

Christ and The Five Elementals

Introduction:

The Five Elementals, Rugadump, Ondene', Sylvie, Snap and Little Golden Love are The resident beings of the five ethers that function within my (Kienda's) physical, etheric, and astral bodies. They travel with me and participate as appropriate, on my spiritual research journeys into higher dimensional worlds. They, as supersensible spiritual beings, shared their stories with Edgar Mitchell and the Interstellar Team throughout 2016.

So many parts of my inner life over so many years have been coming together in new and meaningful relationships. My many lovely experiences with the Kindermeadow wolves gave me a guide and ally for the first spiritual Native American contact. My relationship with the Elementals, the etheric beings of Fire, Water, Air and Earth, began in my childhood in the wilderness of the Border Lakes in northern Minnesota. Throughout my life, I have communicated with them. It was only natural, then, that when the etheric world came under attack and damage by atomic radiation, that I learned of it and became involved. The following digression is a series of journal entries from Holy Week, 2011. There are a few other additions from times past, as well, and then, the year with Edgar Mitchell and the Interstellar Team, to the continuing story of the running present.

Palm Sunday in San Francisco, April 17, 2011

This morning I saw that I and all humanity must get in touch with the rhythms and cycles of nature by watching the sunrise and sunset, and by consciously uniting the Christ within, with the Christ in the etheric body of the earth. When we consciously align our thoughts with healthy rhythms for the earth and our lives, then we can heal all the "jangling", disharmonious thoughts and rhythms and angst and suffering of humanity, and mitigate all the poisoning and damaging of the earth.

As the etheric body of the earth flows in and out in the cosmic breathing at dawn and dusk, we can feel closeness and union with the cosmic and the planetary aspect of Christ as he moves and flows with it. And the "Christ in you. And may he fill your spirit." - may that Christ within each human being move and flow in the gracious, steady rhythm of the cosmic pattern of contract/expand. Christ in the etheric of the earth is in the realm of the Elementals and Angels, and we humans must align ourselves with the proper direction of their work. We must add our conscious energy of thought and action towards a calming and re-enlivening of the dying earth existence. We can in this way, help to stabilize the weather patterns and create a more moderate, balanced earth. We can lend our conscious force to the gentling, healing, and revitalizing of Earth. We can assist in the gradual slowing, maturing and graceful transition of Earth

and the ascension of human kind. We all go together when we go.

So, ceremonies at sunrise and sunset. Songs and prayers and offerings of food, seeds and biodynamic preparations, flags to float in the wind, little paper and wooden boats to float on the water, and fires for candles and incense. All the elements and all the Elementals should be honored and celebrated, and asked, "What can we do to help?" and when the answer comes, we must! do! it!

Holy Saturday, April 23, 2011 – The Christian Community in San Francisco

Today, during the Act of Consecration of Man, I realized that I want to celebrate the second coming, from now on, not only the first physical one. I think that Christ is sick of the whole cross/crucifixion thing: the issue of suffering and pain and sorrow, and the human inability to understand what was going on over 2,000 years ago, much less what is happening in the present. It is time to get past it and on to Ascension and Whitsun and Michaelmas and create new festivals and celebrations for the etheric Christ. We humans have work to do with the cosmic Christ in the etheric body of the earth.

With the radiation from Fukushima, Japan, and the coming earth movements and changes, we absolutely must work into all the worlds and realms. The effect of radiation is like pulling the wings off fairies. Is it destroying whole galaxies and universes of a micro-atomic scale? We know from Rudolf Steiner that radiation damages the human etheric body, and I am deeply concerned for the spiritual beings that also have an etheric body: the Elementals, Angels and Archangels, and of course, Christ, who has been in the etheric world since the ascension into the clouds.

We must consciously work to heal the Earth and her etheric body which holds us all.

Physical = to clean and order, beautify and set nature to rights, and bring our Earth into balance and harmony again.

Etheric = to heal the waters of the earth as Mr. Emoto has begun, since water is the touch-point of the etheric in the physical world. To heal and balance the radiation and come to a loving reciprocal relationship with the Elementals, and to heal and protect the plants.

Astral = to start applying Anthroposophical knowledge. Spiritual science must go hand in hand with physical science.

It is a whole new earth since the second coming. Hopefully since humanity has the potential to see him and the etheric forces of love, health, and vitality, we can become conscious partners in the new world.

Easter Sunday, April 24, 2011 – Sunrise at the Marin Headlands and

The Christian Community in San Francisco

I am sitting in the Christian Community Church, and I am still feeling that the peaceful contemplative inner re-enactment and reliving the drama of Holy Week, is no longer appropriate. We need action. We need other human beings bringing the light of the etheric Christ into play and activity in this damaged world. The whole radiation thing from Fukushima, Japan is being covered up and ignored in the U.S., but Mariko knows more about it there in Europe.

And since atomic radiation damages the etheric bodies of humans as well as the physical, what is the radiation doing to etheric beings like the Angels and the Elementals and the Etheric Christ? During the Act of Consecration of Man, I and the Warriors of the Rainbow Light went in search of what is happening and what can be done.

We need to instigate/institute new festivals to celebrate the 2nd coming of Christ in the etheric, and the 2nd crucifixion or sacrifice that Christ made. We must begin to actively utilize the etheric Christ forces in our personal lives, and in our work in the world. Talking with Peter S., the retired Jewish Priest of the CCC, he said, "Somebody has to do the research." So I am doing what I can.

During the service on Easter Morning, I asked Christ what it is all about? But he said, "It is not just for the telling." I/we must figure it out. So I looked at the effects of radiation on plants and animals and it is a crippling – a taking away of something – some etheric force. The particles and radiation rays, take etheric forces in order to try to complete themselves. But there are too many rays let loose without being complete and they run rampant, seeking completion and containment and can find almost nothing in the physical world to hold and heal them. They shoot through physical matter damaging the DNA and blowing holes through cells and tissue. The etheric body is damaged also – riddled with holes and leaking life forces.

The effect is like pulling the wings off the fairies, or crumpling the bodies of the Elementals. They do not like it. They are hurt and wounded and very angry. Probably the only forces of nature that do like radiation are those deep in the center of the earth, that are 'evil.' Radiation breaks up their containment and they may then reach the surface and begin to affect sleeping, unconscious humanity.

I realized that the new festival must include the Elementals, the etheric Christ and humanity, as well as all etheric beings such as Angels. And the dead who move and live in the etheric world also. The Warriors of the Rainbow Light were very interested and ready to 'work.'

I began to think of places where the Elementals have been strong and immediately thought of the secret beach where we once had a St. John's festival in the fog, on the little beach surrounded by cliffs at the entry to the Golden Gate. Being transported there in spirit, I perceived the protected power of the place. I began to

imagine contacting all the kinds of Elementals – the Undines at the water's edge, the Sylphs in the wild winds that have bent and bowed the trees, the 'flower fairies' of the lush protected forest and meadows back in the canyon, the Gnomes of the cliffs and rocks, and the Fire Salamanders of the brilliant sunlight. They were all angry at the damaging radiation coming in the ocean and the air, and were not feeling very friendly towards humans. They all stayed away and just out of reach, so I couldn't communicate with them.

A little posse of the Warriors of the Rainbow Light set out to catch the Gnome King and did so. I was lying face down in the grass communing with the insects when they brought the Gnome King who was not happy at being caught and carried. He had no choice but to listen to me explaining. I abjectly apologized for human stupidity, and when I asked him, "What do you need? What do you need from Human Beings? And how can we work together? Because we humans are not nearly as intelligent as you gnomes. You really know – you are wise – and you can help us humans to save Earth and all life from a premature death. We must work together. What do you need from us to keep the earth OK, so we can all properly evolve to our highest potential before the natural end of this phase of Earth existence?"

He was quiet for what seemed like a long time – really thinking, and this is not their usual way. They are normally instantly clever, with a ready response. I was patient and impressed by his careful consideration. Then he said, "We need a drop of Christed human blood." And the whole history of human life and the importance of human blood on Earth went through my mind:

We, in the ancient past, as women, bled into the earth. The sacred retreats of the women's holy moon time was to give to Mother Earth the creative forces of the menstrual blood and for the women to center and sing and sew and pray, which in those ancient times of the "Chalice" and the matriarchy were potent forces of individualizing and community – both together.

When the patriarchal time replaced the matriarchy, women become "unclean" and chattel. The honoring of the blood was not there, and soon enough, men now gave their blood to Mother Earth through war and killing – no longer the creative, life-potential blood of possible birth, but the blood of death and destruction.

When Christ, in the incarnation in Jesus, which culminated in the Mystery of Golgotha, died on the cross, the new cosmic dispensation of "willing sacrifice" released His blood and water into the earth when His side was pierced. The blood is the carrier of the Ego/I – the touch point in the physical body for the highest aspect of the spiritual human being. And water is the carrier and touch point of the etheric realms and beings. So from Christ, as a willed gift, blood – the carrier of the highest Christed ego consciousness, and

water – the carrier of the Christed healing/revitalizing etheric forces, entered the earth, and the realm of the Gnomes and Elementals.

Those forces, directly from Jesus Christ have worked for 2,000 years. They are still potent and operative.

However, humanity has carelessly taken certain power into its own hands via atomic fission and fusion. These cause disturbances in the material and etheric worlds beyond what even Christ bargained for. As the etheric Christ is within every human being's etheric body, we now have the task and duty to activate the etheric Christ forces within ourselves in order to answer the great need being unleashed on the whole world – physical, etheric, astral and spiritual – of atomic destruction guided and goaded on by the greed, power, hate and fear of Ahriman and the Azuras – the “ego-eaters,” with luciferic denial and delusion keeping the rest of humanity comfortably asleep until it is too late.

So the Gnome King asked for the willing sacrifice of Christ conscious human blood and tears – the water or the white blood of the etheric body. If humans would give a few drops – one to each elemental kingdom – offered consciously and with full intense intention to love and nurture Earth and the spiritual elemental beings, that gift would give them the clear Christed consciousness of the positive evolution of all life and help to bring Earth back into harmony with the Sun, the solar system, the galaxy and the whole cosmos.

So, meditating deeply, imbuing our whole selves, body, heart, soul, and mind with the love of Christ; and feeling the remorse for what humanity is now doing to “foul our nest” and damage our Mother Earth; in that sacred mind-set and with one little prick of the finger – 1 drop for Earth and the Gnomes, 1 drop in the ocean, 1 drop to the wind and 1 drop in the candle flame.

Perhaps for the wind and air, a drop of blood on a silk strand tied to a tree branch. Perhaps write LOVE or GRATITUDE with many people's drops. A sacrificial token of our physical and etheric selves; and the emotions of love and gratitude from our evolved astral bodies; and true spiritual thoughts and understandings; and we can all together heal the many facets of Earth's existence.

Every woman who still bleeds should once again give the blood and the creative etheric forces, along with the ego consciousness of nurturing motherhood, to the earth.

Christ said, “Render unto Cesear what is Cesear's.”

In like mind, I say, “Render freely and consciously to the Earth what is hers, and our thoughts and intentions and action to the “will of Christ consciousness” and the evolution of all existence through all cycles of time to come.”

Wednesday, April 27, 2011 - Woodacre, California

I am trying to understand the etheric worlds. All the patterns of life exist in the etheric worlds – all the archetypes of everything that manifests physically. Plato's “ideal” and Goethe's “ur-pflanz” live in the etheric world. These archetypes or patterns of vital, living forces become physical/material as they attract the building blocks of the chemical material world into their living stream of energy. These etheric forces are the lives and substance of spiritual beings – the angels and the Group Soul or Great Mother architect of each species of the plant and animal. What we see, hear, touch and taste are the physical, atomic and molecular elements which have accrued, conglomerated, or gathered by attraction around the creative, energy flows of the etheric design and pattern, and are therefore perceptible in the physical world. The actual work is done by the Elemental Beings of Fire, Water, Air and Earth – Salamanders, Undines, Sylphs and Gnomes.

Radiation is the random etheric force released when the balanced atomic structure of matter – the building blocks of the cosmos - is destroyed. The forces of cohesion and the orderly, co-operative relationships of physical material with the divine, spiritual, etheric pattern of creation is violently shattered. The natural rhythmic progression of evolution is at one moment halted, and the material particles themselves go crazy in a chain reaction of ultimate destruction. The etheric forces which formerly were safely applied to keeping the integrity of the 'building blocks' – the various atomic structures of the known physical world – the table of the elements and the chemical and thermo-dynamic laws of the earth, solar system and galaxy – those etheric forces are ripped away from their tasks and can no longer conform to the orderly universe and progressive evolution of all and everything. When the integrity of the atom is split – the etheric forces must abandon the orderly pattern of their existence and basically run amok – destroying other atoms and molecules and burning and destroying everything in their immediate path. (And I thought of the 10,000 people who were vaporized in Hiroshima and the thousands at Nagasaki. What became of them and their ether bodies, astral bodies, and Ego/Is?)

The effects of rampant, unorganized radiation is damaging to cellular functioning of all higher beings – plants, animals and humankind, resulting in DNA mutations, cancer, blight, illness and deformity of all kinds. Radiation also affects the etheric bodies of all beings, including the Angels, and the Mother Souls of all species of life. The perfect dynamic balance of the natural flow of life is destroyed.

So we humans must heal the leaking radiation from Fukushima, Japan. By sending out profound love and gratitude and appreciation to the smashed and destroyed atoms and the rampant lethal etheric rays and particles, we can generate symmetry and order in the etheric worlds. And we must ask forgiveness. We must feel genuine remorse for human hubris, and that we individually have not taken a strong

enough stand against the atomic madness. Through such emotions, which can only arise from understanding the truth of the situation, we may be able to create the needed ions to complete the damaged and broken atoms and particles and so bring them into wholeness and balance once more. We may be able to work consciously with the Elementals as well. We, humanity, disturbed the balance of nature. It is incumbent upon us to fix it. And it is possible to consciously perceive the way, and to do it.

Christ in the Astral world is working in the human aura and through the chakras, hence the Warriors of the Rainbow Light are connected to the Astral Christ. Each color is a purified emotion. The colors of the rainbow, fourteen in all so far, are also all the tones of the etheric world, and the spectrum of all the table of the elements that humankind can perceive, and that our technology can observe and record. Perhaps with the rainbow threads, we can bandage up and heal the incomplete radiation, rays and particles.

I am working to understand the First and Second deeds of Christ.

The Incarnation and the First Deed of Christ:

The birth in the physical body was prepared for centuries and culminated in the birth of the Luke Jesus child, who was further elevated and refined at the age of twelve when the Mathew child's ego entered the physical body of the Luke child, in the temple. Christ's consciousness actually entered the prepared physical vehicle at the baptism by John in the Jordan, resided in, and penetrated the density of matter in the body for three years. When the bodily assimilation was complete, the Mystery of Golgotha – death and conscious penetration into Death's realm – occurred. Death was the gift of God through the good Angels at the time of the Fall. If humanity then, had continued to live eternally, there would have been no evolution of consciousness possible. Humanity's destiny would have been short-circuited and we would have served Lucifer forever. “And what,” you might ask, “is humanity's destiny?” Christ expressed it thus: “What I have done, you shall do likewise and more.” And what did Christ do? He penetrated into every molecule and atom of the physical body, filled every human life experience with consciousness, and then went on to penetrate the realm of death as well.

Since the beginning of time, when death, karma and reincarnation were instituted, so that humanity could aspire and evolve to Christ consciousness, human beings have been individually responsible for their thoughts, feelings and actions. Over the millennia, we have changed dramatically. In the beginning, karma was a simple affair. Individual acts had their direct consequences. They were balanced and atoned for, if not at the moment, then in the next incarnation. There was, however, collateral damage that rippled out, affecting many other people – family and friends, and society in general, as a result of a single individual act. These were not as simple to redeem. These spreading, collateral damages were not something one could personally atone

for. They began to accumulate over time and eventually, reincarnation was hindered by the density of these 'sins of the world.'

Prophecies of old heralded a savior who would halt the downward slide into denser and denser materialism, and more and more difficulties in the life after death. Christ, a Kyriotite, and the cosmic regent of the sun, incarnated into the prepared body of Jesus of Nazareth to do just that. He came to redeem the accumulated 'sins of the world' and free humanity from the grid-lock in Hades due to centuries of unatoned-for collateral karmic damage. He brought the light of consciousness to the souls trapped in Hell, whereupon their Angels could enter and retrieve their human souls. He changed forever the journey of the soul between death and rebirth. Now human beings could atone for their personal acts, but the farther reaching collateral karma to society and the extended circle of people was redeemed and healed by Christ.

After three days He became the Lord of Karma and consciously left Death's realm. He returned to Earth in his etheric form. He could consciously re-assemble a physical, material body by the strength of his etheric forces. Thomas's touching His wounded sides, and eating with the disciples are examples.

After forty days he ascended into the clouds, which is a metaphor for the etheric worlds. He entered the etheric body of Earth. Saul/Paul was the first to see Christ in the etheric realms outside Damascus, only a few years after the ascension.

The Second Deed of Christ:

For almost 2,000 years, Christ worked and lived in the etheric body of the earth and ever more penetrated into human consciousness through the etheric bodies of humankind. The second 'crucifixion' of Christ in the etheric world came at the creation and use of the atomic bomb. The etheric forces before that time were in harmony with the laws of the physical and etheric worlds and evolving in a consistent way. The first atomic explosion was the event in which Christ had to overcome, quell and re-pattern the etheric world. Just as he had to re-pattern the life after physical death formerly, now he had to re-adjust and re-pattern the shattered etheric worlds with higher evolutionary potential.

As we are sovereign within our bodies, we must learn to keep the etheric forces within ourselves at peace and in integrity with the true spiritual, etheric, human archetype – Christ. We must keep our own etheric forces clear and vital. We can do this by intelligent love, by Christed consciousness, and by focused moral intention in thought, feeling, and will. As Christ, at the conclusion of His first deed moved from the physical into the etheric world, after His second deed, He moved from His 2,000 year home in the etheric worlds to the astral realm. From there he now inspires and refines the human potential for purified, creative emotions. Not only are thoughts creative but

feelings and emotions are also potent creators. Gratitude and appreciation are active forces in the world and they act upon the etheric body to re-vitalize it. The etheric body moves down into the physical body to likewise heal and enliven it. (Mr. Emoto's work is an example: human emotions are used to transform water, the physical carrier of the etheric forces. The patterns of the healed and emotionally revitalized water are seen directly in the physical ice crystals, as the water is attracted to the corrected etheric patterns and make whole, symmetrical, balanced, beautiful snowflakes.)

Tuesday, June 14, 2011

The issue this afternoon, is understanding the Elementals and why and how the extremes of weather are battering the world and in this case, America. Ignacio asked, "What is all this excess – excess water and fire and wind causing floods, storms, hurricanes, tornadoes and raging fires?"

Kienda responded. "The elements are separating from themselves and out of their balance of former times. It is like what is happening to human beings whose vehicles are also loosening – physical, etheric, astral and Ego/I. Minds and emotions are detaching from one another. The conscious, Christed Ego/I intelligence must re-integrate all four parts together again in a new and better way. The Elementals need help in this, too."

"We need to return to the balance of nature, as in the past, because human interventions of pollution on all planes, including the soul spiritual plane, has caused distress to the Elementals, plants and animals. We have damaged ourselves also. War pushes even neutral and good people into negative feelings and into the hands of the dark forces. Radiation effects the Elementals as well as the genetics and the physical bodies of all things. It is the nanomatter issue in the interface between physical and spiritual worlds."

"Because of the damage and pain of pollution and radiation, the Elementals are running in gangs – for safety and revenge. They are precipitating out of the web of life which no longer holds them safely."

The following are journal entries from the past few years that relate to radiation, the etheric worlds, the Elementals, and the Deeds of Christ.

July 12, 2010, Monday Olympia

The etheric Christ within is the Adamic template of perfected humanity. Each human being has this perfect etheric body as well as their own individual etheric body. And we each have our own individual astral body as well. Mother Mary has achieved a perfected astral body – the pure Eve template. From Christ we can become and manifest a perfect ether body and through Mary Sophia, a perfected astral body. And how does one do this? Since Christ's ascension into the astral worlds, He works with the astral

bodies purified through Mother Mary's work over the ages. Now he brings Christed, etheric thinking into harmony and creative interaction with the purified astral bodies of humankind.

Monday, May 2, 2011 – My 67th Birthday – Woodacre, California at Chadwick Cottage

There is something about Christ's healing in the etheric realms in the first physical incarnation that I am trying to understand. The body above works on the body below: the ego works down into the astral body so that now, we must develop our own higher ego to balance and harmonize, and secure into the positive, the astral body and emotions. Mary, the mother of Jesus did that – purified her astral body. The black Madonna is also a key here, to be explored and experienced and understood – and Shushilla the White Dragon.

In the first incarnation, Christ worked from the etheric worlds down into the physical: healing diseases that were the etheric, karmic consequences of former lives, physical “sins” - leprosy, 'issue of blood', and all the possessions that came from lower etheric beings. These “illnesses” were the result of the loss of competent, integritous etheric boundaries, and a resulting loss of life force and energy to maintain a healthy, whole physical body.

Now, following the insanity, pain, and emotional upheaval of World Wars I and II, the separation of 'man' from 'nature', and the willful human destruction of the intrinsic foundation of life itself through atomic exploitation; humans must purify, cleanse and reclaim the astral worlds and our own astral bodies. Our motivations and emotional impulses of will must become pure, clear and positive, and guide our actions into wisdom, compassion and positive creativity. Only in that way can humanity, en mass and from the grass roots, with each person individually motivated, act to heal ourselves and our planet.

A strong, healthy ego can purify the astral body which in positive emotional states works energetically in revitalizing and re-patterning the etheric body which then balances and vitalizes the physical body. We must take responsibility for the astral purification and transformation of the reptilian brain stem which governs the chemistry of the emotional response mechanism to sensory life experiences.

By flooding the system with positive endorphins, hormones and peptides, we transmute the receptor sites on the cell walls and entrain them to respond to positive chemicals and emotions only. Without being constantly flooded by fear and adrenaline, their specific receptor sites atrophy and then change. They lose their ability to accept the negative secretions of fear and anger. This transforms our relationship to the world and modifies our response mechanism to consciously chosen love, compassion, interest and alertness, instead of “fight or flight, kill or be killed, eat or be eaten.” The whole motive

of response is changed consciously and responsibly. The default, hard-wired, survival-at-the-expense-of-others reptilian brain stem function - the whole instinctive, autonomic nervous system - is reset and rebooted by conscious design. A new humanity with new conscious responses will be able to flourish in a co-operative world of brother/sisterhood and community. The old reptilian influence, at work in the instinctive subconscious of humanity since the time of "the Fall," can be replaced by the consciously evolving "Dragon Consciousness" of wisdom, generosity, brotherhood, largesse and compassion.

Monday Morning Meditation, May 9, 2011 – Woodacre, California, Chadwick Cottage

I had made new realizations during the Christian Community service, yesterday, and since I had decided at Easter that I would not again celebrate the first in- and ex-carnation, but move forward into the 21st century; and honor, relive and amplify my understanding of the 2nd coming; I understood more of the second deed of Christ, which is that, yes, he has now moved from the etheric world to the astral realms.

Christ "ascended into the clouds" – the etheric body of the earth – and has been there all these 2,000 years. The etheric body of the earth and humanity is related to the sun forces. The sun generates the etheric forces: levity, warmth and flow patterns, etc. Christ has been seen in his etheric form by artists and visionaries, as well as by Saul/Paul. He has been seen by many in prayer and meditation. People have, through their life circumstances, by grace, or by dint of inner practices, seen the Etheric Christ throughout the last two millennia.

I, as a child, had a beautiful vision of Christ in the clouds, surrounded by Angels and glorious music, with Father God high up above him. Christ leaned over the clouds, smiled down at me and said, "God is Love." I felt and understood each of those three little words to the depths of my innocent, young soul. I know that, although I am a bit odd, I am not that unique, and that countless other humans have experienced the Etheric Christ in this kind of way, also.

Now Christ is in the astral world. Although it was not apparent what would happen to human bodies and human souls as a result of atomic testing, at the annihilations of Hiroshima and Nagasaki, the carnage to human beings became a terrible reality in the spiritual worlds. The after-death journey from radiation poisoning and atomic annihilation is different, tangled and incomplete because the etheric body then has "holes" in it where parts of the life tableau once were. Hence the kamaloca is incomplete, so the soul cannot travel out into Devachan and beyond the sun.

Christ's work after the second, etheric crucifixion by atomic radiation was to heal the etheric fabric of the Solar System – his "bailiwick." He can only now do this from the astral world, from the world of the Zodiac, the world of the stars. The Astral world

is the next level higher above the Etheric, and so the hierarchies who live in the zodiacal realms can assist in healing and transformation. The archetypal template of all etheric existence is now held, not in the damaged etheric world, but in the unconditional love of Christ in the Astral world.

We humans have the tools to strengthen and heal our etheric bodies through the forces of Christ from the past, and in consciousness with the spiritual forces of Imagination, Inspiration, and Intuition. We can heal and revitalize our etheric forces and live consciously. We can evolve to the time when we are in harmony with death – the old-school time for transformation from one state to another. By such etheric healing, we can eventually come to the time when we transcend the physical, and transform into higher states consciously. Of course, before that time we shall also have to transform our astral, emotional body to a higher octave of positive reality and also transform our human egos from the lower personality aspect to the higher Ego of Christed Consciousness. We will be busy for a few millennia yet.

The next phase, which has begun already, must be perceived, acknowledged, validated by personal experience, and integrated into 21st century daily life, religious life, and scientific spiritual life. (I take an inner digression to state what people must be capable of: which is at the bare minimum, to hear what is being said. One must be able to hear and think about these kinds of things. If one's beliefs and thoughts are so fragile that they are hurt or damaged by these new ideas, then the beliefs are not based on a firm reality. Or if the faculty of thinking has been so atrophied that these new ideas are unable to be processed, then” I'm sorry, but you lose and too bad.”)

So Christ had to and did ascend into the astral world from which vantage point he can work to heal the etheric forces destroyed by mankind under the influence of Ahriman. Lucifer was nominally redeemed, or at least the results of his major intervention into human evolution (The Fall) was redeemed. The necessity for death has finally been changed and ameliorated, and in time – when enough humans catch on to reality and discern correctly – death itself will be obsolete.

So Chapter 1, the First Incarnation, Death and the Mystery of Golgotha is winding down. It has now merely to be realized and actualized into human existence, as the evolutionary force that it is. Take it up and “lets move along, now.”

Chapter 2 has begun. Ahriman came along a good while ago and has been up to no good - influencing human thought and behavior negatively, which has culminated in the hubris of atomic annihilation of the building blocks of nature in our Universe, with NO thought or consideration for the spiritual worlds which are also impacted by such inconsiderate activity. All that has got to stop!!!!

Christ, as the higher Ego or the Evolutionary Template for Humanity, has

experienced etheric and atomic destruction. Through the higher astral, emotional forces of forgiveness, gratitude and love, Christ has risen into the Astral World of the Stars. He, too is evolving, in that His consciousness which was formerly “Solar” and worked primarily within the Solar System, has now expanded to become “Zodiacally Galactic” and has moved into the realm of the stars.

There is a Galactic Federation and a brotherhood of beings, who like Christ have done the same kinds of deeds that he has done on earth, for different star systems. Shushilla, the White Dragon of Sirius B is such an example. Christ has now joined their ranks. Another inner digression: (we humans must learn to use “star gates” or something of a spiritual nature, rather than atomic powered spacecraft. Or perhaps cosmic ray forces or etheric solar ray forces, rather than particles of physical matter. Get on it spiritual scientists! We are not ready for “contact” with other life forms till we get over the atomic fiasco and the residue thereof.)

The effects of Lucifer are overcome by Spiritual Imagination and the effects of the ahrimanic intervention by Spiritual Inspiration. The effects of the Azuras which have already been sighted on earth, will have to be transformed through Spiritual Intuition. I am working on these aspects now and would love to have others to think and share with.

And then there is the Mary phenomenon. Mary, the mother of Jesus, is said, by Rudolf Steiner, to have purified her Astral Body. She would have been one of the first human beings to do that. She has been sighted in many places on earth in the last few years, and is giving messages to many people. To ascend into the Astral worlds takes purified emotions and a transformation of the “reptilian” brain stem default position of the human instinctive response mechanism. Classic pictures of Mary have her foot on a snake – the symbol of overcoming the luciferic intervention and conscious transformation of the reptilian brain stem. Christ has moved up into the starry realms. Mary, is right here in the astral realms near Earth. The following vignettes are my personal experiences with Mary, as an example.

Christmas Day 2009

Today for the 2nd time in my life, the warm fragrant breezes of Mary, and the Angels, and the spiritual world wafted over me as I sat meditating – wrapped in a down comforter and my pink shawl. So sweet, illusive and wondrous. The first experience those many years ago changed my life.

Mary in the Meadow – Winter 1995 or 1996?

Indian summer had fled before the cold northern winds. Dewdrops bejeweled every blade of grass and swags of spider webs. In a day or two it would be ice festooning the early morning landscape. I was wrapped in a long coat and boots – a cocoon of warmth

around me – as I went to meditate in the meadow in the frigid dawn. As the chickadees sang their winter song, chick a dee dee dee, chick a dee dee dee, I circumambulated the meadow and spiraled in to the frosted maypole in the center. Months ago in the spring we had danced an hour or more, weaving a beautiful regular pattern of rainbow colored streamers from top to bottom of the 25-foot pole. After the long hot summer, the hues were fading, but it was still beautiful. I sat at the foot and leaned back against the pole.

I began my morning meditations, which had been metamorphosing and changing for the last 30 years. I breathed deep, the cold air searing my nostrils. The charkas were cleared, purified and opened. The triangulation and Merkaba created and healing energies run through my body. My senses cleansed and opened afresh to the day, I fell into an ecstatic reverie, submerged in profound peace.

Suddenly, I became conscious and intently focused. Without opening my eyes, I sensed a change in the light. The most exquisite warm breeze was wafting the fragrance of lilies around me and into me. All my feelings and senses began to tremble and quiver in delight. I felt cradled in the tenderest arms – bathed in delicate warmth – and laved in the perfume of roses and lilies. Mother Mary wrapped me now in her sweet embrace. Once again spring sang in my heart and soul. I drank it all into every cell and fiber of my being, gratefully, delightedly, for a full moment of eternity.

In another moment, the quality of light changed, my nose was freezing and I felt again the damp and cold penetrating even my winter coat. My life on earth was calling me back. But I remember now, as clear as then, my glimpse of Mary’s soft long hair and loving eyes, and how it felt to be entwined in the fragrant tendril winds of paradise.

Summer Solstice, Late Evening – in the last fading glow of the longest day of the year.) June 21, 2011

This long twilight, the Elementals are calling me to do the ceremony for Fire, Water, Air, and Earth. A drop of Christ-conscious, freely given blood – a homeopathic drop for the elements.

What does Steiner say about the etherization of the blood? That it is “not I but Christ in me” that raises the physical into the etheric realms as a healing medicine. Perhaps Christed blood can heal the effects of radiation damage to the etheric bodies of not only the Elementals, but plants, animals and humans as well.

Ceremony for the Elementals

Wednesday, June 22, 2011 – Bellevue, Washington

This morning I awoke before the sun was up and went down to Lake Sammamish.

I walked down to the water singing, "Earth my body, Water my blood, Air my breath, and Fire my spirit," which felt absolutely right because it is absolutely true.

I set my chair at the water's edge, and had a little piece of silk ready and a pin to prick my finger and scissors and matches.

I sat for a few minutes until the sun peeked over the trees. As I spoke to each group of Elementals. I could see them in the morning light.

First, I called them all to come near, and acknowledged them as a part of me and I of them. Then I apologized for what we humans have done and asked forgiveness from them, and expressed gratitude for all their fine work in the world.

I pricked my finger, folded the silk into four pieces, and dropped one drop on all four pieces together. I cut the pieces apart, and then held each one-at-a-time up to the rising sun, saying, "Out of your elements has this blood come, created by me in the crucible of my bones and body. Even as we are all children of God and I am a child of Christ, you are children of mine. With profound gratitude, I freely and consciously offer this Christed Blood as a healing medicine for you and your etheric world. Forgive me and mine. I send profound gratitude to you and yours. Thank you."

For the Earth and the Gnomes, who crowded around my feet, I buried the tiny scrap of silk in the sand.

For the Fire and the Salamanders, who were 'snapping' around my shoulders, I lit a match and held the silk until it was almost all burned (the drop was completely incinerated.) and then threw the tiny ashes into the sunlit air.

For Water and the Undines, when I had finished speaking, I heard the Undines calling from where the waves were lapping on a little shallow sand bar. I waded out (only ankle deep) to the sand bar and swished the little scrap of silk in the water, blessing the blood as it homeopathically entered the life blood stream of Mother Earth – her streams, rivers, lakes and seas.

For the Air and the Sylphs, I called in the Winds of the four Directions: North, South, East and West, and asked them to carry the message to the four corners of the earth. The message of hope and help from human-kind. Then I tied the piece of silk to a flowering branch of a bush near the little stream that empties into the lake, realizing at the time, that the bugs and bees would also hear the message and feel the healing etheric forces.

To conclude, I again thanked all the Elementals and apologized for being only one person and promised that a group, or at least a few more of us will do this gifting ceremony again. We ended in a feeling of deep, joyful gratitude.

Monday, Labor Day, September 5, 2011 San Francisco

Yesterday at the Christian Community Church in San Francisco, I asked Christ about help in understanding the second deed and the effects of radiation. I realized that when a person is 'vaporized', as in Hiroshima and Nagasaki, the physical atomic structure is shattered and the etheric forces are let loose without the opportunity to 'disentangle' from the physical body or to 'imprint' the life tableau into the loosened astral body. The experiences of the life are lost in the general ether of the earth. The earth's etheric body is full of these unresolved life tableaux. How do they affect normal humans – in sleep? In death? At the time of rebirth when the soul is gathering etheric forces for the new incarnation? I am left with only my questions.

Sunday Morning Meditation, November 27, 2011 – Berlin, Germany

Christ said, "My deed in the physical was to penetrate with consciousness all the way to the atomic structure of the body and the physical world. By being penetrated and experienced consciously, all of the unconscious, shadow and unknown aspects of the physical were infused with light. Light entered every aspect of the material world. That allows for free choice. To perceive is the first step. To know and understand the meaning of what has been perceived is the next necessary step. To choose freely to love whatever is the issue – which in the case of the mystery of Golgotha, was the parameters of the physical world and the effects of consciousness on the physical world, the soul, and death – that is the final act. At the turning point of time, the soul was bound, through the state of human consciousness, to the physical body, and went nowhere, except into Hades, at death. Christ consciousness alone could release the souls from bondage to the physical and set in place the template for further perfection."

"The human misdeeds in the 1930s, culminating in Hiroshima and Nagasaki, made it necessary to understand the laws and workings of the etheric world and to consciously choose to heal and balance the etheric forces. The four ethers were damaged, each in a different way. The two lower ethers were affected by the actual dismemberment of the atoms as the particles and components of atoms changed from the relatively stable configuration of one element on the periodic table, to pieces and then momentary instants of being other elements and trying to bond in new ways to become other kinds of matter – hydrogen or oxygen or iron or cobalt or a molecule of anything. They were like the third king in *The Green Snake and the Beautiful White Lily* – an amalgam of many different kinds of matter, trying to reassemble and bond, but there

was not enough cohesion and too much interference and chaos for resolution or precipitations of any stable form of matter.”

“The higher two ethers were released as gamma and x rays and other forms of radiation. Etheric forces, formerly of cohesion, were let loose and ran amuck destroying everything in its path. It is an excess of etheric forces that disturb the normal functioning of the physical bodies of humans, plants and animals. The excess etheric forces 'bump' the normal forces out of their appointed patterns, so anomalies show up in DNA and growth aberrations. The true archetype of the species is damaged and overcome by the excess etheric chaos. My deed, therefore was only a mitigating of this process. Without my holding the archetype of the whole earth and everything on her, in my consciousness, the chain reaction the scientists were afraid of would have occurred, or at least, the spread of the chaos would have gone on over hundreds of thousands of miles and for hundreds of years.”

“I, Christ, experienced all of this while in the etheric world. And I had to 'work like a dog,' to contain the chaos. In this case, the 'crucifixion' was the atomic annihilation of my etheric body and the resurrection in the etheric worlds was my consciously reforming and healing my pure archetypal, etheric body, and safely holding the pure patterns for all created earthly existence. I ascended into the astral worlds later in stages, in withdrawing from each ether, after re-establishing balance and harmony there. My ascension began at the end of WWII and continued through the 60's. I and the ascended masters actually left the etheric worlds – the sacred mountains – for the New Jerusalem in kamaloka, the astral moon sphere, just this year, as you know.”

“I have set the patterns of conscious penetration into the physical and etheric worlds. It is time for humanity to step up to the plate and ante up to the importance and magnitude of the 'game of existence.' Yes, sitting in circles, chanting, and drumming in peace is the first step to tuning in to physical and etheric perfection. Beautiful Human Beings, you shall achieve that – physical perfection and health and vitality. And the next big learning is to love life and death and everything. You will not actually ascend until the physical, etheric, and astral are penetrated by your loving, conscious Ego/I. Now the templates are set for physical and etheric healing, and humanity can achieve beautiful, vital, healthy bodies, infused with Strong etheric forces all held together by LOVE, because that is what we all are working on now. And, the individual must do all of this out of free will and free choice.”

“So, your job is to mop up the etheric messes. Humanity must learn to use LOVE as a tool and a medicine. The remnants of the etheric worlds need to be healed and loved. LOVE, a pure emotion, is the force that can bring radiation into completion and balance. The laws of the higher worlds when invoked and applied, supersede or override the laws of the worlds beneath, or of a lower vibration. The power of the frequency of love and light can affect the etheric worlds. You humans have but to apply it.”

“So, good working to you. Be happy and productive and you can indeed have a beautiful, clean, clear, vital, and vibrant world to live in. And yes, it is true: the more human beings wake up now, the better for everyone and everything. A new world is coming – that is clear! How you make the transformation? That is up to each one individually – as well as collectively. If humanity does not do what is necessary to achieve a certain level of consciousness and heal the world, then Mother Gaia, will have to do it herself. And so far, she has, like the 'Little Red Hen' had to do it by herself. It's time to answer the call, step up and help. So, get busy, Darlings, and heal and shine – inside and out. LOVE FOREVER. Christ”

Good Friday, April 6, 2012 – Somewhere in Virginia, USA

“And what shall be kept from the old Easter?” I asked in the New Jerusalem. “These three days must be kept. The main deed of Christ incarnate, 2,000 years ago – of experiencing death, the descent into hell to change the pattern of the afterlife, and the conscious ascension into the spiritual etheric worlds. These are still important.”

The spiritual in the 3-d world is often faced with ridicule, suffering, and annihilation. Lucifer, Ahriman, and the Azuras are the 'lords of 3-d life. It is their 'smoke and mirrors' gallery. And yet it is humanity's task to raise the physical to spiritual heights – through love, freely chosen – through penetration into matter and appreciation of it with our Christed consciousness. From the ascended etheric plane we raise physical matter upward.

At death, when the soul leaves the physical behind, all that we have loved and appreciated on earth is released into the etheric of the planet. This is where the Elementals evolution is impacted. If we have loved them and delighted in their works, then they expand gladly out into the earth's etheric body, after having lived in us in a harmonious way, and bring joy and beauty and healing love with them into the earth's atmosphere. We are Christs to the Elementals.

If we have not loved them, they are like little pebbles or obstructions to our passage through the etheric world and are stuck to our astral bodies as 'dislikes' or 'fears' or whatever negative emotions we felt towards them in life. They are then stones around our ankles and make it difficult to rise into the higher spiritual worlds at death.

We are in a time of transition from the old Christ Mysteries of the physical incarnation and ascension into the etheric, to the new deed of Christ. That is the etheric 'crucifixion' by atomic means, and the ascension into the astral world. There is now a new level that must be penetrated consciously – the movement from the etheric to the astral. Who are the disciples of the etheric Christ? – not the Jugendkreis, but the priests of the Christian Community. The priests need to come forward to this new experience of Christ.

This year, this Easter of April, 2012, it is still necessary to do both Easters. So,

today, Good Friday, He was experiencing physical death after the completed conscious penetration into the marrow of His human bones. His blood and body were the Eucharist – the communion – for Earth. Ever since that time, all food and drink, bread and wine, are a sacrament and have been through the two millennia since.

The etheric counterpart from the second deed, is His holding the archetype of all earth existence in His etheric field and consciousness through spiritual, astral love while the etheric worlds are being damaged by atomic radiation releases that have culminated so far, in Fukushima. Christ alone holds the etheric template for all destroyed earthly life forms. I have thought and expressed these things before, but each time there are more realizations and inspirations and information.

“He was lowered into the grave of the earth.” He was the sacrament for Mother Earth. The molecules of His body, the constituent elements of Christ's body had been suffused with a higher divine consciousness and purpose. They had been penetrated, understood, and resonated with Christed consciousness. The still living blood and water (the ego and etheric forces of Christ) that flowed from the cross was also completely inner-penetrated with Christ's consciousness. He had loved, known and 'grokked' every molecule and every atom of His body, so that at death and lowering into the grave of the earth, each molecule and each atom of His body was released to begin to work homeopathically into all the physical matter of earth.

For 2,000 years this process has been going on, and since the last deed of Christ in the 1930's and 40's, there has been a need for human beings to do what Christ did back so long ago. We need to 'know' our bodies to the degree that we spiritualize every atom of our beings, so that we can raise matter and the elements themselves into higher spiritual awareness and dimensions.

It is not for us to keep Earth from dying – although in the far future, she will not have to die as we will not have to die in consciousness. She and we will maintain conscious continuity through all states – waking and sleeping, life and death, and through eternity – always consciously evolving. So, it is for us to keep the earth conscious and evolving together with us. “We all go together when we go.”

Easter Sunday, April 8, 2012 – College Park – Washington DC – The Christian Community

The grave is empty and has been for 2,000 years. Move on to the resurrection and live in that. Remaining in the experience of the death and the pain and suffering of the physical body makes it impossible to move forward. It is a ploy of the Roman Catholic Church to keep humanity in bondage and to keep people from living in the present. People cannot move forward with history and evolution carrying such thoughts and beliefs. Think of what the opinion would be for someone who held to the philosophy or psychology of 2,000 years ago. Or a scientist in any field that remained 2,000 years

behind. Is that not what happened to religion and to the experiencing and understanding of Christ? Yes! It stopped. How can it be re-experienced anew? More has come – much spiritual water has flowed under the bridge in 2,000 years. Unfortunately, humanity as a whole has not consciously benefited from it, but has remained at the foot of the cross, or perhaps just in the garden at Easter. Have we experienced and gone on to Emaus or Whitsun or the Ascension?? And what about the new deeds of Christ in the etheric worlds? Another day of more strident questions.

Sunday, April 15, 2012 – Somewhere in Missouri

I arose into the spiritual world to the New Jerusalem, crying and asking Christ. “What can be done, now?” And he answered, “Nothing can be done, now. It is already too far along. Now, only small individual acts of faith, valor and courage, and persistence, are possible. So keep the faith, take joy when and where you can. Do your work and pray. Each shining moment is a little light in a very dark time. Offer your light. Do the deeds that you know you must do, alone, with no one. That is fine. It’s your job and no one else’s.”

September 7, 2012 – Nevada City, California

“All else matters. It all means something. It all affects us.” cried the little Gnome. “It all mostly hurts us – your thoughts, your feelings and your actions.” I started to apologize, but he cut me off. “Not you, you silly goose – the unconscious ones. Great God Above, they are so stupid and hurtful. They can’t get over their own hurt, so like bulls-in-a-china-shop, they go trampling on everyone else, and slopping their bitter thoughts and feelings on everyone of us, and the whole world, in fact.” He had been jumping around as he spoke, and now stood, legs wide spread and arms akimbo and shouted emphatically, “This has got to stop!”

Being in complete agreement with the little fellow, I immediately agreed. “OK, so what are you going to do about it?” he asked belligerently. “Well,” I asked, “is ‘rock relocation’ helping? And the ceremonies with the drops of Christed blood?” He calmed down a bit and said, in a slightly less confrontational tone, “Yes, it is something, but it’s only you and Mariko – and that is not enough. We – and that is you Humans and us Elementals – need more, many more people to awaken and do that kind of deed. We need hundreds and thousands around the globe to be working diligently. It’s gone too far already – the damage by humankind. It’s destroying our whole world and existence, and if we go, you go too. And not to the ‘happy-hunting-ground’ or some other lovely euphemism. We will crash and burn in hell. The saying among you now, “good planets are hard to find” is true. There is no rescue operation. We will just have to lie in the soiled bed you are desecrating – live on the inhospitable earth you are creating by destroying the air, water, and earth and mis-using the fire of life. For God’s sake, do something before it is too late.”

I put my head in my hands and said, "I'm sorry, I'm soo sorry." over and over. He didn't waste a minute, but shouted again at me. "Cut that out. Stop wasting time. Get it together. Sappy dejection is not the right response, here. Look, Kienda, the end is near – the end of the world as you know it. But the new world, the new paradigm must be prepared and a few things must be in place, so the threads of positive continuity can be strong to survive the earth changes coming. One of these aspects is a solid and effective working relationship between Humans and Elementals. We both need it to be in place to survive the changes and to have some place to go forward, from. We need a platform or even just a stepping stone to launch the new world relationship of Humans and Elementals.

And I'll bet," He added thoughtfully, "that the Angels, at least, need that too. We are all here on Earth. We co-exist and co-habit this Earth. We three – Elementals, Humans and Angels – all are working together for the evolution of life in our little corner of the cosmos (*or not.*) We are having a hard time working together, and if we don't *get* it together, we may all crash and burn, or if not all, then the population will go down to just a very few people, and the Elementals will be sad and angry. They will easily become hateful towards all humans, because they have been abandoned, ignored, and denigrated, and their world has been trashed – not only Earth, but the etheric worlds by atomic radiation, as well. Our beautiful existence will be no more and we also will be under the rule of the dark forces – not of the loving compassion of Christ."

"We cannot rise into the safety of the astral world, as the etheric world is being perverted by radiation, by our own powers. We can only escape the poisoning of the etheric by love from those above us who have (*hopefully functioning*) astral bodies. That is you humans. Christ is loving humanity from the higher realms of the astral world, and it is moving down through the angels to humans, but the trickle-down effect is stopping there. Humanity is not taking responsible action and sending love and Christed-consciousness down to the earth and to us, the Elementals. And lots of us are getting pissed-off about such shoddy, selfish human behavior."

"As the earth is being poisoned by agro-business, the Elementals can't stay on the land, and work with the soil and plants, as before. Many are running amuck in weather and storms and droughts and fires and floods. We cannot do our work on the polluted earth and are roaming in angry homeless packs and displaced mobs. You see and hear about the results on the TV. Wherever you are, you are experiencing drastic weather and ecological changes."

"So, get your shit together. The end of the old and beginning of the new is upon you. You have nothing to lose! Almost all is already lost – things, way of life, society, security, truth, – all things based on the present paradigm (*which, of course, has been pushed on you by the dark side, but you all swallowed it like pablum.*) All of that is in its death-throes. You have nothing to lose. There is only a positive future to be created, and

a kind, respectful, even loving relationship with the Elementals is still possible. That will help both races to make the changes in the best way possible, under the circumstances – which are dire.”

“So, you go figure it out, Kienda. I am not going to tell you what to do. You must figure it out and then take action and do it. Good bye and good luck.” and without another word and with a little flash of light, he disappeared.

I am now 'figuring.' I have done my meditations, so I am in relationship to both the spiritual worlds and earth life. The ceremony of the drops of Christed blood, are to be done together with groups of people, as well as individually. I must do it wherever, and whenever. And tears and saliva will also work, and also urine – so long as with the giving of substances, comes consciousness – loving, Christed, human consciousness.

September 14, 2012 – Houseboat in Sausalito

I was talking to the Gnome King, who came rushing up, holding his crown on his head. I am going to the mineral and gem show and asked what I could do to help the Elementals in the stones that I see there. The king came running and said, “Give them the message of Christ.” I sat down on the spirit ground and the king sat on my legs. I thought about sharing blood or tears or saliva, but it seemed impractical and messy. Then the worlds of the Act of Consecration of Man came to my mind, “Christ in the lifting of our hands,” and realized that I could equally and validly say, “Christ in the touch of our hands.” Sending love and consciousness in the touch will give what is needed to the Elementals in the stones and minerals.

I was flooded with love and gratitude towards the Gnome King and sat in a golden gratitude ecstatic moment. We basked together for a tiny instant. Then I felt a cool wash come over me and I said to the Gnome, “It's just as simple as that – Christ-conscious touch or even a loving gaze and appreciation.” He replied coolly, “Yes, just like that,” and disappeared.

February 15, 2013 – Sausalito, California

After my daily meditations, the posse' and I went up to the New Jerusalem. I was aware that a group of Elementals had come up with me. The little Gnome had combed hair and a little bowtie on. He was dressed for church. The others were not so clear, but present. The little room we entered was not a little room, after all, but a large, high-domed space with many people standing in individual shafts of spiritual light. I joined them in my own ray of light after being greeted by Christ and kissed on both cheeks by Him. Then I stood with the four Warriors of the Rainbow Light around me, receiving also in the shaft of light. I worried and doubted for a bit, then felt secure, and relaxed into the experience.

The spiritual light was purifying me and the Elementals in my body. They had

come with me from the etheric world up to the astral. They are evolving and graduating with me also. Shushilla, my white Dragon, and Chrystalina, my Guardian Angel, were right beside me as well. Earlier, on the way up, I had realized that some of the Elementals in my body had been pressed into service for the dark side, and cause illness such as the Lyme Disease for me. They need lifting and rejuvenating.

The happy, good Elementals were with me to be rejuvenated and uplifted themselves and to help me be cleansed. It was the Fire Salamanders who did the work of burning away the dross which went up the shaft of light to its next level of existence. And then the place where Shushilla's empty egg shell was, was filled with flaming light and became a heart shape. (*Refer to **The Dragon Quartet** for the story of Shushilla.*) They had said, and I understood that the experience in this place was to set a new pattern of endorphin response in my astral and etheric bodies. It is another step in purification of the astral body to become "Spirit Self." My concern in the beginning was, don't I have to work for this myself? Is it right for it just to be given? And when I asked the question, the answer came and I understood. I have been working on it all this time. This is just a little graduation ceremony and setting what I have been doing into place and into action in the spiritual world. It is an acknowledgement that I have been doing the work.

As the heart took shape at the base of my skull, the flames became wings. I am like a human angel now. The wings of flaming Salamanders are tools for sharing love and helping to cleanse others auras, astral and etheric bodies.

Then Chrystalina approached and hugged me. She blended with me and we became a being with four flaming wings – like one of the creatures of the Apocalypse of St. John.

February 15, 2015

After all that, I began to perceive more about the Elementals. They don't have individual astral bodies. They have a group Elemental astral field. They are embedded in the ethers and sub-ethers. We humans must interact consciously with them now, because Christ has ascended into the astral from the etheric worlds. The Elementals do not have immediate access to Christ as they did before when He was in the same world as their Mother Etheric Beings. We humans must fill the etheric space with Christed consciousness, give a drop of Christed blood, and work Christedly in the energetic fields of the etheric worlds.

April 13, 2015 – Marin Valley, California

This morning I met all the Elementals who are willing to work with me. Rugadump, the Gnome King, Ondene' the Undine, Sylvie, the Sylph, and Snap, the Salamander.

I clarified to myself and the beings of the spirit world that my chosen tasks of the

moment are to move the knowledge of Anthroposophy into the world in practical ways and in applying the wisdom in spiritual practices. That is the long term task and goal.

The more immediate issue to question and find answers and applications for is: how to relate and work together with the Elementals. What do we humans need from them and what do they need from us? And then, how can we work together to help in Earth's evolution as well as each our own?

The following is a brief outline of what I understand now.

Earth	Physical World	static matter	'Spirit Man'	Intuition	cosmic intelligence
Water	Etheric World	rhythm, life	'Life Spirit'	Inspiration	hearing, sound
Air	Astral World	emotion	'Spirit Self'	Imagination	visualization
Fire	Spirit World	individuality	'Ego/I'	the 'doer'	connection to the spiritual worlds

What each Elemental desires from Humankind

Gnomes	Substance	a drop of Christed blood
Undines	Vibration	dance, movement, sound
Sylphs	Love	purified emotions
Salamanders	Consciousness	application of free will to choose to do what is needful to connect with the Elementals and work together for Earth evolution

The question is: How to free the Elementals from the dark enchantment? The preliminary answer is: We can free the ones who are connected to us individually by creating a 'working unit' of all Elementals, Angels, and spiritual beings who are inter-related with us. We can send and receive in all dimensions, a new consciousness and love that works on all levels to respect the freedom of existence of all beings and raises matter to higher levels of consciousness.

April 14, 2015 – Marin Valley, California

Today's meditation is a reflection of a couple of things Dietland, a wise friend from the Christian Community in San Francisco, said yesterday. She and I also agreed to work on the Elemental issue together. For three nights we will go to sleep with the question, "How can we work together with the Elementals for Earth evolution and each our own. And what do they need from us and what do we need from them?"

We must trust the spiritual worlds and trust ourselves. Trust that we are doing our best and that the higher beings will respond appropriately. We must keep our

discerning wits about ourselves and our experiences and then we must trust the rest. When the reptilian brain stem is transformed, we have a surer foundation for trust. And when we open our eyes and ears of the spirit, we soon learn to intuit the essence of perceived beings. Being firmly dedicated to and grounded in Christ, we can trust the guidance we receive.

With a sufficient body of knowledge of the spiritual worlds and cosmic verities (*a Conceptual Matrix*) the personal, lower, egotistical habits find no place. If we come to the spirit beings in love, joy and enthusiasm, or with concern for another human being which still allows them their freedom, our motives are true. The Good, the Beautiful, and the True are guidelines also. When we come into the spirit worlds with such thoughts and feelings, we are expressing the best of human nature and that signals to the Elementals that we are ready to work together. They have in the past, and want to again, work in harmony with humans, nature, and the cosmic laws of the physical and etheric planes.

The seven deadly sins have washed over humanity and the results of greed, sloth, depression and all the rest are now affecting higher planes. The etheric is being trashed by radiation, GMOs, cloning, pesticides and pollution of all kinds. The astral world is under attack even though Christ is there beaming unconditional love into the farthest reaches of the astral, etheric, and physical worlds. Only open hearts and minds can receive His love. Unfortunately, many humans are hard of heart and closed minded. Yes, there are reasons why this is so, but/and there are ways to overcome trauma, the sub-conscious goad of past karma, the pressures of modern life, and all that ails humankind. We have but to awaken and choose to utilize our intelligence for a better world and more fulfilling life; school our own emotions to balance within and harmony without; and exercise our free will to accomplish our heart's true desire which is our individual and collective responsibility and ultimately, our destiny.

So, the question, "what do the Elementals need from us," is a first step in realizing how we can work together. They need us to become more conscious in all planes – physical, etheric, astral, and devachanic (*higher spiritual*.) That means we must step up to inter-dimensional awareness and co-operation. Then we can ask questions from an aware, noble human point of view.

April 15, 2015

Once again, there is a lot of background needed before I can understand how we can really work together with the Elementals. We humans are in the hierarchical chain from the highest energy forces in the whole cosmos (*GOD*) to inert physical material substance made functional by the beings of the ether (*the Elementals*.) And then there are beings in opposition to evolution in almost all levels of existence. We are faced with the need for the 'Conceptual Matrix,' once again.

Now when I do the centering verse and call upon all my spiritual family and connections, I include each of the Elemental beings by name, as each is a representative from the four ethers. I will not find the Elementals in the astral world, however. They are in the etheric world. This morning, I thought I would connect with them in the New Jerusalem, but that is in the astral world of kamaloca and they are not there normally. I can bring them up with me as I have done in the past, but they do not reside there. Next, I thought I might meet beings of the higher realms who relate to them and guide them, but we humans are the next level of beings who should be guiding them, as the angels guide us. We need to send them love and conscious human visions and intentions for beautiful, harmonious, and functional physical and etheric worlds. That way, the Elementals receive an appropriate template of vision and desire in which to live and create a better, human-friendly, nature aware, cosmically aligned Earth.

April 23, 2015 – Marin Valley, California

“As Rudolf Steiner once said to you, ‘It’s not just for the telling. It’s for the finding out, thinking it through, mobilizing and acting it out. It’s ultimately for the doing.’” The Gnome King was talking to me. “You know what to do, and since you are not doing it, there is little more to say. You must take yourself and your knowledge and your mission seriously and act upon your intuitions and gifts. Only then can it progress. Things, like unfolding understanding and needed actions, will progressively be revealed in the natural flow of time and space, and evolution. You can see that people are waking up. You need not wait for them any longer. They, many of them, are now ready for new information and to work and act from the next evolutionary forces – from the effects of the second Pentecost and 2012 and all the progress in the face of the modern, dark, ahrimanic, techno forces. The light is rising. Write out the Blood Ceremony for us, the Elementals and disseminate it to everyone. Write out the Second Deed of Christ and give it away. Many are ready – post it to your web-site. Post it on facebook and on the *Lucid Death* page. Start scattering like confetti. It’s time to move things along. Post your meditations when you have them. A few will follow. A few will check in. A few will have every sort of response, but/and it will begin circulating.”

“You have made NO money on these things yet. You never will. These are your gifts to give away freely. Money will come in other ways. Give your gifts away.”

I had recently received a download of a number of past incarnations who had worked with the Elementals in ages past. The Gnome King was aware of them all, and encouraged me to become consciously cognizant of them also, when relating to any Elementals now. The Gnome King said, “These Elemental beings, these souls who have offered to work together, are parts of yourself and your karmic clutch. Their gift to you is the wholesome integration of your selves. As these past incarnations, and the wisdom

of other spiritual beings like Merlin and St. Brigit come into your consciousness, you can begin to work together from an integrated point of view. The awareness, knowledge and perceptive abilities of your pasts can become functional in you now, as your highly evolved present-day personality embraces them consciously and lovingly.”

“**Ah-how-la** (*an incarnation from Borneo many generations ago*) will be a stretch. She ate an enemy shaman and took the dark etheric forces of the left-hand path into herself. It was a long struggle to overcome them and it left inner scars from the etheric battle that took place within her etheric body. That experience of Ah-how-la’s changed the practice of cannibalism in that area. Humanity had evolved beyond such behavior, though, of course, the tradition had hung on too long – way too long. From her, you can remember and refine for our times, the digestive process on the etheric planes and take another step in mastering your physical body and the material plane.”

“So I will reiterate,” said the Gnome King, Rugadump, who is speaking for the four Elementals, “first, the Christed Blood Ceremony is good and powerfully healing and necessary. Share it. Do it everywhere. Secondly, Love – pure Christed love from the astral world where He now resides is the key ingredient for healing, balancing and changing the world now. It is THE key. As you have said before – to yourself – ‘love is understanding.’ If one truly knows and understands something or someone, one cannot help but love them or see the situation with compassion.’ So you see, you have understood some key issues and you have been moved by universal, cosmic love to sacrifice your blood for the greater good. Others will be also so inclined and so moved to similar action. That is what is necessary. Instead of eating the enemy and taking their forces inside one’s own etheric body in order to tame and transform their energies, now is the time to release one’s own etheric forces into the world ether as a leavening agent for the whole world and as a source of enlightened consciousness and positive, progressive evolution. So Be It. Ah-men.” sang the little Gnome King in his rich little voice, in all solemnity.

It’s time to go to work now – sharing and telling. Get ready, there are new experiences coming for everyone.

Sunday, April 26, 2015 – Marin Valley, California

“Here we go,” said Mother Gaia, “things are happening.” Fracking is using the water Elementals to create portals for the negative sub-etheric forces to rise into human life. Technology has once again, as on Atlantis, threatened to destroy the world and human evolution. That cannot be allowed. Even if more time is needed, it will be granted because we need to take our place in the cosmos. The gaping hole we are leaving now is not good. We must ante up to our task in the solar system and cosmos.

The earthquake in Nepal is a disaster, but the old must be let go of. The continental plates are loosening

April 27, 2015 – Marin Valley, California

The many beings from my past lives, who want to take part in the team forming for change and evolution, are expressing themselves to me and I am very grateful. **Soo Ling** (*a former incarnation in ancient China*) was a meditating monk in the mountains who grew a little garden and lived in nature for at least 50 years. He communicated with the Elementals and knew much about growing and dying and individual plants and the complete cycle of nature and life. One winter was exceptionally long and cold and he died. It was a year when the Mongol hordes were on the move and there was death and destruction in that part of the world. He gladly rose into the spiritual worlds to help those across the threshold who were traumatized by their violent deaths, to 'adjust' to their new disembodied state. For years, he had worked as a midwife at the threshold and then continued that work when he died.

After seeing Soo Ling's life pattern, I was speaking with Rugadump, the Gnome King, and he said, when I asked about the earth changes and the 'big one' in California, "of course it is coming, as Gaia said, but coming – not here. Time is mobile yet. We must do so much more before it is 'the end.' We all, humans, Elementals, angels and all the hierarchies, have much to accomplish, much to become conscious of, and many acts of will to be performed, which manifest our consciousness into material substance, before it is 'the end.'

That is the main task of 3-d existence – to manifest one's level of consciousness in physical materiality. Most humans have abandoned their destiny tasks for either the perpetrated struggle to survive and/or by sinking into complacency and comfort. Neither is the goal of human existence. The goal is to manifest your true heart's desire on Earth – to create environments, cultures and societies that further human evolution towards becoming as angels and moving up the hierarchical ladder to finally become the 'god/creator' of whole new worlds. It is a noble and necessary undertaking, but humans are lagging behind the rest of creation – again – still.

The Gnome continued, "Can't you please wake up and create beauty, harmony, and abundance in your world. Create strong, healthy, beautiful bodies to grace the earth. Will you please become conscious of the cosmos of which you are a small but important part. Will you please become aware of yourselves and your effect upon the rest of the world, the solar system, and ultimately the galaxy!! Please!!!"

June 26, 2015 – San Diego, California – During the Unity Church Service

The Elementals work in the death and birth processes. They are the interface between the supersensible spiritual and physical material worlds.

When looking in on recently deceased, Tamara Lewis, the artistic, creative, sensitive, ever-young Anthroposophist and wife of Richard Lewis, a Christian

Community priest, I see that she always had a relationship with the Elementals from her early childhood in Switzerland and her father's experiences and pictures of the Elemental worlds. She is fine, smiles and acknowledges me, and says, "I'm very busy. It's good to see you, Kienda. We can get together later." She is in the process of releasing her etheric body from the physical form.

The etheric world is made of four parts which have very different properties and are 'engineered' and maintained by four very different etheric beings of two types each. The sub-etheric beings are the Elementals of Fire, Salamanders; Air, Sylphs; Water, Undines; and Earth, Gnomes. The second group is beings of higher hierarchies that oversee the activities in the etheric world. They function as the Mother Group Souls of the Elementals.

The death process begins with the gradual withdrawal of the four ethers from the body. The first to withdraw is the Fire of consciousness – the form and function of the Salamanders. The warmth withdraws from the feet and then the hands and moves up to withdraw totally from the head. The fire element moves on the air and the breath – the realm of the Sylphs. When the breath finally stops and Fire and Air have removed themselves from the physical body, the next densest aspect of the etheric world, the water elements comes to an end. The flow of the blood and lymph slows to a stop. As rigor mortis sets in, the mobility of all tissue bathed in liquid, ceases all movement. Then, when the physical body is bereft of all three of the other etheric forces and beings, the Earth Elementals begin their work of disentangling from the inert physical matter of the body.

The Elementals, having gathered their forces which are now impregnated with all the different sensory memories of the just-past life, present these specialized etheric imprints to the higher beings of kamaloka.

June 30, 2015 – San Diego, California

Today, I am looking more closely at the journey of the soul beyond death. As the consciousness (Fire) is the first aspect of the etheric body to leave, it moves above the body and remains close to help and direct the other aspects to release from the physical. The more spiritually knowledgeable the better, since the process takes time and can be augmented by conscious participation. The Tibetan Buddhist practices affirm the truth of this.

Tamara Lewis was able to be conscious of me and communicate very soon after she died. Because in her childhood she had experiences with the Elemental beings, she was very aware of the etheric dissolution and she enjoyed participating in the process. She observed how the air element left the body after being released from, first the lungs, and then even the oxygen in the blood dissipated and left through the skin. The first day or hours after death, when the body still looks peaceful and almost glowing, it is

from the air element escaping through the skin to unite with the earth's atmosphere.

The cessation of breathing is the cause of the cessation of the heart beat and blood flow. The mobile water element then ceases all activity and rigor mortis is the result of all three ethers having left the body. Later the body becomes pliable again when only the physical material shell is left and the dissolution process of decay has begun.

The Elementals release and let go, moving up to the higher beings in charge of the functioning of the whole of their aspect of the etheric world. The physical material decays downward to constituent elements and rejoins the body of Mother Earth. The water Elementals leave and join the flow of water and movement in all forms on Earth – oceans, rivers, clouds, etc. They rejoin the water cycle of Gaia by dehydrating the body and becoming moisture in the air. The element of air is released not only in the last dying breaths, but then dissipates as molecules of oxygen, hydrogen, etc. into the atmosphere of the earth. This phenomenon has been observed as the colors of the 'Rainbow Body' at the death of highly evolved Tibetan Buddhist lamas. Their practices and training have purified and organized the air (astral) aspect of their etheric bodies to such a degree that it is perceived as a rainbow colored human form and aura, which can be observed as the astral body is freed from the confines of the physical body. In the western esoteric traditions, the purified astral body is called 'Spirit Self.'

The Ego/I remains intact throughout the process of etheric dissolution, and is greeted by those beings and situations that were 'believed in', known and understood, or to whom the individual had bound itself through vows, promises, and rituals, or to which it was addicted. It is during the etheric dissolution that the beings of such vows, traps, and addictions approach the dead to consummate the bargains made in life. Once the Ego/I and astral body journey up to kamaloka and the astral world, they are in the care and jurisdiction of the higher hierarchies and the patterns and laws of the higher worlds. The 'soul' must be captured and placed in corrals and other confinements in the etheric world for the beings who administer those vows, promises, and addictions, etc. to have power over them.

We now skip ahead from June 2015 to February 2016, when I met Edgar Mitchell and the Interstellar Team. The highly evolved Elementals who had been through the many years of adventures with me, joined the team and worked closely with Rudolf Steiner.

Shushila is speaking to me, "And I don't 'know' but I see that Little Golden Love is a child of Christed love – the astral higher aspect of the working together of the lower four ethers. She and many new beings like her are the golden bridge between the etheric and astral worlds. She is a Christed etheric being who has ascended upwards

toward the astral world. She is the 'Spirit Self' of the four Elementals of your body, Kienda, their first transformed aspect.

**Good Friday – 2016 – The following are my perceptions of the original Good Friday
2000 years ago.**

When the body was prepared, it was lowered into the grave of the earth. That night the moon was still near full though waning, Christ gave not only his physical body as a sacrament to Earth, but his etheric body entered the etheric world of Earth as well, where he convened with the Gnome King and the Elemental beings. The Elementals are the beings and forces that bridge the space between the physical and the astral worlds. They make manifest in matter the templates or patterns from the etheric world, which they have received from higher spiritual beings. They are the 'ground crew' who put the thoughts of the creating gods into physical forms made of fire, water, air and the earthly elements of the periodic table. They also release or tighten the physical hold on spiritual faculties. They follow the laws of their realm unfailingly. (Or at least they did until atomic destruction occurred on earth.)

Now when all were gathered, Christ praised the Elemental's loyal work and said, "The new dispensation has come and we shall be together soon. Joy abounds. We are all rising upward. Prepare the way for Me and be ready when I call. I am with you now and always." His smile brightened the etheric realm and his message brought a new vitality as the Elementals prepared for His ascension into the etheric worlds in 40 days. A team of highly evolved Elementals from all four realms prepared to respond whenever Christ called during His days in a resurrected form, beginning on Easter morning.

So, the night between Good Friday and Holy Saturday, Christ worked with the etheric forces governing sleep. The Elementals in the human's bodies were shown the way to lift the etheric out of the physical, just a bit and in the right way, so that the astral body and Ego/I could be free from their dogmatic entanglements, and rise into their home realms. The elemental beings received new principles and goals for their tasks and their own developmental steps. They are assisting mankind in entering the higher realms while we are still, as yet, unconscious in sleep. It has become our task in the present time to work consciously and co-operatively with the Elementals during day waking, and also night sleeping states.

Because of the extreme pain and suffering of Christ's physical material body, the Elementals had a whole new range of experiences to relate to, as well as new patterns of etheric movement, and interaction among the four elements. The dissolution of Christ's physical body was almost immediate as the Elementals of fire, air, water, and earth each received the elements of his transubstantiated body. It 'crumbled' into its constituent

elements and was received as the sacramental Eucharist by the Elementals and Earth. The transubstantiation of the earthly plane had begun. The bonds that had held the soul captive in the physical realm, even during sleep were broken and a new pattern was installed.

Now during sleep, the Elementals are happy to release the etheric slightly and the air and fire beings 'ferry' the higher aspects upward. The present birth and development of the fifth ether, that of pure love distilled from the other four, is now the final vibratory rate to bring the soul or in this case, the astral body and Ego/I up to the higher planes. The just-past-full moon supplied the needed light and fire, and stood witness to the changes those millennia ago.

April 11, 2016

Rudolf Steiner stood and the five elemental beings stood with him. He began, "These dear beings are deeply moved and delighted to share with this circle. Their races have had a rocky relationship with humanity since the beginning of time, at the fall in Lemuria. Ever since free will descended into humanity, their creations have been used for positive and negative – good and evil. Because the Elementals are children of creation and our brothers and sisters, the moral gradient has brought them joy and satisfaction, or pain and a feeling of loneliness and separation from the divine imperative – to evolve higher into living love."

"The Human/Elemental relationship has gone through cycles from creative cooperation to out-and-out war. Each culture and society, down to the community, family, and individual levels; has had its own unique relationship to nature – the physically manifest creation of the etheric elemental world – from the mother goddess worship of all natural phenomena, through the ages that included the feminine in their theology. Although, there was always a small fraction of humanity that strode the dark path of evil, who use the forces of nature and substances – mineral, plant, and animal – not for veneration, healing, and enlightenment; but for their own egotistical, lower, negative wants and desires. Humans in the service of Lucifer and Ahriman dragged the Elemental beings downward with them into processes of twisting and perversion, decay and death."

"As you know of Earth history, there have been cycles, many concurrent cycles, of natural expansion and natural contraction. Day and night, the seasons of the year, and breathing and heartbeat are the most basic cycles, intrinsic experiences, and easy to understand. Many of the cycles such as the rise and fall of cultural epochs are far beyond an individual lifespan, though they are not incomprehensible to higher human thought."

"Let's get specific about the floundering of Human and Elemental relationships. The middle ages and the conquest of the indigenous nature religions by the Roman

Catholic Church, which led to the extremity of the inquisitions and witch hunts, was a terrible perversion of the results of Christ's deed. Christ's precepts were not followed. Simple human kindness was not guiding the world. People under the influence of the dark powers were ruthlessly controlling the world. And though it's been up and down a bit, the trajectory of world power and domination has continued in a downward spiral, culminating in World War II and the atomic bombs."

"In every aspect of conquer and control, the forces have utilized the created material of the physical world – the handcrafted work and products of the Elementals – to cause pain, suffering, anger, sorrow, and fear. Torture, destruction, and death have been dealt by their beautiful gifts of physical matter. Although we humans have also created art and beauty in the physical world, using their physical matter, it is clear now that we have defiled earth and are destroying nature around ourselves – plants and animals are becoming extinct, trash and poisons are fouling our water, air, and earth. Simply put, the Elementals are disrespected, ignored, and misused. And, we are reaching a critical point on Earth."

"It behooves us now to communicate with the Elementals. It is time to open our spiritual eyes, ears, and all senses to communicate and work together, to save what can be saved on earth, to work with the Elementals in the etheric realms to heal radiation, and to restore the building blocks of the universe – the atoms of matter. That is a story and issue we will address later. Now we will hear from the elemental kingdoms. Thank you." And Rudolf Steiner bowed to the diminutive beings around him and sat down.

April 12, 2016

"Yesterday the Gnome King, was prepared to communicate." said Rudolf Steiner, "Let us continue now." And he gestured to Rugadump, who, at that moment began to expand his presence. I could feel his divine, noble energy and settled down to write. As he spoke he seemed to grow younger. At first he had a beard and was old and wrinkled and wizened up, but he became younger until instead of the classical image of a dwarf or gnome, he appeared as a noble young slender knight. His voice was soft and melodious. "Thank you, Dr. Steiner. I am/we are grateful for this opportunity to share. I am Rugadump, the most evolved of the gnomes who design and create the will of Christ, from higher hierarchies, into the physical matter of the earth and the solar system. We interrelate with extraterrestrial material that enters our realm – solar system physicality – by way of comets and such material. When UFO ships and living Extraterrestrial beings enter our space and desire to materialize, we are employed in the becoming-physical process."

"Otherwise, we are the ground you walk on and are responsible for the stability of all manifested existence. I will only speak of Earth because we are planetary bound. There are other branches of our races that have specifically developed on each planet,

and, of course, the sun is held in form by solar Elementals fulfilling the will of Christ."

"We love Christ and His pattern of evolution for this solar system. We are the most ancient beings to have precipitated out of the chaos of the primordial soup – before time began. We have been working steadily for eons and eons on our own specific tasks – at first through trial and error, discovering the boundaries and principles of the material elements of what is now called the periodic table. In the beginning, only a few elements, low on the 'table' formed and coalesced out of the all. They began to interrelate and accrete which left room for the denser atoms to take shape. Then began the dance of atomic creation of matter. Patterns of movement brought groups of atoms into new relationships. Some felt a positive desire to continue adding and expanding. This phase of first contact among the elements roiled through the solar system until due to the resonance waves from the sun's song of creation, various planetary spheres and orbits began to stabilize a sufficient amount of physical matter of at first rudimentary, loosely-knit form. Young planets are soft, flexible, mobile, and malleable. The force of gravity is not the cause of planetary creation but the results of accumulated attraction of atoms and molecules of the elements. When a sufficiently dense state has been achieved, the excess adherent force becomes a generalized, non-specific attraction which is centralized by the consciousness of the planetary entity as the gravity of the planet itself. It has, of course, changed in the eons and billion year cycles."

"My brothers and I were there in the beginning, working to prepare the physical ground of existence and the matter that in time would host conscious life, aspects of our divine Lord Christ, whose first children we are." Rugadump ceased speaking and looked around the circle. "This is the beginning of my story and the foundation for the stories of every being in this solar system. I will continue and address our evolution and then the crucial issues we face now. But I myself would like to know, is this a pattern on all or even most other planetary systems in this galaxy and universe?" He remained standing and gestured around the circle with both hands held palm turned upward.

Rudolf Steiner and the Elementals stood up. Rugadump spoke. "I have brought my story to the time and place where interaction with my brothers and sisters of the other ethers comes in." Rudolf Steiner then said, "Perhaps we should hear from the others now, to understand creation from their points of view, how the etheric world shapes the physical, and how they interact. Then we can go on to the effects of certain meditative practices on them and the con-comitant effects in the physical material world." Everyone nodded in agreement.

Ondene' floated forward. "I am water. I speak for all flow. The stability of brother Rugadump alone, would lead to inert, contracted matter, without the moving, changing, flexibility necessary for the expressions of life. His foundation is exalted, yet

must be moderated. I and my sisters of water accomplish that. Water breaks down matter – the ocean crashing on rocks and shores, the ice cracking the rocks. We, my sisters and I, can be as huge as an ocean, or molecule wide, seep into infinitesimally tiny cracks and widen them – opening the heart of minerals and stones to light and air.”

“Water cleans and purifies. We scrub mother Earth's body with our seas, lakes, and rivers. We clean the air in the vapor cycle with spongy wet clouds. We loosen and free minerals from the stones and soil, that the plants may take them in and up and grow. Without water, the seeds do not sprout. Without water, plants wither and die. Without water, the blood dries in the vessels and life ceases. We, the Undines of water, move the immobile minerals of the physical world, making life possible. Because we penetrate into the secret recesses of all matter, and participate in all movement on earth, we hold the memory of all existence. The Akashic Chronicle is written in liquid form. Every thought, every breath, every heart beat, is bathed in us – water. And we imprint and remember every moment of our existence. It flows seamlessly from experience to recorded image of all the senses. There are massive numbers of spiritual beings who process this stream of perfectly impressed images. The images are noted and archived by human lifetimes, cultural ages, dynasties, etc., and especially marked with cosmic post-its for deeds that affect all existence on earth – ice ages, cataclysms, the deeds of Christ the reigning solar Logos and Regent of this phase of physical earth evolution.”

“And as we move, we sound. The music of the spheres is the sound of the interplay of atoms and molecules in the dance of life. We sing and we dance and the whole world sings and dances with us.” said Ondene’, as she gracefully receded. Edgar thanked her and continued. “Till next time then, thank you all.”

April 14, 2016

“So, here we are again,” and Edgar began the meeting. Sylvie was eager to communicate. Rudolf Steiner and the five Elementals rose together and she began. “Ondene’ and her sisters begin the sound, but they are only vibrations until an ear responds and resonates, and then it becomes truly sound.” Sylvie said. “It takes movement of waves or vibrations through the air, to stimulate the receptive ear. Of course, within the water element itself, there is a different quality of hearing. Air is a further and finer dispersion of the simple primary molecules of oxygen and hydrogen and a few other elements that are not subject to gravity in the same way as the compacted minerals are. That is our task – the task of the Sylphs – to attenuate and disperse various elements which release aspects unavailable in the denser forms of matter. It is a homeopathic process.”

“And now movement increases and the dance intensifies. Not only are sound waves borne on the air, but thought is also. Thought forms which are from the realms above, first take shape in the air ether as patterns of flow and interaction. The art of

Eurythmy is a physical bodily expression of the etheric forms created in the air ether by the sounds uttered in the physical world, after being conceived in the higher astral and spiritual, mental worlds. We sylphs are always reaching up, we carry emotion over distances from one human to another. We live in the realm of telepathy – shared thought forms. There is a flow and progression through the three etheric planes. As the image of reflector, we Sylphs, of the air element, received the template of the forms of life to become physically manifest. We craft the Christ received imprint into ourselves – creating the patterns, shapes, and colours etc. Then the image is passed down to the Undines of the vital etheric plane of water. Movement, function, and life are incorporated into the archetypal form. When the Undine's release the product of their work to the Gnomes, it becomes physically manifest in discrete individual forms."

"Depending on the evolutionary state of the individual entity, they are ensouled, or the resulting vehicle is taken possession of by different beings. The human entelechy (the reincarnating spark of God) follows the development of its individual vehicles from the higher realms of Christ down into incarnation. The animal's group soul resides in the astral world and sends down individual aspects of itself, into life. The plant's group souls reside in the fire ether and move down to the others to spark life in each seed. The descent of life and sentience into living physical form – thus it has been." And Sylvia diaphanously glided away, disappearing into the group.

April 15, 2016

"Snap, the Fire Salamander, can speak to this issue which has been brought up – life, death, and the effects of cremation on the body." said Rudolf Steiner, as our meeting began. Snap jumped up and leapt forward. "The work of my tribe is to purify and transform through heat and fire." he began. "The cremation of our friend's body and everyone's bodies at death, is a cleansing of the material constraints – a near-total release of all the toxins, germs, pathogens, and the metabolic residue of a lifetime in physical matter. It releases the complicated structural patterns of complex molecules into the most basic atomic configurations of carbon, ash, and water/steam. The transformation from complex associations of flesh and bone etc., to the simplest atoms; releases energy as heat and light. These etheric forces were formerly used to bind the mineral atoms into compounds and forms that carry life into mobile expression, and creates the appropriate vehicles for life. They are released as a gift to the world during cremation."

"The same process applies to burning wood, coal or gas. The reduction of the material structures releases etheric heat and light. I and my people accomplish this task. Within the living human being, we also function thusly in the metabolism of food. The complex structures of proteins, carbohydrates, etc. are broken down into molecules of oxygen, hydrogen, carbon, etc. which are then used to build and repair the tissues of

the body and combine again into complex molecules for that purpose. The process is an internal central heating system which is the source of human and animal's warm blood."

"Normally, after death the ethereal forces are withdrawn from the body and by three days for an elder and proportionately sooner for the young, all physiological processes have ceased and the body is cold. Normally the extracted etheric forces flow out into the earth's etheric body, and the astral body and Ego/I move up the next step of the vibratory ladder into the astral world to resolve and dissolve the astral attachments to earthly life, in order to travel unburdened into higher dimensions."

"In the case of suicides who have been placed on ice in the etheric world, the normal pattern does not apply. That is because the physical body was not prepared for death and its dissolution. Vestiges of the etheric body are trapped in the physical and cannot be resolved until the appointed end would have come. But then it is too late. The memories of the water and air elements will have faded and not be able to be spiritually, consciously resolved in the appropriate phase. This is a problem for the person's next incarnation. The entelechy does not have a full deck with which to play the game of life next time round."

"The experiences at the end of life have far-reaching spiritual ramifications. A certain amount of pain and suffering reduces the personality to essentials. Vanity, pride, arrogance, and other sins become known, and void – instead, compassion, forgiveness of self and others, fill the new interior spaces. The more one can resolve such personality defects, heal one's wounds, and find acceptance and peace while still alive, the easier the experiences on the other side. The fever – the heat and intensity of pain, suffering, and sorrow, is the catalytic agent of change. One should not so lightly refuse their gifts. Everything is a gift and an opportunity – even pain – even if it must be aggressively managed."

"I, Snap, and my family of Fire Elementals are the gatekeepers of the ultimate translation from one state to another – between the physical and etheric, and between the etheric and astral. We are the guardians of the thresholds. Those aspects of each individual that have not been understood, loved, and transformed; that remain unconscious, dark, spurned, and ignored, are the personal double or shadow. Those aspects cannot journey out into the stars after death, but remain in the lowest astral realms of the moon sphere until the reincarnating individual returns and prepares for the final descent into the new incarnation – whereupon the shadow joins the party again. Better luck this lifetime in bringing one's sub- and unconscious into the clear light of compassion, acceptance, forgiveness, transformation, and integration as an ally and a gift – which is what it is."

"The shadow, in its unredeemed form, seems more a curse than a gift, but by personal persistence in the good, one's habitual failings can be polished to mirror

brilliance and transparent clarity. So, Humans, carry on to the end – the bitter end if necessary. Gather the pearls and gems in the mud of your unconscious. Don't be afraid of a little hard work to gain your birthright and destiny as a true divine human being."

April 17, 2016

We have heard from the four ether's Elementals. Little Golden Love is just a newborn spirit being of the fifth ether. She is the embodiment of the fifth element – love. She is too young and on a very steep learning curve to have much to say at this time. Would anyone who has evolved beyond, and whose fifth ether is well developed like to share?"

Arihimsa rose to speak, "We have a well developed fifth ether – a functioning Life spirit, as well as an operative Spirit Self, or quintessence of our evolved astral bodies and we reside on our home dimension in our Spirit Man aspect which is the transformed physical body, so I will gladly share. When Kienda visited Garth-Majid's present home planet, she observed their transparent domes with delight. We also live in such homes. They are not constructed as things on earth are of matter, but are etheric forms of the utmost transparency and inviolable strength. They are malleable but we enjoy their stability, and prefer to maintain a certain form. This fifth ether in our world results from the synergy among the original four. In the beginning of our universe in the time of undifferentiated potential, physical, etheric, astral, and higher spiritual realms were homogenize – totally mixed. The Bible creation story chronicles the precipitation out of the primordial super-solution of each different Element of etheric manifestation. The four originals are always fire, air, water, and earth. The fifth element of love heralds the beginning of the third phase – the refinement of the original state of matter and the beginning of the transformation of the original state of all manifest existence."

"This process is the polar opposite of atomic annihilation. In atomic destruction, all aspects are forcefully separated. The particles are shattered and torn from their divinely ordained patterns, and the etheric forces – the waves – are released from their inclusion in the divine creativity of maintaining their template of perfection, and so, rampage in linear trajectories of destruction. The appropriate transformation is not to break the four basic elements apart into unintegrated forces which are beyond our power to guide and motivate, except in small part, leaving damaging radioactive residue which will destroy the fabric of life on the planet."

"Instead, it is the synergy of the exponentially accumulated energy of the successful working together of all the four Elements that ultimately accumulates and coalesces into the vibrant substance and function of the fifth element – love. It is the beginning, as I said before, of the third phase of manifestation. The first phase is the creation of the fundamental building blocks – the atoms being formed by the

sympathetic resonance and attraction of particles and waves – the higher vibratory substance/realms – separating and rising into stratified fields. The second phase, once the ground had been created, was the development of more and more complex structures and interactions among the physical matter, the etheric, astral, and higher vibratory realms; to create appropriate vehicles for sentient life forms to descend into, from the dimensions of their origin. That whole process, leading up to the present time, has spanned billions of rotations around the Sun star. The complexities of form and function have reached the point necessitating metamorphosis on a massive scale. Complexifying cannot continue eternally. A quantum leap to the next order must occur.”

“The synergy of the four elements to create a fifth, to which they all aspire, is the beginning of that transformation in the etheric world which in time will impact the physical. The Elementals have accomplished their task within some human bodies. It is consciousness that is the transformational force. Within the microcosm of each human being, the opportunity is now presented for metamorphosis and the next step up the vibratory ladder of evolution. This third step is a further refining of all the substance, material, and functions inherent in each realm. The individual Human Ego is responsible for the successful metamorphosis – death of the old and rebirth of the new – of all the three bodies they inhabit – physical, etheric, and astral.”

“Another term for this stage and experience, is – ascension. It is the conscious Ego/I that is the initiator of this change and the aspect that ascends. To become as Christ, and do as he did and does; each individual must take personal responsibility and become co-creators and conscious participants in their own unique evolution. Our individual destinies lead us to the lessons we need – the information, experiences, and people that will move us along towards conscious sovereignty in all realms – the mastering of the laws of each dimension, and the creative cohesion and interaction among them all.”

“This next step is to become apprentice creator gods. The fields of such human endeavors are the created physical world of matter; the etheric world of the Elementals, manifesting the original divine forms and patterns of the original creating hierarchies; and the volatile astral world of emotions, which each human must learn to subdue, balance, and harmonize. When a human achieves a stable emotional state, resonant with Christ's divine love, the vibrations created in the astral and etheric worlds result in overtones and harmonics which become the vehicles and home of newly born spiritual being. These higher, more perfectly harmonious beings, are called the spirit self – the higher metamorphosis of the original astral body, created and refined by the inner spiritual and psychological work of each individual human being in their own lives.”

“The fourth and final step – which on Earth is a long way off – millennia yet to go – will be the ultimate transformation of physical matter. The earth will become a star.

At the end of time, as commonly known on Earth, when the solar system has evolved to its next step, and humans have achieved Christed consciousness – mastering love in all the dimensions in which they reside – the cosmos will be ready for a new universe to be born.”

“The Elementals in your body, though usually confined to work in the etheric worlds, can rise to the astral level through and with you, and also through Little Golden Love – the Fifth Element. It is an important step in their evolution to do so, and they are grateful.”

June 8, 2016

I watched as a battle ensued between virus/nanoparticles and the gnomes. I had done the Omega symbol and gathered many prickly little balls out of Bill. The prickles and sharp appendages were loved and caressed to go inside and the balls became like a little tiny BBs. They simply slipped out of Bill’s muscles and fell to the floor around him. I asked Rugadump to do whatever was necessary to reduce them further to their elements and etheric forces. Many gnomes came to render the BBs into their constituent elements. As the gnomes approached, some of the BBs put out their prickles and appendages and a few gnomes were stabbed and hurt. Then hundreds of thousands of gnomes came running with their little hammers and smashed the BB viruses to smithereens – smashed to atoms and etheric forces.

June 25, 2016

Intruding images from books or movies, I will wash away in a flood of love and roses. They can be resolved in their own time and etheric space. Perhaps the Elementals will assist in transforming my memories of movies, books, and imposed pictures from others and the media. Those memories are etheric imprints from media but they are not my living memories.

“Am I responsible for their redemption and transformation?” I ask the team. Arihimsa said, “If you would transform the images, it would be a gift to everyone else who is captive to them also. You can simply take a few minutes when such intruding memories arise, and heal the issues the people are dealing with, then, cover the scene in love and roses. Call upon the angels of the people in the scene, and if they are fiction, that includes spiritual beings for helping them, and the angels of their authors. These are all under the guidance of the Elementals in the etheric world and Christ and higher beings who work for the positive transformation of life.”

That’s it. I am not responsible for the resolution of others’ lives. I can stop the movie, book plot, or images, when I am caught and obsessed by them, by filling the scenes with love and roses. Then move backward and continue with the love and roses until it is all filled and the places reached where a decision has been made that led to the

difficult scenes. The people then have enough support to make a better choice themselves and can heal and transform themselves and their lives and live a better scenario in the future.

The old images then just crumbled to dust as they are no longer lived and ensouled. The Elementals take the etheric dust as compost for more roses. When there are no more sad stories that need resolution and transformation, and no more dust of crumbled mistakes, then we won't need so many roses and we will be ready to move higher where only the attar of roses is used.

Now, I will impact the etheric world of memories with love and roses. Rugadump, Ondene', Sylvie, and Snap all say, "Thank you, thank you. We have wanted something to ease the images of which you speak. We could not do it on our own. We are just the keepers of what is done and imprinted in our world. The love and roses have flowed through our worlds, but without intention, guidance, and a purpose and plan for application, it just moves through and is not used effectively. With your thought and understanding, Kienda, and with your intention, not only to heal, but to give strength and support to the participants in the images to make better choices; we, the Elementals, the keepers of all memory and the Akashic Records of all experience, can assist in the transformation of the images and edit the Akashic recordings appropriately." So say the Elementals.

Re: Standing Rock

The Elementals then spoke. "We will protect the Water, Air, and Earth." Ondene' said, "My waters have run red with blood, white with tears, and black with oil. These do not belong to me. They themselves are unprotected and not in their rightful places. Return the blood to healthy young men – war no more. Return the tears to the eyes and hearts of women and children – love the people. Return the oil to the darkness of earth where its rich substance nourishes the alchemy of transubstantiation – turn to the sun."

"If humanity will not stop their immoral activities, then our mother and all the Elemental families will have to do it, at the cost of much sorrow and pain for the humans who could have fixed it themselves, but didn't. Once again, humanity has created enough rope to hang themselves – thinking they would bind the earth instead. There is time yet, a little while, but points have been reached and passed, so with every succeeding day, the backlash becomes stronger and more powerful. Awake, awake for mercy's sake."

February 16, 2017 – Santa Fe, New Mexico

Cohesion but no relevance – just a phrase inspired in my mind. Little Golden Love, an Elemental of the fifth ether, is the first manifestation of "Life Spirit" – the

transformed ether body and the higher self/octave of the working together of the four ethers. We are not just working on transforming the astral body to “Spirit Self”, but are concurrently actively incubating the “Life Spirit” or transmuted ether body as well.

Biography

Kienda (Betruë) Valbracht, IMA Thanatology, is a Clinical Hypnotherapist and a SIDS mother. The death of her infant son, Christian Alexander, impelled her into an exploration of Death's domain, culminating in her published book: *Lucid Death: Conscious Journeys Beyond the Threshold*, (available from her web site www.cosmicodyssey.info Barnes & Noble, or Amazon.) Creating structure and form from the seething cauldron of inspiration, she has a number of monographs of the latest adventures in the spiritual worlds available to download from her web-site – as well as her blog: *Conversations with Edgar Mitchell and the Interstellar Team*.

Kienda is a Spiritual Scientist, safely navigating the spiritual worlds, researching karma and reincarnation, the journey of the soul between death and rebirth, and other spiritually oriented issues.

She also facilitates individual Alchemical Hypnotherapy sessions (Facilitated Spiritual Experiences) which are then metamorphosed into practical wisdom for a richer, more effective, conscious life in the present.

For information on talks and workshops blending spiritual concepts with years of practical experience – such as:

- ***The Journey of the Soul Between Death and Rebirth**
- ***Reincarnation and Karma**
- ***A Conceptual Matrix of the Cosmos – Humanity's Place in Time and Space**
- ***Meditative Practices Leading to Spiritual Investigation**
- ***The Evolution of Consciousness**
- ***The Extra-Terrestrial Issue**
- ***The Deeds of Christ and the Redemption of Lucifer**
- ***Radiation and the Elemental World**
- ***Transformation of the Reptilian Brain-Stem to the Dragon of Higher Consciousness**

and many others, with which to understand the human condition in the greater design of the evolution of consciousness, both individually and universally – contact Kienda at:

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