

Preparedness

2003

Beloved one, we have been speaking about this year 2003, the year of changes. And already you have seen changes. Already many of you individually have been touched by changes. You have been hearing rumors of change, and indeed, there will be many changes in the next few months of your timing, especially the next six months. For you have decreed that you are willing, strong enough, courageous enough, to allow the changes to come about so that you can know that which you have desired to bring forth upon this plane many, many lifetimes: so that you can know the Father's love, even while incarnate, and you can live from the place of love, the place of fearlessness, the place that does not listen to the voice of the world.

Place of peace within

Whenever the world presents to you more than what the mind can comprehend and can deal with comfortably, return quickly to that place of peace within. Return to that place of love within by the simplicity of the breath. One deep breath, as simple as that, brings you the opportunity to abide in peace, at least for a moment. And another deep breath after that allows an expanded peace, very healing. Remember to turn quickly to that place of peace. For you are finding, and you will continue to find in the next six months, twelve months of your timing, there will be such changes going on that you will find it comfortable to return quickly to that place of peace within. The world is going to beckon to you. It is going to scream at you, "Come and abide with me in chaos, in confusion, in the 'what ifs'." Your news media is going to be doing its job very well with presenting you with much that you can be anxious about, worry about, contemplate. And I would say to you that it is not necessary that you avoid knowing what is going on with your news media. You do not have to hide yourself away in a cave. I did not do that during my lifetime. I knew what was happening with the Roman soldiers. I knew what was happening with the governing agencies, and agents. But rise you above it to know the holy vision. Do not deny the world. It is of your making. But understand that there is holy vision. There is holy understanding and a whole picture, w-h-o-l-e, that does not always present itself immediately. So allow the deep breath, and allow yourself to come home in that deep breath.

You have been questioning

Many of you have been questioning since we spoke in the last month of the changes. You have been asking of yourselves; and you have been asking of each other; and I have heard you asking me, "How can I prepare for these changes? What must I do?"

And you have contemplated going to a place of isolation, a place of quietness, a place in the country far, far from all of the activity of the world, if you could find such a place. And you have looked with a bit of despair and you have said, "But there is no place that I can run to, for the world itself will find me. The world is shrinking. No longer can I run to a 'safe place' and hide."

You have been asking, "What should I do for my loved ones, to help them through these changes?" You have guidance. You do not have to run somewhere. You do not have to prepare in that way to save the body. The body is going to be deceased at sometime, in any case, or ascended, in any case. The body is not your main concern, although it certainly screams at you from time to time and wants your attention. But the preparation, the preparedness that I speak of now is not one that is to save the body. It is a preparedness so that you can go over the speed bumps that are coming with relative equanimity, from a place of knowing that, "I and the Father are one. I am here as an extension of the Father to bring peace into a reality that yet believes that there could be threat, vulnerability, destruction, loss and abandonment. I am the extension of the Father." That is what you are. Not only who, but what you are. And as such, there is nothing, **nothing** that is impossible to you. Nothing.

Clear intention plus expectation

When you combine clear intention with expectation, the result is manifestation. Now, the challenge sometimes comes with knowing a clear intention, and then also with expectation – getting the small ego out of the way that says, "How can you expect such a thing, with the world as it is, with everything that is happening in the world with the powers that be; how can you expect something good to come out of all of this?" And yet, with clear intention and expectation there will be manifestation. Consciousness plus energy. Clear intention plus expectation brings about manifestation.

Now, in practical terms, how do you go about preparing to call forth the courage? Well, you go about it just exactly as you have been doing: by assembling in groupings such as this where there are ones of like mind, supporting each other in love, in questioning, in revelations, supporting with the exchange of information which you find to be interesting, mind-blowing, mind-healing. As often as it is possible, meet with ones of like mind. And whether you speak of what is called spiritual matters or not, be together with ones of like mind, ones with whom you resonate in same vibrational frequency, so that there is not a dissonance, and not a tearing down of your vibrational quality.

Read that which is uplifting, even if you read only one sentence in an day, and contemplate that upliftment during the day. It will see you through. Listen to your tapes

2003

of spoken words that are uplifting. Listen to your tapes of music which you find to be of vibrational upliftment.

There is coming a time of — it has been spoken about in your holy Scriptures — the separation of the wheat and the chaff. That is symbolic. It is a way of understanding that those of like mind, those of like vibrational resonance, are going to find each other, and they are going to abide with each other either in upliftment or in the downward spiral. So choose where you will abide, and nurture self in these times.

Many of you will find that you desire, need, feel more comfortable with having more time to sleep, to rest. You may be feeling that you need time to rest. Your world will speak to you of activities. Your world will say that you have to put in so much time at the employment. You will have to go to the after-hours activities, and if you get to bed by the midnight and you get up at four in the morning, you should be able to keep on with a clear mind. Well, you have tried that. And I can see your humor; you are saying, "Yes, I have tried that but..." You are going to find that nurturing self is very important, and nurturing self through the body, allowing it to rest, is going to be important in these days. For the body responds to vibration, and there is much of vibrational change which is happening right now and will continue for some months yet. And the body is going to register that, and the body is going to say, "I want time to rest." So if you feel that you want more than the four hours of the rest at night, please do it.

There were many times when I took myself apart from the multitudes, and I prayed unto the Father. Now, what was I doing as I prayed unto the Father? I was allowing the body to rest. I was abiding in that place of deep peace which comes with the breath, that comes with knowing and trusting. And I allowed the body its rejuvenation, its replenishment, so that when I went back to the multitudes, there was much that I had to give to them, to share with them. I was not depleted.

You, as you will allow time to go within, will be able to have impact upon the ones who are at the choice point as to whether they will come with you in the upliftment or they will be caught in the downward spiral. You, as you will abide in silence, in the quietness of your own peace and love, will have impact upon those who are standing at the choice point, wondering what to do, how to deal.

Now, in your quiet time, which is nurturing to self and body and collective soul, I would suggest that you invite expanded Consciousness to come into your awareness, whether that be in the form of masters, guides, teachers, E.T.'s, space brothers, loved ones who have gone on — truly it does not matter because there is not separation — but invite expanded awareness, expanded intelligence, expanded consciousness of Self, to be

with you, and allow yourself to step out of the narrow focus for a moment or so, to behold that which is going on around you and even within you.

The world will speak to you of complexity, and you will hear much of that in your months coming up. You will hear of conflicts, possibilities, rumors of war, the sabers rattling. You will hear about new and possible threats to the body, biological threat, new and supposedly dangerous ways to invite ones to debase the body. Allow yourself, when that news comes to you, to take the deep breath and say, "There is something familiar about all of this; I have been here before," because you have. You know the war in the heavens; you know the war of Maldek; you know the destruction of the planet that now has become the asteroid belt. You know all of Atlantis, and the destruction that you have done on this planet. You know all of the battles that you have read about in your history books in linear time. You know all of possible threat to the body, and you know all of possible conceived conceptualized threat to the soul. And yet I will say to you that those threats are not real; they are real in the sense that there has been belief in them, but not real in your Reality, capital 'R.' It has been as a story, a play, that you have participated in.

So when news comes to you of possible threats, take the deep breath. Say, "I know you, old friend. I have been with this before." And allow yourself to abide in peace. For you have seen — as you have seen with magnets — that which you worry about, you attract to yourself. The vibrational frequency that you will abide in will attract to itself vibrational frequency of like kind. And if you play the game of abiding in fear, more fear will come to you.

Now, in the world that you have participated in so far, there has been much of fear. It has become ingrained into the very memory of the cells of the body; you have put into those cells the memory of how and what it means to be physical, and how the physical could be threatened. So, fear is very much your companion. You know it well. But you have come now to a place where you are listening to another voice — the voice of love, the voice of inner peace, the voice that says, "This, too, shall pass," because it has. In truth, you are not living in this point of focus even when you think yourself to be living and participating. In Truth, you do not live in this point of focus. You live beyond it, and the point of focus comes from you, out of your consciousness, out of the Reality of you; you make this point of focus.

Transfiguration

So I say unto you, for preparedness for these changes — these most wonderful changes — allow you to come alive, to breathe deeply, to look upon all creation as most exciting wonderment that comes to the holy Child, to greet each piece of news with deep

2003

breath and the wondering. Look for the gift in it, and get so excited with it that there is the transfiguration, because I will say to you that in the next six months of your timing many of you will experience the transfiguration – that which is written about in your holy Scriptures. It is not just that one personage would be able to do this. You have already done it. I have seen you doing it in this lifetime, and I have seen you do it in other lifetimes, where the light bulb has come on, where you have become so expanded, joyous in life that the whole aura has expanded, and there has been a transfiguration of even the physical body with light. Allow yourself to live in that space. Claim the joy of it, and spread that light to others – others who are standing at the choice point and do not know which way to go. They stand at the choice point and are very confused, because they receive messages contradictory. They receive messages that they want to believe in, and yet the “authorities” tell them that it cannot be true. And they do not know whether to believe the “authorities” – because it has been the upbringing for many generations to believe the authorities – or whether to believe their own heart. And there are many who stand in a place where they have not made choice yet, but they will be required to do so in the next six, eight, nine months of your timing.

So allow yourself the moments of transfiguration. Get so excited about having reached the top of the climbing wall that there is the feeling of, “Aha, I did it!” All of you have the climbing wall in front of you – whether it be physical, emotional, or intellectual – that you are facing. Allow yourself to come truly alive in the place of transfiguration, and allow that light to be contagious to others. Live your life so that others may see your light, and by your light they may be illumined to find their own light.

That which will come unto your doorstep is not to be feared. As it is seen now, there is much of seeming threat, but know you always, that which you do, you do not do alone. There is Intelligence surrounding you and surrounding our holy mother, the Earth, which will guide you, protect you – that is a concept that you desire – an Intelligence from which you are not separate, which will be with you and always has been with you. Go you into this year fearlessly. As it is seen now, there is much that is approaching you. But as it is seen now, you are strong, courageous, and never alone. The Council of the One has instructed me to tell you this. So be it.