

# Mercy – Marijuana

By  
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## 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 eurhythmy; 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.*)

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. Thank you. Kienda Valbracht

## **Mercy – Marijuana**

**Tuesday, November 12, 2013 – Glorieta, New Mexico**

This morning I am researching the issue of marijuana. It is everywhere and becoming legally accepted. I would like to understand its function in modern life.

When I got up to the New Jerusalem, Reginald, an extra-terrestrial, said, "We have nature derived substances that change our chemistry or vibrations also. We only use them when individuals are not able to moderate their own internal states. That is usually in-extremis – in exceedingly difficult times and situations. Otherwise, most of us normally keep ourselves in balance and in an open, receptive, spiritually-aware state. The substances always move us into a more narrow vibratory range. That narrower range may be higher or lower, but it focuses in a specific range, chemically and vibrationally. Sometimes that is useful. And the wiser of us learn to focus in the differing vibratory rates by conscious choice, rather than being physiologically limited there."

"Thank you, Reggie," I said. And he went on. "We don't have anatomy because we do not have a physical body, but we do have physiology. Our bodies are complex systems of interlacing, interacting forces in the various dimensions. An example is the Eastern system of the meridians for acupuncture. They chart the flow of the etheric forces. The homeopathic essence of plants, minerals, and chemicals affect our subtle bodies in the way I have indicated because the etheric forces of the plant or other substance has been released from its physical embodiment and can work directly with the etheric body of the individual. At the gathering where we first met, many of my colleagues were imbibing a substance that put one in a state of loquacious animation. I prefer not to do that unless it originates within me naturally, so you noticed the difference between myself and the others. But then you are like me in that regard. And it has worked for both of our goods." That concluded Reginald's offering on the use and effects of substances.

I then asked the plant spirit of marijuana to communicate with me and the first who came was a jovial Santa Claus type of man. I asked him what his task is and what

he wants, and he said, "I want people to be happy. Relax, enjoy the simple little things. Get out of the beta brain waves and into a little theta. Do what you will with it, but relax, at all costs." I immediately thought of the 'munchies' and getting lost in little details and obsessing over small things like grass and bugs and the tunnel vision phenomena, and laughing jags, etc. – all those fun, recreational, entertaining things and behaviors that come from smoking pot or weed.

Then I asked to connect with the spirit of the sacred herb – sister to sacred tobacco, and peyote and ayahuasca. A robust woman with black hair, a green and brown dress, and a flowing cape stepped out of the mist. Her cloak was fastened with a silver marijuana leaf pin. I thought immediately of the early Druids. She said, "Mercy, for that is her name for marijuana, is healing for many things in many combinations. It needs to be understood today. I know it from long ago and far away, when the world was new and different. Used in combination with stones and other herbs, it heals and balances mental and emotional states. Once the optimum balance has been found and experienced deeply, it is the person's task and responsibility to maintain that harmony by their own, now-informed choices and actions. Mercy is a help and a step in learning how to experience balance and harmony within oneself.

It is not useful as a crutch or addiction. Then it debilitates the will of the person. It is medicine and powerful and potent which opens new possibilities of consciousness and behavior which each person must make their own by inner work of balance and harmony. Mercy opens the doors and allows glimpses of spiritual worlds and truths. But/and the useful application of the knowledge from these experiences must be accomplished by each individual through their own compassionate thinking, their clearly informed feelings, and their own robust, engaged and applied will into the world."

"Homeopathic doses of Mercy – 12 to 15 dilutions – will work with rose quartz to open a heart which has been broken and is barricaded against further wounds. Mercy as 2 minutes of incense in a room in the presence of sunflowers and with St. John's Wort tea enhances deep joy and delight. Just the tiniest bit of Mercy enhances most herbal teas and regimens. Tiniest bit = 1 tiny budlet in a whole pot of tea. The smaller the amount the more effectively the spirit is released and can work. Mercy is a gift. Receive her as such. I am her handmaiden."

And I saw a delicate fairy-like being rise above the dark-haired lass who gradually disappeared. It was Mercy, herself. Her heart shone through her translucent body, and I felt a wash of kindness and the desire to heal and help coming from her. Tears of joy slid down my cheeks as I received the bliss of her presence. Mercy's gift is open-hearted love and the healing that comes from appreciation of nature and the joy and wisdom of being truly human in the noblest sense of 'humankind.' Gently, Mercy too faded.

Then, I saw another aspect. We need certain vitamins and minerals in certain

quantities for a healthy body and happy soul and sound psychology and clear thinking. Mostly they are in tiny quantities.

The same is true for the essential cannabinoids of marijuana. The daily dose is small – one toké that is received consciously – a cup or two of tea with 1 little budlet for the pot is sufficient – Tiny homeopathic bits are in balance and in harmony with all the other spiritual forces at work and play in the human being. Too much of anything, even good things, overpowers other necessary forces working for health and well-being. Mercy is a gift. Receive her consciously and intelligently, and utilize her beneficence for the good of the world, for the raising of earthly vibrations of compassion, joy and mercy in every thought, word and deed.

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## **Biography**

**Kienda (Betrué) 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](http://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/Space**
- \***Meditative Practices Leading to Spiritual Investigation**
- \***The Evolution of Consciousness**
- \***The Extra-Terrestrial Issue**

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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