

Apocalyptic Visions

September 30, 2012 – April 17, 2014

Introduction

This monograph is a collection of journal entries from 2009 to 2014. I have gathered up the entries on specific subjects, with an introduction and biography, for those interested in particular areas. There has been only a bit of editing and additions to clarify, otherwise, the information is as it came. I have left it in this form so that the Gentle Reader may experience the progression of the thoughts, insights, and inspirations. The spiritual world is unfolding, even as life on Earth is changing and evolving. Most of my spiritual research, recorded in the journals, tracks the changes and the messages from the super-sensible realms on a number of different subjects.

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

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

Before 2000, the explorations and research in spiritual realms mostly came by grace and circumstance. Since then, I have traveled and sought answers to specific

questions and issues. Many monographs and three books are the result. When reading this material, I simply advise an observational, open mind to receive the information. Then I suggest discerning reflection and a modicum of logical, sequential thought to process the information, in order to come to an understanding appropriate for each individual's unique destiny needs. Existence is a puzzle, and we all have a few pieces. I trust that the ones I found will be helpful in your big picture.

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

Apocalyptic Visions

(Potential Earth Changes)

Tuesday, March 29, 2011 - Steamboat Island, Olympia, Washington

I awoke at 7:00 and did my usual stretching and yoga and basic meditations. I was about to jump up and get busy with the day, when I heard, "You need to know what is coming down the pike." So I scrambled for my silken eye-mask, my shawl, pen and notebook, pillows, and lap-desk, and resumed my meditative state. I immediately hopped into the Cadillac of astral projection machines, *(created by sacred geometry exercises I have developed through disciplined thinking and angelic support)* and went to the Subterranean Rock tTmple which is in the center of Mount Shasta, where I have been going during some of my meditations for 15 years, now.

There was a major briefing of all human beings who have learned to come to the Mountain and remain clearly, logically conscious throughout the many amazing experience that occur there. It took place in a large amphitheater and was led by a number of the White Brotherhood and other beings. The information is imparted to each and every human there by holographic images, living moving screens, simple talk, feeling states, any number of ways to reach the clearest understanding by as many humans as possible. The humans come from mostly North America to Shasta, and simultaneous briefings were being conducted on each continent, I think, having been in the rock Temple in India in 1986 on my first trip there while meditating in Shri Aurobindo's private study on the anniversary of Christian - my infant son's - death day. So, what follows is a description of my sensory perceptions, and my inner understandings of what they mean.

Earth changes are coming – still and continuing. A big one is going to hit southern California or San Francisco, and Washington at the same time, and the tsunamis generated will crash somewhere along the Oregon coast and rush up the Columbia all the way to Portland and beyond – perhaps even out to the desert, creating an inland sea.

At the same time, there will be earthquakes in South America and the combined tsunamis will collide near Panama, breaking through the canal and uniting the oceans. This will affect the whole Atlantic Ocean which will then impact plate movement, or at least sinking and rising of land. The east coasts of North and South America will be decimated and most coastal cities damaged or submerged. The same will happen on the coasts of Europe and Africa as well. Volcanoes will be triggered by the weight and impact of the tsunami and the earthquakes.

Large parts of America's heartland will sink and be submerged by shallow seas. The Rocky Mountains will not be as high: the land mass will have subsided as a result of volcanic activity and plate movement. The African Rift Valley will become a sea as the crack between these plates will widen and be inundated. The continents will be separated from one another by oceans.

The volcanic activity in Indonesia will be terrific. The atmosphere will be ash filled for a period of time, and it will be consequently cold for a few seasons.

This first information 'download' was presented as though being simultaneously close to the earth to see where the quakes and volcanoes etc. would be, and farther out from space to see the hemispheres of the earth and the tsunamis and how events would happen in sequence.

The next sequence of information began. This time it was presented hovering over America, or rather the North American Continent. There will be lots of cities and land left OK. It will be a matter of migrations and human co-operation. Life will become Human-scale again. The continents will be separated and air travel will not be possible for a while, and so each community will face recreating itself and its surroundings. (*Let us trust that we do a better job and create a better world than what we have made up till now.*)

Everyone present in the very large room, was in a concentrated though agitated state when this part came to its end. Then it was time for questions. Of course the first question, asked in unison by a number of people and by everyone silently, was “When will this happen????” The answer was that the time for this is not set, not actually scheduled precisely, but it is coming. There are a couple of human parameters that hold variables for the timing. I have been working on time lines and time tables for the work on the “Devolution of Evil” so I asked myself internally, “2012? – nothing happened – 2013? - nothing happened – 2014? and it began to light up in bright red – 2014.”

And I had the intuitive knowing that unless humanity awakens and changes, and transforms life consciously towards equality, freedom and compassion; care for the earth; and healing the atomic, chemical, and frequency toxins we have blanketed the earth with – then the earth herself will have to shake us up. Look out then!

I then asked, “What must I/we do to prepare and be ready to receive the information necessary to survive?” Everyone there nodded agreement and looked at the Brotherhood expectantly.

Be on the East Coast, or the hills and mild mountains of the east – or on hills and mountains in the middle of America. The west coast is going to start the whole thing and it will be big. Europe will have minor damage on the coasts. Africa will have a big split. Southeast Asia will be 'trashed' when Krakatau blows down there. There will be a few years of cold and darkness from the eruptions and dust and ash in the sky. All cell phones and emf technology and even radio will not work too well, if at all for long periods.

Angels and spiritual beings and 'the dead' will be seen by many people as they are guided to safety or helped over the threshold. (*The Warriors of the Rainbow Light are so glad to be ready to help in those times.*) The spiritual worlds will be palpable.

The first 3 or 4 years will be dire. But by 5 or 6 years, a whole new world and individual freedom will be possible. In the dire times, the Elementals will also be seen and worked with.

The forces of the Kali Yuga are holding on too long and too strong, aided by the negative aliens and the turgid and life damaging institutions. If humanity could consciously arise and tear down all the wicked facades that kill natural human life, the disasters would not need to happen. But we are not yet sufficiently awakened en mass to the truth behind seeming reality.

Christ in the etheric of the earth will be able to irradiate love and serenity in the midst of the dire chaos. Turn to Christ in the higher ethers and work with the Elementals in the sub-ethers to mitigate the forces of radiation which will be loosed from the atomic plants which will be damaged in the upheaval. It is the Elementals and plants that will purify the air, land and sea again with Christ in their world.

We humans can work like Mr. Emoto works with water, and through love and freely given intentions, bond with the radiation and render it complete and therefore harmless to the earth and all living beings. And tools like Tom Kenyon and the Hathor's “Medicines of Light” meditations will be necessary for healing, clearing and cleaning things. The Christ forces will move in water – the physical carrier and representative of the etheric planes – and work especially powerfully when aligned with positive, conscious human thought and intention.

All the energy of "The Secret" needs to be applied, not to money and 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.

It ends and begins with Christ and the Elementals and the dawning of a whole New World, and an evolutionary leap for humanity. Some will still choose the 'dark side' and adamantly refuse to see the angels and the positive, but they will be a minority for a while; until in the next round, the masses of humanity will have gone to sleep again, or whatever the next challenge will be.

Finally after we all 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, so events will now move ahead."

The Galactic Federation was having a session at the same time in the Great Hall. After our briefing, a message – a proclamation was read to us, humans, 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

Friday the 13th May, 13, 2011

Somehow I didn't realize that today was the 13th, and wrote at the time, May 10-11-12? and never got to the 13th. But that explains the day. I am writing this on Saturday morning – the 14th.

More on the Earth Changes. The mountain is a “hive” of activity today. Everyone is running around like crazy. It looks like everything is being shifted around. Brothers are scooping things up and running away with armfuls of paper and stuff. Humans and Sister/Brotherhoods are watching holograms and living screens.

There will be crustal shifts – or movements of large land masses

Greenland will come down to become Atlantica – and maybe Iceland, too

The major subduction in the NorthWest will cause lowering of the mountains and raising of the sea floor

Europe and Africa will collide – the Mediterranean will be gone and the whole of Europe will be on a slant. The alps will be pushed up on a slant and the north of Europe pushed down. Houses in the alps will be at a 45 degree angle from what they are now.

Africa will swing up eastward

Madagascar and the Seychelles will enlarge – as they are pushed up towards India.

The Middle East is crushed and submerged

The Himalayas may get even higher

The sunflares:

They actuate human potential

They are coded messages from the 2nd hierarchy

After the disruptions – the earthquakes, tsunamis and volcanic eruptions – the solar activity will help to clear the atmosphere.

Like the migrations from Atlantis by the mystery schools there, we must migrate and find our places also – and set up hubs of culture and consciousness.

Where shall we go? What must we bring to keep what available?

We will end up on Atlantica, I think, but we must ride out the storms on the East Coast of America and then when things calm down, boat over.

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 year and a little more. If there is danger of atomic idiocy, then things will happen sooner. You, Sharon, get on the f - - -ing stick and get busy. Make plans and schedules and talk to lots of people. Get the books and CD out there. The angels are working to lead people to the books and talks and a CD will be helpful as well. Do it! Overcome your lethargy and reluctance and personal idiocy and do your job. 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."

Sunday, September 30, 2012 – The Christian Community, San Francisco, California

This morning in meditation, I returned to the view of the worms and locust with human faces as described in the Apocalypse – the Revelation of St. John. As I watched, St. Michael and his host rode over them all crushing them to slime. They had been eating each other alive, and it was a horrible sight. Their demise was a tremendous relief. Parts of humanity had become less than bestial. They had become unconscious insects. A band of angels came after St. Michael with huge nets and caught the bits and pieces of the souls released from the death of the worms and insects. The detritus of the souls was winnowed out and put through a sieve. The chaff and too tiny pieces went into a fire that burned it to atoms – the basic individual unit of matter in the universe. The larger parts and pieces of the human souls that had sufficient integrity were taken to be healed and cleansed and in time recycled/reintegrated into the human soul pool, to be included in the next round of evolution.

And the voice beside me said, "What can be saved, will be saved. Nothing will be lost. Some just utterly transformed – burned to atoms – vaporized. Each mote reduced to the smallest entity, to begin again at the right time in the future. The whole of humanity is one true human being. It's a long process to perfect that one – that one that is made up of 144,000. It is necessary and it will happen. All the purifying, all the transformation, all the lessons will be learned, one way or another. Choose while you can. Remain awake and vigilant. Choose to create and learn through joy and positivity, otherwise, the lessons come in sorrow, pain and death – even soul death. Awaken, stand strong, be vigilant. Right now, nothing else matters. "

"You will only know what to do and why you must do it in each circumstance, by wakeful consciousness. Any sleeping now can be lethal. Awaken and live fully, now and in all cycles of time to come. Choose your fate. Don't just let it happen. The dark side is too deeply insinuated into earthly destiny. They can only be held at bay by humans intending, choosing, and creating an alliance with Michael and the higher hierarchies devoted to positive human evolution. They can and will help if asked. They can and will help create zones of safety where those who are devoted to Christ may live and develop their spiritual capacities in a modicum of peace. But you dear humans, must intend, ask, work, trust, and eventually perceive and know that we are all

working together. Everyone counts. Every moment matters. Every dimension is involved. We all go together when we go. Existence is long – eternal even, so even the chaff that is burned today will in time be reunited with consciousness and move onward and upward again. It is just being freed to do that now and in this way.”

“Take heart. Stand strong. Love birth, life, death, infinity and eternity. Ultimately it’s all good. And you, now in the 21st century, can minimize your own personal losses. Clear thinking and pure feeling motivating a strong will is the key.”

“Clear thinking is the tool of choice for sweeping out garbled and conflicting emotions. Feel them all, but do not act on any until you have considered the emotion and its results from a higher, even cosmic viewpoint. And don't believe everything you think. Subject your thoughts to question and scrutiny. That's what the peace of meditation can be used for – dispassionate thinking and lucid intelligent reflection on one’s own thoughts and feelings. Then when your thoughts and emotions are clear and precise and calm, you can choose a plan of action and move out into the world, balanced and serene, focused and energized, and accomplish your destiny tasks.”

“Unless one is a beginner, the usual meditative practices can be dispatched with or done quickly and perfunctorily as a stepping stone or platform of peace surrounded by Christ, St. Michael, one's angel, and other spiritual beings. Then, in such good company, one can work on one’s thoughts and emotions in the way described.”

“For instance, you, Kienda, have just received an apocalyptic download and visions that brought tears and painful sorrow. You felt them, acknowledged their existence, and then you persevered on. You asked inwardly how to understand the visions and your responses to them. Therefore, a deeper clarity could become available, and you came to understand how good could come from such a painful, distressing scenario. Every emotion offers information. Emotions are not the impulse to action. The emotion must be thought about, and then, compassionate, considered thought is the motive for action. Raw unprocessed emotions are luciferic goads to unconsidered, impulsive actions which usually are not effective in the world.” *(For example: I was afraid of the people on the street yesterday. Since I had parked in front of a crack-drug distribution center, I let my fear dictate my actions. I did not move the car and I did not get more coins out and put more in the meter. I allowed my fear to override my common sense. I acted stupidly! And now I must pay for the lesson in hard, cold cash as well. Gott!!!! But after having processed my stupidity for two days and having gleaned many insights from the whole situation, I am going to pay the parking ticket gladly.)*

(GMOs – Genetically Modified Organisms)

September 30, 2012 (continued)

The creatures with human faces are people who either have eaten too much GMO food, or been exposed to radiation or terrible potent pollutants, and it has affected their etheric bodies, making them unfit for normal human soul incarnation. Or, it may be that the scientists of the future have spliced human DNA into other creatures thereby trapping a part of human etheric forces in manipulated beings, grotesque and less than fully human. It's like "The Fly" - the old horror movie with Vincent Price.

November 13, 2012 – Tuesday – White Feather Ranch in the Sierras

I read volume III of the Karmic Relationships cycle by Rudolf Steiner, which deals with St Michael, cosmic and earthly intelligence and the Anthroposophical Society. Steiner uses the word "tragedy" a number of times when referring to the angels siding with earthly intelligence rather than the just ministrations of Michael, who keeps a cosmic perspective when guiding human personal intelligence. Atheistic materialist's angels (at their subconscious request by materialistic thinking) have fallen to an earthly materialistic existence which is dangerously and tragically subject to ahrimanic influence and take over.

This is one of the reasons for the chaos in human karma and relationships, culture and society, (*and I think the failure of Anthroposophy.*) Yes, there are a few little communities and good striving people, but as per my friend's experience with the Waldorf Schools, both the teachers and the Anthroposophists involved are not active, working centers of light, information, or intelligence, to inform parents of the spiritual realities behind controversial issues, such as GMOs and vaccines, for example.

There are many critical issues in these changing times. "To GMO or not to GMO?" That is a real question with far reaching effects. Atomic energy or natural alternatives like sun, wind and water power, not to mention Tesla's earth forces? The role of institutional education in the growth and development of the individual human being? These are questions and issues which impact human evolution.

Monday, June 10, 2013 – San Diego, California

I have been thinking of the GMO situation. In the digestive process, everything physical is reduced to its constituent earth elements and the etheric forces are reduced to fire, water, and air. However, the etheric forces of any undigested food is released into the etheric body of the ingesting entity in the form of its original etheric construction. Therefore, if substances are ingested that are not meant to be digested by the normal human system, such as chemicals, poisonous substances, strange 'frankensteinish' combinations, etc. neither the physical nor the etheric forces can be digested and safely utilized in building a healthy human body and metabolism. The undigested etheric forces damage and change the functioning of the etheric and

physical bodies of unsuspecting ingesting organism. Eating food that has been GMO tampered (by putting lower life form genes that are not normally eaten into normal human food) into one's body will drag its etheric forces and consciousness down, while harming the physical body by taxing the digestive system to the point of 'leaky gut' syndrome, crone's disease, etc.

(More Possible Earth Changes)

December 5, 2012 – Wednesday – San Diego, California

Natural disasters restore the natural environment. The imposed sclerotic, physical, cultural and social forms are destroyed - buried, burned or blown away. People must come into direct contact with the elements of nature and with one another. Old habits and patterns of behavior are changed dramatically and only immediate presence of mind is applicable and effective. Basic human values rise to the surface of consciousness through the torn facade of social norms. The 'lone wolf', and 'rogue bear', and other antisocial individuals may not survive. It is together in our humanity – our basic loving, kind, intelligent humanness – that people work together to survive crises.

I am watching the world in turmoil from the donut viewing station, halfway to the moon, after preparing through the usual meditations. The earth may be prepping up for a crustal shift. The melting of the ice cover on both poles could be the unbalancing trigger that sets plate shift into motion. Ignazio says there will be a visible comet at the end of 2013. They have always been seen as portents of doom and disaster. Humanity can see it as the Christ star of the second coming and prepare spiritually to receive ever more fully the Christed energies from the starry astral world. Or if not, then it may be the herald for disastrous earth changes. What we will not choose to do ourselves out of freedom, Christed intelligence, and love of life, for ourselves and all the earth; will then be done for us through cataclysm, catastrophe, and death. We still have choices and we must make them, and work feverishly to manifest our deepest heart's desire for a just, healthy, sustainable, equitable, beautiful, supportive, spiritually aware, correctly technically enhanced, intelligent, compassionate, workable world.

November 14, 2013 – Glorieta, New Mexico

Later in the morning, I went back to look at the world from the donut, as I had seen some things earlier, but was not able to follow up. So . . . The dark side is becoming desperate. The tides are turning to the positive in many people and the opposition is losing their easy grip of fear and media manipulation. The negative higher spirit beings are tightening the screws on their human puppets in high places. Many, who are in the

top echelons of business, banking, media, government, etc., are red faced and screaming. I wouldn't be surprised if there wasn't a heart attack or two among them.

That is why the martial law issue is becoming so dire. They are planning another attack or disaster that will harm millions through radiation and give the excuse for martial law. Then they will implement all their agendas – GMOs and such without regard to what the population wants.

We must pray for the 'common man' – that he awaken and the changes be peaceful, and that the response to the coming changes and disasters is peaceful and community building.

Friday, November 15, 2013 – Glorieta, New Mexico

Up at the donut, if the good people will only keep moving in and toward the good, the negative people and organizations will do each other in. We are not slated for Aldebaran. (*This is a reference to the tragedy of Aldebaran as described in Part II of The Dragon Quintet.*) The dark side is feeling the press of time and is becoming desperate to succeed, but at the rate it is going, they will not succeed at this time. They will begin to turn against one another more vehemently and consume one another's companies, etc. But there will be no winners in such a game and in the end of this round, the good will sleep well and awaken to create a new positive world which will glow golden for a few centuries before the usual lines are drawn and battles are engaged and the stakes will be higher. But the good will be more firmly established in human souls to meet the next challenges.

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

Up to the New Jerusalem and stopping by baby Christian's pearl. (*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. He is sitting on a large luminous pearl which I placed in the New Jerusalem the first time I went there in spirit. The pearl was the transformed tears of my mother's sorrow. That is how we humans are making beautiful the New Jerusalem. We transform our sorrow or pain to compassion and love for the human condition.*) 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. "It's time for a better understanding of what is to come. These are chaotic times. The revelation of St. John is not unfolding seamlessly nor sequentially. There are bits and parts being played out now, even though the precursors have not all happened. In this way the oppositions 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."

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 very structure of the soil and earth is being eroded. The earth is like the Grunewald body of Christ on the cross, deep into death, although the spring this year is very vital and green. Billowing black clouds are coming up out of the far Middle East. Is there war and famine there?! above and to the right of Turkey.

Up to the New Jerusalem, 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 action. 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 ahimanic 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.

The spiritual world broke into my despondent musing, "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, awake.' 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 in 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.”

“Kienda, stay connected and engaged. Do your work, writing and editing and then get out there and talk and tell: the conceptual matrix, the deeds of Christ and their ramifications, reincarnation and karma, evolution, life and death. These are what people need, to make sense of existence. Go! Talk and tell! (*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 this one. Each one of us is receiving this encouragement to fulfill our destinies, and to do it NOW.*)

Biography

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

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

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

For information on talks and workshops:

- *The Journey of the Soul Between Death and Rebirth**
- *Reincarnation and Karma**
- *A Conceptual Matrix of the Cosmos – Humanity’s Place in Time and Space**
- *Meditative Practices Leading to Spiritual Research**
- *The Evolution of Consciousness**
- *The Extra-Terrestrial Issue**
- *The Deeds of Christ and the Redemption of Lucifer**
- *Radiation and the Elemental World**
- *Transformation of the Reptilian Brain-Stem to the Dragon of Higher
Consciousness**

and many others, with which to understand the human condition in the greater design of the evolution of consciousness, both individually and universally,
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