

Lessons
from
Mount Shasta
and
The New Jerusalem
2009 – 2015

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Introduction

This manuscript 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 '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 in your big picture.

If sharing this manuscript, please include the introduction, to give the work a human context. I wish you happy, enlightening reading. Thank you. Kienda (Betrué) Valbracht

First encounter with the White Brotherhood at Mount Shasta – June, 2000

Barreling down the freeway from Washington to California, I pulled off at the Gazelle rest stop, a desolate little piece of frontage real estate with a magnificent view of the north side of Mount Shasta. A little road ambled away from the freeway corridor and its attendant noise, so I follow it and came to a quiet spot near a smoothly rushing river, pulled over, and got out. God, It's good to stretch the legs and jump around and breath cool fresh air. I had gotten up early and drove on before breakfast or meditation, so I settled myself for both. A little fruit sufficed for one and I was on to the other.

This trip was years ago and I had been developing meditative practices for twenty years by that time. The culmination was the "Caddy," though I did not know its name in that innocent moment beneath the shining presence of Mt. Shasta. I had worked with the three dimensional star of David – two interlacing (my new favorite word) three-sided pyramids, also known as the Merkaba. It had undergone a number of transformations over time, such as spinning the pyramids in opposite directions, changing the bottom one for a cube or in Hawaii - a sea shell, painting the faces with different colors, etc. During one particular meditation, the faces of the pyramids had been gilded with triangular golden circuit boards. They appeared complete before my eyes, and snapped on to the sides with a tiny musical 'click.' After a couple of years of this sort of sacred geometric play, I thought I would like to create something new and more complex. So I did, over years.

There is a short meditation I had done religiously for almost forty years or so by that time. It was small enough to do no matter how busy or where I was. This became the basis. "The sun star, my soul star and the earth star, are one." That's it. At first I just visualized the sun shining down on me and the earth – simple. Then one day I saw twelve golden rays come down in a circle around me when I said, "the sun star." "My soul star," created two spirals, a pink one and a blue one, around each sun ray moving in opposite directions. "The earth star," was the impetus or this twelve- sided structure to reverse itself with the former sun point in the center of the earth. That double stellated, twelve-sided figure became the basic building block. Eventually it was composed of seven such figures, moving in many possible ways in many possible combinations and in many colors.

That morning beneath the full glory of the snowy mountain, I created this sacred geometric form and was sitting in the center in meditative peace as I had done for years, when suddenly, it took off straight toward the mountain. As we (myself and the now functioning vehicle) came close to the mountain, I could see a large cave. As we approached, I saw there was a wall at the mouth of the cave and to my astonishment, it opened like a camera aperture, and we flew inside.

The inside of the mountain was lit by the radiant walls, and I could see vast halls and chambers receding deep inside the stone core of Shasta. A group of spirit beings came

forward to welcome me - Rudolf Steiner (my main man and spiritual guide through Anthroposophy) at the front. I hopped out of my vehicle in amazement. I was welcomed in and ushered into a large room with high vaulted stone ceilings. Even though it was incredibly spacious, there was an immediacy and intimacy when talking with others, the voices did not disappear into the magnitude of the space but remained close to my ears. I was given a tour and had an interview in a 'board room' with a large table and a few interesting-looking 'people.' I do not recall the content, but awe and amazement were my primary emotions throughout the whole experience.

There were many hallways leaving the main space in different directions and many rooms off the hallways. One especially huge working area had a hologram of the earth suspended over a large table with a bas relief of the world's geography which would change to the area under scrutiny with a smooth gliding motion. The ambiance in each large room was warm, concentrated and amiable, though there were often many beings (human and different) in each space. Work was being done and everyone was deeply engaged in their conversations and activities. There were papers and drawings on tables and suspended above them. The people and light beings were happily engaged – eyes shone, and laughter occasionally punctuated the pleasant busy murmur of many activities going on at once.

When it was time to leave, the greeting party escorted me to the landing platform. As I prepared to hop back into my vehicle, Rudolf Steiner patted her and said, “You have the Cadillac of astral projection machines, here. She is a marvel. The Mercaba is the model T Ford. This baby is the “Caddy.” We all laughed uproariously. I had no idea. I was simply 'working' my meditations and enjoying the sacred geometry.

A moment later, I opened my eyes to the bright sunshine and dappled shade along the side of the road. The mountain gleamed in the sun. My heart and mind overflowed with gratitude and wonder. I would need a little time to process everything.

I got back on the road and continued south to attend the Summer Lucid Dream Camp at Stanford University and then fly to Europe for the conference on “Esoteric Streams in the World's Religions” in Dornach, Switzerland. I was so busy for a few months that I rarely even thought about Shasta and my experiences therein.

However, when I returned and traveled back north, I stopped and meditated and entered the mountain again. I was greeted by Rudolf Steiner and a smaller group this time. Again I was taken in and again, I cannot recall the content of our interactions, only the peacefully focused, uplifting vibes and feelings. I was shown classrooms with tables and lecture halls like little amphitheaters where many people were sitting and members of the White Brotherhood and other highly evolved beings were talking, drawing or explaining holograms. I was invited to come to afternoon classes from 2 to 2:30, when I could.

Those classes proved to be very rich experiences, but I had a real challenge with time

and discipline, which gave me ample opportunity to address those issues. I did so with varying degrees of success over the next decade.

September 29, 2009, Michaelmas — Shasta and the Vials of Wrath

After the preparatory meditations, which locate me in time and space in both the physical (3 dimensions) and spiritual worlds (4 etheric dimensions), I traveled into Mount Shasta with various members of my spiritual family, from both sides of the threshold. In the mountain, in the large room with the bas-relief of the earth on a large table, the Brotherhood is all working on finding the places to appropriately pour some of the contents of the 'vials of wrath.' (*This is a Biblical reference from the Revelation of St. John.*) The vials of wrath are only being sprinkled upon the earth. Humanity needs time, yet. We humans still have an opportunity to awaken and change of free will, or if not – then the last ½ of the vials will be poured out together and catastrophe will result. This was explained to me by Rudolf Steiner, who came to stand beside me as the others labored over their task.

Michaelmas – 2009 (a few distilled thoughts from this morning)

Good healing, Shushilla (*Refer to The Dragon Quintet to meet Shushilla, the white dragon.*) helped. We need our dragon brain up and functioning to withstand the onslaught of the Azuras.

Applied will is intent, commitment to, and the carrying out of well thought-out desired plans and actions.

I must love what I do. Shushilla said, “You want me to do for you something that you must do for yourself. It is the 'doing' that makes it real!!”

Michaelmas – 2009 (Evening Meditation)

Michael, standing in splendor, in the subterranean rock temple in Mount Shasta, said, “The time has come. The time is NOW, to take up the sword of discernment and cut through the tangles in your daily life. It is time to cut through the Gordian knot, (Oh, Sharon.) What is your crux? Cut to the heart of it with precision and elegance. And when you are free, it's time to turn the sword of discernment to the outer world and cut through the lies and deceit that are everywhere. **Simply speak your truth.** And lo, I will be with you always, even to the ends of the earth, because I love my Christ and speak for him. In His name, Amen.”

April 11, 2011 – Mount Shasta City – Aida's Gatehouse

So after the usual sacred geometry meditations and the Caddy up and purring, I piled everyone in and we took off for the mountain.

I usually go into the mountain through the back door on the north side, but I was

encouraged today to enter through the main portal with hundreds of others. Most of the people were guided from the main entry into the Great Hall. I, and a very small group of others, was given an invitation to another meeting taking place in a small room down the long hallway to the left. At first I felt sad at not going in to the grand auditorium with everyone else, but when I understood the reasons, I felt better.

The lecture in the Great Hall was for people not quite in balance – too much egotism about their spiritual gifts and abilities, and judgment of other people, or some other aberration which was getting in the way of their being a clear, compassionate channel for their highly evolved spiritual intelligence. The main thrust of the talk was “Excess Egotism and the Dangers Thereof” and how it takes forces away from the soul and unbalances it. And for each person, they could see what their particular issue was, and how it tipped them personally off balance.

There are a few others who are pretty well balanced, and we now have other pressing tasks!!! The facilitators said to me, “We see you have come with a whole entourage of the living and the dead. We shall set aside the living – your daughters and friends and the many others that you will work with in the future. You have quite a nice group of living evolved souls who are willing to work with you. It’s definitely time to get your tasks organized and set about accomplishing them. You can get together with the others later, in time to do what must be done – before”

At that moment, I was shown a vision and granted insight into the changes coming in terms of the mass deaths that have occurred and will occur. The 'after-death' information must get out to as many people as possible. And I must receive/create and protect/preserve as much spiritual information as possible and disseminate it as widely as possible.

At the coming lectures and workshops, the Warriors of the Rainbow Light will create a protective sphere around the room, so that 'possessing entities' will be stripped from their people, so that each human being and also each 'possessing spirit' can hear the information in their own ways and not be influenced by one another. They will be returned together at the end, if they both desire it. Or they can choose to go on alone, individually which would be so much better for each of them. Their transformation and growth will be faster and better alone, because 'hanging on entities', whether human or other, have different spiritual needs and tasks and paths than incarnated humans. And of course, living people can go on to evolve and transform better and faster when clear, and only themselves.

The Warriors will function like the first Goetheanum, which because of all the altruistic and creative human work and community, was a sacred space in which only the best of humanity could express (until the dark side penetrated it through the souls of Anthroposophists who were out of balance). The first Goetheanum was a beautiful, wooden, double domed building designed by Rudolf Steiner. It was built in Dornach, Switzerland, near Basel. It was destroyed by arson, shortly after being completed in 1924? The Warriors

will help create a mobile sacred space for the occasions of lectures and workshops.

Clear, precise spiritual information is what is needed to be disseminated to all those who are on some path already – churches, new age, bookstores and in time, lecture halls. There is a great need for a conceptual matrix and a theoretical womb. Happily, it is in the book *Lucid Death* as Chapter 8, which is placed at the service of understanding life and death, and the human experience thereof.

So my spiritual task now is to learn to create a living hologram of knowledge and spiritual reality through my words and through my voice, so that both the living humans who come and their 'entities' and spiritual friends and family can understand too. The lecture rooms or halls will have to be prepared before each talk, and in the opening, the dead and discarnate will be invited. The Warriors will be in place before the first person arrives – to clear and assist all discarnate beings, so that they can gain the most benefit from the experience also. God bless us every one and every kind.

Friday the 13th of May, 2011

I had been coming to the mountain for ten years, off and on. It all seemed 'steady as she goes.' However, things in 2011 had been heating up, what with the Fukushima radiation and the lecture on 'Spiritual Egotism,' and probably a lot more I was not even aware of. As a matter of fact, I didn't even know the actual date, this morning. I wrote in my journal, "May 11? 12? whatever?"

It was an early 6 am meditation and when I got to the mountain with four Warriors of the Rainbow Light, everyone inside was rushing around wildly. The men of the White Brotherhood, with their pure white robes, who usually were speaking quietly and moving gracefully, were now actually scooping up piles of papers and running down halls, their robes flapping. I looked down at a table to see what all the kerfuffle was about and I saw the lines of a drawing disappearing in reverse order from their creation. The lines were disappearing as though an eraser or pen of invisible ink were 'un-drawing' the picture and words. It was a process – the page didn't just go blank. It was being 'un-done.' As I watched, a Brother gathered up the pages, and hurried away.

I turned to the Warriors and said, "It's like a beehive in here this morning – one that has been stirred up." At which point, a being of light came along and ushered us down a hall and into a lecture room, saying, "We are very busy today. No time to chat or dawdle. Here you go." and he nearly pushed us through the door. So we settled ourselves, but cannot remember the content of the lecture. The energy was unlike any other visit to the mountain.

That might have been the last time I was there. After that, everything changed. I came in time to understand what had taken place. Someone, during the 'Spiritual Egotism' talk, had planted an esoterically cloaked, timed, virus that was activated on Friday the 13th. It was

a blatant gloat and reminder of the demise of the Templars, which was the same kind of operation on the physical plane. The Shasta experiences were in the etheric world, primarily, and the recording ether was damaged and infected, thereby undoing decades of work by the White Brotherhood.

In a way it may function to the positive, in that perhaps people can be freer. Perhaps not, I honestly don't know. I do know that all things work together (in the end) for those who love God, but this is not the end.

I do know that shortly after this difficult time, the Brotherhood and the Galactic Federation left the sacred mountains of the earth. They ascended, of necessity, into the astral world and are now working in the New Jerusalem in the kama loca sphere of the moon. The "Caddy" still gets me and my spiritual family there

Thursday, May 26, 2011 – Mount Shasta and Aida's Gate House

This morning, no particular meditation. I haven't been into the mountain since Friday the 13th. And this morning, even being physically located on the flanks of Mount Shasta, herself, I didn't go anywhere. We need a spiritual dictionary. Who will do it? It is needed for complete communication and clarity. It needs to bridge national language differences and religious and philosophical terminology. Two years later, Russell Forsythe the Austin, Texas Angel Man, said in response to my question about this, that the Angels are calling their work with him "An Angel Dictionary." So it is happening in 2013.

I left Shasta City and headed for Portland and Ariel's cabin by the stream. On the back side of the mountain in Gazelle, I stopped where I always do. It's the first spot from which the Caddy took me into the mountain and where she got her "Caddy" name – that is as in 'The Cadillac of Astral Projection Machines'.

I rolled down the windows, got comfortable, did my premonitions, created the Caddy and hopped in. I decided to travel in a different way – to stay close to the trees and out of sight for a while. There was a stopping point up one of the canyons – a crystal dodecahedron or some kind of faceted sphere which I had never seen before. I was waved on to a landing deck and invited inside. It is a look-out or watch station to contact all the people who used to come in to the mountain by the back entrance. There must be another watch station in the front, also. It is not safe to go in anymore. It has been taken over by the dark side. The mountain has been evacuated since there was some sort of virus contamination on Friday the 13th. It has been co-opted by the dark side. I asked about the other mountains too – Mount Fuji, Mount Kilimanjaro, the Alps, Kanchenjunga? The answer was not entirely clear, but I think that most if not all the others were invaded also. The radiation releases from Fukushima are causing something dreadful in the etheric worlds, and the briefing on earth changes had some effects, as well. Some humans started coming into the mountain who were

carriers of something pernicious. And that talk about egotism on April 11, had something to do with it also.

I asked the watchman if I could go look and see what it was like inside the mountain now. He said I would have to stay hidden and just take a quick look and not fly out or around the mountain, but come straight back down to the dome by traveling close to the surface of the earth. So I did. I looked in at the doorway and saw only a profound darkness with the gleam of yellow eyes and black glittering scales. I felt them become aware of my presence and moved quickly and quietly back to the Caddy where I had left her behind a rock, and quickly glided back down to the dome

I returned from my meditative state and experience with the watch-keeper in the faceted sphere, and got out of the car, where my body had been sitting. As I looked up and breathed deeply, three very large swans, white with long black wing-tips, were soaring together until they were right over the sun and then continued to move north, doing a beautiful interweaving dance among the three. It was so gorgeous, wild and free: it took my breath away and filled me with intense joy and gratitude. They were storks. I saw a couple in the wet fields a little way down the road, once I got moving again and one had a young one with it.

My Friend said, when I told him of the changes in the mountain, that maybe it's not bad. And I think not also. The Brotherhood is out in the world in groups of three, and maybe more will happen now.

The problem happened during the talk in the main auditorium about spiritual egotism. The dark side had gotten ahold of a few people through their personal egotism and could listen in and otherwise infiltrate the sacred space. They were aware that the Brotherhood was aware of the issue and of their infiltration into otherwise highly evolved souls.

Back in April, at the major debriefing, when the Galactic Federation had said that all aliens had to withdraw, and that those who had intermarried would stay by "genetic right;" they, the half-breeds, the blue bloods, the Illuminati, the club of Rome, the royals and such, came on heavy and did the takeover of the sacred mountains around the world.

Saturday, May 28, 2011 – Oregon Cabin in the Woods

The Federation has gone off planet and indeed, all alien interlopers were also called back. However, a plan was in place for a close connection between the dark side with the half-breeds who are staying on earth by "genetic right." This is similar to the connection people have to the Christ, but in their dark way.

Something happened on Earth, Friday the 13th this May of 2011. People were buying things like crazy. People were influenced to buy and in a way, indulge themselves. I was in

Marin County working at the lingerie shop, and it was an insanely busy day which was unusual since sales have been slower for a couple of years because of the recession. I have the feeling that some are sorry for the outlays. But they were influenced by the dark plan and accordingly went out and 'bought.'

When I look in – just a peek, really, and stay hidden, like I did on Thursday when I was actually in Shasta and meditated at Gazelle, I see darkness and shiny black reptilian beings inside now – black, glittering shiny creatures of indistinct form, because it is dark. They can see in the dark. I think the take-over had to do with the rips and tears in the etheric world from the radiation releases from Fukushima, somehow (and this needs further exploration.) The radiation was used as a cover-up for the take-over plan and it acted as a scrambling device and obscuring fog for the dark side to carry out their plan to take over and disrupt the work of the White Brotherhood. The radiation damaged the etheric shield or the protecting ethers also.

Perhaps, inside the mountain, they, the White Brotherhood were protected and got a bit out of touch and because of the radiation scramble, were not able to keep track of the dark side enough to know about their plan and so were taken by surprise. So there was the Friday the 13th kerfuffle, and then they left. So now they are out in the world by 2s and 3s. They too, must rise to the purified astral worlds with Christ, as we normal humans must do also. We must polarize to love – cosmic love – intelligent and accepting and very pro-active love.

The White Brotherhood and the leaders and guides of humanity have had to leave the etheric earth plane, and either ascend up into the astral world, joining the Christ and influencing humanity from there. Or is it possible that they might materialize on the physical earth plane as needed? Perhaps the two options are not mutually exclusive.

Tuesday, May 31, 2011 – Oregon Cabin in the Woods

This morning I created the Caddy and am taking a small posse of Warriors of the Rainbow Light and going again to Shasta. Not inside – just from a higher dimension and looking in. It is dark and dark creatures are waiting inside. There is very little activity. There are traps set for the human beings who used to come to the mountain. Everyone must be careful and stay fine-tuned and acutely aware of what is happening in the etheric planes.

I have been contemplating safe places in America for a while. Shasta will blow at some point – maybe even soonish. My personally beloved Gazelle will be shaken. The ground will ripple and bounce, and Mount Shasta City will of course, be gone. So that is not the place to be.

We must draw circles 100 mile radius around all the volcanoes and nuclear power plants and see what is left 300 feet above sea level, as some channeling person suggested.

Wednesday, June 1, 2011 – Oregon Cabin in the Woods

Things change everywhere, including the spiritual worlds. I have been going to the mountain for a few years. Now it is time and necessary to discover a new rendezvous place.

June 2, 2011, Thursday – Olympia, Washington

There is so much to clarify about Friday the 13th. Shasta has definitely been taken over. Have the other sacred mountains also been overcome? South America – I am not sure but there is a large dark shadow over Machu Pichu. In the Alps – the dark brotherhoods there are moving and doing something. The white brotherhood there may have had to ascend to the astral plane, or at least move. And in the east – Mt. Fuji is definitely desecrated by the radiation. The Chinese have destroyed Tibet and the sacred mountains like Kanchenjunga. At least, now I can understand what I saw in 2000 in Kalimpong when meditating at the Cornet's Barabalu house, and going into Kanchenjunga, the sacred mountain.

I regularly meditated on a rocky outcrop over a steep wooded hill. I walked out through the fields and fruit trees to the edge of the jungle forest and sat gazing up at Kanchenjunga, the sacred mountain and the snowy peaks of the Himalaya. One late afternoon, I flew into the peak of the mountain. There was a subterranean rock temple there, and it had been destroyed a long time ago. It was reduced to a jumble of huge rocks. The entry of the large cave had once been beautifully carved, but the designs were eroded almost completely away. Large pieces had fallen and lay haphazardly on the once smooth polished floor. I could see that vast caverns of darkness lay beyond the rubble. I stood hesitating, when I saw a glimmer of feeble light coming from deep inside. A very old soul being came out of the depths holding a little lantern. He made his way between two huge boulders, and stood looking at me in amazement and disbelief. His words were swallowed by the dark silence but I understood his meaning. "Everyone else is gone." he whispered. He was very sorrowful and fearful. Without waiting for a reply, he turned and disappeared as he had come.

June 3, 2011, Friday – Olympia, Washington

I have been searching for the gathering place since Shasta has "changed hands." Or it is "paws" or "claws?" There is no more gathering place on earth. I think the earthly experiences will all be more individual and etheric and we must work to do more in the etheric body of the earth to heal and clear and energize it.

The place to meet now is the New Jerusalem which is in the Moon Sphere. My first experience of the New Jerusalem was shortly after Christian (*Christian Alexander is my infant son who died of AIDS some thirty years ago. He has of course moved on, but baby Christian is still in*

the spirit world. We get to connect, hug and communicate often when I come up, and he is the co-author of Lucid Death.) died, and I was pregnant with Athena. Our family had gone up to visit with the White family, and David and I walked up the hill to where we had buried Christian's ashes. I sat and sang to him and cried and cried. When I closed my eyes and opened them on the other side, I was in the New Jerusalem and was carrying and then rolling a huge! iridescent blue /pink/gray pearl up the streets. Then I placed it in the edge of a door frame that arched over the street like a threshold or arched, open doorway. It was explained to me that this pearl was my mother's love and sorrow – my gift to evolving humanity to make beautiful our eventual home in the astral world. All the semi-precious stones and gold and precious metals that are described in the Apocalypse of St. John as making the New Jerusalem beautiful, are the results of transformed human emotions.

Then, when doing the master's work for *Lucid Death*, I discovered that the New Jerusalem was in the moon sphere and that we visit it on the way back from the midnight hour of existence at Galactic center in the heart of the creator God of our quadrant of the universe. We bring back highly evolved ideals and values and distilled experiences from our journey out through the cosmos, and place them as gifts in the New Jerusalem for future evolution. It was consistently located up and to the left in the moon sphere. The after-death kama loca adventures usually take place on the right side. I brought a piece of pink, ciliated love from one of the planets I had experienced on my journey which is described in *Lucid Death*.

While searching for the Christ and the White Brotherhood and the gathering place for which I sorely felt the need, I rose up above the earth and entered the New Jerusalem. It is so blindingly radiant. As I walked the streets heading for the source of the light, I went through an archway and put my hand on a large, waist-high stone. It was smooth and pleasantly cool to the touch. I looked down and it was Christian's pearl. I was flooded with all the emotions of unconditional love and gratitude and poignant sorrow, and new found joy to be back there in that place. I realized that these powerful transforming feelings seem to clear the air – clear my mind, and clear my vision. It is the only prayer necessary: just a complete immersion into love and directing that to everyone I know and love – actually, to everyone I know because to know someone is to love them. And then to spread that love out around the whole earth. So I did.

When I reached the Great Hall, it was nearly empty. There were a few small groups seated in a few scattered places. We sat in the middle of the front row. Then, I sat for a moment on Christ's lap as He was seated on the stage. I was bathed in the most golden glow. He said, "Dearest, come every day. The others will be coming too. We are gathering again."

Then I went out to a huge platform – a landing pad, and Shushilla was there. We were so happy to see one another again. We have been separated for a while as she and I individually learn and evolve. Now we can work together.

Ah, Shushilla. She is my personal Dragon, incubated over years by the practice of quantum biology, which metamorphoses the receptor sites on the cell walls, changing the physiology from an adrenaline based reaction mechanism to an endorphin based response mechanism to external stimuli. One can facilitate the transformation of the physiology – the functioning of the cell walls, and the anatomy – the actual physical form of the receptor sites. Shushilla is a metaphor of the transformation of the reptilian brain stem to the higher octave of Dragon consciousness of wisdom, largesse and the brotherhood of all beings. Of course, you must realize that a metaphor on Earth is a spiritual reality. True images are the bodies of spiritual beings. Therefore, Shushilla is a living spiritual being who I have birthed, and who is my friend and co-worker in this life. Every human being has a potential wise, cosmic Dragon of their own incubation. I am just fortunate and exceedingly grateful to know mine now, and to work with her.

We flew and soared together for the first time. She does not flap her wings – she soars, and only navigates with them. We went down to Earth – I on her back, wrapped in the light clothing she wears so I did not have to cling or hold tight, but just be there swaddled on her back between her wings. It was a much more peaceful ride than the one in Tibet those millennia ago (refer to the *Dragon Quartet*.) But it was wildly invigorating, nevertheless.

At first we went to send love to some folks who really need it on the world stage, like Gaddafi, and other leaders who are being deposed. There were many hundreds of people sitting and praying together in the spirit, showering and peppering the leaders with love and positivity. Shushilla and I did the same from above. The despots and dictators felt the love and prayers and attention like a swarm of fleas or mosquitoes – like prickles all over. Those people sitting together are from all over the world, and prove the power of prayer for countries and issues and general human situations.

I asked Shushilla if we could go to my girls and give them love. She said, “Yes.” and we were in front of A. She looked up as we soared down, and Shushilla's third eye was like a spot light – brilliant and sweeping and then focused on A's 3rd eye. She blinked her 3rd eye and is waking up. We landed and I stood in front of her and Shushilla stood behind, clearing everything from the Alta Major and then from the whole nervous system. I poured love into her heart, and into all of her memories and the stages of her growing up so that she will experience deeply the love she had received then and now. She is clear and joyous.

Then to R. Her 3rd eye was all covered with scar tissue and no light could penetrate it. These were the handiwork of her 'ex', and so I worked to clear them away from the front while Shushilla worked on the Alta Major. Eventually, we cleared the channel and then I had to coax the pineal into opening up and functioning and actually, relocating it again in the physical/spiritual place where it belongs. There was a net of white strings or soft ropes all over her, and a large solar plexus black cord to her friend. I pulled the black energy tie out and sent it back from where it had come. When I cut the white ropes, they snapped back also.

I hope she can keep clear. I will work with her later also.

Then to M. Her 3rd eye is shining and we shared so much love in a big lemniscate. Then we together sent love to the others.

Then I asked about my Friend, and we went right to him. Shushilla found a metal “plug” at the Alta Major that went down the spinal column. There was a rubbery substance inside all the main nerves to the 3rd eye, and actually, to all the senses. It needed to be reamed out with a spiraling stream of love and clarity. Then all the senses were cleaned and cleared and energized with love. Those things have been there for a long time, and Shushilla had to work long and hard and delicately to remove the plug. But it is done. Energy can flow freely now for my Friend and in time his 3rd eye will open.

June 6, 2011, Monday – Olympia, Washington

After all the preliminary geometrics and meditations, I went up to Christ's lap in the New Jerusalem. He said, in answer to my question of whether healing people without physically asking them is OK, “It is fine to heal family and friends. You humans are all part of the family of mankind.” I shall simply ask each soul in the moment.

(We need to use the string theory to tie the atoms back together, after they have been damaged by radiation. (ha ha))

So, I am sitting in Christ's lap and we are rocking in the golden light. He says, “Come. Come whenever you can. We have not filled the chairs yet.” I seem to come late, but the thousands of chairs are always empty. I ask, “Are the chairs waiting for the Dead of the coming cataclysm?” And He says, “No. They are for the ones who can come of their own free will. The Dead will have other places to go – warm baths and healing spas and such. Now is the time for conscious humans to come of their own volition.”

I went into an inner process then, as to why very few people are here now. With the aid of Christ I realized that the Azuras are at work in this case. That talk in Shasta about egotism on April 11, 2011, while I was at Aida's, was because of the infiltration of the Azuras as flagrant egotism in many evolved people. That infected ego problem is the source of the “viral contamination” that changed everything on Friday the 13th in May, 2011. That is what finally made dramatic changes and awakened me to the seriousness of things. It opened my eyes to the Astral Christ. I think that through the radiation, there was a poisoning of the etheric to the extent that, if one could, it would be wise to ascend consciously to the next higher level and function primarily from there – which is the astral plane, kama loca and the New Jerusalem. But not many are making it. The two that I knew and recognized at Shasta in the past, C and M, both went in to the egotism talk and smirked at me as they went by, because I was not going in. There was only a very small group that was not invited into the Great Hall in the mountain. We went to a small room off to the left of a hallway to the left of the Great Doors, and had a different kind of session. *(Refer to Friday, May 13, 2011.)*

So, how to find the people and work together here on earth and assist in the ascension of functioning consciousness on to the astral plane?

Well, just experiencing true positive emotions of love, joy, peace, and gratitude is a meditative exercise which disciplines the astral body in a proper way. Many simple and kindly practices of emotional positivity and communion with nature, massage, yoga, music, dance and many other lovely things, awaken and school the astral body. Thinking needs to be bathed in love, joy, peace, and gratitude. The six basic exercises, steeped in unconditional love for all that is experienced and all that is received, is a lovely training practice. The physical sensory perceptions are then cleared of pre-conceptive judgment and can be received in their own native purity. Then the spiritual reality behind and within the experience is available as well. One begins to actually perceive the web of life connecting all things – the etheric – and the chosen emotional ties that bind all facets of sentient existence in color and light – the astral. This is the warp and weft of the tapestry of life – the long etheric warp threads on the loom of life and the beautiful (or not) colors of the astral weaving of interactions of all sentient beings.

Navaho Prayer to the Eternal Weaver

I pray to the eternal weaver, as each day draws to a close
and in the dawn of each new morning,
that I might set upon the loom of my life a strong new warp of light
that can bear the purple threads of strife.
Woven in my dreams are the feathers of the blue bird,
and golden shafts of sun,
a lone star shining in the song of clear streams,
and the rainbow, bridging heaven and earth.
O, Most Holy One,
I live my life that my prayer may be heard,
for a warp spun of love,
and strength in silver strands,
that I may find the colors of my destiny,
and weave them in with my own hands.

June 9, 2011, Thursday – Olympia, Washington

After the meditative preparation, we went up to the New Jerusalem. When we walked by Christian's pearl, the adult, spiritual Christian placed the baby Christian on it and he laughed and laughed his adorable husky laugh as he wiggled around to keep his balance. I got a good hug from baby Christian before he disappeared. Which leads me to the question: is it possible to go into the Akashic records and bring love and harmony etc. into it? - like this hug with Baby Christian? The answer came: "Yes, and everyone must eventually do it in

their own past lives, and heal the history of humankind.” (To be able to ask a question clearly and comprehensively holds within it the answer.)

“Earth is not going to be destroyed. But she might have to ‘swallow’ a lot of atomic energy plants, sink some land down and raise new land up. This was the answer to the question in my unspoken mind, “will the earth be destroyed?”

Having read the web site of “The Galactic Federation of Light”, it is just, I think, a play of the dark side. Although a lot of the rhetoric sounds OK. It strikes me like R.Y. – the walk-in – kind of thing, which is mostly generalized truth sprinkled with a few twists, deceptions, and outright lies.

I got to the Grand Hall and thousands of seats are there – all empty. I could see myself and Shushilla and Christian and four Warriors of the Rainbow Light sitting in the center of the front row. We all looked around wondering where everyone was. “Are we late?” I asked. And yes, we were. A few souls were out on the veranda looking down at Earth, so we joined them. I see lots of brown spots in the atmosphere. Ships?

Then we got inserted into the briefing hologram (we were late and had missed the original presentation) to get the information. (A holographic replay is an appropriate way to learn things.) The following is a transcription of the downloaded information from the beings in the hologram.

“Not many will survive the coming changes. Some may be air-lifted to safety, but most human ETers are gullible fools, in that they expect saviors. They are not ready to work individually for the new influx of technology and the creation of the new world. They are still thinking in spiritual materialistic terms. Know that like in “Peralandra” the dark side will continue on in the New World. It’s just an ebb and flow – a contraction and expansion.”

“Information is vital to a true awakening to objective spiritual reality, rather than a mere manifestation of wishful thinking, ungrounded desire, and innocent and ignorant acceptance of whatever presents itself. Discernment is necessary. Few yet have the information and tools for spiritual discernment, or the strength to apply it, or wield the “sword of discernment.” Please, Kienda, get busy. You have the tools and are using them properly. You need to impart the information that has been vouchsafed to you. It’s not for you alone, but you have received the gifts of knowledge and insight in order to share them with other human beings. Move! Do!! Finish and move on – speaking, writing, blogging, etc. Formulate and create a world conception and evolution of consciousness 'draft' to give and disseminate. People need a conceptual matrix, as you are so fond of saying – a conceptual matrix of your world – Earth - in the cosmos, the evolution of consciousness, and the objective spiritual worlds. Do it! And do it now! It is the perfect time. Absolute clarity must be offered to humanity, and the masses are opening to new possibilities. It’s not too late – it is perfect timing. NOW!!!!!!!!!!!!!!!!!!!!!!” (*I have always gotten these little pep talks, admonitions,*

and encouragements. I am doing my best to respond and get to it. Hope you don't mind my including these. Each one of us is receiving this encouragement to fulfill our destinies, and to do it NOW.)

I sat still after the transmission and thought about it all. The following is my process: the dark side is trying to do a take-over through the governments and the over-throw of governments. The rhetoric is still in the terms of 'victory' and 'we will do this for you' and 'heaven has given us the task of saving Earth' etc. Not a single word of Christ. We humans are pretty stupid, it's true, but we are on our own evolutionary path to higher and better things. We don't need rescuing from our own insanity or responsibility. Just please, remove the interloping elements and let us move forward on our own human path. 'We don't need no stinking badges' from the questionable side of the false face of the Galactic Federation of Light, as it has been co-opted by the dark side or falsely misrepresented as them. Yes, the Galactic Federation exists – and it too, has differing sides, opinions and factions, but the dark side masquerades as the true Galactic Federation under slightly different names.

“How does a human being discern the nature and quality of their contact with the Galactic Federation, and inter-galactic, inter-species?” was my next question. I must now speak from my personal human standpoint based on the read and understood content of Anthroposophy, and everything else I've ever read and learned in this lifetime.

“The greater picture of the evolution of consciousness, and the pattern of progress in the universe is that each being on each dimensional level is moving upward and helping those below, as they are helped by those above themselves. The 3rd and 4th dimensional worlds are the lowest point in physical manifestation. Humanity is at the bottom of the pile. To move upward with the rest of created existence, we must understand, love, and master every atom of physical materiality. Then we will be able to transform it and ourselves and 'ascend'. Well, we are not there yet, as is obvious by the state of our planet. A few have succeeded over eons of human history. We need to go forward and many of us need to achieve this comprehensive state.”

“Having extra-terrestrials sweep in and redesign human life is not on the docket. It would not further human evolution: it would further their own aims. We human beings must learn to do for ourselves. And besides, we have the hierarchy of our own solar system who is rightfully helping us – their little brothers and sisters. Christ and the angels need not come and intervene in space ships. We are receiving the help and guidance from them that we need, should we just listen and attend.”

“There will come a time in the future when contact will be appropriate. Right now it is not. Humanity is vulnerable and weak. We are going through an inner transformation. We are in the midst of a consciousness growth spurt and it is not appropriate to externally actualize these changes by an off-planet external intervention masking as spiritual, when it is blatantly materialistic. Angels and others of our solar system hierarchy – our fellow evolving entities under the 'auspices' of Christ the Solar Logos; do not need space ships. They have

ascended upward to higher dimensions before us. They live and create in and through humanity, in that we also have etheric and astral bodies, and the spiritual essence of the Ego/I which is an aspect of the universal 'mind of God' – the substance or vibration out of which the whole created universe came, comes and will be coming.”

“So again, although humans are indeed struggling and sometimes seem to be losing ground on the path to enlightened consciousness and compassionate action; it is our process and we must by our own efforts win the prize of conscious evolution into our Solar Confederacy and ultimately fully conscious representation in the Galactic Federation.”

“If our planet is reorganized by another life-form – no matter how seemingly nice – and we are taken over by another race's values and priorities, humanity will have given away its freedom to evolve to the best of its own inherent ability. We must not abandon ourselves to some other force, race, idea, ideal, structure, form of government, parameters of acceptable behavior, spiritual, or physical judgment. We are at a crucial turning point in human evolution and must not be stopped or co-opted for any other agenda. Humanity has its own row to hoe. Although it looks like we are headed for an 'Atlantean scale' shift, brought on by our own actions; we will learn through it and clear and cleanse and purify ourselves, and in the end, come out healthier and stronger, wiser and more compassionate.”

“So to those beings who intend to intervene in our human physical world – by whatever name you call yourselves, “Thank you, but NO thank you. We are hard at work learning and transforming along with our Mother Earth and the Sun and the solar hierarchies as well as the spiritual Zodiac all the way to Galactic Center. We do not need or ask for physical distraction. If the interlopers here already could be called back off of earth – as was decreed by the true Galactic Federation in their message from Mount Shasta on Tuesday, March 29, 2011 – that would be fine. Then we can get down to the business of becoming true humans on Earth. Other than that, and through imagination, inspiration, intuition and clear thinking, influencing humans from the higher levels, allow us to manifest what we choose in freedom. Back off, please. Thank you.”

Excerpt from the Galactic Federation Proclamation:

March 29, 2011 – Olympia, Washington

The White Brotherhood had just finished a long presentation on the potential upcoming earth changes that humanity might face in the not so distant future. They concluded: “All the energy of ‘The Secret’ needs to be applied, not to money, things, and abundance for each individual self; but to cleaning and healing the earth; to desire for clear, conscious alignment with Christ; to focusing on clarity of thinking; to perceiving what is

really going on in the world rather than living in our own precious, hopeful, intended illusions; and in becoming aware of what are the proper actions to take in light of such clarity and revelations.”

A period of stunned silence followed. Finally after all assembled had absorbed and thought through as much as we could at that time, Sanat Kumar (Jesus) spoke. “These are the times we (the White Brotherhood and the Guides of Humanity) have been waiting for, and you, yourselves, are the ones you (Humanity) have been waiting for. We are all here, now, so events will move ahead.”

The Galactic Federation was having a session at the same time in the Great Hall in their wing in Shasta. After our briefing by the Brotherhood and Ascended Masters, a message – a proclamation was read to us from the Federation meeting. They declared:

“Earth's isolation must be enforced during this transition. Humans are not ready to either on the positive side, greet and accept alien populations publicly; or from the negative standpoint, withstand their manipulations when under the stress these earth changes will create. Therefore, the negative alien presence will be disrupted and the Galactic Federation will enforce their withdrawal from Earth. (Our human science is already too much in the hands of Ahrimanic forces to be melded and fructified by negative alien technology.)

We can only make an injunction against meddling in earth and human affairs and forbid further external interventions for a time. But those aliens who have materialized and bred with humans are here now and may remain by 'genetic right'. They are to stay and must be dealt with here on earth through these changing times. Love and clear, conscious, compassion are the only 'sting' for their transformation. But do not be beguiled and misled as has happened so far. Open your spiritual eyes and see the motives behind people's actions and stated intentions. All humanity must penetrate to the motive or soul disposition of every other human being, as well as seeing clearly and correctly their own individual desires and the source they come from.

We wish humanity good luck in the coming times. We of the Galactic Federation, though we do not represent all of the extra-terrestrial beings and forces in this quadrant of the Galaxy, support the positive evolution of all beings. At this crucial point in Earth evolution, we send as much love and energy as we can individually and collectively muster. So, know that if you turn to the unseen worlds, and with an open mind and a loving heart ask for help, it will come. Not on the physical plane, but in soul, spirit and mind. The physical world is yours to master. You have done well. Now is the time for the test – the final test for this 'class', this period of earth time. The one and only question on this test is: “Can you master the results of what you have learned, done, and unleashed?” Get ready, the day of your SATs (Saturn Aftermath Testing) is coming.”

“Know that you are loved. Remain in Peace. Go with God”.

The Galactic Federation

June 14, 2011, Tuesday – Bellevue , Washington

I have been spending meditation time in the New Jerusalem. Today, I am in the 'office' in the hallway to the left of the Great Hall doors. And I am asking questions – especially, “How did the infiltration happen?” “You are asking to understand the work of the Azuras, then.” answered the Light Being on the other side of the desk. “Yes, I suppose I am.” I replied, and he began his story:

“Just as Lucifer is a fallen Kirioteti, Ahriman is a fallen Spirit of Form – a hardened, contracted, retrograde Spirit of Form. So, too, the Azuras are fallen Spirits of Personality (through Saturn under the impress of unredeemed Scorpio.) The Azuras are an aspect of fallen hierarchies who are working to prevent the blossoming and flowering of the divine, creative, human Ego/I. Their wish is to pervert and stunt the proper Ego/I development in order to have more souls unable to ascend with the proper earthly evolution. Instead, they want to have many more such stunted humans remain with the corpse of the earth when she dies and transcends. They – all the whole fallen hierarchies – want human minions for their idea of a 'world. To this end, Lucifer has tempted and attacked the human astral body; Ahriman – the etheric body, thereby affecting the physical body. Now the Azuras are massing for the coup de tat – their hoped-for death-stroke to the human Ego/I, human creativity and human freedom.”

“The ground work for their arrival and intervention has been laid. Through Ahriman's influence of materialistic thinking has come all the toxins, poisons, chemicals, and negative frequencies – all the way up (or down) to the atomic bombs – that damage the physical and etheric vehicles. All this pollution and radiation makes a correct and complete incarnation into the physical body almost impossible. Lucifer's manipulation of media and the deadening that it does to the astral body has damaged the heart and feelings of masses of humanity, not to mention the negative emotions of fear and anger that are whipped up by economics, politics and religion. And now, riding into the human being on angry Elementals, come the Azuras.”

“The Ego/I in 2011 is trapped in damaged physical, etheric, and astral bodies. The Ego is not well 'seated' or healthy or balanced. The Azuras enter and fill all the empty, hollow psychological and emotional 'holes' with an overriding, overweening egotism. The ennui and angst of the meaninglessness of modern life without a connection to the spiritual worlds, nature, or even morality; is seized upon by the Azuras, who fan the flames of helplessness, emptiness and fear, and then goad the wounded human ego into bombast, aggrandizement, and self-delusion.”

“Any unredeemed propensities are used!! Unbalanced people are pushed over the edge. The masses are manipulated by the media and other minor, mindless methods into the usual, petty grievances and self-absorbed activities of individual neuroses. Those who have power already are driven to megalomania. New Age, spiritual folks are moved towards

controlling others, and the 'guru' syndrome. The more evolved people are individually and personally under attack, because the Azuras and all the oppositional beings want to 'dull the cutting edge', and sway humanity from its appointed destiny of developing, in full consciousness the divine Christ being within.

So – the infiltration: and I began to put pieces of the puzzle together. It was not C or M. Someone else at the 'Egotism Talk' in Shasta in March, walked around and set 'time bombs' or 'shielded thoughts' that would record all the plans of the White Brotherhood and then erase the lines and writing at a future date – May's Friday the 13th. It has to do with tampering with the Akashic Record flow of time. Much of the work of the light side has been co-opted by the dark side – as well as their former residences. Now the White Brotherhood have to go in many different directions and in small groups of only 2 or 3, so as not to be caught all together in such a way again. It was human and azuric tampering in the Akashic recording ether.”

“It was only one human person who carried the 'infecting virus' and who was the spy for the Azuras at Shasta. It happened all over the world at the same time, so there are a number of humans who did the global operation – one in: America, the Andes, Tibet, Mt. Kilimanjaro in Africa, Mt. Fuji in Japan, Ayers Rock in Australia and in the Alps in Europe. There are 7 at least. They were influenced by the Azuras to do the deed for power and position in the 'new world.' Is it an attempt to halt the cataclysms which may stop the nuclear insanity? Are humans to be given enough time and another chance to destroy itself through pollution and radiation and the insanity of life-as-usual? Oh, beloved Humanity, please wake up before this happens.

July 1, 2011, Friday – Oregon Cabin in the Woods

So this morning, myself and the usual cast of characters, went up to the New Jerusalem. Many people are streaming up the streets headed towards the amphitheater. This is the first time that I have seen lots of people here. These are all the good hearted, innocents – from all over the globe. I and my group are out of place. We can come along, but just to sit quietly in the back. There are lots of families and lots!! of children and babies. CQ and A Q and their three boys are here. The posse and I will sit in the back in the 'crying baby room', and the children are in the theater.

“The children are having an experience of their dragons. From new born babies to children of 10 or 12 – they are meeting their already hatched dragons. Time is telescoping and the dragons of the young will grow and develop as the child does. It is a reality – but also a metaphor for a generational transformation. A dragon of Shushilla's age and stage is talking to them. “There are only a small number of us older generation dragons. There are millions of you new ones who are ready to grow up in harmony with your person – your

human child. Bond, Darlings. Bond the human soul/spirit and the dragon astral/spirit. You have come into the world this way because of all your hard work and good karma. This bonding and this love is the fruit of your labors and will carry you into the new world. (And of course, it crossed my mind at this time that my daughters need to have babies.) Shushilla will be a great influence on the young dragons of the human children coming up.”

“These 'spirit self' dragons of light are the image of the transformed astral body. They are coming now because Christ is working in and from the evolved astral plane. The former snake was the image of the instinctual emotions. The new dragon of light is the embodiment of the purification of the instinctive reptilian brain stem emotions into the new organ of evolved emotional, astral responses to the world.”

“Rudolf Steiner asked all those who are working out of Anthroposophy to come together in a little room down the hall. There are only a few of us. Anthroposophy has not been made available to the public at large, and now its form is too antiquated. Not many people can read that much stuff or take years to put it together. There is a real need to create deep and profound and spiritually accurate books and talks that get the basic world view out into the world. These children coming up will have insights and experiences and they need a growing conceptual matrix to deal with it all. The Waldorf School curriculum is what they need – and the schools need more people to understand the conceptual matrix behind it.

So I started to put together what the basic concepts are and think about how to present the vast amount of material:

*** Microcosm and Macrocosm

*** The four-fold Human being and the pattern in the world and Hierarchies

*** Cycles in life and death

*** Recapitulation: includes Reincarnation and Karma

July 1, 2011, Friday – Afternoon Meditation

Mount Shasta – There was the hugest black dragon flying in to the back door. He covered almost half of the back side of the mountain when he came. Shushilla said, “He is my future mate, but it will be millennia before that happens and he will have come to the light side by then.”

July 27, 2011, Wednesday – 2 pm Meditation – Olympia

It was the 2 – 2:30 meditation, and I was late – again. I ran up all hot and flustered and breathing hard. A being greeted me, saying, “Well, still the disheveled angel I see.” (He was referring to my near death experience at birth.) I said, “I don't know where I am supposed to be. Can you help me? Where shall I go?” He asked me, “What are you working on – what are you interested in?” To which I replied, “Well. I am working on time and timelines.” “OK,” he said. “Follow me.” So I did, and we ran down some halls and turned a few corners and came to a door on the left which entered a small amphitheater for about 100 people, or so.

“We entered at the top of the room. The seats were all descending in rows below us. I got situated in the back row, and looked around. The Being who got me here was gone, and I was the only human being in the whole room. There were some empty seats around me, but the rows closer to the front were filled. Every being was of another 'race'. There were beings that looked like humans with 'shrimp-like' heads with all kinds of antennae sticking up, and beings with multiple arms, and the praying mantis type of beings. All were taking notes and the lecturer had the large blackboard covered with mathematical formula and equations and numbers and symbols. He was of the 'octopus-like' race.”

“He looked up at me once I got seated and said, ' You are late, but since you are here – do you have any questions?’ I replied, “Sorry about being late, however, I don't think that I would have understood what is on the blackboard. I just don't fathom numbers like that. But, **what does it mean?**” He actually smiled and said, “Good question, I'm glad you asked. Yes, it is about time and time is telescoping – each segment – each delineated passage of time is getting exponentially shorter and space is likewise becoming smaller. We all in this galaxy are headed for the eye of the needle.”

“Because Earth is in 3D and 4D (time), she still has a physical body as do most of her inhabitants. Earth is going slower than the other dimensions, and so other beings who are not yet ready to 'ascend' or go through the eye of the needle, but are teetering on the brink of the waterfall, are trying to flock in to earth to slow their own processes down to give themselves a little more time to prepare. Unfortunately, you on earth are at a critical juncture in your evolution. It is not yet clear how it is going to go. The 'flocks' of other-dimensional ET beings does not make it any easier, either.”

The lecturer addressed me specifically, again because I was the only human being in the room. “Could you say a little something about that from the human standpoint, please?”

“I stood up and said, “Greetings, my Friends, I have met many of your 'people' in the Galactic Federation. I am happy and honored to be here with you at this time, even though it may have been a mistake.” And we all laughed. “Yes, it is critical. We humans are quite primitive, but we have potential. We need a time – a little space of time when we are not under the intense psychic/spiritual influence and manipulation of too many beings in the unseen worlds. We need time to wake up and see the spiritual as well as the physical reality of what we have done so far. Therefore, from my point of view, and I am only one of six or seven billion, human beings; I would say that so long as others do not transgress human free will (which I know is used by many of us to remain asleep and adamantly ignorant) it might be all right. But for a bit, we do not need interference in our working out our own problems and learning our own lessons. I think that it would probably be OK if Earth could be a helpful place for other's evolution as well as human freedom. A good idea would be to ask Christ. And if it works, so that humans and others can evolve individually in the same space/time continuum, then great. I'm glad and welcome. If not, for I am not very

knowledgeable, really about the ramifications of such things, – then No, Please, and I'm sorry and wish you the perfect place to meet your needs. Thank You." And I sat down.

The lecturer down front said, "Thank you." and adjourned the lecture for a break. The beings all got involved in very animated and intense conversations among themselves, and a few came up to me and wanted to see what a human being was really like. One Shrimp-Person tickled me (with my permission) with the various feelers on his head. The different antennae are sensors for different kinds of rays and vibrations. This concluded the meditation for me.

August 13, 2011, Saturday – Gazelle on the Back Side of Mount Shasta

I was meditating on the usual spot in Gazelle, on the back side of the Mountain. DR was lying in the sun, dozing. I did my usual meditations and prepared to see what was going on in the mountain today. I was called by name, and advised not to go in there. People are returning and/but they are the believers in ascension NOW. They believe that the ETs are all good and our brothers – etc, woo woo etc. There are manipulating beings inside the mountain now who would perceive that I do not agree with them and that would be a big problem. So best not to go in.

Looking in from outside, I see that only a fraction of the space is lit and used, and that the dark rooms are used by the black, glittery reptilians. There are a few new age guru-types who are calling people together under the ascension banner.

I should just go to the New Jerusalem for my lessons and leave them here for theirs. What I know and have experienced is for my information only. There is no necessary or appropriate action that I need to take. It is as it is for other's purposes. This has nothing to do with me. It is one of the evolutionary dead-ends.

The White Brotherhood has learned a lesson and many others have had to face startling realizations through the whole experience of the 'take-over.' Those who can, must simply shift levels and work from the astral dimensions and places. (No loss without gain.)

I thought I'd fly around the mountain, but they said, "NO. Don't!" I then saw that there is a 'screen/net' to catch unwitting astral projectors. So I came back down to my car and DR, and it's time to move on here in the physical as well as there in the 'spiritual realms.'

August 26, 2011, Friday – The Modest Castle on the Hill – San Anselmo

When I got to the New Jerusalem, and said, "I want to be effective!" They replied, "Great! Do so."

"The disbanding of Shasta and the other Holy Mountains had to do with new forces that could enter Earth's etheric realm because of the holes and tears in Earth's etheric body by the radiation from Fukushima. The huge black dragon, that Shushilla and I saw, has newly

arrived to help incubate negative, dark dragon consciousness. The sacred mountains were places of holy initiations: now there are dark initiations going on in the same places. The way is being prepared for the 'antichrist' – the one who will do miracles – the magician.”

“For humanity to ascend – we must be ready to birth the 'spirit self'. That higher member must be functioning before we can let go of the lower physical body. “Getting off the wheel” or ascension is not appropriate at this time because human emotions – the astral body - have not been sufficiently purified by the lessons of the physical world, and transformed into the spirit self. We have a ways to go, yet.”

“The mountain is now being inhabited and visited by dark black reptilians and people who delusionally believe that ascension is immanent. That includes New Agers, Buddhists and Born-Agains who visit the mountain in turns. This ascension business in an azuric temptation of extreme hubris, supported by both Lucifer and Ahriman.”

“The elites who now go to the mountain have accepted 'the mark of the Beast' which is a premature opening of the 3rd eye – a tampering with the pineal gland. There are 'posters' being put up around the inside of the mountain with slogans and quotes: Tom Cruise, the Secret, Ramtha, The Bible, Buddha, everything taken out of context and pushing the idea of mind over matter for personal salvation. It is all variations on the Hathor's reference to the 'evil of the spirit/matter dichotomy.’”

I haven't gotten far, and am with the spirit family and Warriors of the Rainbow Light, and we are all at the 'donut' observation station at the edge of Earth's etheric body. It is a safe place to observe the world – physically, etherically and astrally. And when I said to myself – astrally – the view of the earth became swirling colors. “There are violent red swirls in the Middle East and across the top of Africa, and lots of little hot spots all over Europe and Africa. Most of Europe is rangy – with black spots and green places. Switzerland is black and white. I specifically wanted to see China, so we moved around the earth to do so. China is repressed even in astral emanations. There was almost no color – just an overall blanket of gray, but I can see red sparks below the haze. America is 'simmering' in orange and green. South America is dotted with red, and in the Amazon and a couple of other places, a serene blue – very small spots, however.”

There is a plume of black ash and dust, and on closer inspection, azuric creatures – little black spiders – pouring out of the top of Shasta. The last ditch assault is on. To withstand the temptations of the Azuras, one must center in Christ and all that He represents and does and stands for. Keep heart and head connected to be able to discern – to choose and act appropriately in each moment – each instance.

I finally got up to Christ in the New Jerusalem and sat in Christ's lap. Then all the spiritual family and the Warriors came into His lap, and Christ got bigger. We were all laughing. Christ said, “I feel like a little child with all her dollies and stuffed animals piled in

her arms." We all laughed some more and began singing, "He's got the whole world in His hands." Then I invited the Army of Love and the Mennonites and the Native Americans to come in too, and they did – all laughing and hugging and snuggling on Christ's lap which was now HUGE. He said to me that if I want to come for content, I should meditate at 2:00 today, so I will. Now is for bliss.

September 2, 2011, Friday – The Castle on the Hill in San Anselmo

Wow, the next book may be titled: "Aberrations in Heaven and Hell – When Life Impinges on Death." It's going to be spiritual investigations into Death's domain.

There are dungeons under the New Jerusalem. That is where the 'black door' leads – under the Golden City. (Refer to *The Devolution of Evil*.)

Friday, October 28, 2011 – The Day of Integration and the First day of the Holy Nights of the Platonic Year – Berlin, Germany

When I got to the New Jerusalem, and even before, I could hear everyone jubilating: we have not destroyed ourselves or our planet. We humans are awakening. Human consciousness has raised to the point that we will not destroy the planet or let others do it. We will as a whole, not engage in war. We will center in community, and from the grass roots level, affect change in the structure of life on earth.

This morning is a time of celebration and acknowledgment of what has been done and accomplished. At 2:00 a new impulse will sweep around the world. Messages will come from the Galactic Federation, the Mayans, the Star Elders and others.

Christ is presiding this morning. It is in the grand hall in the New Jerusalem. All human and earthly beings are celebrating. We have survived to be able to take the next step. Alex, Christian, Curt and Gramps just came and called me away from writing. Its time to be here, now, in the celebrating spirit of the spiritual worlds.

So, I went back to joyful, and non-writing meditation and breathed in all the "refreshments" of the party: love, joy, peace, hope, integrity, and many others. Breathing is the oldest original 'sense' – the sense of smell. It was divine and truly 'refreshing.' Then I saw that there was a huge amount of these refreshments – especially love – that was to be poured out over the cities of the world. On closer inspection, above every city in the world there was a 'smelting pot' filled with molten love. These huge containers were tipped and the river of golden molten love flowed through every city, like rivers through the streets. It went into every home and business, bar and cafe. It swept up all the disincarnate souls who have been hanging around their old haunts and people they were attached to. All the dregs and residues of the old past were washed away. The angels of the 'ghost souls' came and gathered their people's souls up into the spiritual world.

I realized that the love came from the New Jerusalem. All the human love and kindness and human sorrow for others, has been stored as beauty and gold and precious

jewels like Christian's pearl, in the New Jerusalem. Today was the day to “mine” the New Jerusalem and smelt all the human love and kindness and beauty and sorrow and joy into a force of love that cleaned the miasma of the past and gathered and saved all the human souls that were lost in the lower spiritual worlds after their, usually, traumatic deaths. All the bars on earth were cleaned up, and all the 'pink elephants' and 'snakes' and drunken souls have gone into spiritual detox programs.

There are detox 'bars' in heaven to help acclimatize the drunken dead to their new reality. They, of course, only serve breathing elixirs of clarity, consciousness, and all the good emotions. There are large TVs there, with infomercials of spiritual truths. The drunk dead's angels are with them as fellow bar customers, who they can end up having conversations with. And of course, the bar tender is a highly evolved being. It won't be long before most of the drunk dead leave the 'bar' and move out into further spiritual worlds.

This clearing up of the worlds of the dead will make it possible for the next succeeding generations of incarnations to be more whole, since the drunk dead have left holes – as it were – in the totality of fullness of complete human beings.

All disincarnate influences are being 'relocated' to their proper places in the spiritual worlds. That is leaving incarnate humanity free to have the chance to awaken and heal ourselves and our world. The massive anti-human system must be dismantled and replaced by community consciousness – expanding to global community. The halls of the bureaucracy – governments, police, army, corporations and etc. are empty of the influencing ghosts of their founders and perverters. Now, finally, it lies in each human being individually, what will be done, what will happen. Only those forces and beings of the supersensible world that we call upon consciously are able to interact on Earth now.

It is like a new Eden. Humans may invite the dark into themselves consciously. But we know what eating of the fruit of the tree of Good and Evil (duality) has done so far. Some people will do so anyway. Otherwise, the rest of us will eat of the Tree of Life – Christ – and move toward the ultimate goal of conscious union with the Divine.

Thursday Afternoon, 2:00, October 28, 2011 – Berlin

I came back to my meditations and started up the creation of the Caddy, and they said from the spiritual world, “You never left the New Jerusalem, just because you stopped to eat and compute the last meditation.” So I settled down in the front row, where Christian and Dorje and Shushilla and the rest of the spiritual family had saved me a seat. I was right on time because of Mariko. And of course, the spiritual world had tricked me into being on time anyway. The first part was a warm up and a wonderful one and the factual transmission didn't begin till 2:30.

The first part was a total immersion into GRATITUDE !!!!! It was an initiation by Christ. He is so very grateful to humanity for not destroying the earth and ourselves totally. The next thought was about Waldorf schools and children.

Then 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 it to others – all others"

Then the White Brotherhood spoke. "We have been working very hard. We were preparing to leave the denser, etheric planes for the New Jerusalem, but were hurried along by the dark side take-over, back in April. However, we have made the best of a difficult situation, and as you all know, "everything works together for good for those who love God." And falling into that category – as we all love God – we were able to be more effective out among the people and work more deeply into many more human souls than if we continued in the mountains waiting for you to come to us. So all is well in this end – which is only a very small end. Now that we are at the moment of the New Eden, we too, must step back. It is for humanity alone to choose and decide which way to go. As you step into this new Eden, what will you create? What will you do? There is time to create a new world. The order must be of Nature with conscious human enhancement.

Work consciously with the Elementals and they become friends and allies on the path to greater cooperation and ultimate integration in the divine ground of the worlds. (Ignore them at your peril.)

Many of your angels have "fallen" and been polluted and damaged. Each human being is now mutually responsible for their angel, as they are responsible for assisting you. Learn to know one another intimately and work together for the evolution of all.

Plants and animals need and desire your love and attention. Loving attention in the garden yields great lessons and knowledge, as well as fruit, nuts and vegetables.

And finally, love one another as Christ – our solar regent – loves you.

As these aspects of existence are explored and appreciated, understood and loved, then humanity will be guided, each individually by the wisdom they gain through their own experiences. Then, needed actions become apparent. Then, the way becomes apparent also, not always clear, but apparent. Trust your knowing and act with heart, soul and intelligence. Humanity is all of the "Brotherhood" now. Whether 'white', 'gray' or 'black, each motive intention alone speaks. The results of your actions are not truly yours to decide. Life itself has a stake in the results and joins the game appropriately. Your human freedom lies in choice of response to life's gifts, and in your intention as you gift life with your thoughts, feelings and actions.

Thank you. It has been a pleasure serving you. Remain in peace."

Chief Seattle then spoke, "In the coming earth changes, all those who embrace the old

ways in consciousness of now, may join us in the spirit worlds, if they wish.” This was an opening up of this part of the heavenly, spiritual worlds (the happy hunting grounds) to all people of like mind, not just a racial space.

The Federation sent Siridon and Shushilla and a being of Light, who said, “yes, I am Satya.” and a large thunderous Reptilian, as emissaries. They said, “Yes, we have been stabilizing your planet so life could continue. Now that this day has come, and enough humanity has awakened to at least give life a fair chance, we shall slowly withdraw our involvement and then at the appointed time, humanity and Mother Earth alone will decide by conscious or unconscious choice, what earth changes of a cataclysmic nature are needed. We will only totally withdraw for a time as soon as the negative ETs have left Earth and their earth-quake technology has been disabled. Only Mother Earth has that choice, and responsibility. We will not abandon our sister. We will assist until the correct time as she sees it. We love Gaia and will continue to protect her as needed.

The day will come, and not far off, when it will be Earth herself and humans who create the operative forces that will impress your own destiny. We of the Galactic Federation hope and trust that your chosen destiny reunites you with your brothers and sisters in the stars. Remain in Peace, thank you and Good Luck.”

Christ as the host, has introduced and thanked each speaker. Now he says. “That is enough for today. Come every morning and join in groups to create a new World – ordered consciously on Nature and Star wisdom – from compost to the Galaxy. There will be lots of choices.”

11-11-11 – Berlin, Germany

I think that net has been pulled too tight for most people to be able to rise to the New Jerusalem, so far. The forces that prowl and take advantage or just plain damage humanity, have placed us in a very precarious position.

Within each human being and among humanity itself, Sirian thinking, and Pleiadian feeling, and Annunaki will, must become balanced by human love and compassion. Without the grounding in love – any of the other forces are not in balance or as effective.

They said to me in a rather curt tone, “Get priorities straight, then the guides and angels and spiritual family can help get what's needed done.”

Thursday, December 15, 2011 – Basel, Switzerland

At the Hermitage, I did ceremony for the Elementals with tears (white blood) and saliva and snot (The North Western story of Snot Boy) and pee (urine as a medium for alchemical processes in the Middle Ages) – all infused with Christed etheric forces and love, love, love. In one chamber, with my 3rd eye against the stone wall, I realized that if indeed, a

particular individual is not a member of the Jugendkreis, then he will be used by the Kreis in that regard too because he is strikingly beautiful, and strong, yet, vulnerable – beautiful front people for the aging Kreis members.

And as I was sitting and writing this, a large! etheric snake slithered through a hole in the rocks and began to fill the cavern where I was. I had had an intuition and brief vision of a takeover of the hermitage by reptilians and they 'eating' all the good etheric forces of the history there. And yes, it is true. It has occurred. We humans must find the strength within ourselves in 'Christ in you and may He fill your spirit.' There are not the same forces in the outer world anymore.

Tuesday, January 31, 2012

When reading this passage, I made new realizations about the transformation which is occurring. The Dark Side has taken over the holy mountains in the world since Friday, May 13, 2011. Then have gone on to commandeer and take over other sacred sites on the earth such as The Hermitage, and I think other spots as well. They are eating/ingesting/devouring all the good energies of these earthly/etheric power points. This could appear as a disaster, however, I think that human beings must find the etheric forces and good vibrations from the spiritual worlds themselves and within their own etheric bodies. We must become stronger etherically and spiritually. One affect it will have on the dark side beings who are doing these things, is that they are ingesting light and warmth. They will be transformed from within. The positive etheric forces will be an agent of change. They hope to simply increase their etheric power, however, it will have collateral effects to the positive which they may not be completely aware of but will in time realize and manifest.

So rising above the earth and looking down from the 'donut', which is half way to the moon, I see a thick black-gray cloud boiling out of Europe and covering a lot of the Northern Hemisphere. It is a thought obscuring cloud of darkness and it is moving west across America, and spreading east towards China and Japan. It is a humanly created mind fog from the powers that have wrested control of the earth. The only way to think clearly is to rise above it in consciousness into the higher worlds. I am wishing for other clairvoyants to share with about these things.

The Illuminati are luciferic- being possessed humans. The tendrils of their control go down into every aspect of human life. They hold the strands of control in every arena. The barbarous ones like the government, the millionaires, the religions, banking and the elite groups within every organization, the Masons, Anthroposophists, spiritual movements – everything. We need help getting out from under their thumb of control.

With dense obscuring clouds of control rolling over the northern hemisphere, we must work hard individually for clarity. Nothing can be taken for granted. Is Australia the place to be? No place is immune. Duality – light and dark are everywhere. We must just individually keep the faith. My two latest and best friends have left me and I am now standing alone. I

would like a partner and friends to work with, but it has gone the other way. I would like someone with a Christed heart. And till then, I must continue alone, working on the books and monographs

I arose into the spiritual world to the New Jerusalem, crying and asking Christ. "What can be done, now?" And he answered, "Nothing can be done, now. It is already too far along. Now, only small individual acts of faith, valor and courage, and persistence, are possible. So keep the faith, take joy when and where you can. Do your work and pray. Each shining moment (such as yesterday's storytelling workshop) is a little light in a very dark time. Offer your light. Offer the conceptual matrix to foundation years and schools and Theosophists, Anthroposophists, and Unity people. Get the writing done and move on, up and out into the world. Become an Anthroposophist fully – pay dues, read current stuff, make a difference, or not. If you have to relate to societies, you must nominally become one of them. From the Anthroposophical standpoint, you can reach many people. Do the deeds that you know you must do. Alone, with no one. That is fine. It's your job and no one else's."

April 26, 2012

"The suffering now of humanity is nothing compared to what is coming. Now people create their own misery – later there will be extreme external causes."

May 1, 2012, Tuesday – Boulder, Colorado

The following is a brief recap of the meditations this morning, mostly received auditorially. "The many paths have their purposes. Some are innocent, ignorant, straightforward, unduly complicated or any and all descriptive phrases. The human being of the 21st century – if they do not know there is more than 'meets the eye', may have inklings and de ja vous, and such. Depending upon the information they have accepted or believed, and their thinking capacity and discernment, they will follow one or another path."

"Contrary to popular belief, and what you yourself, Kienda, have said, "All roads do NOT lead to Rome." Ultimately life and many lives lead to a choice point. Humanity is already dividing. There is still time and lots to learn, perceive and get on track to clear understanding and perception of the relationships between earth existence and spiritual realms and the understanding of the nature of being of all vibratory levels of existence."

"Do your best to share and carefully and lovingly indicate the glitch places in other paths – and then let it go. Seed thoughts of objective spiritual reality may be helpful, or not. Offer and step back. Its only time to share now – not persuade or coerce – only offer and if not received and considered or if rejected in a highly emotional manner, then apologize and let it all go."

"The way is being prepared for you and you must walk it rightly in love and careful discerning consciousness. Thanks for doing what you do. Just get on it now and do it more

and clearly and lovingly and enjoy. Lives are long and all beloveds will make it in the far away end – should they so choose.”

May 2, 2012 – My Birthday – Longmont, Colorado

My third eye connects to the Alta Major. That way the spiritual perceptions inform my Dragon brain of spiritual realities activating the quantum biology aspect of the Medulla Oblongata.

So I got over all that and traveled with the spiritual family and the Warriors of the Rainbow Light up to the New Jerusalem. “There is a big birthday party going on. Baby Christian got swept up off his pearl and onto my hip and into the ballroom. There is a big party and I am crying and feeling 'unworthy' because I never get anything finished. They say, “for a human, you are doing darn good.” I asked for help in finishing books and monographs and they said, “You must do it yourself. Buckle down and do it. Once it is done, then we can work on dissemination and such, but we need a 'product' to work with. Only you can finish it and get it out into the world. Please put it at the top of the priority list. We almost want to say, 'don't come back here till it is done,' but that may not be fair to you and your needs. But it may take that. Sit down and finish the book and then get it formatted and then get it published and then we can get it moving. PLEASE.”

Wednesday July 11, 2012 – San Diego at Janet's house.

There are millions now coming to the New Jerusalem. We are being sorted out by interest and tasks. When the time comes, we will be in larger integrated groups of one or two from each task to make a transition team.

Jobs are varied:

- On-the-ground crews are involved in farming and setting up solar energy and new technology and the best of the old ways, and the ecological care of Mother Earth.
- Awakeners are for arousing the population from its slumber and numbness. I am one of these and my job specifically is to help with the mass exit that will come. We are to help inform people now about death and the possibilities about what can be done and when the changes will come. The Warriors of the Rainbow Light and the Native Americans and all the others will be able to help people of their own kind. Now it is time to get on the 'informing' wagon and then the 'prep for transition' wagon. “N. P. is one of you too.” they said.
- Then there is the “Last-Ditch-Effort” crew – the Occupiers and social advocates. Those still trying to work around the systems. That is important and must be done to the end. “Hope springs eternal.”

Is it going to be only an energy shift – this 12, 21, 2012?” I asked. And the answer came,

“Basically that is the core of it – an energetic opening and blossoming of the human heart, mind, and will towards the good and cosmic. What you all do with it, we shall see. If many or most of you awaken to the spirit reality behind appearances and choose the noble, good and true, then it will be possible for many to choose to transcend in the right way if they are old and feeble and ready to go. Then there are many others who will begin to work with their angels and change themselves and change their world.

If enough people see the problem with atomic energy and learn how to heal it through unconditional love flowing from the Christed astral, down to the etheric and physical, then, the transition can be easier and smoother and less dramatic. If not – then . . . The vast areas of the world that are devoted to military will be dismantled and reused. All the pavement of the world needs to be removed. We need to travel in other ways and means that do not harm the earth's surface. The water cycle must be renewed.”

“Changes must happen. Humanity could do it but the probabilities are now very slim. Time is telescoping and getting shorter each moment. We are all in the 11th hour, or really the 11th hour and 50 minutes. In other words, there is not much time to turn things around. But you must try. Awaken – get off drugs, alcohol, cigarettes, pop, junk food, television, video games, movies and all the rest of those damaging diversions. Get real – in the old sense of the world. Use your senses to perceive every aspect of your immediate surroundings. Only then will you know what needs to be done and can then choose to take action – or not. Only then when humans have returned into their bodies and utilize the senses fully, will the spiritual senses be able to stir, open, and become available. The Ego/I, soul and astral forces must once again inhabit the body fully and consciously. Only then can the next steps be taken to change and heal the world outside the body.”

“Well, good luck to you all, Human Beings. It is time for a change, you know. None of you are very happy as it is right now anyway. Many of you have lost the connection to the parts of yourselves that experience happiness. Many – most of you have abandoned your bodies for illusions. You have piled maya upon maya. But the brick wall of cataclysm will take care of that – if you don't do it first, by choice and action. So as we said, “Good Luck.”

That was the general overlay to everyone assembled in the great hall. Then we broke into smaller groups. The information group that I am in is small but we are inspired and a passionate bunch.

“Information about death and reincarnation is absolutely crucial for people to make intelligent choices about lifestyle and deathstyle and spiritual reality. Get going. People must know that they will be able to choose their demise in the time to come, by being in contact with their angel and Christ. There may be many people who wisely choose to leave before the cataclysms. But it must be by divine means, and not through suicide. They can be farther into the spiritual worlds and not get hung up in the etheric confusion that is going to occur when many exit the earth plane all at the same time in shocked and confused states.”

“Those who will live through the transition will need a basis of understanding for creation of a new world and a new paradigm. An understanding of the meaning of life, death,

and reincarnation; the conceptual matrix of cosmology; and the evolution of consciousness are all necessary for a new world. All the past must be included in human awareness, including the devolution of evil and its part in the drama of existence.”

“So, (and now it got down to each individual) now, Kienda, *Lucid Death* will open the gates. The web site will be important for the blog and making journal entries available on line. The monographs and other books just need to be polished up and available as 'cheap books' on Amazon and your web site. So you've got till November to get that all done - three months to polish *Aberrations in Heaven and Hell*, get the *Tulku Tales* and *S & R & I* out; finish up *The Dragon Quartet*, and finally *The Devolution of Evil*. OK, get busy!”

Saturday, Michaelmas, September 29, 2012 – San Francisco

Up to the New Jerusalem and into the great meeting hall. The souls of the dead are on the stage – millions of them. These are the ones who have been released from one kind of entrapment or another. Many more continue to be freed, as myself and others work toward that end. There was an acknowledgment ceremony between us all. It is the still living souls sitting in the audience. We all solemnly acknowledged one another on the opposite side, confirming our bonds and intention to work together.

Then all were seated. A huge hologram of the earth appeared with cross sections and diagrams. There are breaches in the integrity of Earth's etheric body. These are created by poisoning pollution, atomic waste and now, GMO DNA anomalies that are put into the ground and air. These breaches constitute dimensional portals or passageways for the negative and anti-social tellurian forces in the inner layers of the earth, to move out to the surface and influence people, communities and culture. The deep drilling for oil, and to a lesser degree, fracking, also creates passageways for evil to surface.

The Elementals also do not keep those negative, sub-etheric forces down. They are not able to remain on GMO infected land. The elementals cannot work with such unnatural plants, animals, contaminated soil and air. They are loosed from their rightful work and tasks, and are causing massive weather changes as a result. Instead of normal Elementals, the GMO contaminated plants, land and animals are etheric hosts to the subterranean forces from the deeper strata of the earth.

“How can we change and heal this?” I asked. “Radiation you can love and heal from higher dimensions of the astral and Ego/I. But the GMO issue is far more complicated. GMOs are conceived in the ahrimanicly influenced minds of men. It will take moving into higher dimensions such as the spirit self, to transmute GMOs. Who among you humans can do that? And consciously?”

That was the conclusion of the morning meditation. I took a brief nap, and was met by Shushilla, the white dragon, who took me for a ride. We looked down at the earth as we took off from the New Jerusalem, where this morning's Michaelmas ceremony took place, and I

could see millions of new dragons hatching and growing and learning to fly with their persons.

Then I thought about how to seal the etheric breaches of Earth. I looked at the ground and saw billions of worms or bugs with human faces crawling out of the earth. The ground seethed with them. Is that an image from the apocalypse?

Then I realized that the divine dragon may be a metaphorical form of the evolved spirit self. It is with our dragons, and our personally transformed reptilian brain stems, that humanity may find a way to ameliorate and transmute GMOs. Yes, I think so. There is work to do, and I must get busy. One aspect is doing the spiritual work now – going on from the basic meditations to actually doing tasks and projects in the spiritual world.

I then flew with Shushilla and a couple of other people and dragons, and we watched as Michael drew a 'cylinder' around the new dean of the education department, with his sword of flame, held vertically. The demons clustering about her cannot get out and do terrible mischief as they have been doing. Instead, it all goes back on her. It's instant karma time. This was done to a number of people who are doing evil deeds in the world. Karma is swinging right back into people's faces. (Later, that afternoon, I got a parking ticket for \$62 for four minutes overtime. I made poor and unconscious choices, and will now have to pay that money out to the city, rather than spend it on buying good food for everyone. Wake up!!!)

December 29, 2012 – San Diego, California

The usual meditations and finally very deep. The central channel of white light received horns and the sun disk which can be angled – or rather it is a sphere and shines in all directions. All chakras are living and moving and well and bright

The spiritual family and I went up to the donut to look back on earth. We saw all the dark influences, like black cords coming from the negative spiritual worlds to a number of people and then from those people spreading out to others with black cords – solar plexus to solar plexus.

I declared and affirmed that all off planet beings were not allowed to be here on earth and then further declared that the black negative spiritual influence which did not leave humanity free was also no longer appropriate. The human connection to the spirit worlds whether positive or negative must now be initiated by humans individually.

The Warriors of the Rainbow Light unsheathed their rainbow swords and moved across the globe severing all the black ties that were coming from above, except for a couple of places which were too dense and steel hard (Switzerland, Italy, England and the east coast of the US) and some which are chaotic swirling masses of dark matter (Africa, South America,

China and Korea.) When the main cords vertically from above were cut, they fell back into the people. The horizontal cords from person to person then went slack and the people on the end, who only received the influence from other humans felt, as the whole world received it too, a tremendous wave of light from above and a surge of loving earth forces from below. Millions of those cords were blown out of people with a great popping sound. It sounded like cosmic popcorn, all over the world.

Now, people are clear of those sticky black cords of unconscious influence from others. The black cords had snapped back to the senders who are covered in the sticky black goo. The cut vertical cords from the dark spiritual forces had also sunk back down into the people who had consciously accepted them. There will be even more fuzzy thinking in higher places and unreasonable declarations and actions.

2013 is the year of action – the years of doing. Grass roots people are now free to choose which actions they will take. We normal, little humans are free now from undue influence for a while, so we had better act quickly and decisively and strongly. I need to speak these things out into the world, to help people realize what is happening.

January 1, 2013 – San Diego, California

Sitting outside in J's garden, the back neighbors are either playing the piano or a beautiful CD. It is a human pianist and sooooo beautiful !!!!!!!!!!!!!

When creating the 'Caddy' and calling upon the spiritual family, they all jumped up and said, as I spoke each name. "Ready to the MAX !!!" Already at the alta major, Shushilla was dancing a jig. And when "to do the good that is mine to do," came up, everyone circled round me. "The unfoldment of my destiny," brought a time lapse of a gorgeous rose blooming. "The evolution of humanity," brought a great swirling around me and "the highest good for all concerned," brought a great leaping, lifting into the air of all of us.

Peter and I had a close moment when I held his face in my hands and loved him at close quarters. He and C. are still the 'sleepy' ones. He asked, "What can I do?" and I said, "Keep your daughter safe." He is happy and will continue to do that. Then everyone jubilated and said, "We made it. We are here. It is time and we are onto it." And then they all cheered.

From the donut, I see that this will be the year of celebration – the year of doing and accomplishing. All that has been set in motion already will go forward. The negative influences have withdrawn. We humans have a chance to be truly human now.

Up in the New Jerusalem, everyone is jubilating. Baby Christian is dancing around saying, "So many of the unquiet dead have been cleared. The souls and hanger-oners have been released over the last couple of years and the spirit worlds are clean and cleared also. Its time to create the New World in our human – true human – image. Go – do – be – now. Bring

and share the message which is “God is good. Life is love. God is love. Life is good. Do it. Be it. Revel in it and accomplish your divinely accepted tasks. Nothing – well very little stands in your way. Leap the hurdles. Dash through the bogs and tough spots. Sprint to the finish. First one home brings all the others with them. People are all individual cells of the total being of humanity. You are all one, and for a short time, balance has been restored. Make hay while the sun shines, and have fun. Your heart, your well-informed heart will lead you and your compassionate mind will execute and accomplish the ordering of priorities and reaching of goals. You are whole, each of you, as well as being a cell in humanity's greater body. You are quarks and particles of the Solar entity, too. Ah, the micro and macro cosmic realities – so divine, so multiplicitous, and in the end – so single, whole and universal.

February 15, 2013 - Sausalito, California

After the meditations, up to the New Jerusalem. I and some are asked to come to a small room down the long hall to the left of the large auditorium which is filled with people receiving teachings. The spiritual family and my daughters go into the auditorium with many of the Warriors of the Rainbow Light. Four of them come with me and Shushilla into the little room. I need some adjustment.

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

The spiritual light was purifying me and the Elementals in my body also. They had come with me from the etheric world up to the astral. They are evolving and graduating with me also. Shushilla and Christalina were right beside me as well. Earlier, on the way up, I had realized that some of the Elementals in my body had been pressed into service for the dark side, and cause illness such as the Lyme disease. They need lifting and rejuvenating.

The happy, good Elementals were with me to be rejuvenated and uplifted themselves and to help me be cleansed. It was the Salamanders who did the work of burning away the dross which went up the shaft of light to its next level of existence. And then the place where Shushilla's empty egg shell was, was filled with flaming light and became a heart shape. They had said, or I understood that the experience in this place was to set a new pattern of endorphin response in my astral and etheric bodies. It is another step in purification of the astral body to become “spirit self.” My concern in the beginning was, don't I have to work for this myself? Is it right for it just to be given? And then I understood. I have been working on

it all this time. This is just a little graduation ceremony and setting what I have been doing into place and into action in the spiritual world. It is an acknowledgement that I have been doing the work. (Though I am getting a little bogged down and need an endorphin break.)

As the heart took shape, the flames became wings. I am like a human angel now. The wings of flaming Salamanders are tools for sharing love and helping to cleanse others auras, astral and etheric bodies. Then Christalina approached me and hugged me and blended with me and we became a being with four flaming wings.

February 22, 2013 – Christian's Death Day. Sausalito and San Francisco, CA

My meditations got very graphic and I went up to New Jerusalem for a better understanding of the flow chart of my physical/spiritual body.

The energy comes from above in the central channel of pure white light. It is utilized to purify and balance thought and feeling. The golden hands of the solar plexus will, gathers the dross of thoughts, memories and emotions and places them in the crucible of the tan tien. The emotional desire of my intention is the bellows which fans the flames of the root chakra, heating the crucible and purifying the items and energies in the crucible. The purified 'steam' of released etheric forces rise to the brain and are then, through new consciousness, new realizations and inspirations, directed down to the 'root will' to motivate, activate and engage my will to do the good that is mine to do. There is a steam engine in the root chakra that impells the limbs to activity. That means, that the muscles and bones are set in motion to accomplish the goals of the continuing new revelations – the new plan.

I have not actually 'engaged' my will like engaging gears before. That is why I have been languishing and why inertia has gotten the better of me and my intentions. I now have another step towards manifestation and actualization. Normal folk who don't think about these things do their actions automatically for the fulfillment of personal wants and needs. As a person begins to work on themselves and become less 'personality' and more truly human and concerned with others and humanity as a whole, it becomes less automatic and then more difficult. There has been a period of time now for me that has been fraught with indecision and inactivity, while I grasp innerly the way it works, and what I need to do to get on track – what I was personally/spiritually missing. Thank you, Dear Christ and spiritual world for this new day of understanding. I will now to engage my will fully to take the necessary steps in unfolding my destiny and fulfilling my karma.

“Meditate with R today. Thank you.” said Christian.

So I did. We sat together, R and I and remembered Christian in life, and then closed our eyes and meditated in his world. R asked me how I saw him and I said, “as a large being of light.” She saw him too. I encouraged her to meditate – even briefly – on him in the morning or at night or both, and he will be there for her. “I will,” she said. “I will,” he said.

I walked on Mount Tamalpais near Muir Woods and had a wonderful refreshing time. I did a ceremony for the Elementals while sitting in a deep cool place on the path. They were excited and happy. When I left them, I heard them shouting from the hilltop to all Elementals in the area, "God is love, and humans are good too." That is my message for them. "God is love, and Christ is in every human being. We shall work together, Elementals and Humans for the good of all." They are sharing the message among themselves. If only humans would too, and act accordingly. Most of the people hiking up in the hills are at least harmless and well meaning.

February 23, 2013 – Sausalito, California

Up to the New Jerusalem and there is a large gathering in the main auditorium. The being on the podium was silent, and the mood was solemn. He said, "Dear Gathered Friends, it is with heaviness of heart that we greet you this morning. It is a beautiful world you could enjoy, but you are not enjoying it. Time has run out – or very nearly. Individually and collectively, not sufficient of you have truly awakened. I am, of course, preaching to the choir, here."

"Now quickly realize what must be said and done. Time is running out. Choose your words carefully. Speak the truth. Do the good action. Fulfill your destiny. Take a moment and perceive what that destiny is now at this culmination of time."

So I sat and considered. Yesterday, I realized that my destiny is to sow seeds of truth about death and life, and to evolve and purify my soul to the highest and best of my ability. And to share as appropriate with any and all others. I will continue to live in the hands of God through the changes.

"Very good." said the being of light to me. "I am sorry that you were not able to sow more seeds of truth for a longer time. You have been too careful, too fragile and too unsupported, which left you afraid and vulnerable, weak and ill. Those are personal, individual lessons and they took time. Only now that time is telescoping through the eye of the cosmic needle, have you and others awakened to the fact that your personal issues must be dispatched quickly and you must go on to the larger questions. Many things need to be in place before the major change. Enough humans must consciously move in and out of the spiritual worlds. Enough humans must agree to receive inner sight, hearing and intuition, to be able to continue the evolution of the human race and Earth and this quadrant of the universe. Part of your job, Sharon, is to guide people in their meditative practice. You can show people how close the spiritual worlds are – as close as a breath, as close as life itself, as close as thought and feeling. Help people connect with their Angels and Christ and the Dead. Let people know that they have lived in the spirit worlds all along and that consciousness of that fact allows one to work and move in both or all worlds simultaneously." (That was

spoken to me personally. Different things were spoken to each individual at that same time.)

Returning again to the whole assembled audience, the being of light again addressed them collectively. "OK, now that you all are on your new fast-track, it's time to 'git up and go.' Do and share. (and it happens that each of us hears what we need to hear in these meetings, and in our own words and metaphors.) Sow those seed of truth far and wide and thickly, to keep up the metaphor. Don't hold back. Encourage ! For you Kienda, community is where you are. At the last minute, everyone will be where they need to be. Encourage preparation for change. Listen to and for the call and respond when you all hear it. This is another reason to live in both worlds. The information you need to survive and thrive is from the spirit world. Everyone – anyone who has ears to hear, let them hear. Doubt and excessive caution are no longer useful (if they ever were.) You have nothing to lose. And you will even lose that if you don't go forward as briskly and consciously as you possibly can. Humankind is teetering on the brink. Better to jump when you have the freedom, than to be pushed over the edge. Come together. Share. Verify and synergize. Create community on all levels and with anybody and everybody who will. If no one will – then continue on, hard and strong, anyway. Whatever is done in conscious love is a helpful offering to humanity, should any choose to accept it."

"We here in the spiritual worlds have done what we could. The inertia of evil and the turgid weight of polluted physicality has bogged most human beings down, way too far. However, there are millions of evolved souls, and communities are forming. Many of them are young and do not have the necessary information yet. Their hearts are ready but they could use a few more facts and a wider perspective. Move in those groups now and share with them. The churches all think that they have it all already. Go through individuals."

I was weeping at the beginning because the mood was so somber and sad. But we must give it the best go, till the end. No capitulating to sorrow and depression – neither to anger or hatred for what is being done to humanity and Earth. What is needed is a cool, compassionate, enthusiasm for truth, love, the light of consciousness, trust in guidance and help from the spiritual worlds when asked, and lots of joyous energy to do the good that is mine to do. (Sow seeds of truth about Life and Death, thickly, far and wide. And guide others in meditative and prayer practices (of their own creation) to enter the spiritual worlds and work consciously with their Angels, Christ, the Elementals and the hierarchies.)) Quite a job and I have chosen to accept it long ago and affirm that commitment again NOW.

April 2, 2013 – San Diego, California

After preparatory meditations, I went up to the New Jerusalem and sat in the big auditorium for a general meeting. "Yes, Dear Friends, things are changing. Many interlopers have been removed from earth. You have enough to deal with of your own. Many have

stayed, however, by genetic right and they rule this planet Earth. They are moving as fast and as hard as they possibly can to accomplish complete domination of this planet, and the control and subjugation of all populations.”

“More and more people must awaken and see that they must indeed wake up, move around, find each other and create small intimate co-operative, loving new worlds in little pockets across the globe. Only in this way will human culture survive. Where are the musicians and artists, the farmers, gardeners and teachers? Everyone seems locked into their own dysfunctional lives unable to move. Come on. Get going. Do what you know you must do. Face reality and act accordingly.”

“With that little encouraging rant, let’s get down to specifics. Depending on what humanity does, you have a little while and a little more. If there is danger of atomic idiocy, then things will happen sooner. This is the last call for the human race. Do not sleep through it!!! Folk must begin now to save seed, plant and be ready for the changes. Those who are free, without children must move into the new paradigm and create places for the children to come. The mountains and higher elevation deserts in Southern California will be good. There will be rainfall after the changes.”

“When it is time for the earth movements, the birds will all migrate to higher ground. Many animals will also begin to move together towards the mountains that are safe. They will move away from the potential volcanoes. The coyotes will know and the larger animals – bear, cougar, foxes, deer, some rabbits, and of course, the birds. If you are not in the country by then and in a community of like-minded people, then head for the hills and take your chances. Work on intuitive communication. Technology will be set back and must be 'Christed' and made sustainably based. Areas of mountains in the south west and north east will be good. The rotation brings them into a good latitude.”

“The human being is the greatest energy source on earth. Your thoughts and feelings and will are your tools. Your technology in the future will demonstrate that fact. Pest control, germ control and many other things will be through the mind and attitude, and the emotional state that will be consciously created.”

“You all know all of this. It is just a reminder that time is moving along. The same old trajectory is in place. It’s still a downward spiral. People must band together for good, co-operative living. There is nothing more important at this time. Get the information out to as many as have ears to hear. Death is coming for many and they could be informed – should be informed – or at least should have the opportunity to be informed. Speak on *Lucid Death* and *Aberrations* to spiritual groups and Unitys, CSLs, Anthropops and Theosophists, and anyone who will agree to listen.”

April 11, 2013 – San Diego, California

What do we know of our own destinies? What do we know of our children's? G is protected from H's manipulations by the flame of truth. Only truth can 'stand' in the spiritual world. The false lies are evaporated in the intensity of truth.

Lies, deceit and manipulation are burned away in the heart dedicated to truth. So N, turn the flame of Christed honesty (like a laser torch) on those hurtful experiences that come your way by either the perpetrator herself, or by unthinking, unperceptive people in whom the flame of truth is not strong enough to shed the light of discernment on reality, both here on earth and in the spiritual worlds.

Thursday, May 30, 2013 – San Diego, California

Today, I did a complete meditation to get back into the swing of it – and it was so profound. The Caddy up and running, I went to look at Shasta again. It is still under siege by the dark forces. I asked, “Is Siridon here?” They answered, “Siridon? We have no truck with his kind.”

There is a whole wing of the big golden building with the amphitheater, for the Galactic Federation.

The moon sphere is the landing location of the Great Mother Ship, that I have been in and met Siridon and the others. Because there is no 3-D physical dimensionality, purified thought and desire are the way to motate around the ship. That’s why humans are not ready for such. We do not yet have control over the mind or emotions. Movies and things come up into consciousness, etc, and fragmentary memories or images that would be better left unremembered and not manifest in etheric thought forms.

So we walked down the hall and first door on the left. (my usual.) We – the spiritual family and I – sat around an oval table with Christ and Siridon, Archangel Michael and the original White Dragon. Michael gave a report. “The battle is not going so well. Humanity is becoming almost irreparably damaged. The worst offenders are GMOs and radiation on the physical and etheric levels and the constant onslaught of images and ideas from TV, school education, and movies, etc. on the astral body. Any pre-formed image takes up time and space in 3D and you know the damage of GMOS and radiation.”

“The few – you and as many others as possible, must awaken further and live cleaner. Spiritual teamwork is indeed being called for.” Rudolf Steiner then joined the group. “The healing work with the Elementals is also crucial. There is a team of two of them forming also. It is an anomaly for them to work together consciously in inter-Elemental groups and to team up with other kinds of dimensional beings. Guide or be led as you realize it is important and appropriate.”

I asked Siridon about the cosmos and the number of inhabited planets and he said,

“Millions – everything is inhabited. The 3D ones are fewer – hundreds of thousands and in all stages of development. In 3D, as you know it on Earth, hundreds at the crucial point that Earth is in. Some 'humans' are doing better – others worse. Right now Earth is at the tipping point. You may awaken and work more diligently or you may slide in a stupor downward and have to climb back up again to try to make it over the top to the next higher stage of evolution. It does not look good for humanity as a whole yet. Individuals? yes, the mass of humanity? Not really.”

“In the end, of course, all will be well. But as time progresses, the end can move farther away and that denotes more difficult lessons. Or, time can shorten and mean a quicker turn-around time. Whatever, the upshot is: individually, each must awaken to the knowledge of micro and macrocosm – how they inter-relate and how to become positively active in your world and co-operate with adjacent worlds. It is possible to do that and in fact, it must be done.

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

I am looking at Earth from the donut, on my way to the New Jerusalem. It is the solstice and Earth's etheric body is reaching into the heights. 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 cannot expand and part is almost leaking out. The ethers are separating also. We need stronger human etheric forces and will to keep Mother Earth in Balance. Christ is no longer in the etheric world, but in the astral realms and working down into the etheric

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 story has become 'keeping the spiritual traditions and creating individual new, personal practices for direct safe and effective connection to the spiritual worlds – the so-called dead, angels, 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. It 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, compassionately and dispassionately, 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 and all her beauty and 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 human being, do not trip over the thresholds.’ For much of humankind, the threshold is (take a deep breath) egotism – the unbalancing of priorities, the rising of the yet, unredeemed dark forces within one’s self that could pervert one’s task. Pray for guidance, clarity, and strength to remain true to the task and goal.”

“So, I 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.”

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.

Sunday, July 21, 2013 – San Francisco, California

In meditation today, I asked, “Dear John the Baptist, are you my guide?” He replied, “I am everyone’s guide in this, my tide, the summer solstice. It is the largest expanse into the cosmos – the highest reaches of the astral and etheric, upward and away from Earth, into the heavens. The human astral and etheric bodies are impelled into Earth’s higher members and nearer to the cosmic starry worlds. Man must keep his Ego/I united with the other parts to remain balanced, conscious, aware, and to make good use of this opportunity – this once-a-year ease of rising above Earth and nature into the starry realms. In Uriel’s summer-time, the human spirit may easily and naturally rise with Earth’s out-breathing. In Michael’s time, the starry wisdom descends as meteoric iron falling to Earth. In Michael’s autumn-time, the Earth begins her in-breath. Starry wisdom as meteor showers fall down into her astral, etheric and even sometimes her physical body.

To remain conscious when ascended into the starry worlds, that is the Urielic/Johanine task. To meld the cosmic and earthly in conscious awareness, and to bridge heaven and Earth is humankind’s task.

Then I went up to the New Jerusalem, and as I was walking in, Christ called to me, “Come up here Kienda Valbracht.” So I did. The hall was a gathering for the Galactic Federation, and beings from all over this quadrant of the Galaxy were assembled. Christ said that the conceptual matrix is Urielic wisdom and that we humans must extend our

knowledge and understanding of the cosmos in such a way. We must become conscious participants in the evolution of ourselves, our planet, our solar system, and our galaxy. We must understand the evolutionary pattern of this time and place as it relates to all times and places in the cosmos. Star wars is real. We must come to comprehend the vastness of creation and our part in it. *"The Dragon Quartet* and all your writings are pieces of this very large and complex puzzle.

Monday, November 11, 2013

When we got up to the New Jerusalem, we were greeted at the door and it was suggested that we go to a meeting down the hall. "And yes," said the welcoming angel, "there is always something going on in the auditorium and in most of the classrooms and small amphitheatres." in answer to my unspoken question. "You may come any time. Today there is a special meeting with Siridon and Reginald. Down there." and he pointed down the hall to the left. The Galactic Federation has a wing of this building somewhere, I just haven't been there yet.

Shushilla is with us and the White Dragon of Sirius was in the room. They went off together to help my friend's dragon. He is a blue shade, but all dusty and somehow, his wings are glued shut. My friend's doubt has resigned his dragon to the dust bin, but he can be reclaimed.

So Siridon from Sirius in the present now time, and Reginald from Lyra and Vega eons ago, are here with my friend and I. The settlement on Mars that I heard the Tall Whites or was it the Nordics came from, is just that – an outpost, a settlement for travelers. The Mars beings, the indigenous ones went through their 'human', 3-d stage long before earth was created. While earth was still part of Old Sun, and they are no longer dense, and haven't been since then. But the settlements have been made by galactic travelers and the Tall Whites are one group.

Reginald said, "We have not intervened except to interbreed with you earthlings for pleasure and to lift you up. At that time, the population was small and struggling, so simply interbreeding was sufficient as well as simple transfer of energy by touch and intention. It was the Anunaki intervention, shortly after Atlantis went down south, who did the genetic modification. This is a repetition – a fractile of the pattern set in motion by the reptilian, Lucifer in Lemuria – the pattern of inserting something foreign into newly developing species for alternative goals, rather than the destiny of the populations themselves. It is patently not fair. In Earth's case, the reptilian brain was inserted in nascent humanity. We tall Whites as you call us, but Lyrans as we originally were, did not do those kinds of things. It is unredeemed reptilian behavior. When a species has evolved to a certain point, then we can interact. It is most unfortunate that the hard-wired reptilian brain stem was designed to be so impervious to transformation. Certain factors and characteristics were and continue to be absolutely dominant. In this case, because we have no genetics that could surface as active

evil, our mixing with your species could not undo the luciferic implant. We have our faults and must redeem and heal parts of ourselves, even still now, but we never had an insertion of active evil within us.”

“As you saw, Kienda, I am one of the least of my kind – but I am good and true. Personally, I just need confidence. And I am learning that now, thanks to your friend. I see his brilliant genius and I see his doubt which obscures it. (p.s. It is a Catholic hold-over.) Fantasy, as he calls it is the doubt filled, self-delusion of the only proof being scientific. He, like myself, has a problem with realistic self-awareness and true self-image. I always held back, thinking and feeling that all the other Tall Whites were better at self-expression, etc. etc. But now I see that I too have a gift. It is the gift of understanding aspects of the human being that need healing. I am a remedial healer and psychologist for our traveling crew. Some run into difficulties on the long voyages. But here in the New Jerusalem it is more like our normal home vibration, so everyone is in top form here. I have been feeling extraneous. Now I see I can be of service once again to human beings. I am profoundly knowledgeable about inner states, psychology and also, the workings of various spiritual entities and beings in all the different vibratory fields of existence. I think we have all found each other by cosmic design.”

“There are so many creation stories and all hold a grain of truth. Shall we give it one more go? Perhaps what you and your friend know already will help in deciphering the meaning of the metaphors and unusual facts.”

“Oh, yes, please.” I responded. “Can My friend be healed and strengthened to be able to work actively and confidently also?”

“That depends on him.” Reginald said. I will do nothing against his will and now his will is mixed – the desire to know and experience, yet the fear of the exposure of his damaged and unredeemed sides. He may want to sift through his life, one more time and release – jettison – those experiences, feelings, thoughts and attitudes that no longer serve him. When anything is let go of it should be released into the light, which will transform the old baggage to its more elevated state by the power of the light. It is not appropriate at this time to simply 'let it go' to swirl around in the lower etheric and astral worlds. Then those experiences and forces only feed lower inappropriate entities. Things must be transformed by the light.”

“Then, the final phase of the release is necessary – to fill oneself with light and love. Call upon Christ and the angels to enter the space – to fill it and heal it with love and goodness and nobility. After a few days of this, and you can help, your friend will be ready to receive and work together with me and you and his dragon, Blue Bill, or more formally, Bhylarius. Thank you for speaking with me and initiating contact on your friend's behalf. All bodes well.”

Tuesday, November 12, 2013 – Glorieta, New Mexico

I gave another 2 hour long phone talk to Mariko, Athena and the friends they are working with up in the Trinity Alps in Northern California. The first talk was of the Dragon Story, and all the attendant issues. Last night was the radiation and Elemental stories.

Because of the work, they asked about marijuana. What could I say about that. I told them I did not know but would explore and research in my morning meditation. So I did.

When I got up to the New Jerusalem, Reginald 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, 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, you, Kienda and I, many of my colleagues were imbibing a substance that put one in a state of loquacious animation. I prefer not to do that, 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 affects of substances.

I then asked that the plant spirit 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.

Athena called, and after talking with her, I went back to the meditation and asked again. 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 toke 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.

Thursday, November, 21, 2013 – Glorieta, New Mexico

Up to the New Jerusalem and stopping by baby Christian's pearl. He patted my cheek and said, "hey mom, carry on." and when I entered the auditorium, Christ said, "Ah, here come the raggle-taggle Earthlings." (meaning Americans) We all sat down in the front row where we always used to sit before all the others joined us.

Christ continued to address the group. "Its time for a better understanding of what is

to come. These are chaotic times. The revelation of St. John is not unfolding seamlessly. There are bits and parts being played out now, but the precursors have not all happened. In this way the opposition hopes to delude many people and avoid recognition. Dogma, as has been said before, is a dreadful trap which keeps the mind boxed in and cornered. What humanity must come to see is the bigger picture. What are the goals of human evolution? And what could hinder the attainment of the goals?

The sprinkling of the vials of wrath has occurred, the pouring to the dregs must come. The riders will trample masses underfoot. Inform yourselves. Keep watch and wait. Be ready in a moment. No one knows the time. It is not set. Some parts of the prophecy will happen here, some there. Know the concept. Know the thrust of the future. Then wait and watch. Do what you need to do, which is do what you love and what makes you happy. That is the path. To thine own self be true.”

“This is as much as can be said to a large group. For more details and to follow your own threads of thought, it is time to break into smaller groups: *Economics; Human Rights Among Yourselves and in the Cosmic Scheme; Genetics; The History of Evolution; Mathematics of Concept, Form and Existence; Balance, Harmony and Healing in all Dimensions; The Concept and Manifestation of the Opposition;* (and there were a few more listed which I didn't hear and obviously did not call to me.)

After a slight hesitation, I went to *The Concept and Manifestation of the Opposition*. The following are the notes. We were a large group of both men and women in a large, somewhat dim room.

“In all manifested existence, there is duality – physical, etheric, astral and lower devachan. It is only in the highest sublime dimensions/states/vibrations that there is unity. Simple duality and massive multiplicity is apparent in all the other realms. The archetypes of the opposition are extremes of either end of all polarities, or the excessive division of extreme multiplicity leading to unrelated chaotic states and encounters, and the ultimate loss of the center. This is a description of the actions of Lucifer, Ahriman and the Azuras.”

“These forces of extremity in any and all directions, function to keep existence mobile. That is their correct and accurate role. But, each individual state of consciousness – each conscious entity – must learn to walk the middle path, utilizing all aspects of the diversity, but not going to extremes and losing the center of consciousness. This applies to all created conscious entities, from humans up to the higher hierarchies and down to lower beings. It is only in the heart of the creator, from that place of undifferentiated-all-potential, that unity is experienced. It is not a goal of Earth or any planet. By the time the inhabitants of any dimension are ready for ascension into unity, it means the end of that evolutionary phase and the ceasing of individual existence into union with the 'ground of creation – God.’

“So before moving on. The opposition is at work in the world by tempting people to

Nihilism, Docilism, Depression, Apathy, Atheism – extremes of any persuasion. Normal human evolution for the individual gets side-tracked. No one reincarnated to become a Nihilist, religious fanatic or suicide. These are not a part of anyone's destiny, really, although there are often important spiritual reasons why a person has dipped into such things.

The infrastructure of the opposition is incredibly strong and embodied in earthly organizations, structures, society, education, medicine, government, etc. It can only be through the individual and their adhesion to their inner center (Christ) that humanity does not all succumb to the wiles of the opposition whose ulterior motive – whose goal (beyond the positive spiritual task of keeping thinking, feeling, and willing mobile) is to polarize segments of the population to their favored extreme and addict those people to the spiritual power that accrues to themselves, alone. The better evolutionary way is the slow but sure rise of humanity to become balanced themselves, and move forward morally to become spiritually powerful creator gods.”

Before I could go on to another group, we needed to come to closure. “Thank you for coming, and you know what you have to do.” Then we shook hands around the circle like the sufis do, and then down the line of the white brotherhood and ascended masters Serapis Bey and Metatron. We each had our own phrase to say when we shook hands. I said, “I will be true.” Others said things like, “I will seek and find him. I will stand strong.” etc.

Then I was free to go to *Balance, Harmony and Healing in All Dimensions*. I entered a healing room of sound and light. It was the entry room to the large luminous dome meeting room. Each individual was balanced, harmonized and healed before entering. I was standing in the little room and a blast of white light came through the top of my head and pushed all the ridiculous thoughts and images out of me. I went into a profoundly deep state and 'woke up' a bit later feeling peacefully wonderful. The cosmic red vacuum cleaner had come and taken all the detritus away.”

“When I walked into the dome, small circles of people were being led through a chakra meditation by someone in white. And I looked around and saw that after the entry room healing, we all were in white. We were guided through the chakras. I saw mine as I always see them, just more clear and regular – the shapes were precise. (not like the flower petals that I usually see.) They had been cleansed in the small room and now were intensified and powered by more white light which stayed at each juncture and radiated stars and other forms out from each chakra. They hovered in the air around each one.”

Then we opened our arms and stretched them out and received a wand in each hand. (This is the balance part.) We can fasten a star on either or both ends, and depending on which chakra we take the stars from, it gives off a certain energy which can be used for healing specific places on ourselves and others. Twirling them like batons is protection and creates light which changes the energies of an environment. Can these be used to heal radiation as well?”

January, 2014 – Fallbrook, California

Looking from the donut, I see Fukushima as a white-out of radiation. There are white straight lines erasing everything etheric which is all normally, flow and curve. The masculine/straight is overcoming the feminine/curve. A process of straight lined energy dicing the normal flowing curves of etheric energy is going on in all the etheric realms. Because the feminine is receptive, the radiation is allowed in and causes damage in all realms.

The world is now covered in a layer that is more in some areas and less in others of straight white lines of radiation damage.

Japan has a boil festering under Fukushima. It may cause incredible damage if a large quake releases the festering radiation into the air and sea.

So I broke down and cried about what we humans have allowed in our world and I in my life. The forces of destruction are very strong and incredibly subtle and pervasive. Humanity is hit from so many sides now, and it is accelerating. I can just beg, "Help us, help us. Help me, please help me."

Christ reached down and scooped us all up from the donut and carried us to the New Jerusalem. We all tumbled out of the Caddy, and I sobbed for a long time in Christ's arms. Christ crooned, "I am here. I will be with you always, even unto the ends of the earth." which I understood to be the end of Earth's evolution in many cycles of time to come, yet. Finally, I asked, "What can I do? What will help?" Christ said, "Community! Whenever two or more are gathered in my name, I am there in the midst." So I need community of at least one spiritual/physical partner. I will do the dating game and see if a man is ready. I will go to the communities in Southern California and see. I will advertise for a gypsy spiritual road-show partner.

Thursday, February 6, 2014 – San Diego, California

Vast numbers of many races are just doing the best they can – studying with the Ascended Masters of many races in the Galactic Federation – which was one of the original gathering organizations of multiple races and star systems in this galaxy. However, it has recently been fragmented on Earth and perhaps on other planets as well.

There are factions now in the Galactic Federation. Those that have polarized excessively are introducing themselves to humans as the Federation of Light and other such lovely sounding names. It is a luciferic faction, however. It is wielding its influence here on Earth through the New Age foibles. It is the dark reptilian group that has taken over the sacred mountains on Earth. So, although they call themselves the Federation of Light, they are working for the dark side.

The dark has a series of webs of control and power around the world: governments,

finances – banking, insurance, and the stock markets, for instance. Religions have been infiltrated – Christianity, Islam, Buddhism, Jain, Sikh, the religions of Africa and South America. Every religion has been co-opted. Within each religion, there are good and striving individuals, but those who have risen in the power structures, are vulnerable to attack by their unredeemed human failings such as any of the seven deadly sins. The sins start out small and seemingly inconsequential, but grow and fester until stopped, adjusted and transformed or eradicated by conscious effort. That is a lot of work and so people who have a lot to lose often succumb to the temptations of the dark side. The same is true in politics, finance, education, everywhere. Every large organization has become the 'home' or physically manifest body of dark, retarded spirits – luciferic, ahrimanic, and azuric.

The Allies of Humanity and a faction of the Galactic Federation, still hold to appropriate human evolution. It is clear to them and to some of us humans, that the 'turning or tipping' point has come and that we have not achieved the highest possible state yet, but that the dark oppositional side has nearly enslaved the world. It has gone the way the ages of the past have gone – toward self-destruction through each and all of the seven deadly sins within each individual, and through the dark minions ensouling the institutions and organizations – governments, businesses, NGOs, religions – every organized aspect of human life. All that is left free of such ensouling take-over on a mass scale is individual grass-roots consciousness. There are a tiny few small groups that function well, healthily, and for the common good. These are the seeds of future human evolution, culture and society.

So, this turning point, calendar progression, major change in vibratory rate (not ascension yet) is taking on massive physical properties which will accelerate in the next couple of years.

The foible at the top is the lower egotistical desire to dominate and control, which is powered and manifest through money and manipulation. Some high beings in the Galactic Federations have fallen prey and are 'cleansing' the lower echelons. Since the dark side has taken on the name "The Federation of Light," they are roaming the galaxy and causing havoc on planets like ours where duality has not yet been balanced by the indigenous populations – in our case, humanity. We so easily fall for anyone or anything purporting to be of 'the light.' We need to learn to discern the motives and intentions behind the words and white robes. We need to intensify our intuitive capacities. Only then, can we discern our individual true path and have the courage and common sense to follow it. And now, the negative factions have boarded the true Galactic Federation Mother Ships and taken over, much like they did to the sacred mountains. Perhaps at the same time? – yes, at the same time.

This morning, after the usual meditations and creation of the Cadillac of astral projection machines (the Caddy), the spiritual family and I were assembling, when there was an energy above us and we looked up to see that we were being 'beamed' up into the great mother ship. We were not welcomed at the landing dock when we came. No one was visible.

We disembarked the Caddy, climbed the stairs, and walked into the familiar hallway. Siridon came towards us not wearing his usual Federation 'jumpsuit' but a flowing white robe. He looked haggard and tired.

Siridon has been under guard and stressed, and psychologically tortured to change him into a tool for the dark side's work. They would love to have him on their side, bolstering the illusion of their integrity. However, he has withstood take-over, but at a high cost of pain and suffering. I wept tears on the physical plane, when I looked into his spiritual pain-filled eyes. He was able to communicate much of what had happened.

The three reptilian friends I had met (by fortunate mistake) on board, have been sent to their home planet to get them off-ship. Once a reptilian has evolved to a certain state of light/dark balance and consciousness, they do not easily sway to polar extremes. These three and many others on the ship have been relieved of duty and sent home to their native planets. A number of other individuals were not so lucky if the invaders thought that they could be useful, like Siridon, and a few have been annihilated if difficulties arose because they realized that something was wrong and they challenged the new order.

I asked if there were others who should come with us, but it seems not. Siridon's best friend was already under the sway of the opposition. It is her karma now to work it out. I asked about the little Grey baby I once tenderly held so long ago, but was informed that she/it was not on the ship. (I would love to find her in the galaxy some day, and felt that the cosmic answer to that prayer was, "yes, that might just happen some day.") One potentially positive aspect of this take-over, is to educate the Greys that have worked with Siridon on the dragon egg project, to the fact that they now have the opportunity to choose which side they will support. This will be new for them because they have been the servants of higher orders of consciousness for a long time now and are being forced to face moral and ethical issues and make personal choices. All the love and appreciation that has been given to them will help them to choose the true federation and a righteous path for their own evolution. If they want freedom of choice, they must learn to honor others freedom as well.

It was clear to all of us that the fragile parts of Siridon that were present with us were going to leave the ship and go up to the New Jerusalem. That would mean leaving his etheric body which held his physical template, and which was on a bed and being damaged with a radioactive isotope. He would not die if he left, but before too long, he would have to reunite with his etheric body or he would indeed expire. We contemplated rescuing his etheric body. The Warriors of the Rainbow Light went to reconnoiter, but came back with bad news. The dark side has constructed many barriers in many different dimensions – etheric, astral, and I don't know what all else. The four Warriors decided to stay and try to protect Siridon's etheric sheath, rescue it if they could, and find out what is happening on this ship in more detail.

We just had to flee the ship as soon as possible, but when we all got into the Caddy

and tried to open the ship's escape hatch, it would not budge. We were all trying to find a latch or opener, when Siridon, by great mental effort, opened the hatch. There was a clunk of metal and we jumped into the Caddy as it dropped outside the ship and we turned and sped up to the New Jerusalem. As we traveled, I sat in a chair in the center of the Caddy (first time ever sitting) surrounded by all the spiritual family. I was holding Siridon like the Pieta, as I had held Christian when he died and we brought him to the Christian Community Church. But Siridon is not dead, just wounded and separated from his etheric body.

We landed at the door of the amphitheater. I rushed in and laid Siridon on a low table in a healing room, like he had laid me in the healing room on the ship, those many lovely times, and I pulled the sheet up under his chin and said, "I love you and appreciate all you have done for me and humanity. You are now safe in the care of our Solar Regent, Christ. Only the best can heal you, but you must know, as I'm sure you do, that there is war on every level of this solar system at this time as we birth a new vibrational level. The opposition to life and evolution is working overtime to thwart and abort human and earthly potential. You have helped us, for which we are infinitely grateful. You will experience only the best and most comprehensive healing now, and we shall all work together again soon. Thank you. I love you." And I left the room, tears streaming down my face. I thought that I would not be involved any more, but that other beings, both human 'dead' and beings of other hierarchies and races will take action when clear and appropriate, and I trust them completely.

Everyone on the trip had to be decontaminated, as well as the Caddy. We were placed in showers of brilliant warm light, like the central channel open a few feet wide. The light penetrated through every molecule and atom of my being. Everyone was experiencing this with profound joy and peace. It aligned and balanced every facet of our beings.

So, dressed in white, the spiritual family and I went to see Christ in a small comfy room down the left hallway, which is the direction of the true Galactic Federation's new headquarters. Christ said, "Thank you for bringing Siridon here. Individual human beings or small groups such as yourselves (referring to my spiritual family or posse) can do rescue missions of this kind because you are not under the rules and regulations of the higher orders. You are still free, even to intervene in higher dimensional situations. This is human destiny in this hour – to help those above yourselves. Many Angels need reclaiming to love and balance and the positive Christed flow of evolution in this galaxy. Many have fallen with their people who have succumbed to the luciferic and ahrimanic influence."

"Third and fourth dimensional technology must be replaced by clean fifth and sixth dimensional forces. It's going to be like Noah and Atlantis again. The present technology is destroying much of the surface of Earth because it is not based on love but on destruction, fear and hate. You must lift your consciousness to higher dimensions and communicate with the positive beings there. More humans must come to the classes and tutorials of myself, Christ, and others in the New Jerusalem. People must get beyond the desire to see the

spiritual worlds physically, and open the third eye, the third and fourth ears, etc.”

“However, as your bodies are becoming denser because of pollution, radiation, GMOs, and toxic waste poisoning, it is becoming more and more difficult. Please, Beloveds, persevere. Watch and pray. Fast if you can, Meditate boldly, and trust. Among mortal human, trust is a moot point. Trust me – Christ, and trust the forces of love, JOY, and peace.”

“As for Siridon, his situation is very difficult. If the Warriors of the Rainbow Light cannot rescue and transport his etheric and physical vestiges and abilities, we may need to send him back to reclaim them, supported by a host of humans in spiritual form and a host from the hierarchies. No lamb must be lost and you have brought him here. He will be saved. Thank you, again.”

“And you, my dear,” He said, smoothing my hair and stroking my cheek like my mother used to do, “have some serious work to do. Get this news out! Please!! The time is running out so it is now acceptable to start shouting from the rooftops as well as whispering together one to one and in small, comfy groups. Step up to the plate, please, and hit a home run. Don't go the way of the messenger of God – the holier than thou way – it's self-defeating. Go straight on, no apologies, no excuses. Just the facts, M'am. Good luck (tee hee) and enjoy.”

Sunday Morning, February 9, 2014 – San Diego, California

The spiritual war is intensifying and moving up into the etheric worlds. I don't feel safe in the donut today. It is just outside the etheric body of Earth, and it is protected. However, human foibles give the dark side a foothold. As we know from the take-over of the sacred mountains and the lecture in Mount Shasta on *Spiritual Egotism and the Danger Thereof*, many people have evolved and gained access to the higher dimensions, but continue to carry unredeemed egotistical impulses. These are dangerous openings for dark infiltrations and influence. Those people are not getting up to the New Jerusalem, thank goodness. So, I spent only a few moments gazing at Earth from the donut and then Christian's doves called us on to the New Jerusalem.

“To be drenched in apocalyptic karma” is not what human souls need. This thought was the result of sitting in the Amphitheater and contemplating the possible, varied results of the coming cataclysmic changes. There has been so much speculation by the media, such as a return to savagery and survival at the expense of every other human being, looting, and such. But human karma is already so thick and turgid, that more of those scenarios would weigh human evolution down to a standstill. We cannot afford that.

Then I was presented with flashes of what the dark side is offering to the Greys, to secure their cooperation. It has to do with capturing the souls of infants that will die during the cataclysms. Some Greys will be very happy to do that, even if it is karmically unlawful. Some will not do such things because they honor human evolution and have received love

and kindness from humans. Some of the infant souls will accept a 'walk-in' Grey cohabiting their soul. There will be many possibilities, lawful and un.

“One does not bargain with the devil,” Christ said to the group looking through the window into the healing room at Siridon lying there. He needs his other parts, his etheric and template for his physical. I asked if they would try diplomacy to get those parts from the dark side, but Christ said that they would never bargain away anyone else, ever, for He knew that the dark side would ask for someone else in return.

There are four Warriors of the Rainbow Light on the ship, so I caddied over to see what progress, but I can't get in because no one is on our light side who will open the hatch for docking. But wait – the Warriors have come and opened the hatch and are bringing Siridon's etheric body with them. They dropped into the Caddy and we sped back to the New Jerusalem. Siridon's etheric body is faint and damaged, but it is here now and will be re-attached to the parts that are already here. I don't know how the Warriors did it, but humans have not often worked in this way, so are not expected or protected against, in this war in the spiritual worlds. Human beings are going to make tremendous changes in the higher realms when we can function there for good in sufficient numbers. In the beginning, the oppositional forces will not be prepared to deal with us, our energies and our audacious choices and actions.

Siridon's etheric body has been presented to Christ by the Warriors of the Rainbow Light. It has been tampered with and damaged in subtle ways, as well as there being pieces missing. Christ called upon Shushilla, the original white dragon, the spiritual regent of the Sirius star system where Siridon comes from. She functions for Sirius like Christ does for our Solar System. She holds in her being the perfected etheric template for all the races of Sirius. So Siridon will receive a whole, healthy, perfect, etheric body from her. He is taking a major step in his personal evolution and will be a very valuable force for the positive evolution of his star system and the whole galaxy.

Monday, February 10, 2014 – San Diego, California

After the usual meditations, we all went up to the amphitheater in the New Jerusalem. “Welcome to the New Jerusalem. A general briefing on Earth changes is not appropriate because everything is still in flux. However, there is a small group (of which you are barely one,) who are needing information, so join us in the conference room, please,” so, Christ greeted me today. “Thank you,” I replied as the posse and I headed down the hall.

Indeed, we sat in the outer circle of the room – not around the table which was already filled when we arrived. Also, it is not really physical earth changes that is under discussion, but the wars in heaven and on earth.

“Throughout the evolution of the galaxy – in the whole universe in fact – as time and

space have elapsed and changes of every nature have been accomplished, turning or tipping points have been achieved. In each transition, some beings have evolved and moved into higher vibrational existence, and some have remained static. Those that have remained at the lower vibrational rates, and not ascended into higher and finer dimensions, are considered retarded beings, in that they have not been able to completely learn and master the limitations of the original dimension, nor gained the tools, skills and qualities of soul and intelligence to move upward into ever more complex and higher levels of existence.”

“This process of evolution or devolution – the separation within each of the hierarchies into appropriate or retarded factions, has been going on since the creation of the cosmos and the beginning of time. (The rest of the discussion centered around our galaxy and our solar system, specifically.) In each of the recapitulatory rounds of the eons (see diagram – there was one on the blackboard) there have been subtle shifts and separations, and between the seven ages, the division between advanced and retarded beings has become complete. It is clear therefore, that there are positive and negative, evolved and devolved, ascended and retarded/descended beings within every hierarchy. It is a volatile galaxy. It is growing and evolving or devolving, just as each individual being is. That means that there are many opposition factions within each species, race, and hierarchy. There are many forces with many different goals and destinies. And, many are in opposition to smooth evolutionary progress. It would be wise to understand the goal of existence and the goals of the counter-evolutionary forces also.” (*The basics can be found in Chapter 8 of ‘Lucid Death.’*)

As we left the conference room, I asked about Siridon and went with Christ to look through the window, again. He is being cleansed, detoxified and reintegrated with the etheric template which Shushilla, the original White Dragon, brought from Sirius. I asked if I could help in any way, as his etheric volume was very low and he needed an etheric transfusion. I thought at first that I would give him some of mine, but then I realized that he would get my memories, and such nonsense he did not need. Then I remembered Reiki and hands on healing. The way it works for me now is: the central channel to the etheric and all forces from the sun is opened wide. As the stream of etheric force (which looks like white light) moves down through the central channel and the spinal column and reaches the heart chakra, it is enlivened with human love, and splits into two streams which move through my arms and out my palms.

So, Shushilla, from Sirius and I did hands-on healing for Siridon – at first we worked at his sides to sense the energy flow in the chakras. Then with my clearly focused, unwavering mental intention, “I offer only pure etheric energy to be utilized by Siridon as he needs and wants it,” I sat at his head and Shushilla at his feet. The energy poured like milk into all parts of the new etheric template and filled Siridon to overflowing. He is an interesting mix now of Sirian and Earthly nature. We are close enough, our two star systems, to be blended. And, besides, he and I have a bond of love and kindness already, so we trust each other and can give and receive consciously. He looked infinitely better. I am so grateful.

Wednesday, February 19, 2014 – San Diego, California

Siridon joined the spiritual family today. From the donut I see a couple of ash plumes from volcanoes and wonder how his will be affecting the weather.

Then we got up to the New Jerusalem and at Siridon's suggestion, went to the Galactic Federation wing to tackle that problem/issue. There were plans to air lift numbers of humans off Earth when some of the serious shit hit the fan, but now, most of the Galactic Federation has been infiltrated and most ships have been overtaken, like the ship on which Siridon was the project manager. The dark side will take other people than the rightful Galactic Federation would have taken. It does not look good for human evolution. If the same old level of evil is going to be perpetuated on the new Earth, it may not be as "easy and natural" to birth the new paradigm as formerly thought. And simply ascending is not the issue either because no one is ready yet to do that in sufficient numbers to perpetuate the human species and evolution. It's a dilemma. It is not as simple as overrunning and taking back the ships, because they have weapons which damage or destroy the etheric body (atomic, radiation, and laser weapons.)

So, what to do? What can be done? There was a coup staged at a general Galactic Federation meeting in the main headquarters in the Pleiades or somewhere in the galaxy. A being from very high up used mental, psychic control to "blanket the meeting" and lower consciousness, then proposed a vote with dubious motives and results and push it through. They therefore took control of galactic communications. That way and because of the "blanket" beings were deceived and kept ignorant, Small take-overs could occur on mother ships because they were not informed and the small take-over parties came in cloaked ships, or simply arrived and were invited in because deception was not expected from 'their own' members. It was the 'unsuspected' aspect which was designed like the Friday the 13th take-over on Earth of the sacred mountains.

So now, the contingency of the rightful Galactic Federation personnel that had been posted here on Earth must find ways of regaining the ship or otherwise accomplishing their mission of peace and positive evolution for humans and all members of all the hierarchies involved in this solar system and this quadrant of the universe.

Siridon, myself and the spiritual posse, sat in the Galactic Federation conference room and watched for a while as a holographic Earth was displayed, along with the many and varied ships in the sky above. Everyone here is now talking and making deals and plans among the different species of beings and races from a number of different star system about how to co-ordinate and co-operate with their own planetary star ships and resources at their command at this moment to facilitate a positive outcome for the coming changes.

We left Siridon with them and went to talk about how we humans, both living and dead, can be of assistance. There are millions of Warriors of the Rainbow Light and they all

agreed to help in any way possible. Their etheric bodies have already suffered damage, so they feel it would not be a total disaster if something else happened to themselves in the process. More will be revealed in time. We are ready to do whatever might be necessary.

Friday, February 21, 2014 – San Diego, California

After the usual meditations, Christian said, "Let's you and I take a little time together. Let's walk." So we did, and sent love to his sisters. Each one was showered with love and then I tapped on my surrogate self for the opening of their hearts to receive it all. We joined the rest of the spiritual family in the auditorium and then there was a message from a very formal spiritual being. It was not Christ or anyone I have known before, but it is important information considering the new age cosmic fluff bunny nonsense that goes on. Goopy, sweet, feel good stuff with no content and not really applied anywhere of meaning. They seem to utilize spiritual experiences for physical sensations of delight and go no further.

So the austere being said, "There have been many plans on many dimensions (referring to Earth changes and the continuation of human evolution.) Everything is in flux. The game is unfolding at a wild and break-neck pace. No human can fathom the complexity or the scale and scope of the situation at this time. Instead, a modest grasp of reality close to home is advised. Watch what is happening on Earth, the planet; cultures, civilizations and societies; governments; finances; education; all such things as affect daily human life. Earth is where you are and what needs your focus, energy and intelligence."

"And yes, you humans are multidimensional beings and have a conscious Ego/I, and are aspiring to the 'spirit self,' your next higher spiritual body, which is indeed a purified and perfected astral body. You can indeed sometimes experience that realm – the highest body of the Angels and part of the Archangels and Archai – and by analogy and metaphor, experience and come to understand some things of the worlds and beings of the higher hierarchies. But do not delude yourself, that you understand the universe. What Rudolf Steiner has brought to consciousness is all true – it is a firm basis for human comprehension. You might like to study more yourself, Sharon." (I am always addressed as "Sharon" when it is serious and important. Kienda is lighter.)

"Speak to as many as will hear. Don't waste time on those who will not, or those who are caught up in the luciferic or ahrimanic illusions that are rampant on your Earth. Stay in touch with your Angel and spiritual family, and with Christ – your Solar regent. Follow the promptings of your heart. Trust them."

All that was good to hear. I feel ready to settle down to beloved Earth again. The last bits and journals have been getting farther and farther out and away. Its time to come home.

Something malevolent like the 'Balrock' is at work in the Galactic Federation and the galaxy issue and is rising up on many worlds. Then I had an "ahaaaa." Of course!! We all go

together when we go, so, many systems within our galaxy are at a similar crucial place. The opposition is running amuck not just on Earth, but on other planets and in other dimensions. That's why I am advised to come back down to Earth. This is where I take my stand. I can do work in the higher dimensions also, but it is on Earth that I live and belong now.

February 22, 2014 – Christian's 33 Year Anniversary of his Death – Fallbrook, California

When up in the New Jerusalem, Christian said, "Write this down, Mom, it is very important. Don't miss a word." I did.

"You are magnificent. You are also a humble worker in the fields of God. And your work is about to go up a notch. You have so much to give and a conscious connection to an unlimited source of love, power and energy. You must utilize these gifts and hard-won abilities. DO!!! Give to each and every person and being that you come in any contact with, whatsoever. Step forward, shake hands and give. Thank people at the end and give. Hug as often as possible and give. Your receiving is through the central channel – move it through to others. Don't be so stingy. You are healed now, so you can heal others. DO IT!! Give love and healing energy. We all need it – on both sides of the threshold."

Then the party went on. The angels were serving tiny goblets of ambrosia to the many souls who had gathered to celebrate Christian's 33 year death anniversary.

All the beings who have been affected by Christian in any way were there rejoicing. That means everyone I have had dealings with because he has been with me on all my adventures and helped and guided from above for all these years: the Warriors of the Rainbow Light and the Native American contingency, the Jugendkreis members and the Army of Light, and all such beings. Curt and Gramps were there and the whole spiritual family. It was wonderful. More I cannot express.

Friday, February 25, 2014 – Fallbrook, California

Is it possible that angels and resurrected bodies are created and drawn together from lighter elements like hydrogen and helium? Are there 'etheric' elements by which energy and etheric forms, shapes and bodies are constructed? Is the energy of the Caddy construction synonymous with unconditional love because it is a force created by two discreet entities united and functioning individually in the same space? They are in one space/time but two different beings and movements.

So after those musings and questions, we went up to the New Jerusalem, stopping by Christian's pearl. He said, "I am so NOT here, Mom." and it's true, and it feels good and very clear. This year was a real change for him.

Later in the day I was napping in VanPius. I awoke to take notes on the Galactic Federation meeting in New Jerusalem. They handed out programs when we came into the

theater/auditorium. The conference was entitled *Why Are We Here? What Are We Doing?*

Siridon spoke, since he is now here, healed and working for the true Galactic Federation, for whom he fought, struggled and suffered. "I am, or was, a project manager on Federation Mother Ship C3, so I am aware of the present state of affairs within the Federation and I am also the historian for the project I was working on. A time ago (long or short is dependent upon which dimension one is speaking of), the Zeta Reticuli petitioned the Federation to acquire genetic material for rebuilding their race. They were given permission to explore for appropriate planets and races, and the guidelines for contact and interaction were carefully defined.

No trauma to the indigenous populations

No physical contact until appropriate protocols are in place.

Permission must be granted by the ruling hierarchy members for the star system and its planets.

After many explorations on many planets and considering many factors in relation to the 3-D inhabitants, it was decided that Human Beings on planet Earth would be appropriate."

"The Zeta Reticuli serve and collaborate with many other species in the Federation and unfortunately, or just as a matter of galactic reality, there are positively oriented and negatively oriented individuals and groups within every species. Therefore, some of the encounters and experiments by and on behalf of the Zeta Reticuli have been legitimate and appropriate. Others have not been. Our ship was taken over by the predominantly negative factions of many races who have made an unholy alliance – each for their own ends and goals. Ultimately their divisions will place them at odds with one another, but at this time, they have united in an effort to keep as much of the galaxy in a lower vibration which allows them more freedom and leeway in their dark endeavors. As we all know, the war is – evolution versus devolution, ascending into higher vibratory dimensions or descending to lower vibrational fields."

The story of human evolution is fraught with that struggle. There are appropriate and inappropriate interventions into a planet's evolutionary scheme. The breach of protocol and acceptability, called the Fall or the luciferic intervention was most unfortunate for planned human evolution. However, being a plucky and resourceful, not to mention dogged and perseverant little race; and because your Solar Regent has tremendous integrity, wisdom, and power which He has totally devoted to his system and all the beings and species within it; you on Earth have made an art of making lemonade from bitter lemons. Good has been wrung from the bad. Evil has been turned to life. It's been long and arduous, but humanity will make it in the end."

"The project I was working on was to facilitate and expedite a further evolutionary step towards redemption of the luciferic influence. What Lucifer had hard wired into human physiology and anatomy was in need of replacement which would create new circuits and response mechanisms appropriate to the present time and the future. It was a multi-racial,

inter-galactic project. Evolved Reptilians, and Dragons from a number of evolved star systems were in alignment and agreement. It was a group of such individuals that conceived the idea, petitioned the Galactic Federation and have spearheaded the whole project. Individuals from other species, such as myself, a Leonine Sirian, volunteered to staff and assist. A number of Zeta Reticuli who had positive experiences with humans in former contacts, tests, and experiments, gladly volunteered to assist as well.”

“The potential for the transmutation of the reptilian brain stem and its effect on cell function, emotion, and thought has been planted like a seed in approximately 85 to 90 % of humankind. Unfortunately the project was not perfectly completed before the take-over and disruption of the program.”

“That is a brief description of why I, myself, Siridon of Sirius B, Manager of *Project Luciferic Redemption: The Transformation of the Reptilian Brain Stem in Humankind to the Higher Octave of Dragon Wisdom*, am here and what I was doing on the Galactic Federation Mother Ship C3 501, (laughter.) Using your terminology, she was a non-profit, inter-stellar home ship. Now she has been pirated to an outpost of the negative reptilians who prefer the old function of the reptilian brain to create fear and anger, and a group of renegades from other star systems and other races that prefer – in fact, thrive on – negative emotions.”

Tuesday, March 4, 2014 – Fallbrook, California

Christ greeted us and Siridon had joined. “Welcome Friends, these times are amazing. The creativity and pluckiness on both sides of the spectrum are amazing. The component that is needed to tip the scales to the balance and the positive is – human love. It is a substance – and astral substance which, like water, flows into all places, spaces and times. It brings every extreme into balance and harmony. I, the Solar Regent, beam divine love to my whole system – to even the planets at the farthest edges of my gravitational field. That is good. That is my gift and my task and my joy. It is the raw material for lesser species to work with, heal with, and create with.”

“Humanity's task as the 'Rainbow Bridge' between heaven and Earth, is to step down my stellar energies to an intentionally creative force on Earth. There is so much you can and must do with what you are given and receive – nurture Earth and all her creatures, incubate all positive potential within those you are responsible for – family and friends, animals both wild and domestic, the plants and Elementals, stones and Geology, and Mother Earth herself. You must also include your angels. Humanity is responsible to respond appropriately to their angel's suggestions and the guidance of the archangels and archai who orchestrate human evolution through evolving civilizations and cultures through eons of time. Humans have the opportunity to respond positively or negatively, to further or hinder the inexorable march of evolution.”

That evolution has stalled on Earth. It is time to consciously get back on track. It is time to generate and offer the palpable substance of human love into the evolutionary mix. All creation advances together through a recapitulating pattern. Each strata of the hierarchies

goes through a general pattern of evolution, from unformed potential, to physically manifest intelligence, to ever higher levels of consciousness beyond the physical, to creative god-hood. Humankind is in that pivotal physically manifest stage, and one of the tasks of that particular state is to bond the physical and sub-physical worlds with the higher, super-sensible worlds and beings in loving consciousness.”

So, I understood that we are the glue that keeps our world integrated. And, we are the weak link in the chain of life because of sleep and death, and periods of unconsciousness. We must unite heaven and earth in a unity of conscious, intelligent, compassionate love. As Christ beams his radiant love on all the planets of the solar system, we humans must beam our human love on Earth and send it out into the cosmos in loving appreciation of the existence of the stars in the sky and the mystery of life – both cosmic and individual. It’s time to step up to the cosmic plate and hit a home run of pure love.

Thursday, April 17, 2014 – Novato, California

I am looking at Earth from the donut on the way to the New Jerusalem.

The ground is crumbling. The structure of the soil and earth is being eroded. It’s like the Gruenwald body of Christ, deep into death. Although this spring is very vital and green, there are billowing black clouds are coming up out of the far middle east. Is there war and famine there?!

Up to the New Jerusalem and the theater was filled and someone was speaking. “Today we speak of time and patience. All planes are in flux. Though Earth is loving, nurturing and bountiful, she cannot sustain life as we have known it for the last few millennia, too much and too many breachments of acceptable actions. Humanity has not learned nor put into practice the good way of a good life for all. The opposition has been strong and overcome many. Much of humanity is still ‘asleep at the wheel of life’ and allowing unconsciously many actions to continue which are absolutely antithetical to life as we experience it at this time. This will have to stop at some point before it is too late. You see, the ahrimanic opposition is pushing into the future at an intense pace. Humans have accepted the knowledge and technology of the future into the present.”

“We have accepted the temptations to vast and violent knowledge and technology before we were psychologically and morally ready. We are bending nature to our unevolved will. There are other ways of co-operation with the laws of nature and the universe but humanity is not utilizing these. There will be a healing crisis. Earth and humanity will continue, but in a new way, a new form. We are not learning. We humans have sunk to unfortunate levels of unconscious fear, anger, etc”.

“OK, so much for the ‘unfortunately.’ We must patiently go on to the positive, no matter how small. Earth is beautiful and kind. Spring is a new influx of etheric forces.

Change is possible. 'Oh, awake, ye drowsy sleepers for God's sake, wake.' Accept your divine nature and work from it. "Christ in you. And may he fill your spirit" till you are consciously aware of Him and the meaning and value of your lives. Awaken to your true potential and begin to realize it is in every thought, word, and deed. We patiently council this again. Soon there will be no more earthly time to dally any longer. But – whatever."

"You humans are free, even to damage yourselves. But you may not take the whole Earth down your unconscious self-destructive path. She has her destiny too, and human stupidity cannot be allowed to destroy her as well. So, wake up, straighten up and fly right. Soar into conscious spiritual heights – please. We of this quadrant of the galaxy beg of you. Wake up before it is too late. The hour is fast approaching for massive change. It will supersede your free will and humanity will have to begin again. This next time as all others have been, will begin at a higher, more conscious level, however, Earth will demand new ways of interacting of a certain physical necessity. It would be so much better if you would choose to protect and love Earth as she is now. You are squandering your inheritance and will have little to leave your coming generations – yourselves in the future."

May 30, 2014 – The Gatehouse at Mount Shasta

I am in Shasta City, I know I needed to check in to see what is the current state of affairs inside the mountain.

I approached Shasta from the front. Everything still looks good. The pillars are standing tall, the big doors were not open totally, but the smaller doorways were open and a stream of souls was entering. Only the entry way is accessible to the people soul-traveling to the center of the mountain. The second set of large doors that lead to the vast foyer with the door on the right to the auditorium and the halls to the left that lead to classrooms and small amphitheatres, was not open, so the souls were closely packed in the small entry between the large sets of doors. It is a matter of keeping up appearances.

Spiritual beings dressed in rather tacky white robes were sorting the souls into two groups. One stream of souls went through a small door to the left, and the other through another small door to the right. I was not allowed in either direction. As I observed the 'guiding' spiritual beings, I had the distinct impression that they were wearing costumes. And I felt that the leader on the left side was luciferic, and the one on the right side was ahrimanic. They separated out the souls according to which temptation would be more effective. The left side moved at a more flowing, socially interactive, easy-going pace, with a certain amount of gazing upward and milling about. The people who were guided to the right side, all stepped briskly, didn't inter-relate, and were the no-nonsense sort of individuals. These unsuspecting

souls are being taken to the classrooms down dark halls. The 'classes' are luciferic and ahrimanic distortions, so that the Ego will be blighted and then the Azuras can step into the unbalanced consciousness of those people. (We should begin to see the black Xs and spiders or ants on more people.)

Not many souls come here now. Only those who are either too new and non-discerning, or those who have 'signed on' to the dark agenda. Some have 'signed on' purposely, but many have done so unwittingly and ignorantly. More will be coming who will be the students and followers of the people who have, for whatever reasons, consciously aligned themselves with the opposition to human evolution. They are very useful tools for the dark side. They are often the recipients of money and fame and can influence large numbers of the masses of innocent and ignorant people.

After seeing and realizing all of this, I affirm again my need to stay small and within the community of those who are already knowledgeable to some degree, and those who have a heartfelt commitment of the noble, good, beautiful, and true.

Sunday, June 22, 2014 – Steamboat Island, Washington

There has been a huge influx of cosmic energy onto Earth. The second Pentecost has been tremendous and over time. The roads and avenues of the New Jerusalem have been repaved with a new sheen of gold. The posse of Warriors of the Rainbow Light and I were welcomed as “human pioneers, in the beginning of the New Jerusalem as the gathering place,” when we entered the auditorium this morning. Christ said, “Welcome to the first day of the rest of your lives. The energies are such that Earth's changes will be minimal and over time. Humanity can do it. Human beings can awaken in sufficient numbers to heal what has been harmed.” We can balance the radiation by working with Christed consciousness, heal and mend what we have hurt and damaged. It's working together that will do it.

Then to me Christ said, “Kienda, share widely, scatter broadly with a free hand, heart, mind and soul. Share and exchange with as many as possible – individually and in groups. Do ceremonies. Do work. Everyone must take action in their own worlds and lives and immediate environments. Offer everything to everyone, please. The separation is upon you on Earth. Choices are being made which will have long lasting effects. Help in the harvest. Help in the saving and reparation of souls. Help in the redemption of Earth, humanity and all beings present at this crucial juncture of time/space. Be yourselves graciously and magnificently. LIVE, grandly, proudly and with humility – gentle gracious humility – which has to do with motive rather than action. Be wise as Dragons and gentle as doves. Let your lessons in sorrow mediate your passions. Do good kindly. Release all that does not serve the

innocent nobility of life. Become as innocent of desire, but as firm of will as the stars in their orbits, the blades of grass in the field, the love of the true mother and father, and of the creator of all. Become a fractile – a living fractile of God. You are a microcosm of the macrocosm. Do well in your sphere and you will create beautiful worlds in the future.”

“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.”

Sunday, August 24, 2014 – Joshua Tree, California

Up to the New Jerusalem. “The plans are defunct. New plans must be made with human participation. The best of what humanity can come up with will be a necessary part of the new plan. There is an over-arching concept of cosmic evolution, and there comes a time when the particulars of planetary development rest also in the indigenous people’s hands. That time is now for Earth.”

“Humans are not united or even all moving in the same direction, but have instead polarized into a number of oppositional factions. The organized systems of the many societies have been co-opted by non-indigenous or extra-terrestrial forces so the old form of voting representatives for groups of people is no longer functional. There must be a new way found for human input at the High Council of the Galactic Federation.”

“There will be a briefing in the New Jerusalem and those interested and prepared to share the intentions of humankind for their New World will be invited to participate. That way, only the best for Earth and humanity will hopefully be brought forth. The dark and intervening sides of civilizations that are wreaking havoc on Earth are not able to exist in the vibratory range of the New Jerusalem, so their input will not modify the positive plan. However, since they continue to manipulate 3-D manifestation and influence the earthly etheric and astral worlds, the oppositional, dark forces, motives, and manipulations will continue until humanity unites against such interference in your evolution.”

I went deeper inside and was saying to myself, “I am not prepared.” But before I even finished the thought, the voice said, loud and clear, “Of course you are prepared, you silly, but if you don’t want to participate, then you can just record and report.” Then I asked, “Is it happening soon or now?” and they replied, “No, around Michaelmas. There is time to prepare.”

I need to ask everyone to begin to think of what they would like to experience in the new world – physically, what does it look like and what activities do we do? Emotionally, what is our basic vibratory level and how do feelings function in the New World? What is the quality of thinking and creativity? All applications of the above functions, qualities, etc. are to be left out. Such fine detail is appropriate only for individual lives and cannot be known or pre-planned either for an individual or for groups. We humans can only rightfully intend parameters of our evolutionary abilities, qualities and ideals. We cannot prescribe their manifestation, as that is only appropriately known in the moment because it is dependent upon each situation and who is involved. The synergy between people must be the prime motive force. No pre-planned action is more immediate, powerful or creative. Preconceived ideas hinder the unfolding of individual destiny.

That is Michaelmas of next year or even 2016. It will be when Lucifer has returned transformed and the twelve streams of human evolution have been healed of the negative luciferic influence of the past. By then, enough human beings will have been consciously focused on the New World. Through exercise and practice of imagining a new and better world and way for humans to be, many individuals will have cleared blockages, raised their vibrations, and moved into the beginnings of that state already. The New World will have already begun. The High Council, then, will be an affirmation and celebration of the launching of the new paradigm.

So, it's time to be active in imagination, inspiration and intuition of what the New World will be. Time to talk to people about such imaginings and intendings. Time to clarify the level and efficacy of such work towards actual implementation and manifestation of the appropriately intended abilities, qualities, skills, and ideals, leaving their resulting possession, actions, and physical manifestation to the destiny of the individual person.

Monday, September 8, 2014 – San Diego, California

“Welcome, Friends,” came from the podium of the New Jerusalem amphitheater. “The transition is in full swing. We are in the middle of things. Much has been accomplished and there is much yet to be done. The hundredth human monkey has awoken – critical mass has been achieved. The momentum is unstoppable. However, the outcome is far from being seen, perceived, imagined, or in any concrete way, set in motion. Way too much energy and attention is being lavished on the past. Its time to get over it and turn your faces to the future in the right way.”

“Those humans who are ahrimanicly inspired are co-opting the future on the physical plane which is and will impact all other planes and dimensions. However, theirs is not a human friendly future. The goals of big business, multinational entities, government, agro-business and the like, are not in alignment with the best of human evolution. They have ulterior motives and goals.”

“Unfortunately, most of the human energy devoted to the past is to shore-up denial and continue the illusion and self-delusion that everything is all right and GOD or the UFOs

will take care of everything. That is patently untrue. Humanity must consciously 'step up to the plate' and engage in the multiple realities of this present time and place. The present paradigm is not 'unity' or even 'duality.' It is 'multiplicity.' Human beings are capable of being conscious in a number of dimensions simultaneously. It is advised that more of you awaken to this fact and become cognizant of your innate abilities. Then, get on to the business of becoming proficient in multiple modes of perception, grip your individual destinies, and co-operate among yourselves, to create a new world that is human friendly and in the forward flow of positive evolution."

"If humanity does not awaken to these potential realities and begin to act on their own behalf, the angels and higher hierarchies have nothing to respond to. The vacuum will be filled by those impatient, unlawful ones who would gladly usurp humanity's position and destiny on Earth. That destiny is to learn to master the physical and lower realms with the power of unconditional love and clear, intelligent self-consciousness, thereby creating greater harmony, beauty and nobility in the coming successive 'worlds.' If humanity sleeps through this task and does not elevate matter through positive compassionate consciousness, then the template for the future will be created and set by the opposition to human evolution. And instead, the divine human spirit will be imprisoned in degraded, degenerate matter. If we do not elevate matter through consciousness and enlightened action, we will be pulled down out of the spiritual worlds into an angry, unloved, manipulated, physically-bound state."

"It's time to get busy making the world we are in right now a better place, and consciously intending and imagining a more and more lovely and evolved future for ourselves and Earth. The future can hold the best for the expression of all facets of human potential. The material manifestation of personal human thoughts and desires is not necessarily the goal. The true human goal is the expansion of the human mind and soul, and the refinement and subsequent metamorphosis of our physical, emotional and mental abilities into ever higher organs of perception and creative action in ever higher vibratory dimensions of cosmic existence."

"Let's get to it. Let's create a communication network above the internet and Facebook. Let's access the 'field,' the place of 'unity', not to bliss out in passive niceness, but as a means of information exchange and calls to attention and action. Areas of Earth, beings of various realms such as the Elementals, situations in human cultures and societies, could be impacted positively by concerted human attention and intention. The world days of Peace, Prayer, etc. are all good and we can learn to tune in to the needs and desires of one another and Earth. Then we can each individually respond appropriately to impulses rippling through humanity as a whole. We can learn to respond to the star and cosmic influences individually and directly, and can as the whole of humanity, change the world and assure that the direction is toward a positive, human-friendly future – for ourselves, our children and all coming generations (*ourselves again*), Earth, the solar system, the galaxy and the universe."

Saturday, February 21, 2015 – Novato, California

This morning, we traveled, via the 'Caddy' up to the New Jerusalem. Christian Alexander is no longer on his pearl. A little hologram of him dancing the jig he danced the night before he died can be played there now – if desired. It was adorable and now I am ready to move on also.

I was greeted profusely and gleefully in the foyer by a being who said, “the main auditorium is for those newcomers arriving now – it’s for introductory classes and experiences. Since you haven’t been here for a while, but are an old timer – one of the first up here in the New Jerusalem long ago who made the transition from the etheric to the astral when the White Brotherhood did, back in the days of the etheric take-over by the dark side – you will have to decide what you want to do and what you want to be working on.” So, I set myself to searching my heart and mind as to what am I working on and what do I want to do.

It is nothing personal. I would like to understand the state of affairs of the heavens and the earth, and the sub-levels of spirit. It is the conceptual matrix – where are we now? Where and what have we come from? Where are we going? And, what is the best, most effective way to get to the goal of human evolution? To that end, what does humanity need to know now to choose correct actions, emotions, and thoughts, freely? (So, I am clear on ‘what.’) The being will now give me a tour of the latest offerings in the New Jerusalem and I can choose.

We were back in the foyer, and the 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.)”

Then Christian Alexander, Sage Baby Dragon, Mariko, Christo and I gathered into a five pointed star and bonded. Sage Baby had been watching the lessons in the main auditorium and observing how the people received the information and experiences. He was gathering up the latest to bring down with him. When he saw us gathered in the foyer, he came out and joined us. A message for Christo, his Dad-to-be, is: “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 and help in discerning the right action in each case. Their application in each human encounter and experience must be clearly, freely and individually chosen and then

done.”

So I dooo have a personal task, as well as a larger earthly one. Then, the being and I went to see Lucifer’s astral body lying in state. The light in the room is getting brighter all the time. Someday perhaps I will not be able to enter without incinerating on the spot, I wonder. Lucifer is farther out into the spheres and the higher hierarchies and his astral body is being raised to higher vibrations of light. All those, like myself who have redeemed their luciferic imp and have a twin-flame angel, are in a lovely long line in a beautiful garden and on long green-swards. In a beautiful room, there is the welcoming going on. After their first meetings with Christ, the trios are going to learn how to live and work together. Chrystalina, Regalis and I need to go and learn. We were one of the first trios, and the program had not begun officially yet, so we have just been on our own. I have been soooooo busy with the outer world and people and places that I haven’t tuned in very well. We will go together tomorrow and clarify lots of things. Timing is all good. *(I said optimistically.)*

Saturday, February 28, 2015 – San Juan Ridge, California

I was looking at the weather patterns from the donut. Vast tracts of air are sweeping vertically up and down the globe. The horizontal flows are not so strong except at the equator.

I was welcomed by the being in the foyer again. We looked in at the main auditorium and he said, “Yes, it is ‘Spirit 101.’ The ‘trios’ are still happening and he asked if I would like to make a presentation. I replied, “Only if my information is correct and in alignment with Christ’s will.” He said, “Yes, you are correct about the second deed of Christ and the redemption of Lucifer, and you are also correct about the development of the spirit-self, spirit-life, and spirit-man.” So we shall see when and what might be appropriate.

I went into the room of Lucifer and this time I experienced how it is generated by the united energies of Christ and Lucifer as they travel together out to the higher hierarchies and the Galactic Federation at Galactic Center. They are going for celebration of accomplishment, the achievement of a major goal with cosmic ramifications, and the inauguration of a new dispensation on Earth. A new major cycle is beginning to be prepared. For this scale of change, however, there must be a clearing or transforming of many old paradigms, religions, organizations, and mind-sets. The better and faster we humans can choose positive change, the better for us. If we don’t choose out of freedom and consciousness, then the changes will be initiated by disaster from outside – from external situations and circumstances. Couldn’t we please wake up?????

Another aspect of the warm pleasurable love in Lucifer’s darga (*resting place of the deceased body*) is the achievement of the arcs of light between the two groups of twelve beings who have guided the twelve streams of human evolution. Before the end of Atlantis, the seven planetary initiates and their neophytes and pupils left Atlantis and migrated to seven different areas of the globe. Now nearing the ending of this cycle, there have been the twelve

zodiacal initiates and the twelve streams of human thought and evolution. The negative karma of those streams is being cleared as the guiding beings (*Zeitgeists? Archai?*) are experiencing a kind of kamaloka of the last age.

As a result of my work on myself, I have come to understand that it is not 'me' that people need to hear, but the information from the spiritual worlds. It is not just my extrapolations and concepts, but the stories that give people a brief experience for themselves – especially as one of the biggest messages is: “people can become spiritual scientists and do karmic research themselves.” I can point the way to that, and inspire as well as inform. I realize that I must tell stories – not just relay information and concepts. Both need to be blended and balanced

(This last section was my sharing for Spirituality 101. Lots of people were offering little bits, and these thoughts were considered appropriate for sharing.)

From other humans I can learn how they have perceived and created meaning in their lives. The ultimate goal is to experience peace, love, joy, pleasure, and appreciation of all existence. All of these are engendered by positive interactions with other humans and the worlds – inner and outer. Positively engaging all of one's faculties, senses, and capacities, in all of one's four bodies, is the source of pleasure, love, JOY, and peace in life. At this time in evolution, the oppositional forces are working exceedingly strongly and virulently. War opposes peace, hate opposes love, sorrow opposes joy, pain opposes pleasure and the degradation of Earth's resources and the pollution and exploitation of the planet oppose the appreciation of all existence. We humans must decide in freedom as to which side we will choose to live in – which values we will base our lives, relationships, societies and cultures upon. The time allowed for vacillation is coming to an end. We must choose and then create communities that support our positive evolution – plain and simple.

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**
- *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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