

Mother Mary and the Sacred Feminine

By

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Introduction

This monograph is a collection of journal entries from 2009 to 2018. 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. (*Refer to the monograph Lessons from Mt. Shasta and the New Jerusalem.*)

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

Mother Mary, the Feminine, and Love

Mary, the mother of Jesus, is said, by Rudolf Steiner, to have purified her astral body. A purified astral body is called the "Spirit Self," and is a vehicle for consciousness in the astral world. Mary would have been one of the first human beings to do that.

The 'Spirit Self' is the transformation of the 'reptilian' brain stem default position of the human instinctive reaction 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 to the metaphoric 'dragon consciousness' of brother/sisterhood, generosity, wisdom and compassion. Instinctive, survival reactions to sensory stimuli are transformed to conscious responses of alert compassion, thus purifying the astral body. When the transformation is complete, the Spirit Self can be trusted in the astral, emotional world to respond to any and all experiences with equanimity.

Christ has moved up into the starry realms – the astral world. Mary is there too, lovingly bending into the lower astral realms near Earth. In light of the ascension of Christ from the etheric world to the astral, Mary is a way-shower to finding the Christ in our time. Mary points the way through astral purification to the higher realms in which Christ resides. The following vignettes are my personal experiences with Mary.

Christmas Day 2009

Today for the second time in my life, the warm fragrant breezes of Mary wafted over me as I sat meditating – wrapped in a down comforter and my pink shawl – so sweet, illusive and wondrous. The first time nearly twenty years ago was so powerful, it 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 the 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 twenty-five foot pole. After the long hot summer, the colors 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 thirty 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 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.

Thursday Afternoon, October 28, 2011 – Berlin, Germany

Mother Mary spoke. "I have a message for the women of the world. Return to the women's way of wisdom in gentleness, and gentleness in wisdom. Return and reclaim your inner grace in all aspects of your beautiful selves – voice and words, body and movements, feelings and creative expression, and loving, kind, practical thought. 'Enjoy being a girl.' Enjoy being a woman. Ennoble your daughters and mentor generously all young women. Lead with and from your heart. 'Stoop to wonder.' Appreciate even a mote, and it returns your love a thousand-fold. I am all wise women as I am you.

Remain in Peace, beloved daughters of my soul. Know that you are loved and brim to overflowing with love to others – all others”

Mother's Day – May 13, 2012 – Taos, New Mexico, at the Hanuman Ashram

This morning all the Mother Goddesses are being honored in the New Jerusalem. Christ has His mother Mary on His lap. She said, “To all my children, I send love.” All the mothers of the world from all times and all places, and all the goddesses are sending love down to every child and human being that has ever been born, loved, and cared for – which is almost every human being who ever existed. Then all the children sent love back. The Warriors of the Rainbow Light and the Native Americans, Jugendkreis members, and all the others, hailed me (*Kienda*) as their spiritual mother who helped birth them from the darkness of their traps in the after-life to the light of their angels and the spiritual worlds.

There was love everywhere. Christ is the source of love and it flows into the astral world of our whole solar system and into every being who has an astral body. Now there is a tremendous new influx of love on earth and throughout the solar system. The coming eclipse is going to be the time when the astral beings of the moon will be invigorated with the new love that flows up to meet them from enlightened humans here on earth. It will be important to send conscious love up to the moon and sun at that time of the eclipse.

Tuesday, June 12, 2012 – Sedona, Arizona

Cathedral Rock – Feminine Energy. The sun was setting and we climbed up only the first few 'stairs' of the bedrock – here dark red and almost purple. Mariko sat in a little cave and had a wonderful experience, and I sat on a perfect pillow rock that was a couple of 'stairs' above her. When I asked, “Who are you?” the answer came, “I am the Goddess in every woman. I am you. I am the mother, lover and individual in every woman, and in every man's inspired heart. I am passion for life, not passive but active. I embrace and encircle everyone and everything. I draw all into the dance – the dance of life. What is your favorite step? – your favorite style? – your personal dance? DO IT! Dance, and the world is your partner. Refuse the call and you stand still alone – life will pass you by, whirling and twirling in joy. As this perfect wind caresses you, riding your breath in and out of you, embracing you even from the inside – even so does the feminine stroke to consciousness every human being. Awaken now to the profound

delight of being alive. Dance your dance. Sing your song. Enlighten your soul and your consciousness by accepting and embracing each of life's offerings, actively and passionately. In doing so, you inspire others and encourage them to love and accept themselves and their dance, and we can all sing and move together."

After the first communication, Mariko and I moved around. I then sat in the throne just above the cave – a throne in the foundation of Cathedral Rock. "Every woman is a Queen. Every chair, stone, couch, is a throne. Wherever a woman sits becomes a throne. Sit tall. Let your love flow unstoppable. Rejoice in your beauty. God is Love and so is the Goddess." We left the cave area, after Mariko and I stood, legs spread wide, over a deep crack in the bedrock, the yoni of Mother Earth. Healing energy rose up and filled each of us in turn.

As we left and walked back down, we both were drawn to a twisted tree, we had noticed on the way up. Hugging the tree, I heard her say, "I am the turn and the twirl. I twist and whirl to experience every aspect, every facet, every tiny mote of existence all in one gesture – all in one instant." Then, Christian's mourning dove called twice, as he joined us, (*Christian Alexander is my infant son who died of SIDS some thirty years ago. He has of course moved on, but baby Christian is still in the spirit world. He is sitting on a large luminous pearl which I placed in the New Jerusalem the first time I went there in spirit. The pearl was the transformed tears of my mother's sorrow. The mournful call of the dove always reminds me of his presence.*) proving that all the dimensions exist together in that gesture, that instant – every gesture, every instant.

Sunday, February 5, 2012 – Asheville, North Carolina

As a child, I had a vision of Christ surrounded by angels as He leaned towards me from out of the golden light and radiant clouds. He said simply, "God is Love." I believed Him absolutely.

Then, much later as a mature woman, I realized that for me, the most salient definition of 'Love' was 'understanding.' I had come to realize that no matter what the situation, if I could understand it; or no matter what a person's behavior, if I could understand it; I could generally and unconditionally love it or them. This is the moral component of the conscious sensory experience – to learn to dispassionately love everything. This principle that "God is Love is Understanding" applies to our living in the physical world. To understand life, one must first experience it completely and intensely through all the means granted to humanity, which firstly is through the senses. Then one can move on to comprehending what one has experienced, discerning the meaning behind the actions. And finally, one can penetrate and permeate the

experience with compassionate understanding and unconditional love.

Wednesday, March 19, 2014 – Berkeley, California

This morning's meditation centered on truth and love. Spiritual beings were pouring love and wisdom out into the ethers and I received the messages.

“Truth is loving. There is nothing more important than simple truth. It comes from realms above the astral, thereby leaving the recipient free to respond as appropriate for themselves. It is an honor to communicate truth to another. As the Bible says, “Do unto others as you would have them do unto you.” And, is not sharing truth as clearly and freely as possible, what your soul desires? Love is the substance of existence. One sees this when in the spiritual worlds. It permeates everything – including truth. Emotional overlay is not necessary or advisable. Living humans are responsible for their own responses.” Thus proclaimed the spiritual beings in resonant tones.

The voices continued, “Honestly, from this side, we do not dress our truth astrally. It is whatever it is. Some truths are gentle, soft and mellow. Some are hard, stark and brilliant. Experience the range. Expand horizons. Know that 'God is Love,' therefore love underpins everything. Take love for granted. It is – in abundance, profusion and multiplicity. Existence is drenched in love – for example, 'Christ (*love incarnate*) in the (*mere*) lifting of our hands. Christ light in our day light.’” (*A variation on a passage of The Act of Consecration of Man, the service of the Christian Community Church.*)

Thursday, August 11, 2011 – Olympia, Washington

I have taken on 'love' and its healing powers as a research project. What does love do? How does it feel and operate as a force in the world? within the human being? These are the questions I am bringing into my meditation today. I prepare by the practices of sacred geometry, chakra enlivening, verses and intentions and calling upon Christ, my Angel, St. Michael, Mother Earth, Mother Mary, Mary Magdalene, Rudolf Steiner and the leaders and guides of humanity, the ascended masters, the white brotherhood, my spiritual family, and the Warriors of the Rainbow Light. Then, we humans journey up to the New Jerusalem and into the presence of Christ. Recently, I have been sitting in His lap. Sometimes the whole bunch of us are.

Physically - I feel safe in Christ's love. I can snuggle into His arms and He puts His hands over my ear and cradles my head and I am held firmly and securely. It feels like I am in a cocoon of warmth and protection and safety. Being in the circle of His love mitigates the instinctive apprehension of the reptilian brain stem. Endorphins – not adrenaline – fill my body and flood my cells. I feel safe and secure.

Etherically - I experience warmth and deep breathing and surges – gentle

rhythmic surges of subtle energy. There is that pulsing, peaceful sound in my ears – which seems to come from the pituitary in the center of my brain – a soothing hum. As I continue in the love and arms of Christ, I go deeper and deeper inward and hear and experience the pulse of the microcosm of my body and self. I am protected from the vagaries and vicissitudes of life, to which I must usually remain vigilant to be safe. This mantle of safety and protection is all around me. So I can go inside very deeply. From this point, I can experience: 'God is Love.' There is a growing plant within me – a translucent living, green plant that puts out tender leaves and beautiful buds that open to fill me inside with roses of every hue. The color of the roses brings me into the Astral World.

Astrally – My heart is shining like the sun on all the roses – hundreds and thousands of them. There is an astral component in each cell in my body. This is where the light comes from. Is phosphorus the physical anchor? So now, from this point on, I begin to un-curl and un-cuddle and stretch out and sit straight. My heart and Christ's heart are shining like twin stars. At first I remain in His lap turned towards Him. Then I stand and we face each other, continuing to glow and shine. Then I am full, and with His blessing, I turn to the outer world and shine out into the world and the macrocosm. I have been filled with warmth and energy and roses and light. I can now give to others, from this place of truly satisfied beingness. I am drenched in LOVE.

I think I understand Ama – the Hugging Guru, now. How can this be applied to radiation and other things? How can this be applied to impact the Elementals? and radiation? As Christ holds me in His love, I can hold animals and plants and the world in mine also. How does one actually apply love to radiation, the Elementals, birds and animals, stones and plants? A little something to work on!!!

Sunday, November 27, 2011 – Berlin, Germany

Christ is speaking to me, my spiritual family, a posse of Warriors of the Rainbow Light, and an amphitheater filled with many human beings that can come consciously into the spiritual worlds through meditative practices and by grace. It is set in the New Jerusalem which is in kamaloka – the astral sphere. The negative impact of human foolishness is reaching alarming proportions, especially the effects of the radiation from Fukushima, Japan, which is spreading around the globe.

Christ said, "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 anty up to the importance and magnitude of the 'game of existence.' Yes, sitting 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. The next big

learning, outside of yourselves, 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. But now the templates are set for physical and etheric healing, and humanity can achieve beautiful, vital, healthy bodies, infused with rich etheric forces. All held together by LOVE, because that is what we all are working on now. And, each individual must do this out of free will and conscious choice.”

“So, your job is to mop up the etheric messes. Humanity must learn to use LOVE as a tool and a medicine. The damaged 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 over-ride the laws of the worlds beneath, or of a lower vibration. The power of the frequency of love and light can affect all the aspects of 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 – and 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”

Friday, June 20, 2013 – The Summer Solstice – Solana Beach, California

It is the solstice and Mother Earth's etheric body is reaching into the heights. However, because of the changes in the upper atmosphere, things are not as they have always been up there. Because of the thinning and compacting of certain layers of the upper atmosphere, parts of her etheric body cannot expand and part is almost leaking out. The ethers are separating also, like the three faculties of thinking, feeling and willing are separating in humanity. We need stronger human etheric and will forces to help keep Mother Earth in Balance.

Once I got up to the New Jerusalem, they said, “Come on in! This is a meeting of light workers who deal with darkness.” Women from all over the globe were sharing their stories – many about the ecological as well as social work they are doing. Vandana Shiva and Wangari Mathai were there and many unknown brave women. Their initiations definitely come through life circumstances. They have been directly in

'harm's way' and had to rise to the occasions. And they did. Women have protected their children and the land, culture, stories, beauty, songs, and language."

My personal story has become 'keeping the spiritual traditions and creating individual new, personal practices for direct safe and effective connection to the spiritual worlds – angels, the so-called-dead, Elementals and others. Every path these days has a Manichean component. Every path that is based on wholistic truth must include an appropriate relationship to the dark side. 'Evil' must be redeemed and we humans must do a good part of the work. We must bring it into consciousness – the workings of the dark side. We must see it and name it clearly, in whatever aspect it shows up in our individual lives. By recognizing it and naming it clearly, dispassionately and compassionately, we raise it into the higher spiritual levels of consciousness where other beings of the higher hierarchy can join in the transformation and reclamation of the individual dark beings."

"Of course, all through and in between, we must appreciate, celebrate and honor the positive beings of light and their creation – Earth in all her beauty, the solar system, the stars, and the whole of creation. By raising the dark side up into consciousness, we are working for the ascension of ourselves, our planet, our solar system and this quadrant of the galaxy. Remember, we all go together when we go.

'Little Veronica, Little Kienda, do not trip over the thresholds.' (*A reference to a passage from The Three Candle of Little Veronica.*) For everyone now, the threshold is egotism – the unbalancing of priorities, the rising of the as yet, unredeemed dark forces within myself that could pervert my task. So I pray for guidance, clarity and strength to remain true to my task and goal. Thank you.

So myself and other western women are working in similar ways for the redemption and transformation of the dark forces attacking the true Ego/I and perverting the thinking, feeling and willing of western civilization. (*And noble men such as Gary Poer are assisting also. Refer to the chapter in Aberrations in Heaven and Hell.*)

In that light, I specifically am sharing information – a conceptual matrix of the evolution of consciousness, the mystery of contemporary initiation, practices and meditation, and the six basic exercises by Rudolf Steiner, so that people will have the abilities and tools to discern wholistic truth which can guide their way through the maze of karma and reincarnation, life and death.

I say, "In the name, light and consciousness of Christ, in the cosmos and within each human being, I choose to relate and work with the Elementals and spiritual beings for love, life and the positive evolution of Earth and all her creatures, including humanity, the star Elders, and all realms and hierarchies. God is Love.

July 1, 2012 – Fallbrook, California

This morning in meditation, I asked about abortion and the journey of the souls involved, for my friend.

“Sedna, Mother divine, gave birth to the sun. Each child comes from the darkness and is the light. Light is created in the darkness of the womb and only comes out and is visible at birth.”

“Each experience is unique to the three souls involved – mother, father and child. If abortion is the result, often it is a sacrifice on the child's part, for lessons for one or both of the parents. It is a lesson for the child in patience and sometimes, they only need a moment of earthly grounding. The soul does not unite with the fetus until three weeks into the pregnancy.”

“Very few parents abort a child they have asked for, whether consciously in this life, or through karma and destiny of the past. Abortions are because of unconscious pregnancy usually. Conscious conception is a good idea and conscious contraception is also advisable. That way there would be no need for abortion.”

November 7, 2014 – White Feather Ranch in the Sierras

The spiritual family was piled into the ‘caddy’ this morning in meditation and we made our way up to the New Jerusalem. When we got to the auditorium, Kuthumi, one of the Ascended Masters was on the stage and greeted us, “Well here they are again – the raggle-taggle Americans, fluffing and fraying on the edges, thinking they are not worthy, or at least Kienda is. How can I tell you my love is boundless? There is nowhere you can go or nothing you can do that my love is not there with you. The times simply call you to come over to love – at all times and places and in all circumstances. You have been there and you are there. Rejoice in the reality of love – Christed, unconditional love. As things are being damaged and destroyed, they offer an opportunity to be recreated in loving consciousness. Go to it. Create, think, feel and do in love. It’s easy and makes things easy. You, Kienda, must write in love and contact people in love, and talk in love, and express love in all you do. Even though folks aren’t always so interested or aware of what you have to offer, simply give love. For some, that will be enough. Drench your world in love.”

“Let us worthily fulfill the Act of Consecration of Man.’ (*The beginning words of the Act of Consecration of Man, the service of the Christian Community Church which was guided into existence by Rudolf Steiner in the 1920s.*) Every act is a consecration of man, woman and child. Every act – even the smallest doing can be an act of consecration or an act of celebration, or an act of praise. All things devoted to love, kindness,

generosity, respect, etc., are all acts of consecration and celebration. Go out into the world and do everything in such a way that those participating or even observing, are elevated to similar perceptions. Love calls forth love. Resound into the world, 'God is Love.' I, Kuthumi have spoken to you on behalf of Christ. I do my Lord's work and am honored to share with you, as I see your heart and mind opening to the joy of His teaching. I am glad for you. Go now and live love."

Wednesday, March 11, 2015 – San Juan Ridge, California

Rose Petals are falling like rain from the spiritual world – healing and vivifying everything this morning. They are transforming old sad memories in pink love – rose petals of love from Christ. I asked Gary if he was sending the roses, because yesterday he was crowning all his family, friends, and acquaintances with wreaths of roses, but he said, "No, not from me – from Christ." It feels delicious – being caressed with rose petals. They are heaping up in little drifts and swirling gently in little eddies. The love in petal form is giving strength to transform old wounds and sorrows through soft, gentle, transformed memories. It is happening all over the world.

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.) 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

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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