionally. It is not unusual for these relationships to develop into deep friendships, for you will have connected at a soul level, one beyond the bounds of judgment and criticism. Pay attention to your emotions, for they are your greatest teachers!



Selamet! Cib 9

DAY 257 CABAN 10 Avatar Training

I am Caban 10, the Staff of Life. Come to me whenever you feel you need a shoulder to lean on.

Within you lies all answers to any problem or situation you encounter.

Know that you need no one to tell you what to do, or what is best for you.

Trust your intuition and inner guidance.

We are all here to help and support one another, but the ultimate choice of what is best for you in the moment, has much to do with the preferences you choose to experience.

The best solutions may be tainted by fears and belief codes that keep you blocked from making choices that bring you joy.

Clear these blocks on a daily basis, connect with higher guidance and choose what feels best for you.

If it is ascension or an evolution to higher frequencies of love you wish to experience, then make choices that bring joy to your soul.

Be kind to others in all situations and go within daily to keep yourself balanced in all areas of your life.

Review yesterday's Message and implement those suggestions in your daily routine.

Live life to the fullest, for it is fleeting and the time is moving rapidly to when you will no longer reside on Earth in physical form.

Lighten up by releasing anything that burdens you physically, mentally, emotionally or spiritually.

Once complete, you will live the life of an Avatar, always at ease in every moment of your existence.

The concerns of the past and future will melt away, being only fleeting moments of recall that has nothing to do with what you choose in this moment.

When you stay present in the moment, you will have no concern for past deeds or misdeeds.

You will be aware that your future is secured by the choices you make in the present moment.

Choose the things you wish to think, say and do, then relish all experiences that come your way, recognizing them as blessings.



Selamet! Caban 10

DAY 258 ETZNAB 11 Choose Love

This is my last Message for this cycle. I cannot emphasize enough how important it is for you to clear your body of toxic substances, to clear your mind of thoughts that do not focus on love and to clear your environment, including relationships, actions and behaviors that are anything less than kind.

Know that within you always is the ability to choose what is best for you.

There are many signs that allow you to know when you are on the best path, leading to what you choose, whether those choices are conscious or unconscious. These include a feeling of knowingness, when everything easily falls into place, luminosity (when things seem to glow), goose bumps, extraordinary happenings, coincidences and synchronicities, to name a few.

Choose love in all situations. If love seems to be too far out of your reach, focus on kindness, to yourself and others.

Be in joy.

Seek the advice of others who have surpassed what you are grappling with.

Take time to meditate, turning your life into one continual prayer of thanksgiving and gratitude.

Look for the positive in all things.

Do what brings joy to your heart and increases the passion for those things you love.

Life on Earth is about to change dramatically. Many of you feel this, some are filled with dread while others are filled with excitement. The outcome you experience will be affected by the way you feel in this moment and the next.

Choose the feeling of excitement, knowing that what lies beyond is more beautiful and magical than you can imagine.

Be prepared to share your hope and messages of love with others who are willing to listen. For those who are not ready, simply hold love in your heart and know that it will be felt on a level they can receive.

All is well. No one knows what day or time the "End Times" will begin.

There is no need to worry or focus your attention there, for this is beyond your control. However, living in the moment, choosing joy, love and peace is within your control and is the key to opening the door to your ascension.



See you in the next round! Etznab 11

DAY 259 CAUAC 12 The End is Near

Greetings, I am Cauac 12. We have been most grateful for every moment that you have consciously aligned your attention with ours. We know how you yearn to connect to Source on a deeper level and that many of you are desirous to return home. Yet we remind you that home is wherever you are. There is no need to pine for future events, for in a moment you can be wherever you choose, perhaps not in your body, but in your heart.

Before long, there will be a great transformation on the Earth. Many are feeling that something grand is about to happen. Do not go into fear nor let your mind wander to those who focus on evil or hearsay of gloom or damnation, for these are not true.

The Earth has gone through many cycles, this is just the ending of another. The new cycle shines brightly for those of you who choose to view it that way. Wherever you place your attention and your beliefs, your reality follows. If you choose to believe that the Earth will fall apart and that you are doomed for destruction, then on one level, this is what you will experience. It matters not what happens, for your role in physicality is but a drop in the bucket of time. You choose what you wish to experience. Thus, it is necessary to do just that, choose what you wish to experience.

There are many who believe in the existence of a hell where there is weeping and gnashing of teeth. For many, this is their reality on Earth while others fear this is their destiny upon death. It is a belief code entrenched by those who wish to keep the masses under control. Does it seem viable that a God who has control of all things would allow such things to occur to an innocent child? Are you not innocent if you don't know the word of God? If your God is one that is all love, this would not be in His realm of thought. Even an earthly father who has the tiniest ability to give or receive love would never think to impose eternal damnation onto his child.

We say all of this to remind you to be wary of your thoughts and beliefs. Many are worried that the End Times will bring darkness and fear. Yes, there will be darkness, but only for a short while as you adjust to the frequency changes that will be occurring. At first, you may be fearful, but please remember these words when that time comes. Dwell in your heart, maintaining a sense of peace and love no matter what occurs in your life. By keeping your focus on love at all times, there is no evil that can harm you. Look forward to the Transition that is about to occur, for it is indeed a blessing for those who wish to rise above the chaotic nature of the world and man-made societies.

Do not be concerned for others, for all is well. There is no hell; there is no punishment. All will go to a place where they can continue to experience what they choose. It is wise to share what you know with others, but do not be overly concerned for their well-being. In the end, all will be reunited with Source. You can be assured that you will see your loved ones again, perhaps in another lifetime or on another planet. Mmmm, doesn't that sound mysterious!



Be happy, be well and be loved, Beloved! Cauac 12

DAY 260 AHAU 13 Endings Are Beginnings

Greetings, dear one. Welcome to this, the last day of the Tzolkin cycle. Tomorrow begins the cycle anew. This Cycle of days has been in existence for eons, even before the Earth was formed. Be assured that this cycle will continue as long as time exists. The Tzolkin was designed to be used as an oration tool, one that allows those living who follow it to be brought together in closer communion. This calendar and the calling of the day's energies have many complex, yet simple implications.

Those who tuned into our Energies daily, especially when in groups such as an entire tribe, were able to integrate the energy much more solidly. Children incarnated on days that would support their life's role. Can you imagine participating in a society in which all were daily working through past issues, releasing fears and creating their reality in communion?

When a society works together, supporting all of its members, there are very little past hurts to work through. When it is in your daily consciousness to be kind and respectful to others, there are very few wounds. When a society agrees that some behaviors are not acceptable, then it is less likely anyone will choose this behavior, especially if they know it would cost their life or possible exile.

Modern societies are far removed from the sense of family and community. It is this sense of separation that has caused much grief and strife in the world. There must be a coming together of all cultures before unity of thought can be achieved on Earth. Relinquishing the need to be right or better than others is also of paramount importance.

There will be many who will not give up their desire to be better than or to control others. Do not be concerned for their souls, for they will be fine. They will have their experiences and each of you will have your own chosen experiences. When the time is right, you will all come together again as one large inhale then breathed back into the essence of Spirit from where you all came. Until that time, work to overcome any feelings of separation, for these are what cause the most harm. Release judgments and accept others as they are. Be loving, kind and most of all, simply BE!

We look forward to working with you as we begin the new cycle. Join us each day and go a little deeper into the feelings that bring you discord, changing them into feelings of love and kindness. Remain balanced no matter what happens around you. It is fear that lowers your frequency and love that raises it. Choose what you wish, but know that every choice you make will bring you either closer to love or farther from it. What will you choose?

Celebrate this last day of the Tzolkin cycle and we shall see you in the morrow as a new day and cycle begins!



Selamet! Ahau 13

There you have it! Another cycle completed, ready to merge into the beginning of the next cycle. We are pleased beyond measure to be working with you on a conscious level. The more you apply these Messages into your daily routine, the deeper you will delve each time you repeat the cycle.

It is our hope that you will notice and appreciate the changes you feel on each level of your Being as you release the belief codes and fears that have kept you from experiencing your true nature while in physical form. Tomorrow, return to Day 1 and begin anew.

Be in joy! The Day Keepers

Resources Cited by the Day Keepers

The Little Soul and the Sun, Neale Donald Walsch, Hampton Roads Publishing, 2006

Originally published in *Conversations With God*, Book 3

(Beautifully illustrated Creation story written as a children's parable)

Days: 1, 7, 49

Heal Your Body, Louise Hay (Book: Mental causes for physical illness and the metaphysical way to overcome them)

Day: 3, 43, 45, 58, 59

Angels don't play this HAARP, Nick Begich

(Book exposing the U. S. governments **H**igh-frequency **A**ctive **A**uroral **R**esearch **P**rogram)

Day: 13

Perelandra, Machaelle Wright, perelandra-ltd.com (Co-creative gardening with Nature Spirits)

Day: 14

Feng Shui: Creating Places of Peace in the Home, Office and Garden, by Theresa Crabtree

(Book: Modern feng shui methods to set intentions and change belief codes.)

Day 16, 90

Royal Raymond Rife, (An American inventor known for his belief that through vibrational frequencies he could render inert a number of viruses which he thought were causal factors in several diseases, most notably cancer.)

Day: 17, 19

M.A.P. Team (Medical Assistance Program Team)

(The White Brotherhood and Nature intelligences team are a wonderful group of Beings to support your healing journey. MAP is a personal health program for individuals.)

Day: 45, 192

Laughter Yoga Clubs, Dr. Madan Kataria, laughteryoga.org

(Laughter Clubs have brought smiles and laughter in the lives of many people suffering from physical, mental and emotional upsets)

Day: 48, 132

Laughter Clubs, Dr. Mukund Mehta (A systematic program of deep breathing, gentle stretching and laughter exercises that encourage playfulness and a balance of mind, body and spirit.)

Day: 51

What the Bleep do We Know?, whatthebleep.com (Revolutionary cinematic blend of dramatic film, documentary, animation and comedy, while serving up a mind-jarring blend of Quantum Physics, spirituality, neurology and evolutionary thought.)

Day: 81

The Ghandarva Experience, Tom Kenyon, tomkenyon.com/ (CD: The Ghandarva Experience will transport you to the exalted Celestial and Archangelic Realms of experience.)

Day: 199

Tzolkin Date Conversion Table: 01/01/19 to 03/19/23

Tzolkin Date	2019	2019-20	2020-21	2021	2021-22	2022-23
Day 1 Imix 1		08/28/19	05/14/20	01/29/21	10/16/21	07/03/22
Day 2 Ik 2		08/29/19	05/15/20	01/30/21	10/17/21	07/04/22
Day 3 Akbal 3		08/30/19	05/16/20	01/31/21	10/18/21	07/05/22
Day 4 Kan 4		08/31/19	05/17/20	02/01/21	10/19/21	07/06/22
Day 5 Chicchan 5		09/01/19	05/18/20	02/02/21	10/20/21	07/07/22
Day 6 Cimi 6		09/02/19	05/19/20	02/03/21	10/21/21	07/08/22
Day 7 Manik 7		09/03/19	05/20/20	02/04/21	10/22/21	07/09/22
Day 8 Lamat 8		09/04/19	05/21/20	02/05/21	10/23/21	07/10/22
Day 9 Muluc 9		09/05/19	05/22/20	02/06/21	10/24/21	07/11/22
Day 10 Oc 10		09/06/19	05/23/20	02/07/21	10/25/21	07/12/22
Day 11 Chuen 11		09/07/19	05/24/20	02/08/21	10/26/21	07/13/22
Day 12 Eb 12		09/08/19	05/25/20	02/09/21	10/27/21	07/14/22
Day 13 Ben 13		09/09/19	05/26/20	02/10/21	10/28/21	07/15/22
Day 14 Ix 1		09/10/19	05/27/20	02/11/21	10/29/21	07/16/22
Day 15 Men 2		09/11/19	05/28/20	02/12/21	10/30/21	07/17/22
Day 16 Cib 3		09/12/19	05/29/20	02/13/21	10/31/21	07/18/22
Day 17 Caban 4		09/13/19	05/30/20	02/14/21	11/01/21	07/19/22
Day 18 Etnab 5		09/14/19	05/31/20	02/15/21	11/02/21	07/20/22
Day 19 Cauac 6		09/15/19	06/01/20	02/16/21	11/03/21	07/21/22
Day 20 Ahau 7		09/16/19	06/02/20	02/17/21	11/04/21	07/22/22
Day 21 Imix 8		09/17/19	06/03/20	02/18/21	11/05/21	07/23/22
Day 22 Ik 9		09/18/19	06/04/20	02/19/21	11/06/21	07/24/22
Day 23 Akbal 10		09/19/19	06/05/20	02/20/21	11/07/21	07/25/22
Day 24 Kan 11		09/20/19	06/06/20	02/21/21	11/08/21	07/26/22
Day 25 Chicchan 12		09/21/19	06/07/20	02/22/21	11/09/21	07/27/22
Day 26 Cimi 13		09/22/19	06/08/20	02/23/21	11/10/21	07/28/22
Day 27 Manik 1		09/23/19	06/09/20	02/24/21	11/11/21	07/29/22
Day 28 Lamat 2		09/24/19	06/10/20	02/25/21	11/12/21	07/30/22
Day 29 Muluc 3		09/25/19	06/11/20	02/26/21	11/13/21	07/31/22
Day 30 Oc 4		09/26/19	06/12/20	02/27/21	11/14/21	08/01/22
Day 31 Chuen 5	01/10/19	09/27/19	06/13/20	02/28/21	11/15/21	08/02/22
Day 32 Eb 6	01/11/19	09/28/19	06/14/20	03/01/21	11/16/21	08/03/22
Day 33 Ben 7	01/12/19	09/29/19	06/15/20	03/02/21	11/17/21	08/04/22
Day 34 Ix 8	01/13/19	09/30/19	06/16/20	03/03/21	11/18/21	08/05/22
Day 35 Men 9	01/14/19	10/01/19	06/17/20	03/04/21	11/19/21	08/06/22
Day 36 Cib 10	01/15/19	10/02/19	06/18/20	03/05/21	11/20/21	08/07/22
Day 37 Caban 11	01/16/19	10/03/19	06/19/20	03/06/21	11/21/21	08/08/22
Day 38 Etnab 12	01/17/19	10/04/19	06/20/20	03/07/21	11/22/21	08/09/22
Day 39 Cauac 13	01/18/19	10/05/19	06/21/20	03/08/21	11/23/21	08/10/22
Day 40 Ahau 1	01/19/19	10/06/19	06/22/20	03/09/21	11/24/21	08/11/22
Day 41 Imix 2	01/20/19	10/07/19	06/23/20	03/10/21	11/25/21	08/12/22
Day 42 Ik 3	01/21/19	10/08/19	06/24/20	03/11/21	11/26/21	08/13/22
Day 43 Akbal 4	01/22/19	10/09/19	06/25/20	03/12/21	11/27/21	08/14/22
Day 44 Kan 5	01/23/19	10/10/19	06/26/20	03/13/21	11/28/21	08/15/22
Day 45 Chicchan 6	01/24/19	10/11/19	06/27/20	03/14/21	11/29/21	08/16/22
Day 46 Cimi 7	01/25/19	10/12/19	06/28/20	03/15/21	11/30/21	08/17/22
Day 47 Manik 8	01/26/19	10/13/19	06/29/20	03/16/21	12/01/21	08/18/22
Day 48 Lamat 9	01/27/19	10/14/19	06/30/20	03/17/21	12/02/21	08/19/22

Day 49	Muluc 10	01/28/19	10/15/19	07/01/20	03/18/21	12/03/21	08/20/22
Day 50	Oc 11	01/29/19	10/16/19	07/02/20	03/19/21	12/04/21	08/21/22
Day 51	Chuen 12	01/30/19	10/17/19	07/03/20	03/20/21	12/05/21	08/22/22
Day 52	Eb 13	01/31/19	10/18/19	07/04/20	03/21/21	12/06/21	08/23/22
Day 53	Ben 1	02/01/19	10/19/19	07/05/20	03/22/21	12/07/21	08/24/22
Day 54	Ix 2	02/02/19	10/20/19	07/06/20	03/23/21	12/08/21	08/25/22
Day 55	Men 3	02/03/19	10/21/19	07/07/20	03/24/21	12/09/21	08/26/22
Day 56	Cib 4	02/04/19	10/22/19	07/08/20	03/25/21	12/10/21	08/27/22
Day 57	Caban 5	02/05/19	10/23/19	07/09/20	03/26/21	12/11/21	08/28/22
Day 58	Etnab 6	02/06/19	10/24/19	07/10/20	03/27/21	12/12/21	08/29/22
Day 59	Cauac 7	02/07/19	10/25/19	07/11/20	03/28/21	12/13/21	08/30/22
Day 60	Ahau 8	02/08/19	10/26/19	07/12/20	03/29/21	12/14/21	08/31/22
Day 61	Imix 9	02/09/19	10/27/19	07/13/20	03/30/21	12/15/21	09/01/22
Day 62	Ik 10	02/10/19	10/28/19	07/14/20	03/31/21	12/16/21	09/02/22
Day 63	Akbal 11	02/11/19	10/29/19	07/15/20	04/01/21	12/17/21	09/03/22
Day 64	Kan 12	02/12/19	10/30/19	07/16/20	04/02/21	12/18/21	09/04/22
Day 65	Chicchan 13	02/13/19	10/31/19	07/17/20	04/03/21	12/19/21	09/05/22
Day 66	Cimi 1	02/14/19	11/01/19	07/18/20	04/04/21	12/20/21	09/06/22
Day 67	Manik 2	02/15/19	11/02/19	07/19/20	04/05/21	12/21/21	09/07/22
Day 68	Lamat 3	02/16/19	11/03/19	07/20/20	04/06/21	12/22/21	09/08/22
Day 69	Muluc 4	02/17/19	11/04/19	07/21/20	04/07/21	12/23/21	09/09/22
Day 70	Oc 5	02/18/19	11/05/19	07/22/20	04/08/21	12/24/21	09/10/22
Day 71	Chuen 6	02/19/19	11/06/19	07/23/20	04/09/21	12/25/21	09/11/22
Day 72	Eb 7	02/20/19	11/07/19	07/24/20	04/10/21	12/26/21	09/12/22
Day 73	Ben 8	02/21/19	11/08/19	07/25/20	04/11/21	12/27/21	09/13/22
Day 74	Ix 9	02/22/19	11/09/19	07/26/20	04/12/21	12/28/21	09/14/22
Day 75	Men 10	02/23/19	11/10/19	07/27/20	04/13/21	12/29/21	09/15/22
Day 76	Cib 11	02/24/19	11/11/19	07/28/20	04/14/21	12/30/21	09/16/22
Day 77	Caban 12	02/25/19	11/12/19	07/29/20	04/15/21	12/31/21	09/17/22
Day 78	Etnab 13	02/26/19	11/13/19	07/30/20	04/16/21	01/01/22	09/18/22
Day 79	Cauac 1	02/27/19	11/14/19	07/31/20	04/17/21	01/02/22	09/19/22
Day 80	Ahau 2	02/28/19	11/15/19	08/01/20	04/18/21	01/03/22	09/20/22
Day 81	Imix 3	03/01/19	11/16/19	08/02/20	04/19/21	01/04/22	09/21/22
Day 82	Ik 4	03/02/19	11/17/19	08/03/20	04/20/21	01/05/22	09/22/22
Day 83	Akbal 5	03/03/19	11/18/19	08/04/20	04/21/21	01/06/22	09/23/22
Day 84	Kan 6	03/04/19	11/19/19	08/05/20	04/22/21	01/07/22	09/24/22
Day 85	Chicchan 7	03/05/19	11/20/19	08/06/20	04/23/21	01/08/22	09/25/22
Day 86	Cimi 8	03/06/19	11/21/19	08/07/20	04/24/21	01/09/22	09/26/22
Day 87	Manik 9	03/07/19	11/22/19	08/08/20	04/25/21	01/10/22	09/27/22
Day 88	Lamat 10	03/08/19	11/23/19	08/09/20	04/26/21	01/11/22	09/28/22
Day 89	Muluc 11	03/09/19	11/24/19	08/10/20	04/27/21	01/12/22	09/29/22
Day 90	Oc 12	03/10/19	11/25/19	08/11/20	04/28/21	01/13/22	09/30/22
Day 91	Chuen 13	03/11/19	11/26/19	08/12/20	04/29/21	01/14/22	10/01/22
Day 92	Eb 1	03/12/19	11/27/19	08/13/20	04/30/21	01/15/22	10/02/22
Day 93	Ben 2	03/13/19	11/28/19	08/14/20	05/01/21	01/16/22	10/03/22
Day 94	Ix 3	03/14/19	11/29/19	08/15/20	05/02/21	01/17/22	10/04/22
Day 95	Men 4	03/15/19	11/30/19	08/16/20	05/03/21	01/18/22	10/05/22
Day 96	Cib 5	03/16/19	12/01/19	08/17/20	05/04/21	01/19/22	10/06/22
Day 97	Caban 6	03/17/19	12/02/19	08/18/20	05/05/21	01/20/22	10/07/22
Day 98	Etnab 7	03/18/19	12/03/19	08/19/20	05/06/21	01/21/22	10/08/22
Day 99	Cauac 8	03/19/19	12/04/19	08/20/20	05/07/21	01/22/22	10/09/22
Day 100	Ahau 9	03/20/19	12/05/19	08/21/20	05/08/21	01/23/22	10/10/22
Day 101	Imix 10	03/21/19	12/06/19	08/22/20	05/09/21	01/24/22	10/11/22

Day 102	Ik 11	03/22/19	12/07/19	08/23/20	05/10/21	01/25/22	10/12/22
Day 103	Akbal 12	03/23/19	12/08/19	08/24/20	05/11/21	01/26/22	10/13/22
Day 104	Kan 13	03/24/19	12/09/19	08/25/20	05/12/21	01/27/22	10/14/22
Day 105	Chicchan 1	03/25/19	12/10/19	08/26/20	05/13/21	01/28/22	10/15/22
Day 106	Cimi 2	03/26/19	12/11/19	08/27/20	05/14/21	01/29/22	10/16/22
Day 107	Manik 3	03/27/19	12/12/19	08/28/20	05/15/21	01/30/22	10/17/22
Day 108	Lamat 4	03/28/19	12/13/19	08/29/20	05/16/21	01/31/22	10/18/22
Day 109	Muluc 5	03/29/19	12/14/19	08/30/20	05/17/21	02/01/22	10/19/22
Day 110	Oc 6	03/30/19	12/15/19	08/31/20	05/18/21	02/02/22	10/20/22
Day 111	Chuen 7	03/31/19	12/16/19	09/01/20	05/19/21	02/03/22	10/21/22
Day 112	Eb 8	04/01/19	12/17/19	09/02/20	05/20/21	02/04/22	10/22/22
Day 113	Ben 9	04/02/19	12/18/19	09/03/20	05/21/21	02/05/22	10/23/22
Day 114	Ix 10	04/03/19	12/19/19	09/04/20	05/22/21	02/06/22	10/24/22
Day 115	Men 11	04/04/19	12/20/19	09/05/20	05/23/21	02/07/22	10/25/22
Day 116	Cib 12	04/05/19	12/21/19	09/06/20	05/24/21	02/08/22	10/26/22
Day 117	Caban 13	04/06/19	12/22/19	09/07/20	05/25/21	02/09/22	10/27/22
Day 118	Etnab 1	04/07/19	12/23/19	09/08/20	05/26/21	02/10/22	10/28/22
Day 119	Cauac 2	04/08/19	12/24/19	09/09/20	05/27/21	02/11/22	10/29/22
Day 120	Ahau 3	04/09/19	12/25/19	09/10/20	05/28/21	02/12/22	10/30/22
Day 121	Imix 4	04/10/19	12/26/19	09/11/20	05/29/21	02/13/22	10/31/22
Day 122	Ik 5	04/11/19	12/27/19	09/12/20	05/30/21	02/14/22	11/01/22
Day 123	Akbal 6	04/12/19	12/28/19	09/13/20	05/31/21	02/15/22	11/02/22
Day 124	Kan 7	04/13/19	12/29/19	09/14/20	06/01/21	02/16/22	11/03/22
Day 125	Chicchan 8	04/14/19	12/30/19	09/15/20	06/02/21	02/17/22	11/04/22
Day 126	Cimi 9	04/15/19	12/31/19	09/16/20	06/03/21	02/18/22	11/05/22
Day 127	Manik 10	04/16/19	01/01/20	09/17/20	06/04/21	02/19/22	11/06/22
Day 128	Lamat 11	04/17/19	01/02/20	09/18/20	06/05/21	02/20/22	11/07/22
Day 129	Muluc 12	04/18/19	01/03/20	09/19/20	06/06/21	02/21/22	11/08/22
Day 130	Oc 13	04/19/19	01/04/20	09/20/20	06/07/21	02/22/22	11/09/22
Day 131	Chuen 1	04/20/19	01/05/20	09/21/20	06/08/21	02/23/22	11/10/22
Day 132	Eb 2	04/21/19	01/06/20	09/22/20	06/09/21	02/24/22	11/11/22
Day 133	Ben 3	04/22/19	01/07/20	09/23/20	06/10/21	02/25/22	11/12/22
Day 134	Ix 4	04/23/19	01/08/20	09/24/20	06/11/21	02/26/22	11/13/22
Day 135	Men 5	04/24/19	01/09/20	09/25/20	06/12/21	02/27/22	11/14/22
Day 136	Cib 6	04/25/19	01/10/20	09/26/20	06/13/21	02/28/22	11/15/22
Day 137	Caban 7	04/26/19	01/11/20	09/27/20	06/14/21	03/01/22	11/16/22
Day 138	Etnab 8	04/27/19	01/12/20	09/28/20	06/15/21	03/02/22	11/17/22
Day 139	Cauac 9	04/28/19	01/13/20	09/29/20	06/16/21	03/03/22	11/18/22
Day 140	Ahua 10	04/29/19	01/14/20	09/30/20	06/17/21	03/04/22	11/19/22
Day 141	Imix 11	04/30/19	01/15/20	10/01/20	06/18/21	03/05/22	11/20/22
Day 142	Ik 12	05/01/19	01/16/20	10/02/20	06/19/21	03/06/22	11/21/22
Day 143	Akbal 13	05/02/19	01/17/20	10/03/20	06/20/21	03/07/22	11/22/22
Day 144	Kan 1	05/03/19	01/18/20	10/04/20	06/21/21	03/08/22	11/23/22
Day 145	Chicchan 2	05/04/19	01/19/20	10/05/20	06/22/21	03/09/22	11/24/22
Day 146	Cimi 3	05/05/19	01/20/20	10/06/20	06/23/21	03/10/22	11/25/22
Day 147	Manik 4	05/06/19	01/21/20	10/07/20	06/24/21	03/11/22	11/26/22
Day 148	Lamat 5	05/07/19	01/22/20	10/08/20	06/25/21	03/12/22	11/27/22
Day 149	Muluc 6	05/08/19	01/23/20	10/09/20	06/26/21	03/13/22	11/28/22
Day 150	Oc 7	05/09/19	01/24/20	10/10/20	06/27/21	03/14/22	11/29/22
Day 151	Chuen 8	05/10/19	01/25/20	10/11/20	06/28/21	03/15/22	11/30/22
Day 152	Eb 9	05/11/19	01/26/20	10/12/20	06/29/21	03/16/22	12/01/22
Day 153	Ben 10	05/12/19	01/27/20	10/13/20	06/30/21	03/17/22	12/02/22
Day 154	Ix 11	05/13/19	01/28/20	10/14/20	07/01/21	03/18/22	12/03/22

Day 155 Men 12	05/14/19	01/29/20	10/15/20	07/02/21	03/19/22	12/04/22
Day 156 Cib 13	05/15/19	01/30/20	10/16/20	07/03/21	03/20/22	12/05/22
Day 157 Caban 1	05/16/19	01/31/20	10/17/20	07/04/21	03/21/22	12/06/22
Day 158 Etnab 2	05/17/19	02/01/20	10/18/20	07/05/21	03/22/22	12/07/22
Day 159 Cauac 3	05/18/19	02/02/20	10/19/20	07/06/21	03/23/22	12/08/22
Day 160 Ahua 4	05/19/19	02/03/20	10/20/20	07/07/21	03/24/22	12/09/22
Day 161 Imix 5	05/20/19	02/04/20	10/21/20	07/08/21	03/25/22	12/10/22
Day 162 Ik 6	05/21/19	02/05/20	10/22/20	07/09/21	03/26/22	12/11/22
Day 163 Akbal 7	05/22/19	02/06/20	10/23/20	07/10/21	03/27/22	12/12/22
Day 164 Kan 8	05/23/19	02/07/20	10/24/20	07/11/21	03/28/22	12/13/22
Day 165 Chicchan 9	05/24/19	02/08/20	10/25/20	07/12/21	03/29/22	12/14/22
Day 166 Cimi 10	05/25/19	02/09/20	10/26/20	07/13/21	03/30/22	12/15/22
Day 167 Manik 11	05/26/19	02/10/20	10/27/20	07/14/21	03/31/22	12/16/22
Day 168 Lamat 12	05/27/19	02/11/20	10/28/20	07/15/21	04/01/22	12/17/22
Day 169 Muluc 13	05/28/19	02/12/20	10/29/20	07/16/21	04/02/22	12/18/22
Day 170 Oc 1	05/29/19	02/13/20	10/30/20	07/17/21	04/03/22	12/19/22
Day 171 Chuen 2	05/30/19	02/14/20	10/31/20	07/18/21	04/04/22	12/20/22
Day 172 Eb 3	05/31/19	02/15/20	11/01/20	07/19/21	04/05/22	12/21/22
Day 173 Ben 4	06/01/19	02/16/20	11/02/20	07/20/21	04/06/22	12/22/22
Day 174 Ix 5	06/02/19	02/17/20	11/03/20	07/21/21	04/07/22	12/23/22
Day 175 Men 6	06/03/19	02/18/20	11/04/20	07/22/21	04/08/22	12/24/22
Day 176 Cib 7	06/04/19	02/19/20	11/05/20	07/23/21	04/09/22	12/25/22
Day 177 Caban 8	06/05/19	02/20/20	11/06/20	07/24/21	04/10/22	12/26/22
Day 178 Etnab 9	06/06/19	02/21/20	11/07/20	07/25/21	04/11/22	12/27/22
Day 179 Cauac 10	06/07/19	02/22/20	11/08/20	07/26/21	04/12/22	12/28/22
Day 180 Ahau 11	06/08/19	02/23/20	11/09/20	07/27/21	04/13/22	12/29/22
Day 181 Imix 12	06/09/19	02/24/20	11/10/20	07/28/21	04/14/22	12/30/22
Day 182 Ik 13	06/10/19	02/25/20	11/11/20	07/29/21	04/15/22	12/31/22
Day 183 Akbal 1	06/11/19	02/26/20	11/12/20	07/30/21	04/16/22	01/01/23
Day 184 Kan 2	06/12/19	02/27/20	11/13/20	07/31/21	04/17/22	01/02/23
Day 185 Chicchan 3	06/13/19	02/28/20	11/14/20	08/01/21	04/18/22	01/03/23
Day 186 Cimi 4	06/14/19	02/29/20	11/15/20	08/02/21	04/19/22	01/04/23
Day 187 Manik 5	06/15/19	03/01/20	11/16/20	08/03/21	04/20/22	01/05/23
Day 188 Lamat 6	06/16/19	03/02/20	11/17/20	08/04/21	04/21/22	01/06/23
Day 189 Muluc 7	06/17/19	03/03/20	11/18/20	08/05/21	04/22/22	01/07/23
Day 190 Oc 8	06/18/19	03/04/20	11/19/20	08/06/21	04/23/22	01/08/23
Day 191 Chuen 9	06/19/19	03/05/20	11/20/20	08/07/21	04/24/22	01/09/23
Day 192 Eb 10	06/20/19	03/06/20	11/21/20	08/08/21	04/25/22	01/10/23
Day 193 Ben 11	06/21/19	03/07/20	11/22/20	08/09/21	04/26/22	01/11/23
Day 194 Ix 12	06/22/19	03/08/20	11/23/20	08/10/21	04/27/22	01/12/23
Day 195 Men 13	06/23/19	03/09/20	11/24/20	08/11/21	04/28/22	01/13/23
Day 196 Cib 1	06/24/19	03/10/20	11/25/20	08/12/21	04/29/22	01/14/23
Day 197 Caban 2	06/25/19	03/11/20	11/26/20	08/13/21	04/30/22	01/15/23
Day 198 Etnab 3	06/26/19	03/12/20	11/27/20	08/14/21	05/01/22	01/16/23
Day 199 Cauac 4	06/27/19	03/13/20	11/28/20	08/15/21	05/02/22	01/17/23
Day 200 Ahau 5	06/28/19	03/14/20	11/29/20	08/16/21	05/03/22	01/18/23
Day 201 Imix 6	06/29/19	03/15/20	11/30/20	08/17/21	05/04/22	01/19/23
Day 202 Ik 7	06/30/19	03/16/20	12/01/20	08/18/21	05/05/22	01/20/23
Day 203 Akbal 8	07/01/19	03/17/20	12/02/20	08/19/21	05/06/22	01/21/23
Day 204 Kan 9	07/02/19	03/18/20	12/03/20	08/20/21	05/07/22	01/22/23
Day 205 Chicchan 10	07/03/19	03/19/20	12/04/20	08/21/21	05/08/22	01/23/23
Day 206 Cimi 11	07/04/19	03/20/20	12/05/20	08/22/21	05/09/22	01/24/23
Day 207 Manik 12	07/05/19	03/21/20	12/06/20	08/23/21	05/10/22	01/25/23

Day 208	Lamat 13	07/06/19	03/22/20	12/07/20	08/24/21	05/11/22	01/26/23
Day 209	Muluc 1	07/07/19	03/23/20	12/08/20	08/25/21	05/12/22	01/27/23
Day 210	Oc 2	07/08/19	03/24/20	12/09/20	08/26/21	05/13/22	01/28/23
Day 211	Chuen 3	07/09/19	03/25/20	12/10/20	08/27/21	05/14/22	01/29/23
Day 212	Eb 4	07/10/19	03/26/20	12/11/20	08/28/21	05/15/22	01/30/23
Day 213	Ben 5	07/11/19	03/27/20	12/12/20	08/29/21	05/16/22	01/31/23
Day 214	Ix 6	07/12/19	03/28/20	12/13/20	08/30/21	05/17/22	02/01/23
Day 215	Men 7	07/13/19	03/29/20	12/14/20	08/31/21	05/18/22	02/02/23
Day 216	Cib 8	07/14/19	03/30/20	12/15/20	09/01/21	05/19/22	02/03/23
Day 217	Caban 9	07/15/19	03/31/20	12/16/20	09/02/21	05/20/22	02/04/23
Day 218	Etnab 10	07/16/19	04/01/20	12/17/20	09/03/21	05/21/22	02/05/23
Day 219	Cauac 11	07/17/19	04/02/20	12/18/20	09/04/21	05/22/22	02/06/23
Day 220	Ahau 12	07/18/19	04/03/20	12/19/20	09/05/21	05/23/22	02/07/23
Day 221	Imix 13	07/19/19	04/04/20	12/20/20	09/06/21	05/24/22	02/08/23
Day 222	Ik 1	07/20/19	04/05/20	12/21/20	09/07/21	05/25/22	02/09/23
Day 223	Akbal 2	07/21/19	04/06/20	12/22/20	09/08/21	05/26/22	02/10/23
Day 224	Kan 3	07/22/19	04/07/20	12/23/20	09/09/21	05/27/22	02/11/23
Day 225	Chicchan 4	07/23/19	04/08/20	12/24/20	09/10/21	05/28/22	02/12/23
Day 226	Cimi 5	07/24/19	04/09/20	12/25/20	09/11/21	05/29/22	02/13/23
Day 227	Manik 6	07/25/19	04/10/20	12/26/20	09/12/21	05/30/22	02/14/23
Day 228	Lamat 7	07/26/19	04/11/20	12/27/20	09/13/21	05/31/22	02/15/23
Day 229	Muluc 8	07/27/19	04/12/20	12/28/20	09/14/21	06/01/22	02/16/23
Day 230	Oc 9	07/28/19	04/13/20	12/29/20	09/15/21	06/02/22	02/17/23
Day 231	Chuen 10	07/29/19	04/14/20	12/30/20	09/16/21	06/03/22	02/18/23
Day 232	Eb 11	07/30/19	04/15/20	12/31/20	09/17/21	06/04/22	02/19/23
Day 233	Ben 12	07/31/19	04/16/20	01/01/21	09/18/21	06/05/22	02/20/23
Day 234	Ix 13	08/01/19	04/17/20	01/02/21	09/19/21	06/06/22	02/21/23
Day 235	Men 1	08/02/19	04/18/20	01/03/21	09/20/21	06/07/22	02/22/23
Day 236	Cib 2	08/03/19	04/19/20	01/04/21	09/21/21	06/08/22	02/23/23
Day 237	Caban 3	08/04/19	04/20/20	01/05/21	09/22/21	06/09/22	02/24/23
Day 238	Etnab 4	08/05/19	04/21/20	01/06/21	09/23/21	06/10/22	02/25/23
Day 239	Cauac 5	08/06/19	04/22/20	01/07/21	09/24/21	06/11/22	02/26/23
Day 240	Ahau 6	08/07/19	04/23/20	01/08/21	09/25/21	06/12/22	02/27/23
Day 241	Imix 7	08/08/19	04/24/20	01/09/21	09/26/21	06/13/22	02/28/23
Day 242	Ik 8	08/09/19	04/25/20	01/10/21	09/27/21	06/14/22	03/01/23
Day 243	Akbal 9	08/10/19	04/26/20	01/11/21	09/28/21	06/15/22	03/02/23
Day 244	Kan 10	08/11/19	04/27/20	01/12/21	09/29/21	06/16/22	03/03/23
Day 245	Chicchan 11	08/12/19	04/28/20	01/13/21	09/30/21	06/17/22	03/04/23
Day 246	Cimi 12	08/13/19	04/29/20	01/14/21	10/01/21	06/18/22	03/05/23
Day 247	Manik 13	08/14/19	04/30/20	01/15/21	10/02/21	06/19/22	03/06/23
Day 248	Lamat 1	08/15/19	05/01/20	01/16/21	10/03/21	06/20/22	03/07/23
Day 249	Muluc 2	08/16/19	05/02/20	01/17/21	10/04/21	06/21/22	03/08/23
Day 250	Oc 3	08/17/19	05/03/20	01/18/21	10/05/21	06/22/22	03/09/23
Day 251	Chuen 4	08/18/19	05/04/20	01/19/21	10/06/21	06/23/22	03/10/23
Day 252	Eb 5	08/19/19	05/05/20	01/20/21	10/07/21	06/24/22	03/11/23
Day 253	Ben 6	08/20/19	05/06/20	01/21/21	10/08/21	06/25/22	03/12/23
Day 254	Ix 7	08/21/19	05/07/20	01/22/21	10/09/21	06/26/22	03/13/23
Day 255	Men 8	08/22/19	05/08/20	01/23/21	10/10/21	06/27/22	03/14/23
Day 256	Cib 9	08/23/19	05/09/20	01/24/21	10/11/21	06/28/22	03/15/23
Day 257	Caban 10	08/24/19	05/10/20	01/25/21	10/12/21	06/29/22	03/16/23
Day 258	Etnab 11	08/25/19	05/11/20	01/26/21	10/13/21	06/30/22	03/17/23
Day 259	Cauac 12	08/26/19	05/12/20	01/27/21	10/14/21	07/01/22	03/18/23
Day 260	Ahau 13	08/27/19	05/13/20	01/28/21	10/15/21	07/02/22	03/19/23

Tzolkin Date Conversion Table: 03/20/23 to 06/26/27

Tzolkin Date	2023	2023-24	2024-25	2025-26	2026	2026-27
Day 1 Imix 1	03/20/23	12/05/23	08/21/24	05/08/25	01/23/26	10/10/26
Day 2 Ik 2	03/21/23	12/06/23	08/22/24	05/09/25	01/24/26	10/11/26
Day 3 Akbal 3	03/22/23	12/07/23	08/23/24	05/10/25	01/25/26	10/12/26
Day 4 Kan 4	03/23/23	12/08/23	08/24/24	05/11/25	01/26/26	10/13/26
Day 5 Chicchan 5	03/24/23	12/09/23	08/25/24	05/12/25	01/27/26	10/14/26
Day 6 Cimi 6	03/25/23	12/10/23	08/26/24	05/13/25	01/28/26	10/15/26
Day 7 Manik 7	03/26/23	12/11/23	08/27/24	05/14/25	01/29/26	10/16/26
Day 8 Lamat 8	03/27/23	12/12/23	08/28/24	05/15/25	01/30/26	10/17/26
Day 9 Muluc 9	03/28/23	12/13/23	08/29/24	05/16/25	01/31/26	10/18/26
Day 10 Oc 10	03/29/23	12/14/23	08/30/24	05/17/25	02/01/26	10/19/26
Day 11 Chuen 11	03/30/23	12/15/23	08/31/24	05/18/25	02/02/26	10/20/26
Day 12 Eb 12	03/31/23	12/16/23	09/01/24	05/19/25	02/03/26	10/21/26
Day 13 Ben 13	04/01/23	12/17/23	09/02/24	05/20/25	02/04/26	10/22/26
Day 14 Ix 1	04/02/23	12/18/23	09/03/24	05/21/25	02/05/26	10/23/26
Day 15 Men 2	04/03/23	12/19/23	09/04/24	05/22/25	02/06/26	10/24/26
Day 16 Cib 3	04/04/23	12/20/23	09/05/24	05/23/25	02/07/26	10/25/26
Day 17 Caban 4	04/05/23	12/21/23	09/06/24	05/24/25	02/08/26	10/26/26
Day 18 Etnab 5	04/06/23	12/22/23	09/07/24	05/25/25	02/09/26	10/27/26
Day 19 Cauac 6	04/07/23	12/23/23	09/08/24	05/26/25	02/10/26	10/28/26
Day 20 Ahau 7	04/08/23	12/24/23	09/09/24	05/27/25	02/11/26	10/29/26
Day 21 Imix 8	04/09/23	12/25/23	09/10/24	05/28/25	02/12/26	10/30/26
Day 22 Ik 9	04/10/23	12/26/23	09/11/24	05/29/25	02/13/26	10/31/26
Day 23 Akbal 10	04/11/23	12/27/23	09/12/24	05/30/25	02/14/26	11/01/26
Day 24 Kan 11	04/12/23	12/28/23	09/13/24	05/31/25	02/15/26	11/02/26
Day 25 Chicchan 12	04/13/23	12/29/23	09/14/24	06/01/25	02/16/26	11/03/26
Day 26 Cimi 13	04/14/23	12/30/23	09/15/24	06/02/25	02/17/26	11/04/26
Day 27 Manik 1	04/15/23	12/31/23	09/16/24	06/03/25	02/18/26	11/05/26
Day 28 Lamat 2	04/16/23	01/01/24	09/17/24	06/04/25	02/19/26	11/06/26
Day 29 Muluc 3	04/17/23	01/02/24	09/18/24	06/05/25	02/20/26	11/07/26
Day 30 Oc 4	04/18/23	01/03/24	09/19/24	06/06/25	02/21/26	11/08/26
Day 31 Chuen 5	04/19/23	01/04/24	09/20/24	06/07/25	02/22/26	11/09/26
Day 32 Eb 6	04/20/23	01/05/24	09/21/24	06/08/25	02/23/26	11/10/26
Day 33 Ben 7	04/21/23	01/06/24	09/22/24	06/09/25	02/24/26	11/11/26
Day 34 Ix 8	04/22/23	01/07/24	09/23/24	06/10/25	02/25/26	11/12/26
Day 35 Men 9	04/23/23	01/08/24	09/24/24	06/11/25	02/26/26	11/13/26
Day 36 Cib 10	04/24/23	01/09/24	09/25/24	06/12/25	02/27/26	11/14/26
Day 37 Caban 11	04/25/23	01/10/24	09/26/24	06/13/25	02/28/26	11/15/26
Day 38 Etnab 12	04/26/23	01/11/24	09/27/24	06/14/25	03/01/26	11/16/26
Day 39 Cauac 13	04/27/23	01/12/24	09/28/24	06/15/25	03/02/26	11/17/26
Day 40 Ahau 1	04/28/23	01/13/24	09/29/24	06/16/25	03/03/26	11/18/26
Day 41 Imix 2	04/29/23	01/14/24	09/30/24	06/17/25	03/04/26	11/19/26
Day 42 Ik 3	04/30/23	01/15/24	10/01/24	06/18/25	03/05/26	11/20/26
Day 43 Akbal 4	05/01/23	01/16/24	10/02/24	06/19/25	03/06/26	11/21/26
Day 44 Kan 5	05/02/23	01/17/24	10/03/24	06/20/25	03/07/26	11/22/26
Day 45 Chicchan 6	05/03/23	01/18/24	10/04/24	06/21/25	03/08/26	11/23/26
Day 46 Cimi 7	05/04/23	01/19/24	10/05/24	06/22/25	03/09/26	11/24/26
Day 47 Manik 8	05/05/23	01/20/24	10/06/24	06/23/25	03/10/26	11/25/26
Day 48 Lamat 9	05/06/23	01/21/24	10/07/24	06/24/25	03/11/26	11/26/26
Day 49 Muluc 10	05/07/23	01/22/24	10/08/24	06/25/25	03/12/26	11/27/26
Day 50 Oc 11	05/08/23	01/23/24	10/09/24	06/26/25	03/13/26	11/28/26
Day 51 Chuen 12	05/09/23	01/24/24	10/10/24	06/27/25	03/14/26	11/29/26
Day 52 Eb 13	05/10/23	01/25/24	10/11/24	06/28/25	03/15/26	11/30/26

Day 53 Ben 1	05/11/23	01/26/24	10/12/24	06/29/25	03/16/26	12/01/26
Day 54 Ix 2	05/12/23	01/27/24	10/13/24	06/30/25	03/17/26	12/02/26
Day 55 Men 3	05/13/23	01/28/24	10/14/24	07/01/25	03/18/26	12/03/26
Day 56 Cib 4	05/14/23	01/29/24	10/15/24	07/02/25	03/19/26	12/04/26
Day 57 Caban 5	05/15/23	01/30/24	10/16/24	07/03/25	03/20/26	12/05/26
Day 58 Etnab 6	05/16/23	01/31/24	10/17/24	07/04/25	03/21/26	12/06/26
Day 59 Cauac 7	05/17/23	02/01/24	10/18/24	07/05/25	03/22/26	12/07/26
Day 60 Ahau 8	05/18/23	02/02/24	10/19/24	07/06/25	03/23/26	12/08/26
Day 61 Imix 9	05/19/23	02/03/24	10/20/24	07/07/25	03/24/26	12/09/26
Day 62 Ik 10	05/20/23	02/04/24	10/21/24	07/08/25	03/25/26	12/10/26
Day 63 Akbal 11	05/21/23	02/05/24	10/22/24	07/09/25	03/26/26	12/11/26
Day 64 Kan 12	05/22/23	02/06/24	10/23/24	07/10/25	03/27/26	12/12/26
Day 65 Chicchan 13	05/23/23	02/07/24	10/24/24	07/11/25	03/28/26	12/13/26
Day 66 Cimi 1	05/24/23	02/08/24	10/25/24	07/12/25	03/29/26	12/14/26
Day 67 Manik 2	05/25/23	02/09/24	10/26/24	07/13/25	03/30/26	12/15/26
Day 68 Lamat 3	05/26/23	02/10/24	10/27/24	07/14/25	03/31/26	12/16/26
Day 69 Muluc 4	05/27/23	02/11/24	10/28/24	07/15/25	04/01/26	12/17/26
Day 70 Oc 5	05/28/23	02/12/24	10/29/24	07/16/25	04/02/26	12/18/26
Day 71 Chuen 6	05/29/23	02/13/24	10/30/24	07/17/25	04/03/26	12/19/26
Day 72 Eb 7	05/30/23	02/14/24	10/31/24	07/18/25	04/04/26	12/20/26
Day 73 Ben 8	05/31/23	02/15/24	11/01/24	07/19/25	04/05/26	12/21/26
Day 74 Ix 9	06/01/23	02/16/24	11/02/24	07/20/25	04/06/26	12/22/26
Day 75 Men 10	06/02/23	02/17/24	11/03/24	07/21/25	04/07/26	12/23/26
Day 76 Cib 11	06/03/23	02/18/24	11/04/24	07/22/25	04/08/26	12/24/26
Day 77 Caban 12	06/04/23	02/19/24	11/05/24	07/23/25	04/09/26	12/25/26
Day 78 Etnab 13	06/05/23	02/20/24	11/06/24	07/24/25	04/10/26	12/26/26
Day 79 Cauac 1	06/06/23	02/21/24	11/07/24	07/25/25	04/11/26	12/27/26
Day 80 Ahau 2	06/07/23	02/22/24	11/08/24	07/26/25	04/12/26	12/28/26
Day 81 Imix 3	06/08/23	02/23/24	11/09/24	07/27/25	04/13/26	12/29/26
Day 82 Ik 4	06/09/23	02/24/24	11/10/24	07/28/25	04/14/26	12/30/26
Day 83 Akbal 5	06/10/23	02/25/24	11/11/24	07/29/25	04/15/26	12/31/26
Day 84 Kan 6	06/11/23	02/26/24	11/12/24	07/30/25	04/16/26	01/01/27
Day 85 Chicchan 7	06/12/23	02/27/24	11/13/24	07/31/25	04/17/26	01/02/27
Day 86 Cimi 8	06/13/23	02/28/24	11/14/24	08/01/25	04/18/26	01/03/27
Day 87 Manik 9	06/14/23	02/29/24	11/15/24	08/02/25	04/19/26	01/04/27
Day 88 Lamat 10	06/15/23	03/01/24	11/16/24	08/03/25	04/20/26	01/05/27
Day 89 Muluc 11	06/16/23	03/02/24	11/17/24	08/04/25	04/21/26	01/06/27
Day 90 Oc 12	06/17/23	03/03/24	11/18/24	08/05/25	04/22/26	01/07/27
Day 91 Chuen 13	06/18/23	03/04/24	11/19/24	08/06/25	04/23/26	01/08/27
Day 92 Eb 1	06/19/23	03/05/24	11/20/24	08/07/25	04/24/26	01/09/27
Day 93 Ben 2	06/20/23	03/06/24	11/21/24	08/08/25	04/25/26	01/10/27
Day 94 Ix 3	06/21/23	03/07/24	11/22/24	08/09/25	04/26/26	01/11/27
Day 95 Men 4	06/22/23	03/08/24	11/23/24	08/10/25	04/27/26	01/12/27
Day 96 Cib 5	06/23/23	03/09/24	11/24/24	08/11/25	04/28/26	01/13/27
Day 97 Caban 6	06/24/23	03/10/24	11/25/24	08/12/25	04/29/26	01/14/27
Day 98 Etnab 7	06/25/23	03/11/24	11/26/24	08/13/25	04/30/26	01/15/27
Day 99 Cauac 8	06/26/23	03/12/24	11/27/24	08/14/25	05/01/26	01/16/27
Day 100 Ahau 9	06/27/23	03/13/24	11/28/24	08/15/25	05/02/26	01/17/27
Day 101 Imix 10	06/28/23	03/14/24	11/29/24	08/16/25	05/03/26	01/18/27
Day 102 Ik 11	06/29/23	03/15/24	11/30/24	08/17/25	05/04/26	01/19/27
Day 103 Akbal 12	06/30/23	03/16/24	12/01/24	08/18/25	05/05/26	01/20/27
Day 104 Kan 13	07/01/23	03/17/24	12/02/24	08/19/25	05/06/26	01/21/27
Day 105 Chicchan 1	07/02/23	03/18/24	12/03/24	08/20/25	05/07/26	01/22/27
Day 106 Cimi 2	07/03/23	03/19/24	12/04/24	08/21/25	05/08/26	01/23/27
Day 107 Manik 3	07/04/23	03/20/24	12/05/24	08/22/25	05/09/26	01/24/27
Day 108 Lamat 4	07/05/23	03/21/24	12/06/24	08/23/25	05/10/26	01/25/27

Day 109	Muluc 5	07/06/23	03/22/24	12/07/24	08/24/25	05/11/26	01/26/27
Day 110	Oc 6	07/07/23	03/23/24	12/08/24	08/25/25	05/12/26	01/27/27
Day 111	Chuen 7	07/08/23	03/24/24	12/09/24	08/26/25	05/13/26	01/28/27
Day 112	Eb 8	07/09/23	03/25/24	12/10/24	08/27/25	05/14/26	01/29/27
Day 113	Ben 9	07/10/23	03/26/24	12/11/24	08/28/25	05/15/26	01/30/27
Day 114	Ix 10	07/11/23	03/27/24	12/12/24	08/29/25	05/16/26	01/31/27
Day 115	Men 11	07/12/23	03/28/24	12/13/24	08/30/25	05/17/26	02/01/27
Day 116	Cib 12	07/13/23	03/29/24	12/14/24	08/31/25	05/18/26	02/02/27
Day 117	Caban 13	07/14/23	03/30/24	12/15/24	09/01/25	05/19/26	02/03/27
Day 118	Etnab 1	07/15/23	03/31/24	12/16/24	09/02/25	05/20/26	02/04/27
Day 119	Cauac 2	07/16/23	04/01/24	12/17/24	09/03/25	05/21/26	02/05/27
Day 120	Ahau 3	07/17/23	04/02/24	12/18/24	09/04/25	05/22/26	02/06/27
Day 121	Imix 4	07/18/23	04/03/24	12/19/24	09/05/25	05/23/26	02/07/27
Day 122	Ik 5	07/19/23	04/04/24	12/20/24	09/06/25	05/24/26	02/08/27
Day 123	Akbal 6	07/20/23	04/05/24	12/21/24	09/07/25	05/25/26	02/09/27
Day 124	Kan 7	07/21/23	04/06/24	12/22/24	09/08/25	05/26/26	02/10/27
Day 125	Chicchan 8	07/22/23	04/07/24	12/23/24	09/09/25	05/27/26	02/11/27
Day 126	Cimi 9	07/23/23	04/08/24	12/24/24	09/10/25	05/28/26	02/12/27
Day 127	Manik 10	07/24/23	04/09/24	12/25/24	09/11/25	05/29/26	02/13/27
Day 128	Lamat 11	07/25/23	04/10/24	12/26/24	09/12/25	05/30/26	02/14/27
Day 129	Muluc 12	07/26/23	04/11/24	12/27/24	09/13/25	05/31/26	02/15/27
Day 130	Oc 13	07/27/23	04/12/24	12/28/24	09/14/25	06/01/26	02/16/27
Day 131	Chuen 1	07/28/23	04/13/24	12/29/24	09/15/25	06/02/26	02/17/27
Day 132	Eb 2	07/29/23	04/14/24	12/30/24	09/16/25	06/03/26	02/18/27
Day 133	Ben 3	07/30/23	04/15/24	12/31/24	09/17/25	06/04/26	02/19/27
Day 134	Ix 4	07/31/23	04/16/24	01/01/25	09/18/25	06/05/26	02/20/27
Day 135	Men 5	08/01/23	04/17/24	01/02/25	09/19/25	06/06/26	02/21/27
Day 136	Cib 6	08/02/23	04/18/24	01/03/25	09/20/25	06/07/26	02/22/27
Day 137	Caban 7	08/03/23	04/19/24	01/04/25	09/21/25	06/08/26	02/23/27
Day 138	Etnab 8	08/04/23	04/20/24	01/05/25	09/22/25	06/09/26	02/24/27
Day 139	Cauac 9	08/05/23	04/21/24	01/06/25	09/23/25	06/10/26	02/25/27
Day 140	Ahua 10	08/06/23	04/22/24	01/07/25	09/24/25	06/11/26	02/26/27
Day 141	Imix 11	08/07/23	04/23/24	01/08/25	09/25/25	06/12/26	02/27/27
Day 142	Ik 12	08/08/23	04/24/24	01/09/25	09/26/25	06/13/26	02/28/27
Day 143	Akbal 13	08/09/23	04/25/24	01/10/25	09/27/25	06/14/26	03/01/27
Day 144	Kan 1	08/10/23	04/26/24	01/11/25	09/28/25	06/15/26	03/02/27
Day 145	Chicchan 2	08/11/23	04/27/24	01/12/25	09/29/25	06/16/26	03/03/27
Day 146	Cimi 3	08/12/23	04/28/24	01/13/25	09/30/25	06/17/26	03/04/27
Day 147	Manik 4	08/13/23	04/29/24	01/14/25	10/01/25	06/18/26	03/05/27
Day 148	Lamat 5	08/14/23	04/30/24	01/15/25	10/02/25	06/19/26	03/06/27
Day 149	Muluc 6	08/15/23	05/01/24	01/16/25	10/03/25	06/20/26	03/07/27
Day 150	Oc 7	08/16/23	05/02/24	01/17/25	10/04/25	06/21/26	03/08/27
Day 151	Chuen 8	08/17/23	05/03/24	01/18/25	10/05/25	06/22/26	03/09/27
Day 152	Eb 9	08/18/23	05/04/24	01/19/25	10/06/25	06/23/26	03/10/27
Day 153	Ben 10	08/19/23	05/05/24	01/20/25	10/07/25	06/24/26	03/11/27
Day 154	Ix 11	08/20/23	05/06/24	01/21/25	10/08/25	06/25/26	03/12/27
Day 155	Men 12	08/21/23	05/07/24	01/22/25	10/09/25	06/26/26	03/13/27
Day 156	Cib 13	08/22/23	05/08/24	01/23/25	10/10/25	06/27/26	03/14/27
Day 157	Caban 1	08/23/23	05/09/24	01/24/25	10/11/25	06/28/26	03/15/27
Day 158	Etnab 2	08/24/23	05/10/24	01/25/25	10/12/25	06/29/26	03/16/27
Day 159	Cauac 3	08/25/23	05/11/24	01/26/25	10/13/25	06/30/26	03/17/27
Day 160	Ahua 4	08/26/23	05/12/24	01/27/25	10/14/25	07/01/26	03/18/27
Day 161	Imix 5	08/27/23	05/13/24	01/28/25	10/15/25	07/02/26	03/19/27
Day 162	Ik 6	08/28/23	05/14/24	01/29/25	10/16/25	07/03/26	03/20/27
Day 163	Akbal 7	08/29/23	05/15/24	01/30/25	10/17/25	07/04/26	03/21/27
Day 164	Kan 8	08/30/23	05/16/24	01/31/25	10/18/25	07/05/26	03/22/27

Day 165 Chicchan 9	08/31/23	05/17/24	02/01/25	10/19/25	07/06/26	03/23/27
Day 166 Cimi 10	09/01/23	05/18/24	02/02/25	10/20/25	07/07/26	03/24/27
Day 167 Manik 11	09/02/23	05/19/24	02/03/25	10/21/25	07/08/26	03/25/27
Day 168 Lamat 12	09/03/23	05/20/24	02/04/25	10/22/25	07/09/26	03/26/27
Day 169 Muluc 13	09/04/23	05/21/24	02/05/25	10/23/25	07/10/26	03/27/27
Day 170 Oc 1	09/05/23	05/22/24	02/06/25	10/24/25	07/11/26	03/28/27
Day 171 Chuen 2	09/06/23	05/23/24	02/07/25	10/25/25	07/12/26	03/29/27
Day 172 Eb 3	09/07/23	05/24/24	02/08/25	10/26/25	07/13/26	03/30/27
Day 173 Ben 4	09/08/23	05/25/24	02/09/25	10/27/25	07/14/26	03/31/27
Day 174 Ix 5	09/09/23	05/26/24	02/10/25	10/28/25	07/15/26	04/01/27
Day 175 Men 6	09/10/23	05/27/24	02/11/25	10/29/25	07/16/26	04/02/27
Day 176 Cib 7	09/11/23	05/28/24	02/12/25	10/30/25	07/17/26	04/03/27
Day 177 Caban 8	09/12/23	05/29/24	02/13/25	10/31/25	07/18/26	04/04/27
Day 178 Etnab 9	09/13/23	05/30/24	02/14/25	11/01/25	07/19/26	04/05/27
Day 179 Cauac 10	09/14/23	05/31/24	02/15/25	11/02/25	07/20/26	04/06/27
Day 180 Ahau 11	09/15/23	06/01/24	02/16/25	11/03/25	07/21/26	04/07/27
Day 181 Imix 12	09/16/23	06/02/24	02/17/25	11/04/25	07/22/26	04/08/27
Day 182 Ik 13	09/17/23	06/03/24	02/18/25	11/05/25	07/23/26	04/09/27
Day 183 Akbal 1	09/18/23	06/04/24	02/19/25	11/06/25	07/24/26	04/10/27
Day 184 Kan 2	09/19/23	06/05/24	02/20/25	11/07/25	07/25/26	04/11/27
Day 185 Chicchan 3	09/20/23	06/06/24	02/21/25	11/08/25	07/26/26	04/12/27
Day 186 Cimi 4	09/21/23	06/07/24	02/22/25	11/09/25	07/27/26	04/13/27
Day 187 Manik 5	09/22/23	06/08/24	02/23/25	11/10/25	07/28/26	04/14/27
Day 188 Lamat 6	09/23/23	06/09/24	02/24/25	11/11/25	07/29/26	04/15/27
Day 189 Muluc 7	09/24/23	06/10/24	02/25/25	11/12/25	07/30/26	04/16/27
Day 190 Oc 8	09/25/23	06/11/24	02/26/25	11/13/25	07/31/26	04/17/27
Day 191 Chuen 9	09/26/23	06/12/24	02/27/25	11/14/25	08/01/26	04/18/27
Day 192 Eb 10	09/27/23	06/13/24	02/28/25	11/15/25	08/02/26	04/19/27
Day 193 Ben 11	09/28/23	06/14/24	03/01/25	11/16/25	08/03/26	04/20/27
Day 194 Ix 12	09/29/23	06/15/24	03/02/25	11/17/25	08/04/26	04/21/27
Day 195 Men 13	09/30/23	06/16/24	03/03/25	11/18/25	08/05/26	04/22/27
Day 196 Cib 1	10/01/23	06/17/24	03/04/25	11/19/25	08/06/26	04/23/27
Day 197 Caban 2	10/02/23	06/18/24	03/05/25	11/20/25	08/07/26	04/24/27
Day 198 Etnab 3	10/03/23	06/19/24	03/06/25	11/21/25	08/08/26	04/25/27
Day 199 Cauac 4	10/04/23	06/20/24	03/07/25	11/22/25	08/09/26	04/26/27
Day 200 Ahau 5	10/05/23	06/21/24	03/08/25	11/23/25	08/10/26	04/27/27
Day 201 Imix 6	10/06/23	06/22/24	03/09/25	11/24/25	08/11/26	04/28/27
Day 202 Ik 7	10/07/23	06/23/24	03/10/25	11/25/25	08/12/26	04/29/27
Day 203 Akbal 8	10/08/23	06/24/24	03/11/25	11/26/25	08/13/26	04/30/27
Day 204 Kan 9	10/09/23	06/25/24	03/12/25	11/27/25	08/14/26	05/01/27
Day 205 Chicchan 10	10/10/23	06/26/24	03/13/25	11/28/25	08/15/26	05/02/27
Day 206 Cimi 11	10/11/23	06/27/24	03/14/25	11/29/25	08/16/26	05/03/27
Day 207 Manik 12	10/12/23	06/28/24	03/15/25	11/30/25	08/17/26	05/04/27
Day 208 Lamat 13	10/13/23	06/29/24	03/16/25	12/01/25	08/18/26	05/05/27
Day 209 Muluc 1	10/14/23	06/30/24	03/17/25	12/02/25	08/19/26	05/06/27
Day 210 Oc 2	10/15/23	07/01/24	03/18/25	12/03/25	08/20/26	05/07/27
Day 211 Chuen 3	10/16/23	07/02/24	03/19/25	12/04/25	08/21/26	05/08/27
Day 212 Eb 4	10/17/23	07/03/24	03/20/25	12/05/25	08/22/26	05/09/27
Day 213 Ben 5	10/18/23	07/04/24	03/21/25	12/06/25	08/23/26	05/10/27
Day 214 Ix 6	10/19/23	07/05/24	03/22/25	12/07/25	08/24/26	05/11/27
Day 215 Men 7	10/20/23	07/06/24	03/23/25	12/08/25	08/25/26	05/12/27
Day 216 Cib 8	10/21/23	07/07/24	03/24/25	12/09/25	08/26/26	05/13/27
Day 217 Caban 9	10/22/23	07/08/24	03/25/25	12/10/25	08/27/26	05/14/27
Day 218 Etnab 10	10/23/23	07/09/24	03/26/25	12/11/25	08/28/26	05/15/27
Day 219 Cauac 11	10/24/23	07/10/24	03/27/25	12/12/25	08/29/26	05/16/27
Day 220 Ahau 12	10/25/23	07/11/24	03/28/25	12/13/25	08/30/26	05/17/27

Day 221 Imix 13	10/26/23	07/12/24	03/29/25	12/14/25	08/31/26	05/18/27
Day 222 Ik 1	10/27/23	07/13/24	03/30/25	12/15/25	09/01/26	05/19/27
Day 223 Akbal 2	10/28/23	07/14/24	03/31/25	12/16/25	09/02/26	05/20/27
Day 224 Kan 3	10/29/23	07/15/24	04/01/25	12/17/25	09/03/26	05/21/27
Day 225 Chicchan 4	10/30/23	07/16/24	04/02/25	12/18/25	09/04/26	05/22/27
Day 226 Cimi 5	10/31/23	07/17/24	04/03/25	12/19/25	09/05/26	05/23/27
Day 227 Manik 6	11/01/23	07/18/24	04/04/25	12/20/25	09/06/26	05/24/27
Day 228 Lamat 7	11/02/23	07/19/24	04/05/25	12/21/25	09/07/26	05/25/27
Day 229 Muluc 8	11/03/23	07/20/24	04/06/25	12/22/25	09/08/26	05/26/27
Day 230 Oc 9	11/04/23	07/21/24	04/07/25	12/23/25	09/09/26	05/27/27
Day 231 Chuen 10	11/05/23	07/22/24	04/08/25	12/24/25	09/10/26	05/28/27
Day 232 Eb 11	11/06/23	07/23/24	04/09/25	12/25/25	09/11/26	05/29/27
Day 233 Ben 12	11/07/23	07/24/24	04/10/25	12/26/25	09/12/26	05/30/27
Day 234 Ix 13	11/08/23	07/25/24	04/11/25	12/27/25	09/13/26	05/31/27
Day 235 Men 1	11/09/23	07/26/24	04/12/25	12/28/25	09/14/26	06/01/27
Day 236 Cib 2	11/10/23	07/27/24	04/13/25	12/29/25	09/15/26	06/02/27
Day 237 Caban 3	11/11/23	07/28/24	04/14/25	12/30/25	09/16/26	06/03/27
Day 238 Etnab 4	11/12/23	07/29/24	04/15/25	12/31/25	09/17/26	06/04/27
Day 239 Cauac 5	11/13/23	07/30/24	04/16/25	01/01/26	09/18/26	06/05/27
Day 240 Ahau 6	11/14/23	07/31/24	04/17/25	01/02/26	09/19/26	06/06/27
Day 241 Imix 7	11/15/23	08/01/24	04/18/25	01/03/26	09/20/26	06/07/27
Day 242 Ik 8	11/16/23	08/02/24	04/19/25	01/04/26	09/21/26	06/08/27
Day 243 Akbal 9	11/17/23	08/03/24	04/20/25	01/05/26	09/22/26	06/09/27
Day 244 Kan 10	11/18/23	08/04/24	04/21/25	01/06/26	09/23/26	06/10/27
Day 245 Chicchan 11	11/19/23	08/05/24	04/22/25	01/07/26	09/24/26	06/11/27
Day 246 Cimi 12	11/20/23	08/06/24	04/23/25	01/08/26	09/25/26	06/12/27
Day 247 Manik 13	11/21/23	08/07/24	04/24/25	01/09/26	09/26/26	06/13/27
Day 248 Lamat 1	11/22/23	08/08/24	04/25/25	01/10/26	09/27/26	06/14/27
Day 249 Muluc 2	11/23/23	08/09/24	04/26/25	01/11/26	09/28/26	06/15/27
Day 250 Oc 3	11/24/23	08/10/24	04/27/25	01/12/26	09/29/26	06/16/27
Day 251 Chuen 4	11/25/23	08/11/24	04/28/25	01/13/26	09/30/26	06/17/27
Day 252 Eb 5	11/26/23	08/12/24	04/29/25	01/14/26	10/01/26	06/18/27
Day 253 Ben 6	11/27/23	08/13/24	04/30/25	01/15/26	10/02/26	06/19/27
Day 254 Ix 7	11/28/23	08/14/24	05/01/25	01/16/26	10/03/26	06/20/27
Day 255 Men 8	11/29/23	08/15/24	05/02/25	01/17/26	10/04/26	06/21/27
Day 256 Cib 9	11/30/23	08/16/24	05/03/25	01/18/26	10/05/26	06/22/27
Day 257 Caban 10	12/01/23	08/17/24	05/04/25	01/19/26	10/06/26	06/23/27
Day 258 Etnab 11	12/02/23	08/18/24	05/05/25	01/20/26	10/07/26	06/24/27
Day 259 Cauac 12	12/03/23	08/19/24	05/06/25	01/21/26	10/08/26	06/25/27
Day 260 Ahau 13	12/04/23	08/20/24	05/07/25	01/22/26	10/09/26	06/26/27

