# 2005 St. Germain Speaks About: The Council Of One

### 2005-06

Beloved friends, peace be with you. I am the one known as Joseph ben Jacob, earthly father to one you have known as Yeshua. It is my honor and my pleasure and my privilege to be amongst you in this evening; to come to alight your hearts once again with remembrance.

I would speak with you in this evening of something that is of great import, something that you have been asking to know. For there is coming a time — indeed, it is already upon you — a time of choice; a time when your world is making choice; a time when the collective consciousness is coming to a place where it will choose either for the same old scripting and drama, or a new drama, a new enlightenment, a new heaven upon a new Earth.

### Known as St. Germain

I have been known in another incarnation as St Germain. I had an incarnation that you have known me as Joseph, but I have also had incarnations, some of which have not been recorded, and some of which had been, and I have had an incarnation in which that you have known well as St Germain. I come to speak with you not in separation, but as one Joseph and as one St Germain. For there is now an import that needs to be addressed.

I would speak with you now of the Council of One. For there is a Council of One. My son, the one known as Yeshua, made reference some months ago about the Council of One and information that was to be given to you at that time. It was a time, as it is now, where there is much that is changing in your world and much that has to be looked upon and addressed and handled in love.

## Council of One

There is a Council of One made up of ascended masters, much the same as you know your legend of the Knights of the Round Table. Well, in truth, we are knights (and days), and we do meet in council around a non-physical table. This council watches over the consciousness of this planet and the consciousness of all other planets and dimensions, for it is the Council of One: one Mind.

As you have been feeling for some time, this planet is undergoing much of transformation. It is at the threshold of either stepping into more light or holding back.

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It is a time of decision. It is a time when those of you who are incarnate are going to be the movers and shakers, the ones who mold the collective consciousness. It is important that you acknowledge that within yourselves, and you take upon yourself that responsibility and that power, knowing that you are not separate from any of us, as you would call us ascended masters and you would look to us as being a great council in the sky, perhaps, somewhere. It is not that we are apart from you. We are very much within you, and we watch, we walk with you. We counsel with you. And in truth, the ascended part of you is part of the Council of One. For as my son has said to you many times, there is no separation.

The Council of One is of unlimited Oneness, one Mind; not only in what you see this universe to be, but all other universes as well. And there is in Truth but one Consciousness. As you see yourself to be a point of consciousness, a personality, you have various opinions and you are swayed by certain evidence, usually in the outer, sometimes by intuitive feelings. Sometimes you are swayed to a place sometimes that is not of Oneness, and this has happened through what you would see a lineage of time to the point where there are many feeling that they have to defend that which would be their values and possessions, and that they have to be in opposition to ones that they would see to be different in belief, aspect, appearance, life style and cultural tradition.

#### Awaken

It has come to a point now where the message from the Council of One is to awaken, to be very much the light which you are and to speak your truth. As you would abide here in a focus which you call your individuality, there is what you can conceptualize as an oversoul. Each one of you, as you see yourself to be individuated energy, has a greater self, or an oversoul. And as there is no separation, as you will see your oversoul blending with the oversoul of the one next to you and next to you and next to you and beyond, there is a greater oversoul as a collection in the one Mind.

Now, those of you who are of like mind, those of you who have been drawn to the mysticism, drawn to the metaphysics that goes beyond the physical elements of the Earth and of any other planet, you are of the first ones who brought forth creative manifestation.

You are the ones who are responding now to the Council of One, because it is time, it is necessary; it is time to come alive once again and to speak that which you know, that which you feel deeply within yourself; not just what you have read — that is good; what you read is as catalyst — but what you truly know deep within yourself. And you can speak as the authority because you know it.

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You have much information that is coming to you now. You have devised much of technology that will bring you information from all parts of this planet and beyond. And it is time now that you speak out, that you allow that which you know to be shared with other ones. It is time now that you gather yourself in gatherings to support one another, because there is an upliftment that happens when you are together; you blend your energies together to a place that it is exponential. It is time now that you speak on your web and link together, for, again, the energy is exponential and grows with awareness.

### Single Candle

There have been times when you have felt like the single candle in the darkness; you knew that it could not be extinguished, and yet you felt, "I wish there was another candle here; I wish that there could be more sharing."

It is time to come together, allowing the power of your light and your love to work together to support, sustain, and encourage each other.

Your world has forgotten how to savor the simple joys of just being together. You want that in the deepest part of your heart. You want for life to be simple, to be able to walk on the beach, to be able to enjoy the sunrise, the sunset, and to breathe of the air and to thank the molecules of air that allow you the breath of life.

When you are in an individualized consciousness, you are focused on what you are doing, or focused within, and your aura surrounds you. But as you are with others of expanded consciousness, the aura expands, and you allow that then to intermingle with other ones, and there is the feeling of upliftment that you know so well, and it is power. It is power to bring about that which the Council of One is now counseling you to do: to come together, to know your energy, and to make that energy known in the world.

For you are at a place now where you have great deep feelings about choices that are being made. Some of you have given up. You have said, "What does it matter? What's going to be is going to be. What can I do about it?" I say to you now, there is a lot you can do about it. You can do your visioning as you sit in meditation, as you run in meditation, as you do the dishes in meditation, as you scrub your toilets in meditation, do your visioning of what you want to see: harmony between brother and brother, sister and sister, whether they be in close proximity or halfway across the planet.

What do you want to see? Become clear about that; even write it down in order to become clear about it. What do you want to see in the next six months of your timing? What do you want to see in the next year? What do you want to see for your children and your grandchildren? You can envision far enough out for that.

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But, immediately, what do you want to see? Do you want to see ones laying down their arms and saying "We don't have to fight any longer"? To come to the place where they can hold out the hand and say, "Yes, we have different beliefs. But yes, we can discuss them, and we can diaogue with each other." You can envision that.

It may seem to be impossible when you look with the human mind as the one single candle. But when you allow yourself to know that you are part of the Council of One — and you are — you realize that what you envision will become manifest.

Those of you who feel that you are just one small piece of light, and that there is nothing you can do, allow that thought to be put aside. We will not battle with that, because that only gives it energy. But put it off to the side in a box for a moment and say, "What if I could envision the ones who are jealous of each other, the ones who have been taught hatred of each other, the ones who live in fear of each other; what if they could lay down the arms, the judgments, for half an hour and look at each other, even tentatively, and then perhaps with a little more surety to be able to have dialogue one with another?" Not to have to agree, but to have dialogue, the same as you do sometimes with your partners. Sometimes you have agreement to disagree. Not to change the other oneÕs point of view, although perhaps you start out that way, but to at least have the communication. So you can envision that for your world and the certain points of turmoil upon your world right now.

It is necessary for your world to come alive in a higher vibration. For when you listen to your news media, you have all of the news of the heaviness of the world. What you must do is counteract it with your own uplifted vibration.

Do not deny what is going on in the world. It is happening, but you do not have to abide there. Allow that to be a truth – as my son would say, lower case "t" – but your truth is a higher truth. Your truth is of oneness. Your truth is of enlightenment, an upliftment, a higher truth. You have known this in times of meditation when you have known oneness and you have felt yourself lifted up out of the body into an enlightened state. And you felt so ecstatic about life.

Allow yourself to walk through the day with a light heart that is of a vibrational frequency higher than where the world is functioning.

## Remember Higher Frequency

You know that lower frequency. You have worked in it. Now it is time for the ones who are remembering to come to the higher frequency. One of the best ways to consciously feel the upliftment of vibrational quality is with the tone, with the music of

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the stringed instrument or toning bowl of pure tone, to feel the higher frequency, to allow it to be throughout every cell of the body. It is a physical tool that you can use.

Later on you will feel it enlivening the spiritual body. And then you know yourself to be part of the Council of One.

Now, those of us who are of the Council of One, as you would understand a concept of council — individual ones coming together in council — have enjoined me to speak with you in this evening about these concepts, because the time is dark. There is the light of the dawn, and you are the ones who are heralding the dawn. But you have to be awake to do it.

The Council of One is in charge of the enlightenment. My son has told you many times he is the one who is in charge of the Atonement, the At-one-ment, the remembrance of At-one-ment. The Council of One is of Light, enlightenment, as you all remember in the deepest part of your heart the divine spark of light which you are. Awake!

So be it.

— Joseph ben Jacob/St. Germain

in expression through Judith