

Christalina and Regalis

By

Kienda (Bettrue) Valbracht

Introduction:

Every human Being has an individual Guardian Angel. They are standard issue for any living person. We can, however, also be accompanied by other spiritual beings who guide and assist us in our evolution. In fact, we can work creatively and redemptively to assist other spiritual beings to rise to higher levels of consciousness – such as transforming our imps to angels. Or so it has been my experience.

Tuesday Morning, May 10, 2016 – San Jacinto, California

Christalina* and Regalis* work in my etheric and astral bodies. Christalina, my original Guardian Angel*, is masculine in her etheric body and feminine in her astral body. Regalis has a feminine etheric, and a masculine astral body. We three make a balance in my etheric and astral bodies – working into the physical from above. My Ego/I receives the many effects and influences of my two angels and balances them as appropriate or uses the energies at will, both consciously and un. I am the sum of my angels. I was originally the polarity of Christalina. Now with Regalis, the opposite polarities have balanced the energies of my bodies and Shushilla is the final expression of a balanced astral body expressed as the spirit self, the harmonious higher octave of a spiritually functioning astral body. Shushilla is the first-born aspect of my Spirit Self. She is a balance and equanimity of both masculine and feminine in the astral world.

February 7, 2013

Christalina is my angel's name. I asked, "Are you of Christ?" and she answered, "Yes, my darling. My eyes have never strayed from Him, though I know there is much that has strayed. Being here among humans/earthlings at this time is a real exercise in 'focus' for me too." "How do you feel about my present task?" "That's our present talk. When you accepted it, (sowing the seed of truth about death) which you did a long time ago, I also accepted that task. Our destinies are inter-twined. Everyone's, everywhere in the cosmos is inter-twined. And angel's and their person's destinies are closely connected. So when you want a clear conscious connection, simply call my name and we can then focus on one another momentarily and then turn our mutual attention to the issue at hand. Even to physical things. I can help with those as well." "Can we make a plan together?" "Yes, together with the spiritual family and Christ."

November 15, 2013

I went into another subject then – the relationship of the guardian angel to their human being. Angels live mostly in the astral world of light. As human sparks individualized, a ray or emanation of an archangel also individualized to go through earth evolution with their specific human and to evolve with them. Angels of this individualized type are evolving along with their human beings. They encourage positive activity and the fulfilling of destiny. They are/have been joined by a luciferic imp, who also evolves along with the human, although they work towards other goals and ends. They enter the child when the reptilian brain stem is developed to a certain point – when standing and speaking are developed – sometime around two. Then the Ego/I enters the dual influenced body around three.

Tuesday, June 17, 2014 – Steamboat Island, Washington

My meditations are taking on new meaning and form. Inner transformations are occurring during the 'triangulation', and the cosmic sounds and feeling of gratitude is upon me very early on in the process, so that by the time the chakras have been cleared once, there are many multiple-realm experiences in full bloom.

Today was the time for the redemption and transformation of my imp – my luciferic imp. When I came to the golden hands and the solar plexus, will, and the crucible of the tan tien, the source of ener-chi and the fire of the root chakra, my imp appeared. I took it by the hand and said, "lets enter for purification." I was already standing in the crucible and guided the imp in to stand in front of me. It looked a little like the classic 'Brownie' with long skinny arms and legs all akimbo and a round body and small head. When the flames leaped up, the imp transformed to a tall noble being in a gown of shimmering light. He said, "I am the twin flame of your guardian Angel Christalina. I am Regaliss." I have two guardian angel beings who will help me to stand strong against the wiles of the ahrimanic and azuric temptations, presently loosed on Earth.

I introduced him to my spiritual family and all my guides after creating the caddy. We will go to the New Jerusalem when done here. Jack Schwartz stepped in and said this wasn't right, but I told him I would accept inspiration and greater understanding from him and others, but not just criticism and judgment.

When Regaliss stood in the center of my spiritual family, I had some ridiculous diversionary thoughts, but brought my focus back. The Warriors of the Rainbow Light came around him, to welcome him and see who and what he is. It is not clear what dimensional being he is yet.

As we stopped at the donut for a moment, it seems to me as though there is a tiny soft glow of many new grass roots lights, like tiny new hair growing in all around the world. We are awakening!

We were separated at the entry of the auditorium in the New Jerusalem. Christalina and I and Regaliss went up on stage with many other trios, and the family sat in the audience. It was a graduation ceremony and a welcoming of new aspects of each human being. I had introduced Regaliss to the family before, saying, "this is a new aspect of the conglomerate that I am."

We three walked forward to Christ whose eyes were twinkling as he said, "I greet you formally this day" and shook Christalina's hand, then mine. He greeted each of us with a burst of love. As He held Regaliss' hand, He said, "With great joy, we welcome you and bless you." Then to the three of us He said, "I bless you with the will to work well together. I approve and thank you, Regaliss, for the work that has brought you to this place." Then Christ gave me a little wink, which was about how full His lap will be when we come again on a less formal day and sit in his lap. Everything is precious and remarkable in the New Jerusalem, no matter how 'mundane' or even silly.

When enough people have consciously redeemed their imps and when enough transformed imps can help awaken their people, and a sufficient number of graduation ceremonies have taken place; then Lucifer will arise, and with great dignity and honor, will ascend to the next higher realm for his own evolution. This has been a crucial time for world evolution and will continue for a while longer, but change is assured – change and transformation to the positive. Thank God.

May 17, 2015

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 plants, 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.

April 21, 2016

“Well, that is rather abstract, so let us take examples.” Christalina and Regalis, my two twin flame angels, stepped forward. “We would like to speak for astral transformation,” they said. “Emotional balance and moral fortitude are our ground of existence. We guide our people in the transubstantiation of the astral forces into the Spirit Self (Manas in the Hindu tradition), the higher stable octave of the volatile emotional reactions of normal everyday life. Although, experiencing extremes of most polls of each emotion is a necessary part of life, the ability to moderate the expression of

such extremes is a valuable skill. The astral forces and colours can be whipped up into intense frenzies in all sorts of situations, but the expression of wild extremes is not the goal. The astral goal is to acknowledge what is happening emotionally as a necessary response to experiences and as a validation of the information it offers; and then to consciously choose a balanced, harmonious, and centered expression as appropriate. Often, an internal adjustment is all that is necessary. Humans don't really need to be spilling their emotional guts out all over the world. By banking the fires of emotion, inner strength is achieved. The goal is not to eradicate emotions, but rather to understand, accept, and then balance them within."

"That in itself is a meditative practice – being aware of one's emotional response to life experiences and consciously bringing them into balance and reasonable bounds. Thinking is the tool of choice for this activity. Observation of one's self and one's emotional state begins the process. When the feeling is defined and named and its relationship to the event that triggered it – that it was the unconscious, instinctive reaction to – could be examined. When reflecting in this way, one comes to understand a formerly sub or unconscious aspect of one's self. The light of conscious knowledge broadens the scope of view and a different way of seeing the relationship of the emotion to the trigger is possible. By seeing a situation from multiple sides, one has a variety of responses available. One needs only choose the most effective towards fostering the goals of emotional balance, clarity of thought, and expeditious application of will, to do whatever is necessary in each situation."

"You see, dear humans, that although we are speaking of disciplining the astral body especially, it is a matter of the cooperative interaction among all three bodies and forces – astral, etheric, and physical – guided and directed by higher, self activation through this spiritual, conceptual thought process. This meditative practice can be applied to any and all emotional responses in life. A simple slow deep breathing and intention is helpful to bring the thinking to bear on the emotion – an intention as simple as the inner statement: 'in the light of Christ, I would understand this (describe the emotional response)' – which is both a statement of intent and a request for divine assistance to reach your goal."

"You can take just seconds or a few brief minutes to transform emotions in this way. One can be clearly conscious of many of the reasons– past life and present – that an emotion can become enflamed by; or it can be sufficient to name and acknowledge it and the rest can work subconsciously. The desired result, in any event, is a moderation of the original excessive or negative emotion and a shift of feelings to the middle way with a positive spin. If physical action in response is appropriate, one can then do so, knowing any action comes from a consciously informed feeling so that it will be moral, fair, and effective. Actions taken in the heat of excess emotions are usually not effective."

Biography

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

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

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

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

- *The Journey of the Soul Between Death and Rebirth**
- *Reincarnation and Karma**
- *A Conceptual Matrix of the Cosmos – Humanity's Place in Time and Space**
- *Meditative Practices Leading to Spiritual Research**
- *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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