

The Human Condition

(According to Kienda Valbracht)
September 19, 2009 – May 27, 2015

Introduction

This monograph is a collection of journal entries from 2009 to 2015. I have gathered up the entries on specific subjects, with an introduction and biography, for those interested in particular areas. There has been only a bit of editing and additions to clarify, otherwise, the information is as it came. I have left it in this form so that the Gentle Reader may experience the progression of the thoughts, insights, and inspirations. The spiritual world is unfolding, even as life on Earth is changing and evolving. Most of my spiritual research, recorded in the journals, tracks the changes and the messages from the super-sensible realms on a number of different subjects.

The "" (quotation marks) indicate that the enclosed words are heard spoken directly from spiritual beings in spiritual realms. Whole paragraphs are sometimes included. My own thoughts and elaborations, receive no such marks, unless it is a direct question or verbatim conversation with a spiritual being. Some of the realms are inhabited by a variety of beings, both super-sensible and physical. They go by many names: Angels and the whole hierarchy of creation, Elementals, Extra-Terrestrials, and human beings both living and dead.

I feel the need to explain how I came to have such communications and to research questions in spiritual realms. I had a near-death experience at birth which was recovered when I was in my 40s, which explains my early spiritual experiences and the fact that I did not forget them as I grew older. I have meditated and prayed since my teens, done yoga and tai chi for forty years, studied the esoteric since the 60s, and Anthroposophy, the work of Rudolf Steiner since the 70s. Somewhere in the middle of my life, I became personally creative in my meditative practices – I turned like the Dervishes; did mudras and eurythmy; danced, sang, toned and ohmed; began simple sacred geometric forms in my mind and elaborated on them till one day in 2000, one form became a vehicle for entry into spiritual worlds and landscapes. There are multiple aspects and areas of the spiritual realms. Each specific dimension has specific 'laws' governing the functions therein. (*Refer to Chapter 8: Esoteric Christianity in Lucid Death: Conscious Journeys Beyond the Threshold for the basis of my understanding of spiritual realms. I am working on a more comprehensive 'Conceptual Matrix' at this time.*)

Before 2000, the explorations and research in spiritual realms mostly came by grace and circumstance. Since then, I have traveled and sought answers to specific questions and issues. Many monographs and three books are the result. When reading this material, I simply advise an observational, open mind to receive the information. Then I suggest discerning reflection and a modicum of logical, sequential thought to process the information, in order to come to an understanding appropriate for each individual's unique destiny needs. Existence is a puzzle, and we all have a few pieces. I trust that the ones I found will be helpful

for your big picture.

If sharing this monograph, please include the introduction, to give the work a human context. I wish you happy, enlightening reading.

The Human Condition

A number of these older journal entries are for historical background, and to put our present situation in a cosmic/human time frame.

Saturday, September 19, 2009

When I arrived in the spiritual center of Mount Shasta this morning, Shushilla (*Refer to The Dragon Quintet to meet Shushilla the white Dragon.*) laughed at me for wanting to know "how things, (my life) will turn out." Humans, including Rudolf Steiner want to know these things, but it's not written yet. Only the ultimate end – that we will consciously resolve back into 'all that is' at some point. The probable futures, many of them, call to us and we answer. By intending and aligning ourselves with the probable futures – we choose. So I intended and aligned with Christ and found that I felt a bit distant from the Christ and still couldn't grok how 'it' works. Christ was there presiding and then stopped and gave me a Christian initiation. At first I saw all my sorrows and "crucifixions" as the classic Catholic path and that is so – but/and it went on. This healing process is a resurrection. And more than this – Christ in me – Christ and the Father are one – Christ and I am/are one – I am Christ – Christ in me – I am Christ – I am a cell in the body of Christ. My eyes are Christ's eyes on earth. Every human eye is Christ's eye. Christ looks out through every human's eyes. My breath is Christ's breath. Every human breath is Christ's breath. The turning point is: are we/am I aware of this level of reality? Now I am in a greater degree than ever before, and I trust there are greater knowings yet to be.

Wednesday, November 10, 2009

It is now absolutely clear – the cosmic truths are universal concepts which each human being must apply in their own lives. Destiny and the free choice to actualize that destiny, is what we each must accomplish by judicious application of the truths of multiple realities/realms/dimensions applied appropriately for the furtherance of our individually perceived life's purpose.

We are in the time when we need more potent influences from the cosmos to penetrate the energies we have generated here on earth out of our failings, mistakes, and unconsciousness, and so having allowed a lot of free play of Lucifer and Ahriman to muddy human evolution. There may be a super nova of a star system which has achieved positive evolution and is moving into a whole new dimensional shift, and we human beings who can receive the light and impulses from above must transduce the energy to human love and spread it out over the earth.

As we cross the galactic equator and continue to move into the photon belt, we are receiving more and more energy from the cosmos and have more potential love to share and positive energy to spread horizontally around the earth. The star forces come down from above, entering the crown chakra which is the individual portal, I have been opened up – I have been trepanned etherically. The reason was to remove the bone barrier to access and reception of the cosmic forces. I have been opened in an initiation to receive the forces more directly.

It vivifies all the chakras. It is stronger above and we must transduce it and apply the energy in the lower chakras to utilize it in daily manifested life. I must activate my will by intelligently loving what I must and want to do. My heart is open as a conduit for the cosmic forces of truth and love to radiate into human life. The more I do do do, out of intelligent love, the better for allll. It's like the new prana – comes in through the crown on the inbreath and out through the heart on the outbreath.

Monday, December 21, 2009 – The Winter Solstice

I now know: I have to write. It's only my life and what's that? One in 7 billion or however many living human beings inhabit the planet. And how many other lives before and yet to come? We each are our story(ies).

This life started off a bit rough. At my birth, death cast its shadow all the way to my own time, which is not yet upon me, but even as I write, I am aging – gracefully or “un”. For most of my life, I have been invisible or ignored, or maybe I hide. My passage has not been marked. The good things have often ended in betrayal. Only a few people – my daughters and my mother – really know me and my inner experiences. But now I feel called to speak and share. “Good luck,” says I to myself, not believing in luck at all.

Grace and karma are the guiding principles of my life, and a slow dawning conviction of free will and personal intent, although I have seen it mask license too many times – my own and others. This free will is approbation and indictment of my “grasshopper” ways. I have lived in the moments – fully engaged, alert and active. However, I have only dreamed of the future. The past I remember as I choose, as all humans do and I have chosen to gild the past with love and forgiveness and remember the fun and glory of those innocent, ignorant times. And of course, the moments of profoundest sorrow and pain. But they too have a golden haze about them.

But then, how shall humanity create a better future? The future is not a vacuum into which we simply project our good intentions. We also, below the surface and from the past, clutter the future with revenge, unforgiveness and impassioned yearnings. Healing the past is healing the future. We need to learn the lessons of the past in order not to repeat the patterns. There is the slow and steady creep of consciousness and the multitudinous stumbling blocks of war, fear, hatred, anger and degeneration. Surely we can learn to overcome these by grace and karma, executed in free will. Perhaps the profoundest aspect of our free will at this juncture of times and space – the global village of 2009 – is to consciously open ourselves to clear perception of each moment of our lives and receive consciously and

lovingly all that life presents and to understand it. In understanding comes the perception of the right action and then is when we need the will – the free will to do the right thing and to act from conscience.

Well, as a “grasshopper” in distinction to an “ant” - I went into life's experiences with eyes pretty wide open, but somewhere, somehow, my free will has been stifled when it comes to DOING. My doings have been small stuff – cleaning and ordering environments, creating opportunities and support for friends and family to create and blossom, but so far I haven't really DONE much except love a lot of people and keep a share of positive outlook on life and the world. Hence, I am financially poor, but soulfully rich, which is a state attended by both “good news” and “bad News.”

Now, which one first – the good or the bad?

Christmas Day, December 25, 2009 – Friday

Nibiru has been sighted in the southern hemisphere – the reptilian intervention is coming around for another look/experience/spiral. This group of Annunaki are from the Pleiades, or (Ming x6). They seeded this world (Genesis) with their own DNA and perhaps they are returning to see where we are and how we are doing – and more? They are not of our Solar System. The Annunaki are the ‘other’ of numerous prophesies.

Warp speed is folding time and space and taking a short cut straight through.

So much has been forgotten, the flow of life has been blocked by the overwhelming super-egoically charged choices, for one thing and the manipulation of necessity for another. Humans have been cut off from nature – outside and inside. The eons of old imprint of birth, growth, procreation, maturation and death has been circumvented. Birth is an inhuman affair, fewer people are having children, maturity does not come because we humans no longer experience the depths of profound spiritually active grief or the heights of profound spiritually active joy. The earth is truly dying and we with her. But we need in the Michaelic way to rise above her, to cross the threshold to the spiritual worlds consciously as she transits physically and spiritually at the same time. We must be able to step out of our bodies and live in our etheric, astral, ego/I and spirit/I individually and consciously; as the earth sloughs off her dead body, and it becomes Solar System debris and Gaia becomes a star in her own shining etheric light body. It is coming but it feels like there is another or further extraterrestrial, ahrimanic and azuric intervention coming. I don't see an easy way out.

New Year's Day – January 1, 2010

We are crossing the galactic equator. Of course, it takes a long (our) time to do this, but in 2010, the whole solar system is moving deeper into the Photon Belt – the Light Zone. Whatever we do as individuals will be more and more magnified and expanded.

If we meditate and breathe and appreciate nature and life and one another, that will intensify and increase. If we only jump and run, responding to the surface of things, and too much city and electronics, then that will also intensify, and the hectic energy will increase, and anxiety will be rampant. Coming to stillness and centering and grounding in the

profound meaning of life is becoming much more important – actually it is necessary.

By October and November 2010, the heat will be on high. The pressure cooker in each soul will be shut tight and ready to go – whether it and we, individually and collectively “blow” or “transform,” will be obvious. NOW IS THE TIME. We still have preparation time, but it is coming down to the wire and 2012 is not the only ‘IT’ – 2010 and 2011 are ‘it’ – and 2014. Prepare now – center, meditate daily if only for 10 minutes, bond with love and light and Christ and the upward evolution of the human race and Gaia.

Follow your inner callings and promptings. Trust your angel. Follow your Bliss. Become your Joy. Ask for assistance from the spiritual worlds and receive gladly. Go where you are called.

Know thyself.

Be thyself.

I Am

I am Light.

I receive and embrace Light,
and Light I shall remain.

Saturday, February 13, 2010

The sleeping winged serpent at the base of the spine is the divine dragon of the kundalini. It is the force which rises up, purifying all the chakras in a rush of light and love. As it clears the Alta Major, it nurtures the evolved Dragon consciousness and resets the reptilian brain stem functions from fight and flight, kill or be killed, to wisdom, brotherhood and generosity; and then goes on to enlighten the brain and thinking, and swirls the pituitary and pineal into activity.

When the channel is clear, perception of the spiritual worlds is possible. Then, it is a matter of learning how to function in those other worlds. There are skills necessary to navigate other dimensions. There are tools and practices, lessons and teachings. Life brings many opportunities to learn. There are many pieces of the spiritual consciousness puzzle to be found: ancient texts, religious practices, channeled info, and poetic inspiration, to name a few.

Each human being is a species unto himer (him/her) self. So each person's development will be a unique and individual path. Truth takes many forms. Each must find the aspects of truth and verity that resonate and work for them, which is why an open mind and an attitude of tolerance and acceptance become indispensable. Discernment – clear, perceptive, but not judgmental – thinking is always a “must” in an enlightened toolkit. The only judgment: is this (whatever) appropriate for Me at this time? How this (whatever, be it thought, action, substance, etc.) functions in other’s lives is their own business and their own path. Not being omnipotent, even if evolving, I cannot judge “right or wrong” for another. Of course there are some behaviors that are antisocial and morally incorrect, and people who do such things are usually in need of compassionate help, so they don't hurt themselves and others. But except for stopping the harming of others, judgment is not a necessary part of

human interaction. As a matter of fact, judgment usually if not always, messes things up. It is an inappropriate application of one's free will to curtail another's free will. Since free will is the ultimate gift to humanity from the cosmic design (*could be called God*) and our most potent force for evolution and ascending into higher states of consciousness and coming into personal awareness of cosmic alignment, it would be best left un-judged and un-hindered by some other person's, religion's or government's preconceived categories and limits.

Each human a species, each human a unique and individual path, each human being unfolding in the best way for themselves – always, as a member of the human race, a child of earth and a being of the cosmos.

July 13, 2010, Friday – San Francisco, California

My beginning meditation sent a tsunami of love back through time. It washed through everything, tickling and bringing joy and pleasure to everything it touched, which was everything. All kinds of 'sad' and stupid moments in my life were healed. At first the love was just a little trickle from my heart and not very effective, but I persevered and the trickle became a wave and the wave became a tsunami hundreds of feet high. I just felt better and better, and was all suffused with golden rosy love for a long time. Maybe forever.

And then I turned and sent a tsunami into the future. It collided with a cosmic wave/tsunami of love and cosmic energy on December 21, 2012. It will be a good time to meditate. (*ha ha ha*). I am/we are changing soooo fast now.

Saturday Afternoon Class (*Spiritual classes from Mount Shasta*) October 30, 2010

The division of Humanity is happening now. The sooner the awakening, the better. It only gets harder later. **Pray diligently for those you love - don't drink - don't smoke - no coffee - no drugs - get clear - honor yourself - listen within - feel deeply - take joy - open a cone to receive the cosmic forces above you - meditate profoundly on what you receive .** I began to pulse like an anemone or a barnacle – open, expand, receive – contract, integrate, disseminate. My pineal and pituitary were the lens – the eye of the needle.

November, 5, 2010 – Afternoon Meditation - Olympia, Washington

“It has to do with elimination and letting go.” The Tan Tien is the retort, or crucible and the root chakra is the Bunsen burner or the acetylene torch. The passions are the fuel to transform and create anew.

So I began to collect up all the fear of the millennia and the residue of the pain and sorrow and anguish – all the sad and terrible things that have been done to humanity - all that our work on the “Devolution of Evil” (*This is a reference to the not-yet-published monograph The Devolution of Evil from the Julio/Claudian Emperors to the Third Reich*) has brought before my soul. And I began to scrape the black sticky residue of fear and despair and pain and hatred and betrayal from off the soul of my past incarnations. Then it became clear to me that if I can do this for my own self, then I can do it for others as well. So from the first impaling (*a past life experience from many 100s of years B.C. in the area of the Black Sea*) I took my body down

and my daughter's body and then called on the angels of everyone who had suffered this fate, to take the bodies down. They, the bodies, were laid at the foot of their stakes and everyone smiled and breathed a sigh of relief and then still smiling, melted into the warm embracing earth. Mother Earth was overjoyed and lightened and brightened to receive happy, peaceful bodies into herself – and she felt honored and grateful and glowed. Then we all in spirit, stood up and touched the stakes and they put forth leaves and blossoms and grew as a lovely forest over all the middle east and up into Eastern Europe.

I then moved forward to the time of Christ and the Christian martyrs. They lay down peacefully in the coliseum and such places as they had died, and smiled and were absorbed into the earth. Their souls were already long gone in the spiritual world. The lions and wild beasts purred and kiss/licked gently their faces before they disappeared.

Then the black plague and the dark and middle ages, the inquisitions and other such atrocities were up next for healing. Now I was not only sopping up the coagulated, and dried blood and the black tarry residue of terror, but used the Shroud of Turin to mop up the last bits and polish the ages to a shine. Christ's suffering and task was so much more and cosmic, that the shreds of human fear and sorrow were simply absorbed and cleared.

So on to the inquisitions and the Native genocides in South and North America. Then to Kohlburg (*another location of a very difficult past life*) where I scraped and scrubbed till the stone slabs were shining white and the walls sparkled. On to the French and American revolutions and all the detritus of the Reign of Terror – the Crimean War, the 30 Years War, the 100 Years War, and on and on through wars and uprisings and revolutions. The Russian Revolution seemed very important and called out to me. As all the millions of peasants were being laid to a peaceful smiling rest in the earth that they so loved – they hallowed the ground and the Russian Souls for the Jupiter evolution. I wiped each face with the Shroud and they shone.

Then to WWI and WWII, and the holocaust – all at rest and at peace. The Earth herself is so much more light filled and at peace herself. The “unquiet dead” have experienced a tiny bit of peace and honor.

I am only one person and I have only done one little thing. I have not healed it all. I have only touched a fraction, a tiny fraction of what needs healing in the world and throughout history. It is the crucified Christ who transforms the suffering of humankind. I just asked for his help and participation. Seek and you shall find, ask and it shall be given unto you. So I asked and he answered.

Now, for myself. All those lifetimes that were so steeped in pain and sorrow and fear have been cleaned up and shine brightly now along my timeline. There is more to do – to forgive and eliminate and let go of all this black stuff – the metaphor for all the negative human emotions that had been generated throughout history. So I put it in the crucible and stoked up the flame with my passion for love and nurturance and peace and joy and a beautiful glowing contented earth. 'It's the end of that world as we know it, and I feel fine.'
(*This is a line from a song by some obscure rock group in the late 80s. Somehow it is appropriate at odd times, like this.*)

The Crystal Palace Within and the Halls of Amenti - the sound track by Tom Kenyon is fabulous. Today, after my meditations, I listened and then realized that all we awakened living people could do a sweep of history together to heal all the pain and fear, as I did alone with Christ yesterday. We/I also need to do a healing on the philosophical/belief, lies and twists track. Just think how wonderfully powerful it could be if a group, even only 3 or 4 but in time hundreds or thousands of conscious souls combing our past lives and then all of history to heal the past.

November 7, 2010 – Monday Morning – Olympia

Duality – I and thou, us and them, light and dark, life and death, goes on in the universe on all levels – from Michael casting the hosts of Lucifer out in The War in Heaven; to all the human wars and conflict; to cancer and the cellular war of parasites, viruses and bacteria. These polarities exist on many levels, from the vastest macrocosmic to the minutest microcosmic plane. On all dimensions there are opposing forces. Most of it is just a matter of expansion and contraction, or some variation on that. When it comes to human interaction with duality – it is a good idea to refrain from value judgment – just remain in observational discernment. From the vantage point of discernment, it's just a matter of aligning with the life supporting, positive side. It's just a matter of choosing to do the life sustaining things. Then we can create a life and world that is predominantly life supporting and all, if not most, good things. It is not always necessary to fight against the dark side of existence, but to simply not participate in the negative agenda and to live a life actively engaging in life sustaining ideas, activities and emotions. Discernment, positive choices, and transformation on every level of our individual and then collective lives is what is needed

Jan. 24, 2011, Monday – Winterhaven, California

The exercise that I gave myself yesterday was to watch the combined astral experiences of everyone in the congregation when the minister was talking. I rose up spiritually and hovered near the balcony. I saw that it was mostly a sea of individual yellow/gold points with a little blue and red underneath. The points bobbed and moved in a friendly little way with some shooting upward a bit higher than the others but pretty much a placid little dance. The minister is a very intellectual woman, and her sermons are quite cool in feeling tone, and the information she gives on Sunday is very rudimentary and does not really give much food for thought.

When she made people laugh, a little ruefully, by asking everyone to raise their hands if they remembered a time of anger in the last week, the astral sea began to roil and boil. Bubbly things were popping and bringing up red from the deeper layers and releasing them. At one point it looked like a full rolling boil of a very thick substance – so very interesting.

And what will the astral of the community look like when I give my talks? I hope to make my lectures more balanced, or at least with more blue, serene feelings involved. I

wonder if the red of the Will shows up when people imagine and visualize, and have 'ahas' – like I, who just had one (aha). I now suspect that Rudolf Steiner saw these kinds of things and so in the moment of perception during his lectures, he adapted and added things to respond to what he saw. I need to do this kind of observation in a lot of different settings – music concerts, talks, public places, conversations, etc.

July 4, 2012 – San Diego - Fourth of July Fiasco. 15 minutes of fireworks went off in 15 seconds. It looked like an atomic explosion and sounded like one too. Everyone was so disappointed !!!!

I am looking down at America from the donut, half way to the moon, with George Washington, Thomas Jefferson, and Ben Franklin. They said, "The bastards did it. They sold the birthright of humanity for a mess of pottage or a pot of gold. Greed is the source of evil in America. Greed is the motivating force – greed for money, power and sex. It is a sick world we look down upon. That is the obvious part. That is the outer face to the world and it is hideous. Like the portrait of Dorian Grey, the facade, the illusion, is crumbling and the ugliness beneath is becoming apparent – to everyone who is willing to look and see."

"Those who have seen and know must rise up and speak clearly and eloquently. Kienda, find the places in the constitution and bill of rights and speak clearly about it. (*This refers to the time I saw the constitution and the red areas marked where loop-holes for the dark side to insinuate their agenda were to be found.*) The evil seed was sown with the good at the founding of the nation. And we (Americans) have not kept up with the times. A simple majority does not a democracy make: it only polarizes and paralyzes. There are no checks or balances. There is no voice for all the people. Wake up – get real. It is much more complicated now than it was in the beginning. Come into diversity. The simple democracy was and is a huge power play and not a viable form of government for a massive country in the 21st century."

"Sing 'God Bless America' and 'America the Beautiful' and make it so."

Saturday, April 21, 2012 – Laurence Kansas – Ricks Hacienda

I was asking for clarity and a deeper understanding when thoughts of 'Monsanto' intruded. I asked, "Is this a spiritual issue?" and the voice answered, "Yes, my Dear, it absolutely is. This Monsanto issue is part of the war against life and against positive evolution. The human beings involved are pawns in the game of war, which is being played out by the positive and negative/retarded aspects of many hierarchies. Each human being must speak and stand for their beliefs, goals, desires and understandings. In that way, individual human beings align themselves with the forces and beings on either side. The sleepers and non-committed are responsible through sins of omission. The greedy and materialistic will reap the karma of choosing the dark, retarding side of devolution. Those who can awaken to an understanding of the forces at play in this 'war' and align their beliefs, goals and desires with Christ – the cosmic Lord of Karma and proper Earth evolution – will be inspired to appropriate action. One of the keys is to become informed and aware of the spiritual forces and beings behind the human, earthly issues. The positive forces and beings

will only offer inspiration freely, and it must be freely accepted by each individual. We must make a conscious choice and act upon it. There are no strings attached and no external rewards for choosing the path of truth and life.

The opposition works in other ways – through the darkness that is created within human consciousness by excessive materialistic thought or unquestioningly adopting fundamentalist philosophical, religious, or political dogma. The oppositional beings and forces have access to the human mind through such unenlightened states. They take advantage of such static, unreflective consciousness and live in the unconscious realms, thus possessing the dark unconscious of many people and influencing the motives, thoughts and lives of those they inhabit.

Beings of the higher hierarchies and other dimensions are always within us, as we also have faculties and 'bodies' in the subtle realms within us. The issue or question is; who do we choose to be hosts to? By open-mindedness, tempered and subject to discernment, clear thinking, compassionate understanding, and intelligent Christed consciousness, only the positive beings can exist within us. The dark side cannot bear to live in such light. Dogmatic, unquestioning, unexplored thinking is not light filled, and so increases the realm of the personal unconscious, by heaping boulders of unconsidered thought into the subconscious. The sub or unconscious is the shadow side of clear, compassionate consciousness.

We, as humans, need to minimize the unconscious – the source of our instincts and unenlightened, often trauma induced, impulses, thoughts, feelings, and motives. It is through intelligent, compassionate thinking and feeling that we shine the light of consciousness into the dark places of our soul. It is in perceiving and recognizing the dark unconscious within ourselves, that we begin the journey of reclamation of our shadows. When we understand what our individual shadow consists of and why it is there within us, then from a more mature and expansive state of consciousness, we can transform it by responding to the needs and wants that began usually through trauma in early life, as well as sorrows and fears we were unable to process our whole life long. All humans have issues, problems, and traumas, instigated through the karmic vicissitudes of our lives. We can no longer afford to stuff them down below consciousness. There they fester and create the perfect environment for retardant beings. We must work to bring our experiences into the clear light of day consciousness. By compassionately confronting the traumatic situations, and through loving our human frailties, we heal them. With loving comprehension, failings and weaknesses can ultimately be transmuted into strong allies. Then the shadow becomes light, the darkness recedes, and the beings who used the unconscious as a platform for pushing their agenda into the world through ignorant human life, is diminished, and they can no longer remain within one. The light of consciousness and love replaces and burns away the darkness of the fearful, unperceived and unknown subconscious.

When we have the desire to do this work, the freely offered inspiration of the kind beings of evolution becomes available. As we choose to accept our intuitive flashes and insights and to find the will to act upon them, we can transform the present situations facing

us all on planet Earth today; and instead of being headed for an environmental disaster of a dire, critical nature, we will be launching the next Golden Age.

Saturday, May 3, 2014 – White Feather Ranch

From the donut and from a distance, the light of Earth in general is shining brighter. It looks like the grass roots, normal people are emitting more light. They are receiving and allowing themselves to be kinder and more truly human. Life and the grand cardinal cross have brought many inner crises to a head. For many people, the lid is off their secrets and their fears, and they are taking a new track on their lives.

The light of evolution and Christ's divine plan for Earth and humanity is shining into the former darkness, and people are having to deal with their issues. I see that the information I have been given will be helpful to more people very soon. Even the dark spots seem to be less violent.

Then, up to the New Jerusalem. "Well, here's the birthday girl and late for her own party." (*My birthday is May 2.*) I received a shower of light and a new dress of white gossamer, and then we all had day-old manna and ambrosia which is still very potent. I said I didn't need to hear the toasts and appreciations, but needed suggestions and warnings for the present and future.

So they said, "Keep balanced and centered in Christ. Ahriman has incarnated and although the light is rising in many, the darkness will also intensify soon again. Work on clear thinking. Be more carefully observant. Use the 'template' of Christed consciousness to measure perceptions. Clarify your values and compare your observations and perceptions against them. You need guidance and a framework for discernment. And yes, in blending heart and head, you have a more correct perspective for spontaneous response, and that is good. AND, you need a little work on the clear thinking aspect when reflecting and cogitating later. So work on clarification of values and discernment protocol

June 22, 2014

"Today we are celebrating the success of love and consciousness awakening in the 'hundredth monkey' and the immanent possibility of a happy transition into a new golden age. Work for it. Nurture and protect the good in yourselves and the good, noble, beautiful, and true in all you meet. Rejoice and be glad in this beautiful day on this beautiful world. In spite of seeming appearances, with good will and hard work, the outcome is assured. We all just have to scramble a bit now and then to adjust to each new moment – each new opportunity for growth and enlightenment – each sacred moment. So enjoy. Give life your all – it belongs to the future anyway, so go to it. 'Git along, now, little dogies.' Have fun. Remain in Peace."

Monday, November 3, 2014 – White Feather Ranch in the Sierras

From the blog by Ryan and Susan/Amelia – the reality we all live in is CTSD (Continuing Traumatic Stress Disorder.) We, especially in America, are continually under

pressure and attack. There is no 'post' about it.

Tuesday, November 18, 2014 – Fair Oaks, California

Up in the New Jerusalem after the usual meditations, and a small meeting with my spiritual family and St. Michael, who is speaking for Christ, occurred in a small room. He was speaking about my personal writing/journaling work. "Because this, your work will be representing Christ to the world, I, Michael am here as quality control of the 'presented countenance of Christ.' What you say is good and true. The issue is how it is said and how all the pertinent information can be included. "

"The fact of the spiritual, cosmic forces behind the drama of today, both light and dark must be included. The positive outcome must also be presented so that people have the image of light and positive resolution in their minds to integrate the diverse realities that you present, and are possible at this time. Many humans are incapable of drawing the right conclusions. Freedom of mind and soul has atrophied in many and been usurped in many more. The conclusions must be clear to reawaken hope for positive choice and the energy for needed action, to accomplish transformation both individually and socially collectively."

"Since you can see both the light and the dark sides, Sharon, (*When the messages are particularly important for me in the spiritual worlds, the beings address me by my given name 'Sharon.'* Other times, I am called 'Kienda' when the message is not so specific to me.) and express them without fear or distortion, you must do it. Books!! Writing!! It is time now!!! You will find an ally."

The Warriors of the Rainbow Light and the Native American contingency asked eagerly, "How can we help?" St. Michael said. "It's time to do some nudging from the spiritual world. In spite of the chaos in the both worlds, physical and spiritual, ways shall be made straight. Order and harmony shall be reinstated and made manifest. You can help by communicating to human souls both living and dead, and by drawing lines of order for events and people to come into alignment with."

"The time of open, free choice has gone and will come again later. Now it is the time for choices between pre-ordained routes. It is appropriate for you in the spiritual world to create clear choices for living human's actions. Not just appropriate, but absolutely necessary. Human free will has atrophied. It can be resuscitated by having clear choices and pre-set patterns to follow, for a while. That will awaken the ability to cognize, discern, choose, and then do something in alignment with the choice. So you in the spirit worlds, you the human dead, can see more clearly. You have relationships to those on earth who are passive, wounded, and whose free will has been damaged. You can inspire those to new clarity, vision, and action. You can lead them to information and feelings and 'spiritual adventures' that will re-enliven their consciousness and nudge their free will into action. Yes, please do help in this work. All is good when done with morality, enthusiasm, and love. You, dear Warriors of the Rainbow Light, and Native American Contingency, have these qualities and are devoted to Christ and human awakening. So, we shall work together to create clear, true lines to truth and Christed consciousness, that many may follow and be

healed and made whole and become active in their own individual lives. Then, over time, the collected human consciousness and activity will transform the earth and all life on her to a better, more lovingly evolved experience. Now is the time for humanity to awaken and follow the promptings of their hearts which will come from the spirit worlds.”

Black Friday – November 28, 2014 – Sebastopol, California

The only thing that matters ultimately is the human state of mind. Possessions, showers, clothes, cars – any and everything else – does make a difference in life-style but does not affect worth or human value. State of mind – balanced, grounded, harmonious, spiritually attuned – that is what matters. It is good and icing on the cake if and when that state of mind can be manifested into action in the world. But actions come and go – are limited in time and space. State of mind may fluctuate, but it is in a realm above and beyond the physical. It is the threshold between divine spirit and human psychology. It is the conduit of thoughts, feelings, unconditional love, intentions, imagination, and inspiration. It is an etheric wave or pulse from an individual out into the world, affecting everyone and everything in proximity. It is being broadcast perpetually. One’s state of mind is positive, negative or neutral and affects the world accordingly.

The basics of life – shelter, nutrition, and hygiene are necessary and there are many variations on those themes, as well as myriad additions to the necessities of life that either enhance or detract from the basics. Art, music, beauty, design, craftsmanship, quality and integrity applied to any aspect of life is uplifting. Disregard for the basics, such as filth, addictions, pollutions, tend to degrade life and spread negativity on all levels. Excess attention even to the enhancing attributes, leading to extreme luxury, is also detrimental to a balanced, grounded, harmonious, spiritually attuned state of mind.

The middle path – necessities enjoyed in simplicity – allows time to cultivate the appropriate state of mind and spread positive thoughts and feelings among people. These ripple out into the world creating opportunities for further joyfully uplifting experiences beyond the original relationship or exchange.

A firm grasp of the complexity of reality is primary. One must see clearly the forces at work in the world and how they affect human beings. Then, one can ally oneself with the truly positive forces and not fall prey to illusion, delusion, or manipulation. Humanity walks between the evolutionary and devolutionary forces. Realistic, intelligent, spiritually accurate analysis of life’s conundrums and paradoxes is necessary to be wisely and appropriately expressing positive energies in many complicated life situations. Optimism based on an intelligent, realistic understanding of the evolutionary stage of human consciousness, potential and challenges, is of immense value. Such a balanced optimism gives rise to innovative solutions to difficult issues and creative expressions of the positive, befitting the situation. An over-all grounded, balanced, harmonious spiritually-attuned state of mind is the driving force for a better future world whose values are based on humanely fulfilling the basic human needs to thrive, mature and evolve.

Actions come from the mind. Reactions come from the feelings. We choose among

three options of varying degrees each: positive, negative, neutral. Sometimes people say they are playing the 'devil's advocate' or say 'just for the record' when they bring up the negative side of things. But it might be that they are allowing themselves to be used by the dark side in order to express the oppositional aspect of the issue."

Athena and I were busy processing our feelings of unworthiness and finding the balance with love and self-love. The following are some definitions of love that arose in the experience. Christ said, "Love one another as I have loved you," and "do unto others as you would have them do unto you." "Love is about taking time to work through bullshit and discomfort to come to a greater understanding to the benefit of both." "It is an underlying unconditional love of the human being's potential and an earnest interest in the other's welfare." "Love is an appreciation of the fact that each human being has their own karma and an earnest desire to support them on their path to the fulfillment of their unique destiny." "Love is mutual appreciation of the unique individuality of the other, a patient tolerance of differences, and a joyful celebration of togetherness." "Love is knowing someone well enough to take their foibles as endearing quirks (so long as they are not directed at you, threatening, or dangerous.)" "Love is changing – it's more universal and less individually personal. We can love many and all in new ways." "Love and sexuality are not synonymous. Love has no bounds. Sex has definite and individually appropriate boundaries. Love is a living moral force. Sex is governed by individual mores."

Saturday, November 29, 2014 – Sebastopol, California

I am shaking myself out like a rug and all my human foibles and frailties are flying off of me – unworthiness, lack of self-esteem, shame, negative attitudes, etc. They are being caught by angels and moulded in their hands into balls of light. I am going to eat them.

Most of these kinds of negative self-images come from Ahriman. They are the cold, unhappy, contracting, limiting views of oneself that lead to sadness, depression and apathy (non-action in one's life and in the world.) They have weighed me down. Now they are being released by me and transformed by the angels. Having seen them, having recognized and realized what those thoughts and feelings were and where they came from, has given me the power to release them. As they flew off me into the hands of the waiting angels (it was like a baseball game, sort of – the angels were all positioned in front of me to catch the little dark clouds of negative self-image.)

Oh, no, I am not going to eat them. They have been made into baseballs and I must hit a whole bunch of home runs. Kuthumi is the pitcher and I am the only batter. So, here we go.

The first ball was "shame" and it was a pop fly to the pitcher who caught it and set it aside for later. The next ball he threw was "unworthiness." I got to first base. Again he threw "unworthiness" and another 'me' hit it and I went to first base and the other to second base. The first hit I said nothing, just hit the ball and ran. The second ball I dedicated the hit to "all humanity is worthy" and got 2 of me on bases. The third pitch, I said, "I and my daughters and my family are worthy" and I got a third me on base. The bases are loaded and now it's

time for a home run. I am feeling strong and able but I have a hard time saying, even to myself that "I am worthy." It sticks in my throat. I want to continue and say, "I am worthy to be an example to others" which is nice, but.....so, let's try that now. It was a base hit, so now there are four bases and a 'me' on each one.

I have to be able to say, "I am worthy" without any extenuating circumstances. Circumstances do not confer worth or value or detract from basic human worthiness. Handicapped individuals, and slaves are worthy of the whole human package of potential, respect and a gracious existence. Just because we don't have it or can't express our worthiness due to ahrimanic influences – within and without – does not mean we are not intrinsically worthy. "I am worthy" and I, as every human being, deserve the simple decent basics of life – shelter, nutrition and hygiene. The hows and qualities of the basics are our opportunities for individual creative expression. So, "I am worthy!" I hit a home run. The ball went over the bleachers and kept going out to Father-God in the high heavens, who caught it, thanked me and put it in his collection of such balls.

All the 'mes' on the four bases ran into the 'me' at home base. It's integrated now – the correct views of worthiness – and I am indeed worthy. It was not anything special. At first I thought I would grow powerful and big when I 'got' worthiness, but it was not so. I was just myself. I do not need to change to be worthy. I am worthy.

The "shame" ball that Kuthumi caught and put down beside him has been growing and is like a big water balloon. It's as though it has been festering. Shame is like a parasitical emotion – eating one from the inside. It is time to purge ourselves of shame. I invited all family and friends and then all living humanity that would like to purge the parasite shame, to join me at the edge of the abyss. We must render unto the dark side what is theirs – and shame is theirs. Shame no longer functions as a moral goad or 'trim-tab.' Only consciousness can do that now. Jiminy Cricket or our angels as our consciences, no longer function instinctively. Now we must make all choices out of clear consciousness.

So myself and all humanity will go to the abyss and get to the business of expunging "shame" from our lives. We purge and vomit all residues into the void of the abyss and everything is burned out of existence. "Fear" is going with "shame." People are vomiting, pulling black cords out of their solar plexuses and heaving them over the brick wall, and pulling 'masking tape' off their eyes and mouths. All the many manifestations of shame and fear are being released.

As each person shakes off the last vestiges of shame and fear, they step back feeling light, clear, and clean. The world is a brighter place. They feel freer and more mobile in all aspects of themselves. A constant flow of others take their place at the wailing wall which is only waist high and at the edge of the precipice from which flames leap up to engulf the detritus they are throwing out into the abyss.

So the balls of "unworthiness," "fear," and "shame" have all been transformed in different ways. I want to go back and transform sadness now, since the others are finished and their opposite of worthiness, value and acceptance of self in a supportive world, are being integrated.

Back to the ball park. Kuthumi is throwing balls of sadness very fast, and I am hitting them left and right. They are exploding into confetti and fireworks and are raining down little 'fortune-cookie fortunes.' The first one I pick up says, "JOY," then "*Persevere*," "Enthusiastic," and finally "yip hoo."

January 2, 2015 – Joshua Tree, California

I am meditating again after a long hiatus. Kuthumi said, "Let us work together." And I agree. Rudolf Steiner is now saying, "Let us explore the spiritual worlds together." And I am overcome with gratitude and am weeping. If there is no one to work with on Earth at this time, we will make a team in the spirit: myself, Kuthumi, and Rudolf Steiner are the core, and others will join as appropriate. The spiritual family and all the beings in the spiritual world that I have related to are willing to jump in when the question and exploration is in their field.

Friday, January 9, 2015 – Fallbrook, California

Finally, a full meditation after weeks of being locked into physical stuff – cleaning everyone's places, organizing, too cold, etc. I set my intention to go to the New Jerusalem and check on everything there.

On the way, we stopped at the donut – the La Grange Point between Earth and Moon. Just as there is a sheen of new grass growing ever stronger and vibrant green over the California hills, so the whole Earth is shining more brightly because more and more people are awakening and becoming ever more aware of what is happening and what they need to do in their own lives and the world.

The grass of consciousness will be growing so high that the 1% who are in opposition to human/earthly evolution will be grown over and consciousness will march over it and them. The cities are brown spots where the pollution of the environment and minds and hearts is too extreme. But all over the world, the population of the earth is awakening.

Saturday, February 21, 2015 – Novato, California

We were back in the foyer of the Auditorium of the New Jerusalem, and a being said, "Many millions are coming up here now after having received the influx of new love from Christ in the astral world. These are the ones who are ready and have been waiting. There are millions more who will come easily when their numbers are called and their lives bring them to an awakening. There are, however, many millions, and some of them are children now, who are in very difficult places and who will not awaken or come easily. There is a vast pool, a cess-pool of pain and sorrow and damaged souls on earth that will need help in awakening and coming consciously into the spiritual worlds and the New Jerusalem. (Just so you are aware that it doesn't all flow easily, but will need much work.)

A baby boy was watching the lessons in the main auditorium and observing how the people received the information and experiences. He was gathering up the latest spiritual

news to bring down with him. One of his messages will be: "There is no exact right path or action. There is only the appropriate action between all polarities and extremes. Each action must be a CONSCIOUS CHOICE. No plan, way, goal, etc. should go unexamined. The question, 'Is **this** correct and appropriate in **this** case now?' must be asked daily, even many times a day. The cosmic verities of truth, goodness and beauty are always true and appropriate. Their application in each human encounter and experience must be clearly, freely and individually chosen and then done."

Saturday, March 28, 2015 – Marin Valley, California

After quick meditations that are nevertheless powerful, we went up to the New Jerusalem. "It's true – things are changing. The equinox is still real. In another dimension and in the Akasha, the deed of Christ 2,000 years ago is important and valuable. However, there have been so many events and changes of equal, and indeed, greater value and portent that need to be recognized and assimilated into individual lives and societies. Many are getting glimpses, but have no background understanding or context by which to integrate the new truths and realities in their psyches and lives."

"For one thing, too many people are working alone. That everyone is a unique and sovereign individual is very important and has been the underlying key to evolution for a while. Hopefully, there should be enough secure individuals now, who can work cooperatively together and not lose their identity. Collaboration is the new key to open doors to higher evolution."

So said the greeting voice in the New Jerusalem. So, I am seeking spiritual collaborators. If we can't leave the past behind and come clearly and consciously into the present, then something will have to be done about it for us – more disasters, more dramatic events of insanity acted out on the world stage, more untimely death and destruction. Good grief, I feel like one of the prophets of old, crying, "Repent. Change your ways. The end is near." But we humans have got to get here in the present and look to the future to become creative of it – manifestly creative of a positive future – not just dreaming and wishing and intending. We must consciously create in harmony with all the laws of the various spiritual realms.

Lots of people are coming up to the New Jerusalem for this kind of message and help in processing the past from a new point of view. It is a very pragmatic point of view: detach from the trauma; step back and above and see the higher picture – how everyone is wounded and traumatized; and then love them and forgive them and bathe all the past lives and every human connection with love. Sift out the lessons and cherish them. Let the rest go, blown away like chaff in the wind to compost and fertilize Earth. All the negative possessing entities of the past who masquerade as the deadly sins, but are really retarded spiritual beings and forces, can be helped. Through the power of Christed, loving, human consciousness, a person can demand that they be released into the care of the good angels and move upward to their next level of spiritual development.

Of course, it takes a certain level of consciousness and emotional maturity to do this,

but, it needs to be done. Those of us who can, should then gather together in small (or large) groups and begin to clear the collective unconscious of all humanity and history. We need a team.

Wednesday, April 1, 2015 – Marin Valley, California

“The Angels of your solar system experienced physicality on ‘Old Moon’, the stage of existence before the present ‘Earth round.’ The physical material world was very different and not nearly so dense, sclerotic or limited as it is now. All matter was mobile, very warm and constantly mutating according to cosmic, physical laws. Therefore, there was no free will or the individualized ability to regulate or master the changes. Angel consciousness could not penetrate and modify physical material substance to any degree at that time and in that state. The Angels were moved and transformed by the laws of the dimension they existed in and they had very little, if any, free will to modify their experiences.”

“Humanity now, because the material world is so dense, must, by their own effort of will and application of individual consciousness, penetrate completely into the physical and etheric aspects of matter, becoming creators in their own bodies and on Earth. ‘The turning point of time,’ the mystery of Golgotha, is not only the overcoming of death, but the descent of cosmic intelligence and will into the stream of human evolution. Humanity was sufficiently prepared – or perhaps, but to the forces of the opposition triumphing over potential human evolution – Christ intervened by bringing the potential of new powers and abilities down into the physical material world and embedding them in human physical bodies. Then at ascension, He created a new template for human etheric bodies. In May of 2011, He ascended further and with the redemption of Lucifer, is seeding new forces and abilities in the human astral body.”

People must integrate totally, the Christed qualities of His etheric model. All matter is infused with Christed potential, not just the bread and wine of communion. Every morsel we eat, every liquid we sip is the body and blood of Christ. We need to move on now from there to actualizing Christ’s powers in our individual lives.

A new task has been set for humankind: to learn to use ‘love’ as a creating force in the etheric and physical realms. We must learn what we truly love and why, and then apply that to physical manifestation. We need to live consciously in multiple realms. From the astral world, we must impress the etheric with visions and inspirations of love-filled desires that are in alignment with noble, beautiful, and true human evolution.

Tuesday, May 26, 2015 – San Diego, California

“These prayers, blessings and decrees move down to earth through the work of the archangels and angels. Eventually and especially, it is the work of the angels to reach, impress and impact their individual people with new energy for inner transformation, inspiration for new feelings and realizations, and strength for new ways of being.”

“Unfortunately there are many things that are in opposition to the orderly transmission of new evolutionary forces, such as : illness, television and all other technical

media, pollution, substances in food and chemicals that cause addiction, stress, misuse of free will, trauma and many more negative experiences, forces and substances. Nevertheless, with all that in mind, one must turn to one's angel and Christ with perseverance, creativity, receptivity and joy."

"Now all that is very general and nice, but let's get down to specifics, Crystalina and Regalis will now speak: "We are companions of daily life. We waft feelings and thoughts of the good, beautiful and true in the direction of our human beings. We leave our people in perfect freedom to receive or reject, act or remain passive in response to the delicate influences we send daily into their usual lives."

"Sometimes in crisis or under extenuating circumstances, we act boldly to move our people into a safe place or mediate a traumatic encounter, but usually we are invisible and allow freedom of choice. If our human tunes in to us daily, we are very happy. We can actually work together and bring much blessing into the world and brighten our person's life and their circle of friends and family. We work to dissipate and dispel the miasma of negative influences and bring light and clarity to the thinking, feeling and willing of our people. And when an individual has a desire and intent for goodness and positive action in the world, we are there to augment that impulse. Human beings themselves must develop the appropriate desires and intentions. We only support positive impulses with our own life forces. Negative, violent, destructive, angry or fearful impulses are antithetical to most angels; however, the unredeemed imps thrive on them and fan the negative thoughts and feelings into harmful activities. Each person is responsible for their own feelings, thoughts, desires, intentions and actions."

"The most important thing humanity can do at this time is to detach from the primarily negative modern world, revisit the vestiges of nature and connect with the primal etheric forces of Fire, Water, Air, and Earth to realign their own bodily and etheric Elementals with the positive pattern of inter-relationship with Mother Nature and the cosmic design. When that is done consciously and compassionately, a person is aligned with the forward evolutionary thrust and will be re-connected to their angel. If they listen to receive guidance, they will know the proper actions to take in their lives."

"The connection to nature can be as simple as hugging a tree and listening to its wisdom, then feeling its flowing life force which will bring them out of the mechanical rhythm of our technically driven culture into the true pulse of life."

We, humans must step up to becoming active co-creators with the Elementals and the Angels. These two types of unseen beings are one above us and one below us in the hierarchy of vibratory existence. We three kinds of existence are responsible for manifesting physically the culture, societies, structures and environments on the earth at this time. We must become more clearly aware of their existence, our relationships and our responsibilities for manifesting a beautiful, vibrant, alive and vital Earth at this time and juncture of evolution. We humans cannot allow the negative forces of destruction, violence, ignorance, wanton stupidity, selfishness, and death to overcome our world. We must protect the beautiful, good, and true, and make a world ambience in which humans, Angels, Elementals,

plants and animals can thrive and flourish. "Humanity needs a new manifesto of Life."

Death, decay and destruction have moved beyond their appropriate functional boundaries and are encroaching on all life in all environments: land, sea, and air; human and animal, Elemental and plant, and angelic realms; physical material, etheric life force, and astral spiritual. All realms are being impacted by consciously perpetrated negative behaviors of the 1%, aided and abetted by irresponsible passive acceptance by the majority of humanity. Only a few of the 99% are willing to act on their perceptions of damaging dysfunction in the world.

We can make positive changes, but we must all hear the call to action from within, by listening to our Angels and the Elementals, by thinking clearly and acting compassionately and strongly to support life.

Wednesday, May 27, 2015 – San Diego, California

Up in the New Jerusalem, everyone says, "Hey, this is getting exciting. The worlds are closer now and more people have instant and constant access. The people are splitting apart. They are separating out into those who tell the truth and those who do not. The ability to perceive what truth is in each instance is key to the moral development of each individual. Truth must be spoken simply and directly. Emotional overlays only obscure the simple reality of what is true. So, tell the truth simply in common language, with equanimous compassion and only the words necessary. Overkill does not do truth justice. Simple, common sense deliverance of true facts, feelings, opinions, and experiences, each labeled what it is, is the best. Simply tell your story, introduced by how and why such a story was your experience."



Biography

Kienda (Bettrue) 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.) A number of monographs of the latest adventures in the spiritual worlds are 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:

- *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,
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